



**Self Help  
AFRICA**



Chuma, a member of a youth group in Hatila village in Monze, Zambia



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

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

**H**arvest is a time to give thanks for the food that is grown and celebrate those who produce it.

**It highlights the strength of community and generosity.**

Harvest festivals date back to ancient Britain where farmers gave thanks for a good harvest during the full moon closest to the autumn equinox. This celebration marked the end of the farming season and gathering crops. Although most of us no longer grow our own food, harvest festivals remain an important way to learn about the journey of food from farms to our tables.

As we come together to celebrate Harvest this year, let us take a moment to reflect on the blessings we have received. In the spirit of community and compassion, it is important to acknowledge those who have less than we do – those for whom the harvest may not be as plentiful. By embracing this, we can honour the spirit of Harvest and build a more fair and sustainable world – one where everyone has access to food, resources and opportunities.

Let this celebration inspire us to share with others, lending a helping hand to those in need and nurture the values of generosity and gratitude. Together, we can make this season not only a time of thanks but also a time of giving.

For the communities that Self Help Africa support, harvest is an important time. It is vital for providing food, income and stability. However, for many the harvest can also be a time of uncertainty – when a poor yield or changing climate can impact their livelihoods and future. Through improved farming practices and training, Self Help Africa can help these communities grow more resilient crops and adapt to challenges. Together, we can ensure that harvest remains abundant for all.

In this booklet, you will find inspiring stories of resilience and success, along with practical ways your church can support Self Help Africa's mission. Whether it's through prayers, donations, fundraising or raising awareness, your involvement can make a meaningful difference.



# WHERE WE WORK

SENEGAL

THE GAMBIA

BURKINA FASO

NIGERIA

MOZAMBIQUE

ETHIOPIA

UGANDA

KENYA

MALAWI

ZAMBIA



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

**£40**

**£40** helps provide sack garden equipment, tools and training for a woman farmer to start her own family vegetable garden.



Phiona at the harvest shed in Mayaba Village, Zambia, where grain is stored in hermetic bags.

**£65**

**£65** helps a community build a crop storage shed to protect against post harvest losses due to pests, drought and excess rainfall.



Uwezo Women Group showing some of their vegetable harvest. Linemoja Village, Nyandarua County, Kenya.

**£150**

**£150** can help set up a new women's farming group. Members receive training and mentoring and share their skills with others so the whole community benefits.



## **Hymn**

### **God, whose farm is all creation**

God, whose farm is all creation,  
Take the gratitude we give;  
Take the finest of our harvest,  
Crops we grow that men may live.

Take our ploughing, seeding, reaping,  
Hopes and fears of sun and rain,  
All our thinking, planning, waiting,  
Ripened in this fruit and grain.

All our labour, all our watching,  
All our calendar of care,  
In these crops of your creation,  
Take, O God: they are our prayer.

## **Prayers** *suggestions*

 **Praise be to you, O God**

 **Seeds of Hope**

 **For a Harvest  
Shared by All**

 **As we break bread  
together**

 **The Richness of  
your Harvest**

**African proverbs capture profound wisdom related to hard work, patience, community and gratitude.**



Sofie harvests green beans at Radville Farm in The Gambia

*Knowledge is like a garden; if it is not cultivated, it cannot be harvested*

*This proverb applies to both agricultural contexts and life's broader lessons, reinforcing the importance of nurturing unity and growth.*

Self Help Africa is dedicated to empowering communities through sustainable development and knowledge-sharing. We invest in agricultural training, ensuring that individuals not only have the tools to cultivate their land but also the understanding to make it thrive. We help communities plant seeds of opportunity that when cultivated, lead to long-term self-sufficiency. Our initiatives show that education and training are essential in creating a sustainable future for the smallholder farmers we support.

## Case Study

# Gambian farmers rack up brighter future

**T**he mangrove swamps of The Gambia's West Coast region are providing a vital source of income for women oyster farmers like Marie Demba.

But West Africa's mangroves are under threat, as the impacts of climate change have contributed to the disappearance of vast swathes of mangrove forest in recent times.

Our Irish Aid-funded Integrated Climate Adaptation and Community Resilience-Building (ICCR) project is working to change that. With the project's support, Marie Demba, a single mother of two, has adopted an alternate 'rack culture' method of farming that promotes the cultivation of oysters on submerged home-made wooden frames, rather than on mangrove roots.

“*This rack culturing method has changed our lives, It makes us harvest a lot. It is because of this, I can afford [my children's] school fees, their food and their clothes. I work hard because I want my children to be educated.*”

**Marie Demba**



*Fatou and Marie show their oyster racks in The Gambia*

This alternative farming method means that Marie is not only producing larger, healthier oysters, she also no longer risks damaging the tree roots when harvesting her oysters.

Marie and the oyster-farming groups in The Gambia have also become advocates for the conservation of mangroves and are engaged in an initiative to plant new trees in the depleted swamps. This is good news, because mangrove swamps provide an important natural coastal defence against rising sea levels and help to absorb harmful greenhouse gases from the atmosphere.

By supporting Self Help Africa's Harvest Appeal, you are investing in a future where women farmers are at the forefront of economic and social change. These women are not just participants in development programmes; they are leaders, innovators, and entrepreneurs driving a brighter future for all.

## Case Study

# Empowering the future generation in Zambia

**C**huma Malambo has become a role model for her family, after joining a local youth group in Monza District in southern Zambia less than three years ago.

After witnessing her success with planting drought-tolerant cassava cuttings, Chuma's family was inspired to follow her footsteps into cassava production.

