

Development in Gardening (DIG)

Foundation for Sustainability and
Innovation (FSI)

Final Report

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www.ReapLifeDIG.org
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Who We Are

Vision:

We see communities that are healthy and resilient working together to preserve and protect their environment.

Mission:

Development in Gardening's projects enable vulnerable and HIV-affected communities to meet their own needs and improve their well-being through nutrition-sensitive and sustainable agriculture.

Values:

- We believe **access to nutritious food is a basic human right and can be life-saving**, especially for vulnerable populations living in poverty and fighting life-threatening diseases such as HIV.
- We use a **grassroots approach** in working with communities to influence local policy and protect development achievements.
- We rigorously promote **environmentally, economically, culturally, and educationally appropriate responses** to barriers preventing equality of opportunities.
- We **respond to diversities and promote inclusiveness**, particularly highlighting the potential of women and girls, and of people living with HIV, people living with disabilities and other vulnerable groups.
- We **promote gender equity** as a fundamental human right.
- We **partner with a broad range of organizations** (local and international, civil and government, urban and rural, faith-based and secular).
- We **promote, support and transfer environmentally restorative strategies** resulting in climate-resilient practices.
- We **engage in collaborative approaches** that build on the unique circumstances of the local context to facilitate full local project ownership.



Western Kenya Programs

The following programs are supported in-part by the Foundation for Sustainability and Innovation in Rongo District, Nyanza Province:

- 1. Mobile Farmer Field School (MFFS):** This is DIG's core 5-month hands-on training program that uses remote community plots to focus on increasing and diversifying produce, home garden production, water and resource conservation, soil fertility, farm management, record keeping, sales and marketing, small agribusiness, and group dynamics. Additionally the MFFS supports seed input for home gardens as well as matching 50-50 farm input support program.
- 2. Farmer Business School (FBS):** This is DIG's follow-up training for successful MFFS Groups. The FBS program builds farmers' capacity in entrepreneurial and management skills through the "learning by doing" approach. The program aims at developing farmer's skills and competencies in smallholder agribusiness while developing the skills and the mindset to farm as a business and produce for the market.
- 3. Young Mothers and Thrive Thru Five Priority Households:** DIG delivers the MFFS program for young mothers. Additionally DIG complements Lwala Hospital's short-term food intervention with malnourished children by providing skills, knowledge, and resources to find sustainable long-term solutions to the priority households.
- 4. Marketing and Value Addition for Moringa and Hibiscus:** DIG identified these two crops to scale production that have both strong economic and nutritional benefit potential as well as creating biodiversity in the existing gardens in the area. DIG is seed bulking, drying, juicing, processing, packaging and working on standardization for Hibiscus with widow groups. DIG has planted well over 1,000 trees and held trainings on preparing, cooking, drying, and selling Moringa.



Training Activities

Mobile Farmer Field School (MFFS):

From January to September 2016, the MFFS program graduated 81 beneficiaries from four groups:

- 1) Oboch/Kadianga Group- The group consist of 19 members who are parents of needy pupils from kadiang'a Primary school.
- 2) Sango Support Group- This is an HIV support group and consists of 17 members who get care at Lwala Community Health Centre.
- 3) Uriri Group- This is a mixed group of 14 members who are care givers for children under five, and community members.
- 4) Young mothers DIG Club- This group consist of 31 mothers of children under five.

Activities included:

- Established 4 demonstration plots with the four groups- currently all the group demonstration plots have been planted.
- Conducted trainings on:
 - Establishment of vegetable nursery: 65 beneficiaries were trained on how to establish vegetable nurseries using locally available materials.
 - Group leadership and dynamics: 79 beneficiaries were taken through the importance of working as a group, group leadership skills and management of group dynamics.
 - Soil fertility I: 75 beneficiaries were trained on the importance of keeping soil fertile, the basic nutrients to plants, how to correct nutrient deficiencies for the primary nutrients practical making of compost and decomposing
 - Permaculture Foundations: 69 beneficiary were trained on the importance of trees, how to establish a tree nursery (Agroforestry trees) and how to incorporate same agroforestry tees in their home gardens. Farmers were taken through a practical session of developing a diversified and nutritional home garden with food forest inclusive
 - Farm Planning and making of raised beds: 65 beneficiaries were taken through a practical evaluation of land geography and orientating planting beds. Farmers learnt on how to make raised enriched beds.
 - Young mothers training on Double DUG Beds at Lwala Farm
 - Transplanting and direct seeding: 66 beneficiaries were trained and demonstration plots planted.
 - Trained on soil fertility II: 59 beneficiaries were trained on how to make nitrogenous fertilizers, leaf tea and liquid manure for continued plant growth
- 52 beneficiaries participated in the cost share seed input support
- 52 beneficiaries developed new or improved Home Gardens benefiting themselves and their families

