



**Self Help
Africa**



RESOURCE PACK

Alamenesh Mezgebu at Arekit Sholoko –
Nutrition Training Centre, Ethiopia



selfhelpafrica.org

INTRODUCTION

Thank you for supporting **SELF HELP AFRICA** *this Harvest*

Kello Sharning, Atiira Youth Farmers' Group,
Atiira Parish, Uganda, 2020

As we celebrate Harvest this year, we reflect upon the impact of COVID-19 on food security across the globe. Having reliable access to nutritious food is something many of us take for granted, but for smallholder farmers in rural Africa, a good harvest is essential for their livelihoods.

In the past year, African regions have been severely affected by climate change and an unprecedented locust outbreak, which - in addition to COVID-19 - have put additional pressure on regional food systems.

Smallholder farmers were vital to Africa's future long before the pandemic hit, with over 75% of the population reliant on small-scale agriculture. Now, they will be crucial to ensuring its short-term recovery and long-term resilience.

At least **155 million people** in 55 countries faced acute hunger in 2020 - **20 million** more than 2019

- *Global Report on Food Crises*
(May 2021)

In addition to ongoing COVID-19 interventions focusing on handwashing and sanitation, we're supporting smallholder farmers to build a future for themselves and their children - through small loans, farm tools and training, nutrition education, climate smart agriculture, feeding programmes and more.

By supporting Self Help Africa this Harvest you're helping families to grow more and earn more from their farms, improve their nutrition and build more resilient livelihoods.

Thank you for helping to create lasting change that will improve lives for generations.

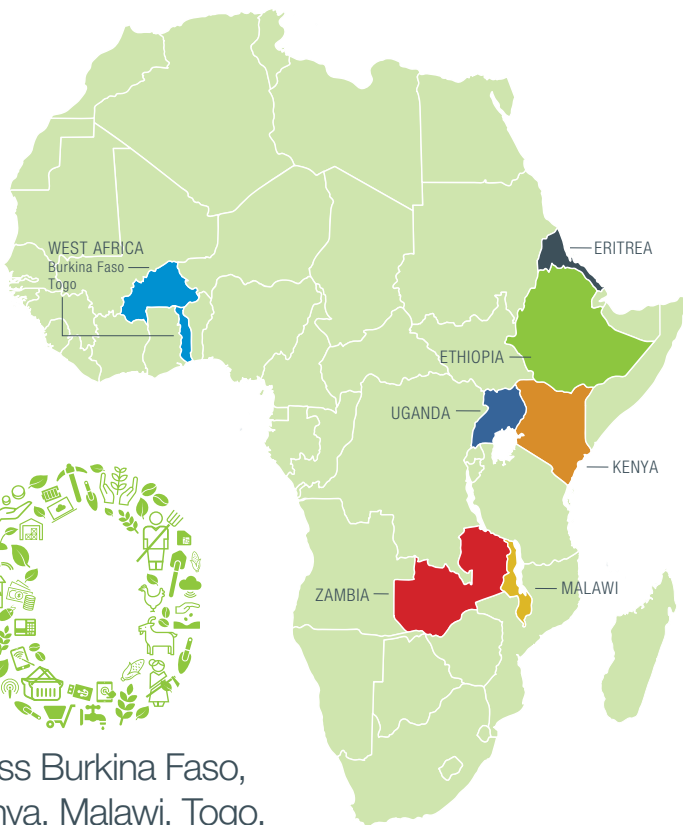


YOUR IMPACT

2.5
MILLION
LIVES IMPACTED
IN 2020



40 Projects across Burkina Faso,
Eritrea, Ethiopia, Kenya, Malawi, Togo,
Uganda and Zambia



455,946

Households using
Climate Smart
Agriculture



326,332

Households
with increased
production

AFRICAN PROVERBS

Proverbs are an integral part of African culture. Passed on from generation to generation for centuries, they are still in wide use today and are very much part of everyday speech.

Proverbs are used to illustrate ideas, reinforce arguments and deliver messages of inspiration, consolation, celebration and advice.

