

**Self Help
Africa**

Thank you for supporting Self Help Africa this Harvest

Across the world, people come together at Harvest time to give thanks for the food they have, but also to consider those who are less fortunate. Sometimes people, through no fault of their own, need help from others to get by.

In sub-Saharan Africa, 233 million people are suffering from hunger and malnutrition.

It doesn't have to be this way. Most of these people live in rural areas, farming small plots of land. They are hungry because the land doesn't produce enough food.

But Africa's farmers can grow more - much more - if they are given some basic training and support.

Celebrate Harvest with Self Help Africa and you can help African farmers to break the cycle of hunger and poverty and create a brighter future for their families.



80%

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



1 in 4

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

× 11

investment in agriculture is 11 times more effective at **reducing poverty** in sub-Saharan Africa than in any other sector



Know more, grow more

At Self Help Africa, we empower farmers with the knowledge necessary to lift themselves out of poverty and hunger, through training in efficient, climate-smart farming methods.

IN 2016, WE HELPED
OVER **3.4 MILLION**
PEOPLE ACROSS
NINE COUNTRIES

This helps the farmers we work with to diversify crops, get more from the land, and increase their harvest yields and incomes, to build a better future for their families. Here, a few farmers explain how Self Help Africa has helped their harvest:



"Drip irrigation training taught me how water shouldn't be wasted haphazardly; I learned how to conserve it and use only the required quantity to water my crops and vegetables."
Amidou Yameogo, Burkina Faso.

Jessy Sade predicts that her training in rearing and grafting mango trees will provide a valuable source of income for her: *"When I start to sell my trees I plan to buy wood and tin sheets, and replace the existing grass roof on my house."*
Jessy Sade, Malawi.



"In the past, I used to plough the fields and just throw seeds on the ground. Now, since my agricultural training, I plant seeds individually into hand-dug holes for better results."
Habibou Tiendrebeogo, Burkina Faso.

Hymn Suggestions

- 🌿 Think of a World Without Any Flowers - Doreen Newport
- 🌿 Come Ye Thankful People, Come - Henry Alford
- 🌿 All Things Bright and Beautiful - Cecil Frances Alexander
- 🌿 Bringing in the Sheaves - Knowles Shaw

African Proverbs

"You cannot work for food when there is no food for work."

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

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

Prayers

Sharing the loaves and fishes,
You gave us an image of solidarity with the hungry, O Lord.
Sharing yourself in the Bread and Wine,
You called all to the table, O Lord.
Give me the hunger to be a part of the feeding
And the healing of this world.
Nourish me with your Grace,
So I may work with joy to serve your children.
Open my eyes and my heart
To recognize those in poverty
And increase my awareness
Of the structures and systems
That need to be changed
So we may all break bread together.
In your name we pray for the end of hunger.
Amen

Source: Education for Justice

We bless you,
God of Seed and Harvest
And we bless each other
That the beauty of this world
And the love that created it
Might be expressed through our lives
And be a blessing to others
Now and always
Amen

Source: faithandworship.com

Tarku Desta, Sodo District. Ethiopia.



Top tips for a harvest auction



The Reverend Paula Griffiths, Priest at St John's Little Walden, Essex, passes on top tips for auctioning the produce brought to a Harvest Festival service:

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

Holding the auction after sharing a Harvest Lunch encourages a good sense of togetherness.



If this is your first auction, discuss the idea well in advance and invite people to think what they might bring. Ideally choose someone, or a small group, to co-ordinate and encourage others.



Use your congregation's talents. Some people have green fingers; others have their favourite recipes for cakes, bread, jams



***"Most of all - make it
FUN! And do it again
next year!"***

or chutneys. Even those without gardens or cooking skills might like to buy some local produce to donate (do you have a Farmers' Market?)