Farmer Business School (FBS):

From September 2015 to September 2016, the FBS program graduated 67 individuals in four groups:

- 1) Tiang Olwar Group- This is a mixed group of 23 members. The membership is a mix of youths, young mothers and parents living with HIV/AIDs.
- 2) Tujinue Support Group- This is an HIV support group of 20 members.
- 3) Masoro United- This group consists of 24 members from the same village.

Activities included:

- All groups developed demonstration plots where they learn and implement at their own home gardens.
- Cost share seed input support to 48 out of 67 farmers
- Conducted trainings on:
 - Enterprise selection: Farmers selected six crop enterprises to plant for income including Kales, Green Pepper, Coriander, Traditional vegetables, Bulb onions and Roselle.
 - Farming as a business: 49 beneficiaries trained on farm business managerial skills.
 - Market research development: 54 beneficiaries trained on market research tool development
 - Production scheduling: 49 beneficiaries trained on how to spread the entire production within the farm business fiscal year
 - Farm business plan: 55 beneficiaries trained
 - Business plan development: 57 beneficiaries trained on practical developing of a farm business plan for their farm businesses
 - Farm profitability: 43 beneficiaries trained on computing enterprise profits and losses
- Conducted market research at Rongo market with 9 representatives from the three groups.



Moringa and Hibiscus Value Addition:

From January to September 2016, the MFFS and FBS program incorporated Moringa and Roselle Value Addition into the trainings.

1. Moringa has been introduced to 250 DIG farmers under both MFFS and FBS, each farmer received 10 moringa seedlings to grow in their home garden. **22%** of the famers have started to consume moringa as part of their meals.
2. Hibiscus is being grown by several famers now in the region and one cooperative has been formed:
 - DIG formed one Hibiscus Farmer Cooperative of Widows called Kuna (16 active members). They harvested 57 kgs of wet Roselle, which translated to 7 kgs dry weight of roselle. These were packed into 308 sachets of approximately 50 gms, each sachet goes for Ksh. 50. The group has sold out making Ksh. 15,400 from sale of hibiscus.
 - Kuna Group continues to grow hibiscus in their individual gardens with the aim of making additional income. They just harvested in August with a total acreage just under 3 acres with an expected 50 kgs of dry weight.





Impact

Spotlight Group: DIG Young Mothers Club

DIG targeted young mothers with children under 5, living in poverty in rural Kenya to improve their livelihoods and household nutrition. The Young Mothers Program focuses on teaching economically appropriate organic agriculture to women who have had children at a very young age. Girls themselves, many widowed, some never married, these young mothers have to learn ways to translate small-scale farming into income-generating opportunities and, most importantly, how to enhance the health and nutrition of their children through gardening.

DIG trained 31 young mothers on sustainable gardening practices so far and 88% have developed vegetable gardens after the training and now feed their families.

DIG is excited to see increases in meals consumed from the garden, diversity of crops grown and income earned after the training:

Indicator	Baseline	Post Training	% Change
Number of meals served from individual garden weekly	2.8	3.8	36%
Average weekly income from individual garden in Ksh.	38	207	444%
Garden Diversity Average (Range)	1.6	4.2	162%

What is not measured above is the importance and empowerment that these young mothers now feel after learning a new way to support themselves and feed their families. Many of the young mothers have told DIG that they now have a peace-of-mind and hope for the first time.

DIG and all of the beneficiaries in our programs thank you for your support, generosity, and believe in our work. Thank You, Foundation for Sustainability and Innovation.