



**Self Help  
Africa**



Khady Sarr with raised cabbage beds, The Gambia  
Photo by Jason Florio

[selfhelpafrica.org](http://selfhelpafrica.org)



Ya Incha Mbaye preparing millet for the family, The Gambia

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

In the UK, there is a growing disconnection between people and the process of food production. We simply assume that any food we desire will be there on the supermarket shelves every day of the year, without fully appreciating the efforts and challenges involved in bringing that food to our tables.

By celebrating harvest, we foster a deeper understanding and empathy for those who depend directly on agriculture for their survival. It serves as a reminder that a stable food supply is not something to be taken for granted.

In 2022, over **258 million people in 58 countries** and territories around the world experienced a level of acute food insecurity that required urgent food, nutrition and livelihood assistance.

- Global Report on Food Crises, May 2023

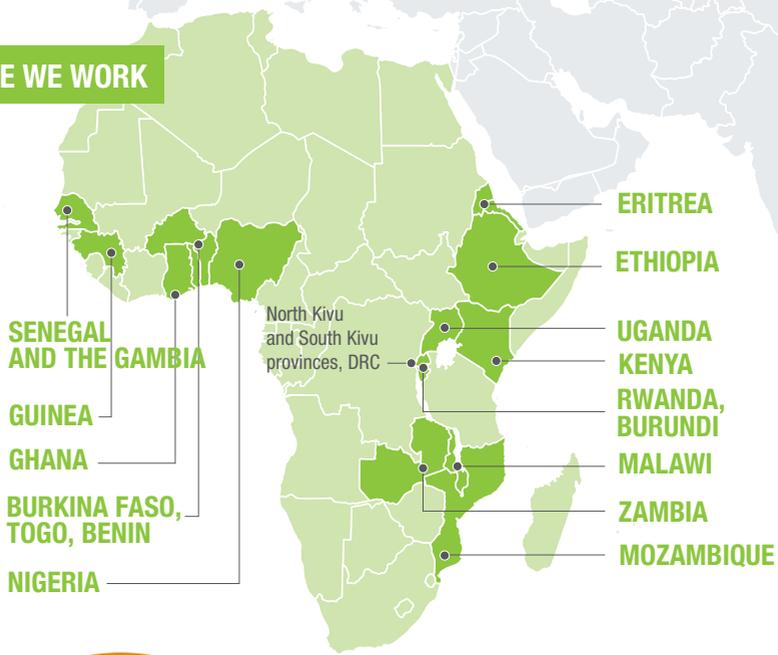


There is no single cause of the current rising levels of food insecurity and global hunger, but rather a combination of factors including economic shocks, extreme weather and conflict.

In Africa, 1 in 5 people are currently experiencing hunger. Most of these people live in rural communities, on land that has the potential to produce much more. **It makes our work more important than ever.**

Every day we're striving to alleviate hunger, poverty, social inequality and the impact of climate change - **thank you** for joining us.

**WHERE WE WORK**



OVER  
**100**  
PROJECTS ACROSS  
15 COUNTRIES



**395,695**  
Households practising  
Climate Smart Agriculture



Self Help Africa supported  
**23,935**  
Farming & Savings groups

WE HAVE REACHED  
**7.7**  
**MILLION**  
PEOPLE\*

\*Including around 3 million in Covid-19 support

These figures are from our 2021 audited accounts

## Hymn suggestions

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-  Come, ye thankful people, come  
**Henry Alford**
-  We plough the fields, and scatter  
**Matthias Claudius**
-  For the beauty of the Earth  
**John Rutter**
-  Fields of Gold Are Glowing  
**Isa Postgate**



**African Proverb**

*Judge each day,  
not by the harvest,  
but by the seeds  
you planted*

## Prayers

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For the promise of harvest  
contained within a seed,  
we thank you.

For the oak tree  
within an acorn.

The bread  
within a grain.

The apple  
within a pip.

The mystery of nature,  
gift wrapped  
for us to sow,  
we thank you.

Father, as we celebrate this season of thanksgiving  
We give thanks for the blessings of food, provision  
and nourishment.

Please grow in us a harvest for the world. Come  
sow a seed of hope within our souls Lord, that we  
might yield goodness, patience and kindness in  
abundance.

Sow a seed of peace in our lives Lord, that we  
might bear the fruits of forgiveness, compassion  
and righteousness.

Come sow a seed of love in our hearts Lord, that  
others would reap the blessings of family,  
friendship and community.