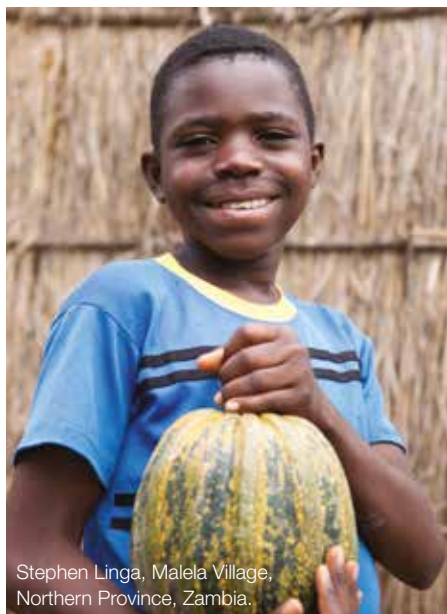
🌾 Don't be afraid to ask people beyond the regular congregation to join in. Doing things together helps build community - and people often like to be asked.

🌾 Set out the produce so that it looks attractive and colourful.

🌾 Choose a lively auctioneer - encourage the patter!

🌾 Leave the most precious gift until last - a glass of clean drinking water! Encourage high bids (our going rate for this is now £20).

🌾 Take pictures for your local parish magazine, website or local paper (but ALWAYS ask permission before you take or use them).



Stephen Linga, Malela Village,
Northern Province, Zambia.



Sambiani Telate, Tigba Kidi
Womens Corporation, Togo.



Building a better future

Inoussa, a father of five children, works hard to grow onions, maize, beans, tomatoes and peppers on his small farm in the rural village of Liouligou, Burkina Faso in West Africa.

He begins work in the fields every morning at 6AM, breaking only when the sun gets too hot to continue.

Just a few years ago though, Inoussa's hard work often didn't pay off. Like most smallholder farmers in Burkina Faso, he used to lose up to 40% of his harvest to pests, sun or disease, because he didn't have a place to store his produce.

However, a storage house built by Self Help Africa is turning things around for Inoussa and his fellow villagers.

"I used to keep my onions at home, but they would rot soon after Harvest. The storage house is ventilated and now my onions last longer. I sell them when the prices are high on the market."

"I also received onions, seeds and training," he explains. "I learned how to grow the seeds, how to plant them and how to water them correctly. Before the project, I could grow four or five 100kg bags of onions. Now I can grow 20!" exclaims Inoussa, who has also doubled his production of tomatoes.

“With this extra income I have bought two cows that I use to farm my land.”

Inoussa can now farm five hectares of land, when he struggled to farm even one in the past.

Besides planning to build a larger and more comfortable house for his family, Inoussa is happy that he doesn't have to worry about school fees anymore:

“School fees used to be the most difficult thing for me. Fortunately, today I can afford it.”

Worries, however, are not yet a thing of the past for Inoussa. While his family's diet has improved, the short rainy seasons threaten their food security:

“When the rain doesn't come, we are obliged to buy food to eat.”

Nevertheless, Inoussa is optimistic for the future. His next goal is to buy a tricycle, so his family can easily transport their vegetables and crops to the market, situated a few kilometres away.



WATCH INOUSSA'S VIDEO:
www.selfhelpafrica.org/uk/harvest



**The future
is at her feet**



WATCH LIMATA'S VIDEO:

www.selfhelpafrica.org/uk/harvest

“The land is tired,” says Limata Sana as she surveys the small farm that surrounds her home in Balgo village on Burkina Faso’s hot, dry central plateau.

“My ancestors used this land and I am using it now,” she explains. Like many small-scale farmers in West Africa, Limata depends on her smallholding to produce food for her five children and five grandchildren: “I cannot afford to let it rest.”

Deteriorating soil quality resulted in diminishing yields for the 46-year-old grandmother, who grows millet, rice and beans on her three-and-a-half-acre plot.

But the construction of a large compost pit and the production of her own natural fertiliser has enabled Limata to increase her yields dramatically.

“What we used to get from the land without compost isn’t the same as what we get now. The compost gives us more crops.”



L-R: Yougbare' Soumayotou (4) and Yougbare' Wassila (3) standing beside harvested millet, Balgo Village, Yargo, Kourittenga, Centre-East, Burkina Faso.

This year she grew ten bags of millet on land that previously yielded just four, while her bean harvest increased ten-fold. Her family's diet has improved considerably.

Limata confesses that, in the past, she was forced to sell her livestock to buy food:

"In the past, when we had a poor harvest, we were forced to sell our animals, even if we didn't want to. Now we can find other ways to solve our problems."

