



**Self Help
Africa**

Celebrate Harvest 2016 with Self Help Africa and help families feed themselves.

Thank you for supporting Self Help Africa this Harvest. Across the world, people come together at Harvest time to be thankful for the food they have, but also to think of those who have less than themselves.



In rural areas of Africa, many men and women struggle to feed their families. The soil is poor and the rains are erratic. People don't have good quality seed and even with a lot of hard work, it's difficult to grow enough food to eat.

It doesn't have to be this way. With your support, Self Help Africa is helping thousands of smallholder farmers to escape hunger and poverty. This year, we're supporting 300,000 farmers and their families to grow enough food to eat and to make a living from their farming.

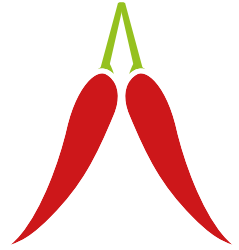
We really need your support. Celebrate Harvest 2016 with Self Help Africa and help African farmers to lift themselves out of hunger and poverty and create a brighter future for their families.

"You cannot tell a hungry child that you gave him food yesterday"

- Zimbabwean Proverb

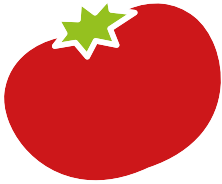
"There were times when we were hungry ... but our maize store is full this year ... we are no longer hungry, we eat better, we have a better home and we have savings."

- Memory Mogombo from Malawi



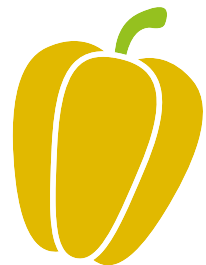
"I grow tomatoes, onions, mustard and other vegetables twice a year, and am earning more than I ever did before from farming. It has given my family a chance in life."

- Nelesi Tembo from Malawi



"I see a great change in my life. In my family we can afford to buy good meals and have access to money throughout the year ... in previous years, my family used to have food for five months after harvesting, but now I have food all year round."

- Zalire Yesaya from Malawi



“Knowledge is like a garden,
if it is not cultivated,
it cannot be harvested.”

- African Proverb

“Without effort
no harvest will
be abundant.”

- African Proverb

Hymn Suggestions

- 🌾 God, whose farm is all creation - John Arlott
- 🌾 All creatures of our God and king - William H Draper
- 🌾 Morning has broken - Eleanor Farjeon
- 🌾 For the fruits of all creation - Fred Pratt Green
- 🌾 Praise God for harvest-time - Paul Wigmore
- 🌾 We plough the fields and scatter - Matthias Claudius



“Things great have small beginnings. Every downpour is just a raindrop; every fire is just a spark; every harvest is just a seed; every journey is just a step because without that step there will be no journey; without that raindrop there can be no shower; without that seed there can be no harvest.”

William Wilberforce
faithandworship.com



Did you know?

There are more than
222 million undernourished
people in sub-Saharan Africa.
That's almost one in four.



Prayer

Creator God, for daily bread
and all who work
to bring your harvest home
we bring our thanks today.

Forgive our ingratitude
we who have so much
yet waste what you have given.

For those whose harvest is poor,
whose crops have withered,
water tainted, children starve,
help those who bring relief
and bestow on us
an unaccustomed generosity,
that all might share from your garden
and all might sing your praise.

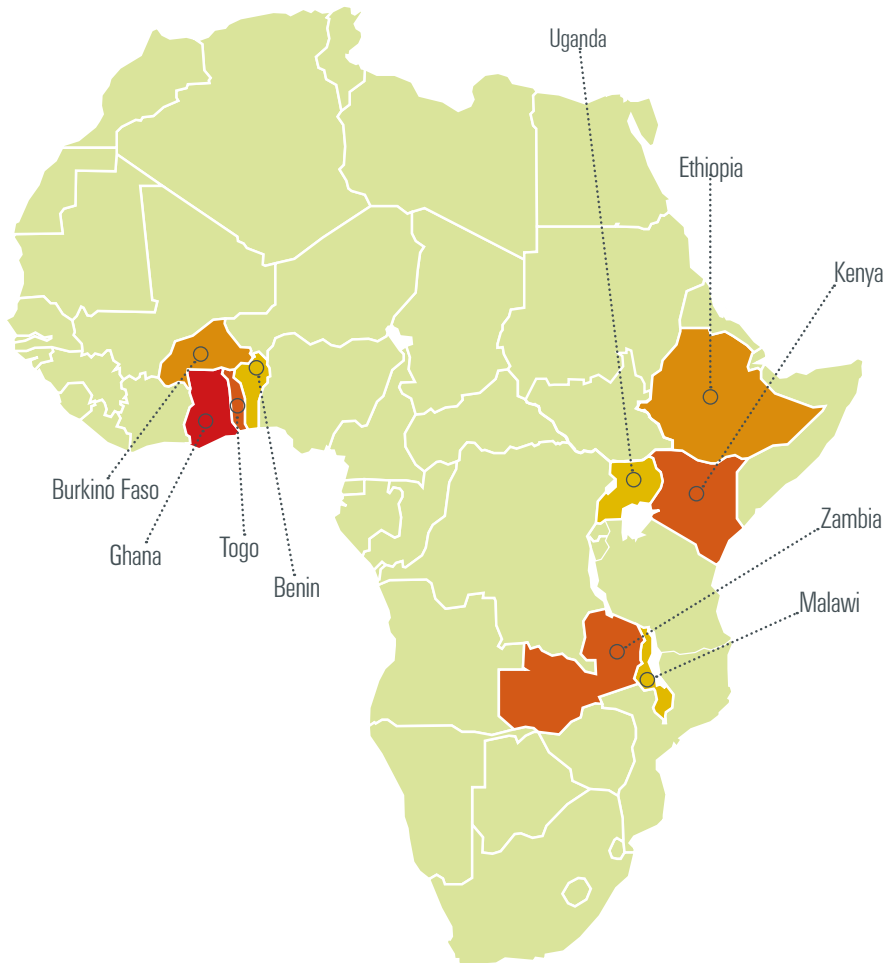
Creator God, provider of all
we bring our thanks today.

