

Harvest



**Self Help
AFRICA**

Resource Pack



Chikondi with her daughter Yankho
in their back garden, Malawi.

www.selfhelpafrica.org

Embracing the Spirit of Harvest: **SUPPORTING FARMERS IN AFRICA**

Harvest is a time for reflection, gratitude, and community. A time to recognise the blessings of the earth and the hard work that goes into bringing food to our tables.

It serves as a reminder that a stable food supply is not something to be taken for granted and raises awareness of hunger that exists in other parts of the world.

In the spirit of Harvest, we invite you to consider the lives and labours of smallholder farmers in Africa, who face huge challenges brought on by climate change, economic instability, and limited access to resources.

Their resilience and dedication are truly inspiring. They work tirelessly under the hot sun, planting seeds of hope and striving for a bountiful harvest to feed their families and communities.

By supporting Self Help Africa this Harvest, you will equip farmers and their families with the tools, knowledge, and resources needed to overcome these challenges and break the cycle of poverty and hunger.

In this booklet, you'll find inspiring stories of resilience and success, and practical ways your church can contribute to this mission. Whether through prayers, donations, fundraising activities, or generating awareness, your support can make a big difference.

Together we can plant seeds of hope and harvest a future full of promise - thank you for joining us.

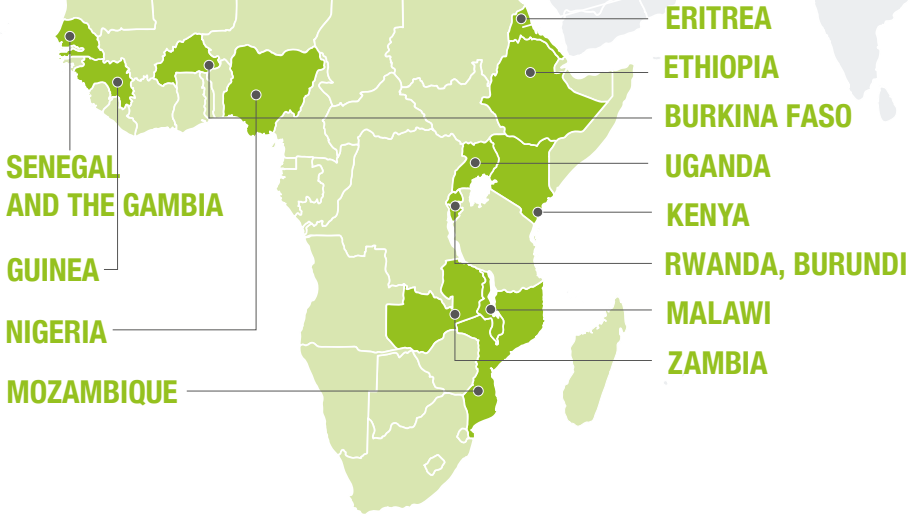


1 in 5 people
in Africa were
affected by hunger
in 2023

In West and Central Africa:
49.5 million people may go
hungry by August 2024
(WFP 2024)



WHERE WE WORK



475,955

Households practising
Climate-Smart Agriculture



Self Help Africa
supported

375,972

households to access
sufficient food



WOMEN
MADE UP

53%

OF THE PEOPLE WE
WORKED WITH

* These figures are from our 2022 audited accounts

Hymn suggestions

"We Plough the Fields and Scatter"

This is perhaps the most iconic Harvest hymn, widely sung and instantly recognisable.

"Come, Ye Thankful People, Come"

Another very popular choice, inviting the congregation to give thanks for the harvest.

"For the Beauty of the Earth"

Celebrated for its focus on the beauty of creation and the bounty of the harvest.

"All Things Bright and Beautiful"

Loved for its simple yet profound praise of God's creation, making it a favourite for Harvest services.

"Great is Thy Faithfulness" - While not exclusively a Harvest hymn, its theme of God's faithfulness through all seasons makes it a fitting choice.

