

**HARVEST**  
**RESOURCE PACK**  
2018



**Self Help  
Africa**

Mary Ndlovu, Kalonga village, Eastern Province, Zambia

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

**L**et us join together this Harvest to give thanks for all that we have, and to remember those in rural Africa who struggle on a daily basis to feed their families.

‘Growing your own’ has become a British passion. But for people in rural Africa, growing is more than a passion, it can be a matter of life or death.

Last year close to twenty million people in East Africa went hungry because of crop failure caused by successive years of drought, providing a sharp reminder of the many challenges that remain for smallholder farmers living in sub-Saharan Africa.

“No act of kindness,  
however small, is  
ever wasted”

**Aesop**



Jessy Sade, Chilato village, Malawi

“When I was a young mother we often went without food. We would eat only every third day. We would drink water, go to bed and try to sleep. It was hard to sleep when the children were crying.”

## **Jessy from Malawi**

Together we can give these farmers the vital support and resources they need to survive. With projects in eight countries, we’re helping around 400,000 households to escape hunger and poverty every year.

We hope you find our Harvest resources useful as you prepare for your celebrations. Your kind Harvest offerings will make a real difference to the lives of rural African families.

**Thank you.**

“I used to get just five 50kg bags of maize from this plot but I’m now harvesting 20 bags. I am producing a surplus that I’m able to sell, and I have also sold my chicks and some livestock to improve my income.”

**Queen from Malawi**



“In the past there was nothing to help farmers - I didn’t know where to turn. Because of the seeds and training I received, I don’t have the same worries I used to have.”

**Habibou from Burkina Faso**

“I learnt that these new crops (pawpaws, pumpkins and amaranth) would be better for my children than just feeding them maize. The children used to be sick all the time but with nutritious food they seem stronger.”

**Mauda from Uganda**



## Reading suggestions

- 🌿 The Parable of the Mustard Seed - **Matthew 13: 31-32**
- 🌿 Jesus Feeds the Five Thousand - **Matthew 14: 13-21**
- 🌿 The Parable of the Sower - **Luke 8: 4-15**

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## Hymn suggestions

- 🌿 Come, Ye Thankful People, Come - **Henry Alford**
- 🌿 Praise, O Praise our God and King - **H W Baker**
- 🌿 We Plough the Fields and Scatter - **Matthias Claudius**
- 🌿 For the Fruits of All Creation - **Fred Pratt Green**

“You give a poor man a fish  
and you feed him for a day.  
You teach him to catch a fish and  
you have fed him for a lifetime.”

**Chinese proverb**



Malidadi Chilongo from Kaphika Village, Malawi.



## 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.  
And we bless each other  
that the beauty of this world  
and the love that created it  
might be expressed though our lives  
and be a blessing to others  
now and always

AMEN

Available online at:  
[faithandworship.com](http://faithandworship.com)



# About **Self Help Africa**



Susan Wanjiku Kamau, village of Kwa-Gitau, Nakuru County, Kenya

## **A rural Africa free from hunger and poverty...**

...that's Self Help Africa's vision. And for 30 years we've been making that vision a reality for millions of families living in sub-Saharan Africa.

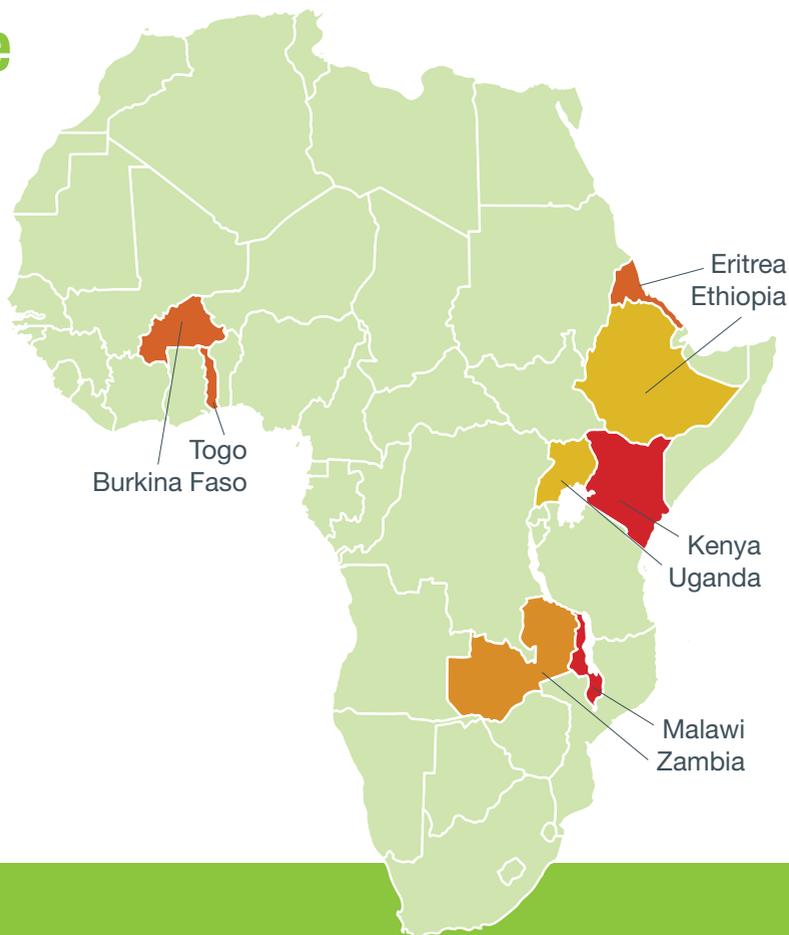
We don't give hand-outs or aid. Instead, we give families a helping-hand to grow enough food to feed themselves all year round, earn an income and manage their own lives.