AMEN

Available online at: faithandworship.com

About Self Help Africa

In a world of plenty, it is an outrage that in sub-Saharan Africa, **222 million people** still suffer from **hunger** and **malnutrition**. As up to 70% of Africans live in rural areas and depend on small-scale farming for their survival, this is where we focus our efforts.



With more than 30 years' experience of working with rural communities in Africa, we've developed an approach that works. We don't give hand-outs or aid; we give families the skills and knowledge they need to grow enough food to feed themselves, and to manage their own lives.

Last year, we helped more than 290,000 families across nine countries to produce more food and change their lives for the better.

YOUR GIFTS

will help families to produce more food and to make a living from their farming

You'll be helping families to:



... develop their farming



... produce quality seed



... work together



... irrigate their crops



... develop businesses



... improve soil

Thank you for joining Self Help Africa this Harvest to free families from hunger and poverty ... for good.



Beliyu's Golden Beans



A young Ethiopian mother has realised the benefits of her 'golden crop' with thanks to Self Help Africa.

Beliyu had reservations about planting mung bean on her small farm. She always looked on the crop, known locally as "green gram", as tasteless when cooked and lacking nutritional value; "we used to sell it and buy lentils, beans or peas" .

That changed when she attended a food promotion event organised by Self Help Africa. "There were cookery demonstrations, and we were served many dishes that used mung bean. The stews, soups and sambusa (pastry) were delicious, and we also learned that the beans were highly nutritious".

"I told myself that I had spent my time selling my 'gold for copper'. From then on I started to prepare stew using mung beans."

As Ethiopia faces its worst drought in recent history, the mung bean remains particularly resilient. For Beliyu and her family the benefits have been considerable.

"We are a step ahead because we have food which is sustaining and we know 100% we are going to get food."

As well as its nutritional value, the crop helps to restore nutrients to the soil and the price being paid at market has boosted her income.

HARVEST SUPPER

Download a recipe for
African Bean Stew at
selfhelpafrica.org.

Aragahegn's Farm

Aragahegn lives on a small two-acre farm in southern Ethiopia.

For years, he farmed without any means of irrigation except the rain. In an area where temperatures regularly soar to the mid-40 degrees, and where long dry periods are commonplace, he could never count on his farm to provide for his young family.

“We managed to grow just one crop annually. It was rarely enough,” he says. “Nearly every year there would be months when our stocks were empty, and we needed assistance to survive.”

Aragahegn joined a Self Help Africa supported project to produce irrigated vegetables and grow mung beans, three years ago. It has enabled him to transform his life.

“We received training, and were organised into producer groups so that we could market and sell our produce.”



Aragahegn used shovels and picks to dig a well on his land, and after receiving a small loan invested in a diesel pump to draw water and irrigate his crops.

“Life has changed for my family. I have used the profits from the sale of vegetables to repay the loan I took for my pump, and since then have replaced our grass roofed tukul (hut) with corrugated iron sheeting”.

The proud farmer points to improved clothing and the school uniforms worn by his children as further evidence of the new prosperity they have experienced since he first started working with Self Help Africa.



Did you know?

-  The UN declared 2016 as the International Year of Pulses.
-  Popular pulses include dried beans, lentils and chickpeas.
-  Pulses are high in protein, fibre and various minerals and vitamins such as iron & zinc.
-  Pulses play a major role in food security, they are one of the most sustainable crops a farmer can grow. They are incredibly water efficient and keep soil fertile and healthy.