May each seed of hope, peace and love grow  
within us into a harvest that can be feasted on by  
all.

Amen

Source: Prayer by Julie Palmer, © 2018  
[www.prayerscapes.com](http://www.prayerscapes.com)

Byaruhanga Sunny from Buswekera North,  
Hoima City, Uganda



God of harvest,  
gardener supreme,  
you place us at the centre,  
feed us, equip us and,  
having provided for us,  
look to a different harvest,  
a fruitfulness of lives  
in service to you,  
and others.

God of harvest,  
feed us,  
prune us,  
harvest us,  
that our lives  
might bring glory to you.

“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**

Source: [www.faihandworship.com](http://www.faihandworship.com)

# Magical MILLET



Ndiene Sarr, millet test crop, Senegal

**M**illetts are a group of small grains - technically seeds - that are grown on lands with poor soil quality or limited access to irrigation. They are versatile ingredients that can be used both in their original grain form, in porridges and as rice substitutes, or as flour to make flatbreads and other baked goods.

There are many nutritious benefits of this ancient grain - it's full of dietary fibre, antioxidants, protein and minerals, including iron - and it's even gluten free.

Types of millet include: pearl, proso, foxtail, barnyard, little, kodo, browntop, finger and Guinea millets as well as fonio, sorghum and teff. These vary in colour, size and texture, but share roughly the same nutritional profile.

## Did you know?

The United Nations has declared 2023 the International Year of Millets to raise awareness of the crop's climate-resilience and nutritional benefits.

Find out more about the International Year of Millet, by watching the UN's video:



◀ Scan the code to watch



## CASE STUDY

# MEET INCHA

*Small-scale farmers like Incha are using climate-resilient millet seeds to increase their income and household nutrition.*

**F**or widowed small-scale farmer Incha Mbaye, growing enough nutritious food to feed her six-strong household and earn enough to make ends meet was an ongoing challenge. Like many in The Gambia, the 45-year-old grandmother had found it impossible to grow enough food to meet her family's nutritional needs using local millet. Her health and the health of the children in her family was suffering because their diet lacked iron.

As unpredictable weather caused by climate change was badly affecting harvests, Incha was increasing her workload just to cover the essentials. She took on additional small-scale gardening and milk production until Self Help Africa introduced her and her colleagues to 'climate smart agriculture'.

We gave Incha and other female farmers in the community access to resilient pearl millet seeds, which are more nutritious than usual millet crops and far more weather resilient. We also showed them how to properly process it. She has since harvested hundreds of kilos of pearl millet - enough to feed her family and produce more seeds for the next farming season.



Photo by Jason Florio

*Incha Mbaye, a widow and grandmother, prepares millet for the family. She supports her family through selling early maturing pearl millet seeds to other communities.*

*"I feel very excited when I hear people talk about the positive change they have in their lives, thanks to the introduction of the pearl millet in my area."*

Consuming wholegrain millet has made the family healthier and stronger. Their finances have also improved as Incha no longer has to buy extra millet to make up the shortfall, instead becoming a seed multiplier and providing other farmers with seeds in her region.

*"Despite the poor weather conditions, the pearl millet will always survive," she said. "I feel happy I am now able to support my neighbours to improve their lives with the quality seeds that I share with them."*

## CASE STUDY

# A FAMILY THAT FARMS TOGETHER

*Self Help Africa have established 'Field Schools' in Northern and Eastern Uganda that have become one-stop training and innovation centres for smallholder farmers in climate-smart farming techniques.*

**A**lice Arengo's family, who accessed our centre in Eastern Uganda, are now using improved seeds and a solar irrigation system to grow and sell crops including tomatoes, soya beans and cassava.

When Alice's mum died in February, as the eldest daughter she assumed responsibility for her eight siblings. Alice has no education to fall back on, so the 32-year-old hopes her new-found knowledge will diversify and boost her family's food production, helping increase their household income.

Inspired by the training they received, the whole family now plays an active role in their agri-business. Alice's older brothers plough the garden, with the help of an ox plough provided to the family, before planting the seedlings. The other younger children help weed and harvest, while Alice takes the vegetables to market with her father.



*A plant grafting demonstration in Ngora District, Uganda*

Empowering girls and women, like Alice, yields undeniable returns. When women work, they invest 90% of their income back into their families. This is compared with 35% percent for men\*. Investments in women farmers, are investments in their whole community.

With Self Help Africa's support, climate-smart farming methods are enabling families like Alice's to build resilience and hope for a better future.