Our low cost, sustainable solutions provide practical help where it's most needed.

With the provision of high quality seed, irrigation, improved livestock, training in more effective farming techniques and access to markets, we're helping to end hunger and poverty for good.

We are so grateful for the funds raised at Harvest services, collections, celebratory lunches and events held at parishes across the country. The work that Self Help Africa does is only made possible by you - thank you for joining us this Harvest.

# Where we work



**80%**  
of Africa's rural poor  
rely on **farming for  
their livelihoods**



**51%**  
of sub-Saharan  
Africans live  
on **less than  
\$1.25 per day**



**1 in 4**  
One in four people living  
in sub-Saharan Africa  
suffer from **hunger  
and malnutrition**

## A life on the land

In rural sub-Saharan Africa, most young people don't grow up with dreams of becoming a farmer.

Having witnessed their parents toil under the hot sun, using hand tools to dig the baked earth, many regard small-scale farming as hard, and often unrewarding work. Meagre harvests tell them that the grass just might be greener somewhere else.

However, it often isn't - and with the right support, the best option for a brighter future for young Africans can be found within the village communities where they have grown up.

Self Help Africa's youth empowerment project provides vocational, entrepreneurial and agricultural training in Uganda's West Nile Province.

The aim is to encourage the younger generation – in a region where a farmer's average age is 60 years old – to stay in their home towns and villages. We're empowering rural youth to actively contribute to the challenge of overcoming extreme poverty in their own communities.



### AFRICA'S AGE GAP

The average age of farmer is **60**.



**60%** of Africa's population are **under 24**.



Find out how we're helping young African farmers

**WATCH THE VIDEO**

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

# A life changed

## Richard Drasiku



**Richard dropped out of school at the age of 14 because his family could no longer afford to pay his school fees. Prior to taking part in the youth project, he only knew how to grow traditional crops such as cassava, beans and sorghum for home consumption.**

During his training, Richard was introduced to the concept of farming as a business and he became certain that he could improve his livelihood by becoming a successful farmer.

He was supplied with an onion growing start-up kit and used the knowledge learnt on his course to plant 0.25 acres of onions.

Onion buyers informed him that if he stored his onions for longer, he would benefit from higher prices. Richard took their advice and stored



Richard transplanting onion seedlings

his onions for four months after the initial harvest, eventually selling them for nearly twice as much as they were worth at harvest time.

With his newfound income, and a loan from his village savings group, Richard has bought iron sheets and timber for his house.

***“I have always wanted to sleep in a mabati (brick) house, with Self Help Africa’s support, I am seeing my dreams come true”*** he says.

## Top of the Class for Agnes

*“My family used to eat the same thing again and again and we were often sick. We saw amaranth flowers growing in the field but didn’t know that the seeds would be good for us, and used to give papaya to the pigs.”*

Witnessing a Self Help Africa trainer in action changed all that however. Now, amaranth and papaya are an essential part of Agnes’s new diet.

*“Being involved in the project also taught me new and different ways to plant and tend the crops we already grew, so they are also healthier.”*

Every few weeks Agnes’s neighbours gather to attend farmer training and receive demonstrations on her farm in Ibanda District in South-West Uganda.



Agnes on her farm



Agnes Katushabe, Ibanda District,  
South-West Uganda

An enthusiastic participant in the sessions herself, she points out rows of cabbages, carrots and ripening passion fruit plants and says with a smile:

*“When I look at my gardens and see what I am going to harvest this year I feel good about the future.”*

Agnes confides that initially she was concerned about hosting the demonstration plot, but she now concedes that she has actually benefitted twice from the project;

*“The training taught me new things, while I also have the enjoyment of welcoming people to my home. Before, I was shy, but now it makes me proud to have the community come to my farm. I am very happy. You can see the smile on my face.”*

# Facing a changing climate

***“The weather here is changing. Rain is becoming more scarce”***, explains François Tarpaga as he stands in the middle of his rice field in Ratenga village, in the centre-east region of Burkina Faso.