Sunflower Seeds to Success

The Chalimbana group in Eastern Zambia have increased the production and doubled their earnings from sunflower production since they were organised into a producer group by Self Help Africa, three years ago.

The purchase of a diesel-powered seed press has enabled them to add value to their crop. They process their seed harvest into cooking oil that they bottle and sell in local markets. The Chalimbana Group members say that they are paid more than twice the amount for oil than they received previously when they sold raw seed to middle-men who in turn sold their crop on to processors.

With their increased income group members have been able to carry out improvements to their homes, invest in livestock, and pay school fees for their children.



The potential of Sunflowers



less than 4 months

=



Soil nutrients



Children's Handprint Activity:

What you'll need:

- yellow paint
- green paint
- paintbrushes
- green craft foam or paper
- scissors
- glue
- black seeds
- canvas or paper

Steps:

1. Paint your palm yellow and stamp it 4 times in a circle at the top of your canvas (see right)
2. Paint a green stem.
3. Cut 2 leaves out of your green craft foam or paper and glue them to the stem.
4. When the yellow paint is dry, put some glue in the middle of the sunflower in a circular shape and sprinkle with black seeds.
5. Allow to dry and display your beautiful masterpiece.



Food for thought



Ask children to write down or draw the kind of food they eat.



Analyse the ingredients and find out where they came from in the world.



Use the information to start a discussion about how we would manage as subsistence* farmers, relying on what we grow locally to survive. What might our meals look like then? You could use a basket of fruit and vegetables as a visual aid.



Explain that we are very lucky to have such a range of foods, that in some rural African communities they have to rely on what they can grow themselves and sometimes these harvests fail. Some families eat only one meal a day and this is often a bowl of maize porridge called Nshima.

*Supporting oneself at a minimal level

Did you know?

Across sub-Saharan Africa, 414 million people live on less than \$1.25 a day.



Try Nshima

What you'll need:

- 500g of maize meal or fine white polenta flour
- 1.25 litres water

1. Bring one litre of water to boil in a heavy-bottomed saucepan. Mix the meal or flour with 250ml of cold water into a smooth paste.
2. Add the paste to boiling water, stirring constantly, making sure that lumps don't form.
3. When the mixture reaches the consistency of thick porridge, turn off the heat, cover and leave to stand for five minutes before serving.

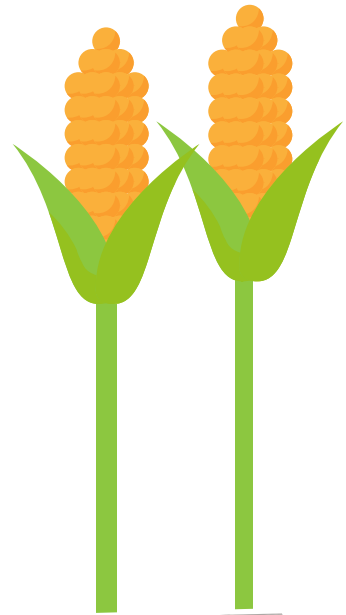


A-maize-ing Masks

In lots of African countries, harvest festivals are full of dance and music. Dancers wear masks and each dance tells a story.

In Ghana, the festival is named after the most common food... does anyone know what it is? It's a yam! During this festival, people offer yams to their ancestors and to the gods.

Why not create your own harvest mask using different types of maize!



