



**Self Help
AFRICA**



Resource Pack



Joyce, Zambia, 2026.

www.selfhelpafrica.org

Thank you for supporting **Self Help Africa** this Harvest

As we approach Autumn, it's a special opportunity to pause and reflect on the abundance of harvest and the blessings it brings; to acknowledge those who bring the food to life, from seed to harvest.

This year, 2026, has been recognised as the UN Year of the Woman Farmer, acknowledging something many of us already understand: that women are at the heart of farming families and rural communities across Africa.

Women produce much of the food grown on smallholder farms. Yet too often, they do so without the most basic resources - making it harder to feed their families or earn a steady income.

Poverty and hunger are consistently more prevalent for women and girls.



Women struggle to get equal access to employment, training, investment and land ownership despite their hard work, simply because of their gender.

Self Help Africa remains committed to working with women farmers, implementing initiatives that support women and girls, and reducing gender inequality. When women farmers are supported, families eat better, children stay in school longer and communities grow stronger.

This harvest-time let us celebrate and offer thanks for the incredible work that women farmers do, not just at harvest, but all year round as care givers, educators, community leaders.

Let us remember that the measure of our abundance is found in what we are willing to share.



Case Study

Protecting The Land And Leading The Community

Christine knew that she'd been given an important role when she was elected to chair the community Natural Resource Management Committee in Monze district, southern Zambia.

This farmer-led group was established as part of a farmer-led Self Help Africa initiative focusing on restoring degraded land, tree planting, and providing training in climate-smart agricultural techniques.

Under Christina's leadership the group mobilized 200 farming families, bringing over 200 hectares of land in the 'Kafue Flats' region into the scheme. With the support and guidance of the committee the farmers set about controlling grazing on the grasslands; managed the wetlands and established a fire management plan. Over time these different activities enabled the regeneration of farmland, preserved forestry, and protected the environmentally sensitive low-lying wetlands that spread out from Kafue River, a major tributary of the Zambezi River.



Christine showcasing some of her groundnut harvest, Zambia, 2026.

In addition, the group has established three tree-nurseries that have produced and distributed more than 6,700 fruit tree seedlings to local families.

Using knowledge and skills picked through different training programmes, a community seed bank was also established. This enables farming families in Monze to access quality seed like legumes, cassava and sweet potato.

Hymn Suggestion: *For The Beauty Of The Earth* - John Rutter

Zeddy is a sweet potato
farmer in Baringo,
Kenya. 2025

Poem

When Women Farm

Written by Diane Perazzo

they are the seed keepers
sprout counters
compost carriers
clay diggers
rain dancers
moon watchers
planet savers

when women farm
the ruts and rows
might curve and wind --
inspired by spirals
not governed by uniformity

women who farm are
open to the rise and fall
of unstable weather,
amenable to uncertain
patterns of sun and rain

they are wedded to
muck and mud in spring,
elated by warm summer soil
made rich by longer days
of weeding and planting

when women farm
their love of the land
is freely given
as they kneel to nurture
and bend to nourish and tend

Source: <https://dianeperazzo.com/2025/02/28/when-women-farm/>



Case Study

Reaping the Benefits of Climate-Smart Farming

In the rural Dedza district of Malawi, Eliza and her husband Lebiyami farmed a single acre of land for many years. Like so many subsistence farmers, they planted and hoped - but never sure what the year would bring. Droughts lasted longer, and the rainy seasons were increasingly unpredictable.

Eight years ago, Eliza brought her neighbours together with a simple but powerful idea: store rainwater so their crops could survive the dry months.

The group joined a Self Help Africa initiative which supported them in building a water reservoir and cement canal. Eliza and her fellow farmers finally had access to irrigation and could grow crops into the dry season.

They also learned about other climate-smart techniques to help improve crop yields and with each passing year, harvests became more reliable and their income grew steadily.

Eliza's farm now produces potatoes, sweet potatoes, maize and cassava.



Eliza shows some of the maize produced on her farm. Malawi 2025

She and her husband have expanded into beekeeping and have begun livestock farming. They've built a house with a solid roof - a tangible sign of hard work and continued progress.

Eliza's courage to get her community to work together has been rewarded many fold. This is what's possible when women are supported to not only work the land - but to lead within their communities.

Hymn Suggestion: Praise God For Harvest-time - Paul Wigmore

How Your Gifts Can Help

Nuezia from
Mozambique



£50 can provide a woman farmer with **seed and a practical sack garden**. They are low maintenance, require less water, and productive in extended dry spells. A variety of crops can be grown in a small space providing a variety of foods for most of the year. Any surplus can be sold, women gain more independence in the household



£130 can help establish a new **women's farming group**. Members receive equipment, training and mentoring. Afterwards, women share their skills with others so the whole community benefits into the future.



£250 can help provide a **drip irrigation kit**. Water is harvested and stored in the rainy season. In the dry season, when water is scarce, a network of irrigation pipes then sends the harvested water droplets directly to crops.



Scan the QR code and donate easily online today



Fundraising Ideas

If you feel inspired to do a Harvest Fundraiser for Self Help Africa here are some ideas that may help!



Harvest Collection

Having a collection at your harvest church service or talk is a fantastic way to fundraise. Donate online and let us know if you are eligible for Gift Aid so we can make your donations worth 25% more! Just e-mail us: harvest@selfhelpafrica.org



Host a Bake Sale or Coffee Morning

It's a great way to bring congregants and friends together to connect and chat over a cuppa and tasty treat, all for a good cause.



Harvest Lunch or Supper

Host a pot-luck or use a community kitchen to create a delicious sharing dish, and ask people to donate what they would have spent on a meal. You'll find some recipe suggestions on our website as part of our Harvest Resources.



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!

On our dedicated Harvest Appeal webpage, we've curated some useful resources including a poster, videos, and additional hymn and prayer suggestions.

Go to selfhelpafrica.org/uk/harvest-appeal
or email harvest@selfhelpafrica.org for more information.

Kimiren Farmer Group, Kenya, 2025.



The easiest way to support Self Help Africa is to donate online today.

Alternatively, you can phone our donor care team on 01743 277170 or post a cheque to the address below.



**Self Help
AFRICA**

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