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

We have not inherited this land from our ancestors, rather, we have borrowed it from our children

Knowledge is like a garden; if it is not cultivated, it cannot be harvested

The best of mankind is a farmer; the best food is fruit

You cannot work for food, when there is no food for work

When the leg does not walk, the stomach does not eat

PRAYERS



Jemberua Alemu (left) and Mulugeta Huruta (right), from Butajira, Ethiopia

As we celebrate our Harvest and
give thanks for our food,
Father we praise you,
For all you have done and for all you
have given us.

Father we praise you,
For the food we have which is varied
and nutritious.

Father we praise you,
For a healthy appetite and the
means to satisfy it.

Father we praise you,
For all that is symbolised in this
Harvest Service.

Father we praise you.
Creator and Sustainer of all,
We thank and praise you.
For provider and producer,
From field to factory,
Retailer to consumer,
Each one depending on the others.
God and farmer working together in
harmony.

Creator and Sustainer of all,
We thank and praise you.

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

faithandworship.com



CASE STUDY

FOOD FOR THOUGHT

From left, Yeshe Bori, Mursat
Ensashu and Alamenesh Mezgebu,
Nutrition Training Centre, Ethiopia



In tackling food insecurity, a two-part approach is vital for success; learning how to grow different and more resilient varieties of crops - and how to use this produce to make nutritious meals for the household.

Self Help Africa's nutrition training ensures that farmers, like Alamenesh Mezgebu in Ethiopia, learn how to cook with the pulses, grains and vegetables they grow, so they can create more nutritious family meals.

'After the nutrition training, we improved our food production and our family meals. Before we used boiled potato as the main daily food, but now we include fruits and beans. We have a more balanced diet and are all feeling better and doing well.'

We grow different crops on the home garden for household consumption and also for market.

The nutrition training has given us knowledge and skills on how to feed our families, pregnant women and children. We can go back to our village and share these skills with other women, so many more families can benefit in our local areas' - Alamenesh Mezgebu

Did you know?

Although there are more than **5,500 crops** available for food consumption globally, we get 50% of our calories from just three - rice, maize and wheat. Furthermore, 75% of all food worldwide is consumed from just 12 crop and five animal species - but a balanced diet is essential for good nutrition.

I GROW CASSAVA



31-year-old Mary Auma Otieno has been supported by Self Help Africa with the cultivation of cassava on her small farm in Homa Bay, Kenya.

Cassava is a vital crop for rural households in sub-Saharan Africa. It's the third largest source of food carbohydrates in the tropics, after rice and maize, and is the basic diet for over half a billion people worldwide.

Although a poor source of protein, cassava is critically important as it is one of the most drought-tolerant crops grown in Africa; able to grow in marginal soils that are unable to support other crops.

With our world heating up, resilient cassava may become even more important. It provides a consistent source of income for farmers, even under tough environmental conditions.

Mary dries her tubers for sale locally, and also mills it into cassava flour, known as tapioca. She is one of 28,000 small-scale farmers who are being supported to grow, process and trade cassava as part of a scheme that is actively promoting the crop for its resilient qualities.

Find out more by watching Jesciah's video on our website:





A RECURRING HARVEST

Food wasted in households is averaged at 74kg per person each year*. In the UK we throw away about eight meals each week per household of edible waste (food that could still be eaten). This statistic is shocking when you think about the amount of people in the world going hungry.

Every small effort to reduce food waste makes a difference, and we've got a kitchen garden solution for you! Did you know that some of your offcuts of vegetables and herbs could be replanted and grow again?

Follow our tips below to find out how:

1. Place the root end offcuts in a glass or bowl of water (leeks, spring onions, herbs, celery, lettuce and more!)
2. Change the water every few days and spray with water every day.
3. Your veggies will start to sprout leaves and roots within a week.
4. Once you see roots you can transfer your veg into indoor pots and soil and continue to nurture like you would any other plants!

**UNEP 2021 Food Waste Index Report*

Did you know?

The UN designated 2021 the 'International Year of Fruits and Vegetables' to raise awareness of the important role of fruits and vegetables in human nutrition, food security and health, as well as in achieving the UN Sustainable Development Goals.

RECIPE

MAAFE

A West African Groundnut Stew

Groundnut Stew (chicken and peanut) is a popular dish in West Africa. It works perfectly served with simple steamed rice - or fried plantains - if you want to replicate the African tradition.