Yet, changing climate presents a new challenge for small-scale farmers like Limata: "As a farmer, my main worry is rain. When the rainy season starts, I always ask myself 'will rain last the whole season?'"

But there is hope, says Limata. All of her grandchildren are now attending school and, with education, she believes they will have better opportunities in the future. "That is why learning is so important", she says.



Felsiter Namfukwe, Nsunda village, Norther Province, Zambia.

Flour Power

Many families in Africa grind up maize to turn it into flour and mix it with water. This is called Nshima. It makes you feel full but it is quite tasteless and doesn't have a lot of goodness. Many children in Africa will eat this twice a day. Sometimes they might have some green leaves, like pumpkin leaves, or tomatoes and onions to eat with it.

Activity:

Grind your own flour from grain using a pestle and mortar. It's hard work!

Maize is the most widely grown staple crop in Africa – more than 300 million Africans depend on it as their main food source.

Try Nshima

What you'll need:

- 500g of maize meal or fine white polenta flour
- 1.25 litres water

1. Bring one litre of water to boil in a heavy-bottomed saucepan. Mix the meal or flour with 250ml of cold water into a smooth paste.
2. Add the paste to boiling water, stirring constantly, making sure that lumps don't form.
3. When the mixture reaches the consistency of thick porridge, turn off the heat, cover and leave to stand for five minutes before serving.

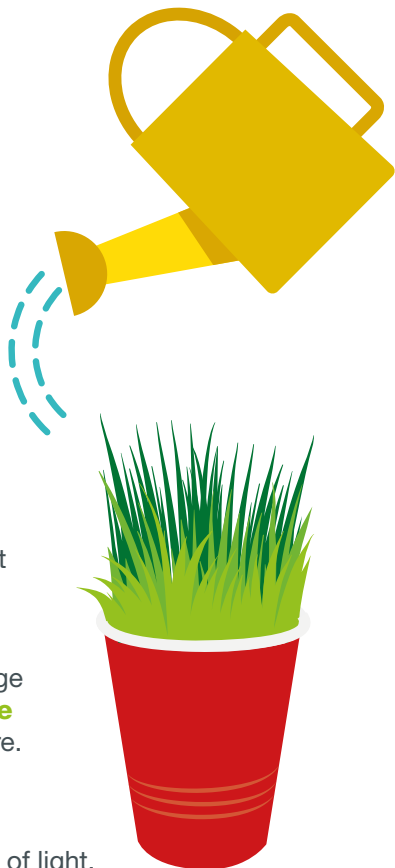
Food for thought

Ask children to imagine there was no food at home tonight. What would they do? Contrast how easy it is for us to get to food compared to African farmers who go hungry if there is nothing in their fields.

Sowing the Seed

Cress grows indoors at any time of year, and you can usually start picking your cress to eat about 1-2 weeks after sowing. This fun experiment illustrates the importance of good quality soil:

1. Take **two plastic cups** and add some drainage holes in each one. Fill **one with sand** and **one with potting compost** from the garden centre.
2. Sprinkle cress seeds on top.
3. Water them with the same amount of water, and make sure that they get the same amount of light.
4. Wait a week or two for the seeds to germinate.
5. See which grows the most quickly, and which looks the healthiest?



Thank you stickers

If you'd like some thank you stickers for your fundraising, please let us know and we'll send you some in the post.



Did you know?

Just **£10** could provide good-quality seed for a family to grow **nutritious fruit & vegetables**.



About Self Help Africa

Self Help Africa is helping thousands of rural poor families to escape hunger and poverty.