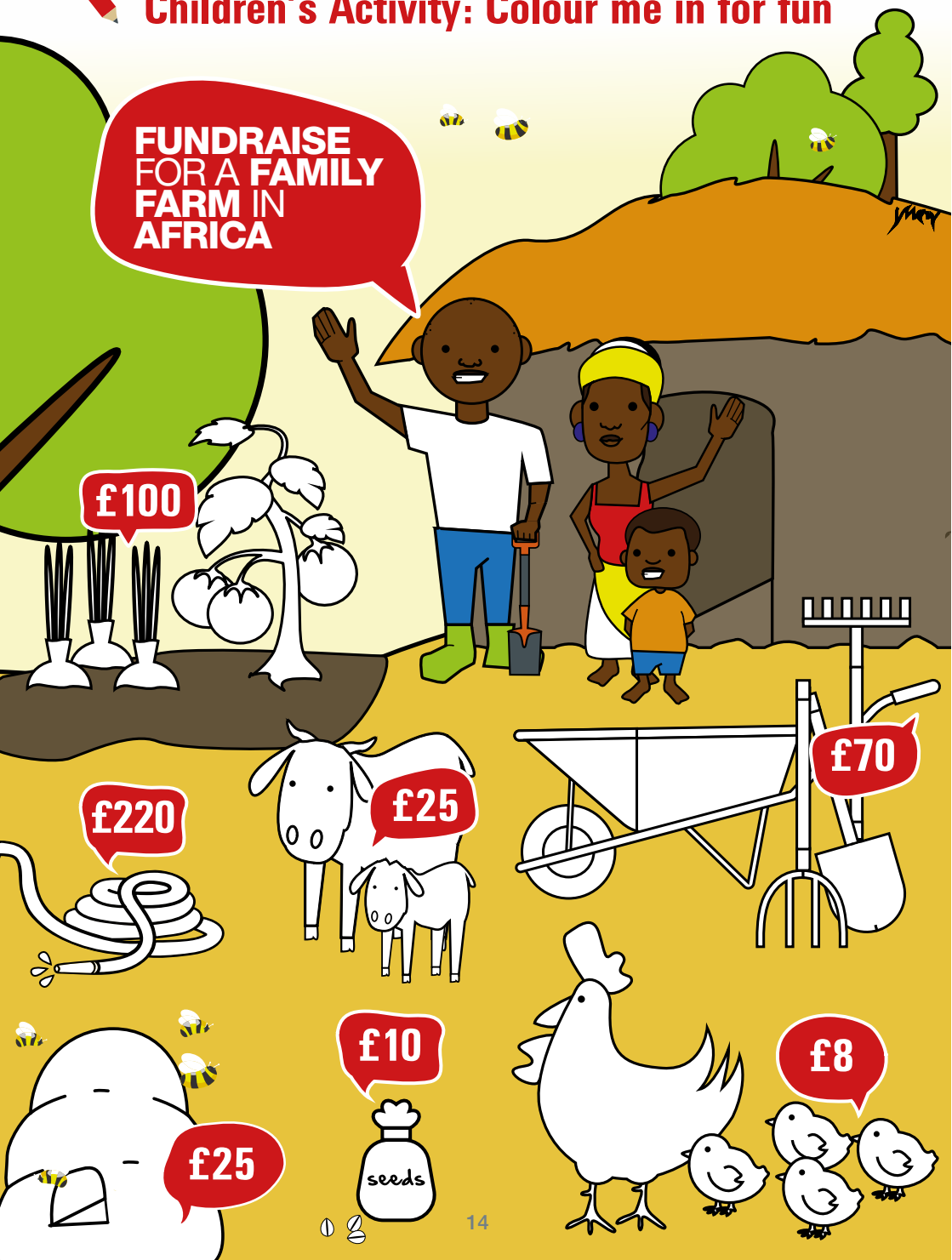
So now we can understand why harvest is not only a time to be thankful for the food we have, but also a time to think of those who have less than us. But remember, although there are a lot of problems, there are also lots of solutions. Your gifts will help families to produce more food and to make a living from their farming.



Visit selfhelpafrica.org to download and print an A4 version of our poster.

Children's Activity: Colour me in for fun

**FUNDRAISE
FOR A FAMILY
FARM IN
AFRICA**



£100

£220

£25

£70

£10

£8

£25

seeds

What your money could do ...

In Africa, a little can go a long way and your gift will give the poorest people in rural Africa the vital support and resources they need to survive.



£10

Quality Seed

£10 could provide a loan of good quality seed which is then 'paid back' to help other families.



£70

Farm Tools

£70 could buy a farming toolkit including a wheelbarrow, pick, shovel and other tools for families to share.



£100

Vegetable Garden

£100 could provide seed, tools and training needed to farm a small plot of land and create a productive vegetable garden.



£220

Irrigation

£220 could provide a community with foot pumps, drip irrigation kits and other small-scale irrigation systems to allow families in hot, dry areas to produce a bountiful crop year on year.

Ways you can fundraise:

- **Have a Harvest collection**
You can hold a collection during your Harvest service. Use our resources to show how your gifts can help families feed themselves.
- **Host a Harvest supper**
Invite people to a simple Harvest supper or lunch. Ask them to donate what they might have spent on a meal.
- **Hold a cake sale**
Ask people to make cakes and sell them at your Harvest service.
- **Host an Autumn walk or cycle**
Organise a walk and ask friends and family for sponsorship. To make it a bit more interesting you could walk in a pair of wellies.






More Resources:

We have a lot of other resources to help you celebrate Harvest, we can provide you with:

- More copies of this pack
 - Gift Aid envelopes
 - A speaker for your service
 - More stories and photos to create a display in your church
- Visit www.selfhelpafrica.org to download:
 - A PowerPoint presentation to accompany your service
 - A short video about our work
 - A children's activity poster
 - A recipe for African Bean Stew

Contact Us:

-  www.selfhelpafrica.org
-  harvest@selfhelpafrica.org
-  01743 277170



**Self Help
Africa**

Self Help Africa, Westgate House, Dickens Court,
Hills Lane, Shrewsbury SY1 1QU
Registered Charity No. 298830