Prayers


*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.*

Available online at faithandworship.com

*Heavenly Father,
We give thanks for the bounty of the harvest.
For the food that sustains us,
For the beauty that surrounds us,
And for the community that upholds us.
Help us to share our blessings with others,
And to work for the good of all your creation.*



Phales from Mazabuka district in Zambia.



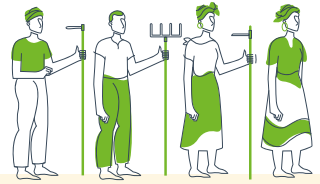
African proverbs about harvest often reflect the values of hard work, patience, community, and gratitude.

If you want to go fast, go alone. If you want to go far, go together.

African Proverb

This speaks to the importance of community and collaboration in achieving a successful harvest.

Adapting to a CHANGING CLIMATE



Climate change wreaks havoc for small-scale farmers who frequently have no other resources or income. These effects are disproportionately felt by women, who often lack the resources and opportunities to adapt. Every year the 'hungry months' between planting and harvest are getting longer. Women and children risk falling deeper into poverty, perpetuating a cycle of hardship for generations to come.

With your Church's support, we can provide practical solutions that help families secure their livelihoods, and become more resilient against climate change:



Malawi,
2021

Chikondi Ulemu with
daughter Yankho in their
backyard garden.

ESTABLISHING BACK YARD GARDENS



Many Self Help Africa women's groups benefit from setting up sack gardens. Climate-smart sack (vertical) gardens are easier to maintain, require less water, and are more robust against extended dry spells or heavy rainfalls. A variety of crops can be grown in a small space, giving ready access to a food source throughout most of the year. Women gain more independence in the home, and they can become role models for other women in the community.



Zambia,
2023

Phiona Mayuwa stands
outside the community
harvest shed in Mayaba
Village where she stores
her grain in hermetic bags.

PREVENTING POST HARVEST LOSSES



Right across rural Africa, small-scale farmers regularly battle against post-harvest losses; their future plans shattered by excess rainfall, pest or mould infestations. To help minimise those losses, Self Help Africa trains farmers to build and maintain simple crop storage sheds. Instead of having to sell their crops right after harvest, when market prices are lowest, farmers can safely store them, to get the best price. This helps thousands of farmers like Phiona safeguard their harvest and their families' futures.



Central River
Region, The
Gambia, 2024



Fatou Mjie, rice farmer and mum of three, collects water from her village pump. This is fed by a rehabilitated solar powered borehole.

SECURING ACCESS TO WATER



Across much of rural Africa, farmers struggle to access clean water – the source of life! Responsibility for collecting water mainly falls on women and children, who often walk several kilometres daily risking their safety to fetch water for their families. Self Help Africa works with local communities to install and rehabilitate solar-powered water boreholes, and basic pumps. Not only is this saving women time and energy; it's improving health outcomes for the family and providing a source of vital water for crops and livestock.

Kenya, 2022



Esther Loruk prepares ground for planting drought-tolerant crops in Kadokoi, Baringo.

CLIMATE SMART CROPS



Self Help Africa is assisting and supporting farmers in introducing new crop varieties. Our aim is to help them diversify away from growing maize and switch to crops that are more resilient to climate change including Cassava, Millet, Cowpeas, Sweet Potatoes, Teff and Groundnuts. These drought-tolerant crops are well-suited to the varying climatic conditions in Africa, and offer valuable nutrients to help combat food insecurity and malnutrition.

Case Study

MEET TOM BROWN

Meet 'Tom Brown', a traditional Nigerian food supplement crafted from a blend of nutritious local ingredients including soya beans, millet, corn, and groundnuts. Carefully fried, dried, roasted, and blended into a fine powder; the name 'Tom Brown' is thought to have emerged because the mix 'turns brown' during the cooking process.

This nutrient-rich food is a lifeline, especially for infants, young children, and breastfeeding women, helping to combat malnutrition and support healthy weight gain. By incorporating Tom Brown into their diets, millions of children across Nigeria can be shielded from the devastating effects of malnutrition.

Self Help Africa is at the forefront of this transformative effort. Through our Women Business Centres (WBCs) in Nigeria, we have trained over 400 women to produce and promote Tom Brown.