Ingredients (Serves 8):

- 1kg chicken thighs or drumsticks
- 3 tbsp veg oil
- 1 white onion, thinly sliced
- 8 garlic cloves, crushed
- 3-inch piece of ginger, peeled and finely chopped
- 1.5kg sweet potatoes, peeled and chopped into chunks
- 1 400g tin of chopped tomatoes
- 1 litre chicken stock
- 1 cup peanut butter (smooth or crunchy)
- 1 tbsp ground coriander
- 1 teaspoon paprika
- Salt and pepper
- ½ cup chopped coriander

Note - this dish can be scaled up to make a larger batch for a Harvest Lunch or Supper. It can be cooked in the slow cooker or on the hob, depending how much time you have.



Instructions:

1. In a pan heat the oil on a medium-high heat. Add the chicken pieces and brown well (if you're making larger quantity you may need to do this in batches). Once nice and golden, remove to a plate.
2. Put the pan back on the heat and add the onions - soften for 3-4 minutes.
3. Add the ginger and garlic and sauté for another couple of minutes.
4. Add the sweet potatoes and stir to combine.
5. Add the chicken stock, tinned tomatoes, peanut butter, ground coriander, paprika and chicken. Bring to a simmer, adding a good pinch of salt.
6. If cooking on the hob - turn the heat to low, cover and simmer for 90 minutes - stirring occasionally. If cooking in the slow cooker - transfer to the pot, turn to low and leave for between 6 and 10 hours.
7. After this time, the chicken should be nice and tender. Remove the pieces of meat from the pot and pull the meat from the bone (this should be very easy). Add the meat back to the pot.
8. Taste and add salt, pepper and more paprika if needed. Stir through the fresh, chopped coriander and serve.



FUNDRAISING IDEAS

Harvest Collection

We can send you Gift Aid envelopes to make donations worth 25% more and/or cardboard donation boxes to collect spare change. Just e-mail us: harvest@selfhelpafrica.org

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Online Donations

Whilst restrictions may have eased, we expect that some of you will continue to make your services available online. For those attending virtually, online donations can be made via the Harvest donation page at selfhelpafrica.org or you could create an online fundraising page (e.g. Just Giving) and share the link with the congregation.

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Harvest Lunch or Supper

A shared lunch creates a sense of togetherness and is an enjoyable social occasion. Why not use a community kitchen to create our Maafe recipe (pg9) and ask people to donate what they would have spent on a meal.

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Harvest Auction or Sale

Use your congregation's talents; some people have green fingers, others might be star bakers! Even those without gardening or cooking skills, might like to buy some local produce to donate.

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Gratitude Tree

Write down what you're thankful for and attach it to a Tree display - make a donation whilst doing so - to support those less fortunate.



A little can go a long way

Your donations give farming families in rural Africa the vital support and resources they need to survive. Here's what your money can do:

£12



QUALITY SEED

Improved varieties of seed and training in climate-smart farming techniques help farmers to increase their yields, providing a nutritious source of vegetables.

£15



ECO COOKING STOVE

A fuel-efficient stove requires less firewood to cook a meal and produces less smoke, creating a cleaner and healthier cooking environment and a reduced carbon footprint. It saves time for women who often have to make long and treacherous journeys to collect wood.

£100



QUALITY SEED, FARM TOOLS & TRAINING

To allow a family to set up a productive vegetable garden. Once up and running, it will enable a household to become self-sufficient for years to come, hugely benefitting the health and nutrition of the whole family.

£250



IRRIGATION KIT

To get water to the fields, ensuring a family have enough to eat even in the dry season. Drip-irrigation conserves water and saves time.

"Liberton Kirk in Edinburgh has supported Self Help Africa at Harvest for many years. They are a small charity achieving big things in the countries they work in, and we like the way they encourage and enable self-sufficiency."

- Ruth Davies, Liberton Kirk



Alupo Norah, Emorikikis Akanin Women Farmers' Group, Amaseniko Parish, Uganda

More Resources

Visit www.selfhelpafrica.org/uk/harvest for our full set of Harvest Resources, including pictures and video clips. Don't forget we can provide you with Gift Aid donation envelopes to make your donations worth 25% more.

Just call us on **01743 277170** or e-mail harvest@selfhelpafrica.org

Contact Us:



www.selfhelpafrica.org



harvest@selfhelpafrica.org



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