The 49-year old father isn't the only farmer in the area who is struggling to cope with the changing climate. One of the hottest places on Earth, Burkina Faso is particularly vulnerable to the impact of climate change, with much of the country's population suffering from increasing drought spells and food shortages.

But François - who grows the country's staple rice crop as well as millet, beans, peanuts, sesame and maize - is learning new ways to cope with the unpredictability of the weather.

As part of a Self Help Africa project in his area, François received drought-tolerant seeds and was trained on climate-smart farming practices, such as the use of compost holes to increase the fertility of his soil and collect rainwater.



François Tarpaga, Ratenga Village, Yargo, Kourittenga, Burkina Faso.

***“The training I've received has helped me cope with the changing weather. The seeds I've received grow much more quickly than the ones I used before, as a result my production has increased.”***

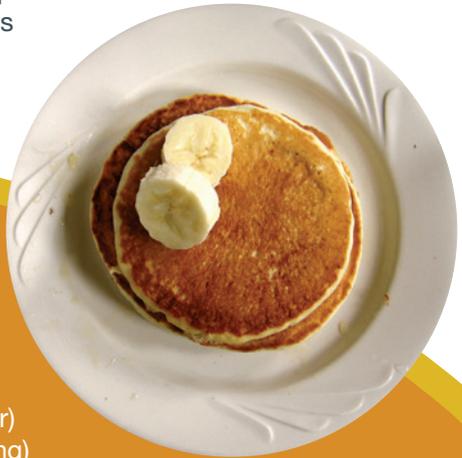
François can now afford to send all of his children to school, and hopes that at least one of them will continue the family tradition of farming.

# Celebrate Harvest with a Pancake Party!

Eggs, milk and flour all come from farms. So without farms there would be no pancakes!

And let's be honest, who doesn't love pancakes? They can be eaten for breakfast, lunch, supper and as a snack too.

Pancakes in Uganda are not made out of eggs, milk and flour but rather, plantain (bananas) and plain cassava flour. Making Kabalagala - banana pancakes - is a fun way to explore the culture of Uganda. These little pancakes (called kabs for short) taste kind of like fried plantains and are very yummy.



## Kabalagala Banana Pancake

### What you'll need:

- 2 over-ripe bananas
- 450g of cassava flour (or white flour)
- Rapeseed oil (enough for deep frying)

1. Peel the bananas and mash them in a bowl.
2. Slowly add flour while mixing, until the mixture is thick enough to knead. You will end up using most of the flour.
3. Knead the dough, adding flour until the mixture is no longer sticky.
4. Place dough on a lightly floured surface and roll it to about 1/4 inch thick. At this time, begin heating oil in a frying pan.
5. Using a cup or circular cutter, cut the dough into circles.
6. Place the dough in the oil once it starts to sizzle a little. It doesn't have to be boiling, but it should be pretty hot. At this temperature, the dough should cook for about 4 to 5 minutes. You may need to turn the 'kabs' after a few minutes. Adjust the temperature up or down as needed.

# Amazing Facts

Maize is the most widely grown staple crop in Africa - more than **30 million** smallholder farmers in Africa depend on maize for food and income.

Maize grows really fast! From the time it's planted, it requires between **90 to 120 days** to reach harvest. This allows it to survive in areas with short periods of rainfall and irregular water supplies.

Maize always has an **even number** of rows on each ear!



## Harvest Helper

Will you be a Harvest Helper for Self Help Africa? You could go on a sponsored walk, hold a bake sale or sell some home-grown produce at your Church or school!!

Remember, just **£12** could provide an African farming family with good-quality seed to grow nutritious fruit and vegetables.



# A Harvest Shopping List

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.





# Fundraising **ideas**



## Have a Harvest collection

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



## Host a Harvest Auction

An auction is a win-win! The produce is put to good use, and money is raised for a good cause. It makes us think, too. God has given to us abundantly - how can we use that abundance to help those in greater need?



## Host a Harvest lunch or supper

Why not set up a soup kitchen? Ask people to donate what they would have spent on a meal.



## Host a sponsored walk or cycle

To make it a bit more challenging, why not do it in wellies!



## Host a Pancake Party or Bake Sale

Who doesn't love sweet treats?



## 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.



Mary Auma Otiemo, Nyabera Village, Kenya

## More Resources

Visit [www.selfhelpafrica.org/uk/harvest](http://www.selfhelpafrica.org/uk/harvest) for our full set of Harvest resources, including pictures and video clips. Don't forget that 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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