“

Due to the training I received here, I know how to talk to the customers and draw their attention to the goods that I have. Tom Brown can boost your energy and appetite for food, especially for people in the hospital; it's very good for them

Bridget Beekombo from Vandeikya Women's Group



Pictured: Bridget Beekombo, Ishuun Terhemen and Ahuru Nguerno showing Tom Brown

This initiative does more than just produce a nutritious food supplement. It boosts local agricultural productivity and builds the resilience of rural communities. Our women-led social enterprise model is a beacon of hope, addressing food and climate crises head-on.

Your Harvest donations will enable us to expand our reach and ensure that more communities benefit from Tom Brown.



◀ Scan the QR code to watch our YouTube video

Case Study

ONION SUCCESS IN THE GAMBIA

In The Gambia, onions are a staple in most households - but more than half of the onions consumed in the country are imported.

We're on a mission to change this. By working closely with Gambian farmers, we're helping them boost both the production and business potential of this popular vegetable. Thousands of farmers have already benefited, learning innovative growing and harvesting techniques that allow them to produce onions year-round, which has significantly increased their production and income.

Fatou, a 45-year-old smallholder farmer from The Gambia's Central River Region, has experienced first-hand the impact of this project. For years, Fatou struggled with poor quality seeds that often failed to germinate, leaving her with little to sell and feed her family.

Through our programme, Fatou received quality seeds and essential training in modern farming techniques including accurate seed spacing, bed preparation, curing, compost making and application. Now, she's growing an abundance of onions and has even developed innovative methods to maximise her yield:

"After harvest, I remove all the small onions that cannot be sold and keep them



Pictured: Salimatou Sadia Sanyang, a farmer from Brefet, The Gambia

until the next production season, when I replant them on a well-prepared bed. These bulbs will grow as big as normal onions and it's quicker than growing from the seeds."

"I now worry less about germination failures or poor nurseries leading to poor harvest, and I can use the money I used to buy seeds with, for my children's education."

Additional training in business skills, such as record keeping and financial management, have also empowered Fatou and her fellow farmers to negotiate better deals and manage their finances more effectively.



◀ Scan the QR code to watch our YouTube video

Recipe

HARVEST SUPPER - ETHIOPIAN CHICKPEA WAT

Harvest is traditionally a big celebration for the whole community - so throw open your doors and invite people to share a meal!

Why not give your event a unique twist this year with our inspiring African meal:



Ingredients:

Serves 6

- 2 tablespoons extra virgin olive oil
- 1 large red onion, finely chopped
- 2 carrots, finely chopped
- 1 potato, peeled and chopped
- ½ teaspoon cayenne pepper
- ½ teaspoon paprika
- ½ teaspoon ginger
- ½ teaspoon salt
- ½ teaspoon black pepper
- ¼ teaspoon cumin
- ¼ teaspoon cardamom
- 1 tablespoon tomato paste
- 1 cup chickpeas, drained and rinsed
- 1 ½ cups of water
- 1 cup of frozen peas, thawed

Directions:

1. Heat the oil in a large pot over medium heat.
2. Add the onion, cover and cook until softened (about 5 minutes). Add the carrots and potato, cover and cook (10 minutes).
3. Remove from heat and stir in cayenne, paprika, ginger, salt, pepper, cumin, cardamom and tomato paste. Add chickpeas and water and bring to a boil.
4. Reduce heat to low and simmer, covered, until vegetables are tender and the flavour is developed (about 30 minutes) adding a bit more water if needed.
5. About 10 minutes before the stew is ready, stir in the frozen peas and taste to adjust seasonings.





Fundraising ideas

If you feel inspired to fundraise for Self Help Africa during your Harvest celebrations, we've included some ideas below! Do get in touch if we can be of any extra help.



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



Take part in a sponsored challenge event

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



Host a Bake Sale, Pancake Party or Cookie Club

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



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 our Ethiopian Chickpea Wat recipe, or make a batch of soup.



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!



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.




Betty Banda farms upland rice in northern Malawi.

MORE RESOURCES

Visit 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

Contact Us:

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