Aged just 23, Chuma began earning an income selling cassava leaves, stem cuttings and tubers, which a local processing plant is buying from her youth group.

Cassava growing requires minimal initial investment. Group members have reinvested profits from their sales into different income generating activities.

In Chuma's case, she has bought poultry to rear and breed, and is also benefitting from a grove of fruit trees that her group have planted. This provides them with both good quality food to eat, and an additional product that they can sell to earn an income.



*Chuma with members of the youth group*

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*Since I started earning my own income from these enterprises, my family has been motivated to invest in both cassava production and in poultry.*

**Chuma Malambo**

Chuma is among hundreds of young people in Zambia being supported by an Irish Aid-backed project that is seeking to preserve the local environment and support the emergence of a vibrant local economy that helps farmers develop sustainable value chains. The project is also nurturing initiatives using biofortified crops that significantly improve the concentration of particular nutrients.

## Case Study

# Helping Farmers Overcome Climate Barriers

**E**very morning before he leaves for his work, smallholder farmer Ephraim Kamtedza, from Malawi, prays for guidance. The 48-year-old's green field, just visible from his home, is evidence of the hard work he puts into growing food for his six children.

Ephraim grows nutritious, high-yielding orange fleshed sweet potato, and is also a member of a local village savings and loans (VSL) group, with whom he saves.

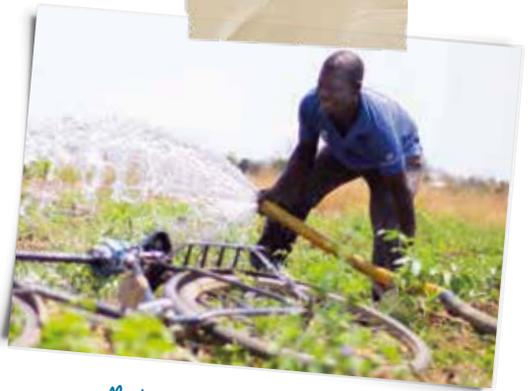
In Balaka district, where climate change has caused rains to be unpredictable, irrigated farming is essential to grow crops sustainably.

“*Now, I'm growing sweet potato commercially, and have been able to sell and make money from it. I'm reinvesting that money in so many ways.*”

### Ephraim Kamtedza

“At first I used to hire a pump to help with irrigation,” Ephraim explained. “This was both expensive and time-consuming.”

In 2020, he invested his profits from sweet potato sales, and with a loan bought a motorised water pump. It cut down on his overheads, and saves him thousands in leasing fees every season.



*Malawian farmer Ephraim Kamtedza waters his crops*

When Tropical Storm Ana hit in January 2022, Ephraim's farm work was disrupted. He took out a village loan and bought five 50kg bags of rice, which he then traded. The profits he made from selling rice went back into the farm, and also provided additional income to support his family at a difficult time.

As a member of the VSL group, Ephraim was trained in leadership, group dynamics, borrowing and loan management. He is now a community-based trainer, overseeing five local groups with around 100 members.

“*The food I produced used to run out by November, forcing me to buy food until my next harvest in February. At times my family struggled to eat. Now, I'm growing sweet potato commercially, and have been able to sell and make money from it. I'm reinvesting that money in so many ways.*”

### Ephraim Kamtedza

# Harvest poem

**H**

**Help** us to remember those who are hungry across the world. We are so fortunate here in the UK to have easy access to food and water which so many of us take for granted.

**A**

**A** time to give thanks for the wonderful food that we have

**R**

**Raising** vital funds to support future generations through Self Help Africa projects

**V**

**Villages** can thrive through shared effort

**E**

**Education** and training creates long-lasting opportunities

**S**

**Sustainable** livelihoods and healthy lives for all in a changing climate

**T**

**Together**, we nurture a future so bright with thanks to your generosity

*Why not encourage children in your congregation to write their own harvest poem and share them together?*

## Recipe

### HARVEST SUPPER - KUNDE

#### Kenyan black-eyed peas and tomatoes

Harvest is a time of celebration and gratitude. It provides time to connect with neighbours, reflect and express thanks for the harvest. This year make your gathering extra special with our delicious Kenyan Kunde. Welcome everyone together to share a meal and meaningful conversations.



#### Ingredients:

- 2 teaspoons of oil
- 1 onion, finely chopped
- 480g tomatoes
- 400g black-eyed peas
- 60g peanut butter or roughly ground peanuts
- 60ml water
- 1 teaspoon ground turmeric
- 1 teaspoon ground coriander
- Salt and pepper to taste

#### Directions:

1. Warm the oil over medium heat in a saucepan.
2. Add the chopped onion and stir until softened (about 5 minutes).
3. Add diced tomatoes, coriander and turmeric. Stir until the liquid from the tomato has evaporated and the mixture is quite dry, about 5 minutes.
4. Add the black-eyed peas, peanut butter and water. Increase the heat and bring the mixture to a boil. Add more water as needed to get a stew-like consistency.
5. Reduce the heat and simmer just until the peas have absorbed the flavour, about 5 minutes.
6. Season to taste and serve while hot! Enjoy.





## **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. 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](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 our Kenyan Kunde 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!

The Omurania Farmer group's citrus orchard is thriving thanks to a drip irrigation system. Teso, Uganda, 2022



## MORE RESOURCES

Visit [www.selfhelpafrica.org/uk/harvest](http://www.selfhelpafrica.org/uk/harvest) for our full set of Harvest Resources including video clips. The easiest way to support Self Help Africa is to donate online now.

Phone the office on **01743 277170**

**OR** post a cheque to Self Help Africa, Westgate House, Hills Lane, Shrewsbury, SY1 1QU



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