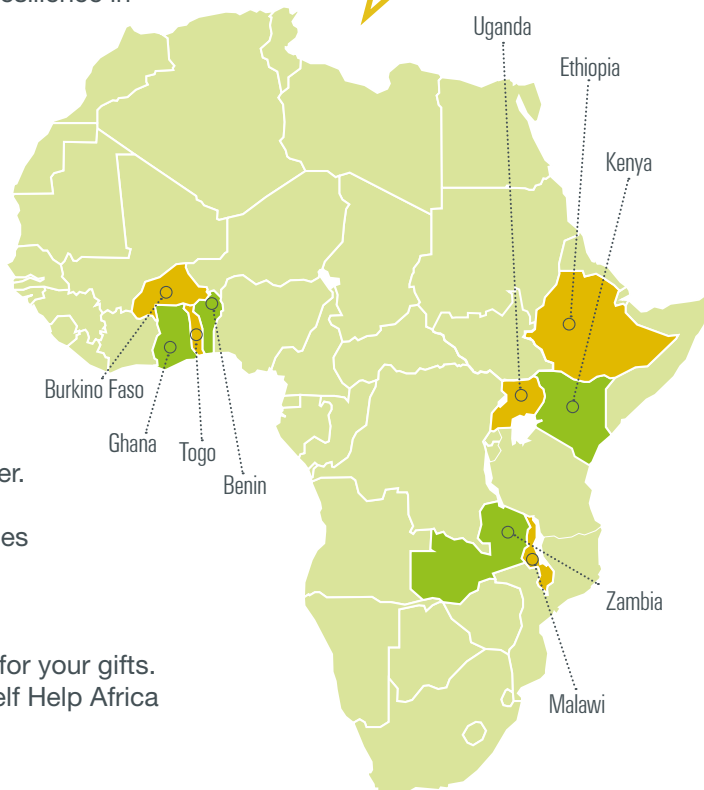
Self Help Africa support rural communities to develop the knowledge and skills that they need to prosper, and encourage climate adaptation practices that reduce vulnerability, and build resilience in the long-term.

We champion practical, low-cost solutions that will have a lasting benefit. Things that can be passed on and continue to happen even when we've moved on.

Over the last 30 years, together we've helped millions of people lift themselves out of hunger. And we've been able to do that because churches like yours have given so generously.

We are so very grateful for your gifts. Thank you for joining Self Help Africa this Harvest.

IN SUB-SAHARAN AFRICA, AGRICULTURE IS **11 TIMES** MORE EFFECTIVE AT REDUCING POVERTY THAN OTHER INDUSTRIES



A little can go a long way ...

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.



£10

Quality Seed

£10 could provide a loan of good quality seed which is then 'paid back' to help other families.



£25

Goat

£25 could provide an African family with a goat and kids, giving a valuable source of milk and manure and additional income from breeding.



£55

Bicycle

£55 could provide a bicycle to help a family transport their crops to market.



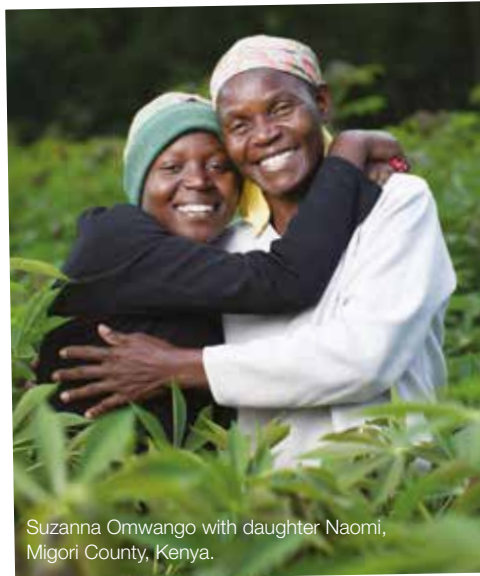
£70

Farming toolkit

£70 could provide a farming toolkit including a wheelbarrow, pick, shovel and other tools.

Ways you can fundraise:

- **Have a Harvest collection**
You can hold a collection during your Harvest service. Use our resources to show how your gifts can help families feed themselves.
- **Host a Harvest auction**
Follow our 'top tips' on pages 6 & 7!
- **Host a Harvest supper**
Invite people to a simple Harvest supper or lunch. Ask them to donate what they might have spent on a meal.
- **Change for change**
You need to use your old £1 coins by midnight on 15th October. So why not start a 'Change for Change' jar in your church, offering people a place to donate their old coins?



Suzanna Omwango with daughter Naomi, Migori County, Kenya.

More Resources:

Visit selfhelpafrica.org/uk/harvest to download pictures and video clips for your service and don't forget that we can provide you with Gift Aid envelopes to make donations worth 25% more.

Contact Us:



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**Self Help
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