*\*Source: the Clinton Global Initiative*

*Knowledge  
is a garden.  
If isn't cultivated,  
you can't harvest it.*

**African Proverb**

## CASE STUDIES

### MEET MARGRET

*“At first I just used sweet potatoes to bolster our family diet. Now, I am also selling them at the market.”*

Margret Chirwa is amongst 2,500 farmers in Malawi’s Thyolo District to benefit from a project that is promoting crop diversification, including the introduction of nutrient-rich sweet potato.

Life is still challenging for the single mother of two, but Margret remains optimistic: *“I have been able to buy a few goats and piglets with the income and am excited to see what I can grow; I am thinking of making fritters and fruit juice to sell.”*



### MEET AMY

*“I bought new clothes for myself and my children with the income from my onion sales.”*

Amy from Berefet village in The Gambia started out cultivating onions mainly for family consumption and sold the rest at giveaway prices. She experienced a lot of post-harvest losses, due to limited knowledge of curing practices.



After receiving training on market-oriented production and curing, Amy was able to go into early production, which increased her sales significantly.

With this knowledge and empowerment, she is now training her friends on best practices.

## ACTIVITY GRATEFUL FOR EVERY PLATEFUL

Harvest is a time to be grateful for every plateful - to express our gratitude for the blessings in our lives, and reach out to those in need.

*'By His hand, we are all fed. Give us Lord, our daily bread. Please know that we are truly grateful, For every cup and every plateful.'*

**Give every child a paper plate to take home, and ask them to decorate it with things they are thankful for.**



**Nigerian Proverb**

## RECIPE FATMATA BINTA'S FONIO JOLLOF

Fatmata is a trailblazing chef based in Ghana, who last year became the first African to win the Basque culinary world prize for her work showcasing nomadic food culture.

*Slice onions. Heat a frying pan and cook the onions in oil on a low heat until they caramelize. Add curry powder and let it simmer for two minutes.*

*Blend garlic, tomato and chilli together to a pulp. Add the pulp to the onion and curry mixture and cook on a medium-low heat until it thickens (about 10 minutes).*

*Add tomato paste, bay leaf and salt to taste (you could add some allspice if you like) and cook for 10 minutes on medium-low heat. Then divide the sauce in half.*

*Add fonio to half of the sauce, simmer on a low heat and keep stirring for three minutes. Then add one or two cups (two if the sauce is really thick) of stock and thyme leaves and simmer for another 10 minutes. (If you cook it with rice you might need more stock and may need to cook it until the rice is soft).*

*Add the finely chopped mixed vegetables. Cook until vegetables are cooked through but still have a little bite. Serve the fonio with the other half of the sauce.*

*Top with some thinly cut spring onions and grilled pepper, if you like.*



### **Serves 6**

- 500g fonio (or if not available, rice)
- 500g yellow onions
- Oil
- 500g fresh plum tomatoes
- 1 abanero pepper or any spicy chilli (or to taste)
- 2 tsp curry powder
- 1 bulb garlic
- 1 small handful fresh thyme leaves
- 1-2 cups chicken or vegetable stock
- 1 cup mixed vegetables, finely chopped (carrots, peppers, spring onions)
- 200g tomato paste
- 3 Bay leaves



# FUNDRAISING IDEAS

If you feel inspired to fundraise for Self Help Africa, please get in touch to see how we can support you with tools, resources, and advice.



## Harvest Collection

Having a collection at your harvest church service or talk is a fantastic way to fundraise. 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](mailto:harvest@selfhelpafrica.org)

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## Take part in a sponsored challenge event

A walk, 5km run, or even a cold-water swim!

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## Host a Bake Sale, Pancake Party or Cookie Club

Give it a go and get baking, it's a piece of cake!

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## Harvest Lunch or Supper

Use a community kitchen to create a delicious sharing dish and ask people to donate what they would have spent on a meal. You could take inspiration from the jollof recipe, or make a batch of soup.

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## Clothes Swap

Promoting sustainability, why not host an event where you invite friends and family to trade their unwanted clothes in exchange for a charitable donation. It can be great fun and is the perfect way to refresh your wardrobe without breaking the bank!

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## Become a Charity Champion

By selling our Christmas cards and gifts at your local Christmas fair, church service or community event. Call us on **01743 277170** for details.



## MORE RESOURCES

Visit [www.selfhelpafrica.org/uk/harvest](http://www.selfhelpafrica.org/uk/harvest) for our full set of Harvest Resources including video clips and 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](mailto:harvest@selfhelpafrica.org)

## Contact Us:

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