

KILILI SELF HELP PROJECT

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KILILI SELF HELP PROJECT sponsors training for farmers in Kenya and Uganda in the Grow Biointensive method — chemical-free, natural, sustainable practices that rebuild soil and produce two to six times more food than conventional farming.

Hunger, poverty, disease, and the human misery of these conditions can be eradicated by rebuilding soil on family farms so that intensively planted gardens can amply support a family's nutrition needs and provide extra food to sell.

In 2005, we trained more than 10,000 farmers in six-day workshops for less than \$6 per farmer.



Substantially more food in their gardens means self-reliance and food security for families, and extra crops to sell for much needed cash.

..... A donation of any amount will help us to reach more farmers and their families.
The full amount of all contributions goes directly to farmer-training programs.

KILILI SELF HELP PROJECT is a project of Ecology Action, a 501(c)(3) charitable organization. Donations are tax-deductible. Checks may be written to ECOLOGY ACTION, and sent to KILILI SELF HELP PROJECT at the address above.

KILILI SELF HELP PROJECT, Kenya and Uganda

PROGRAM: *The foundation of this program is restored and maintained organic soil fertility. Farmers are trained in the GROW BIOINTENSIVE method, a chemical-free, nature-based, sustainable set of practices that builds fertile soil and produces two to six times more food than conventional farming using fewer resources.*

RESULTS:

Hunger alleviation: Poor production on family farms due to exhausted soil is a widespread cause of hunger and malnutrition. Biointensive techniques have proven to increase food production from two to six times.

Soil restoration: Diminishing soil fertility is an acute problem in the region. By growing and composting plants with a high content of carbon and nitrogen, Biointensive farmers restore and maintain soil fertility.

Water conservation: Biointensive techniques significantly reduce the amount of water needed to nurture crops by building porous, microbe-rich soil which can absorb and retain moisture. This makes it possible to maintain adequate supplies of food even in drought conditions

Security: Improved and increased, reliable food supply stabilizes families and villages.

Nutrition and health: Organically grown, diverse crops improve family health due to improved nutrition and the elimination of toxic chemicals.

Poverty relief: Families benefit economically by the elimination of costly chemical fertilizer and pesticide inputs, and their highly productive gardens produce excess vegetables for market.

Education: Families with garden-based income can afford to send their children to school. Children are healthier and can learn more effectively.

Strengthened community: Training programs are community-based. Villagers come together for training workshops and subsequently to share experience and exchange ideas. The circle widens as neighbors see the results and are attracted to learn the Biointensive methods, and farmer to farmer training occurs.

Family-planning: Trainers emphasize the connection between farm size and family size. Nature-based farming methods make farmers aware of the "carrying capacity" of their small plots.

The "Grow Biointensive" approach taught in Kenya is based on scientific research and experimentation carried out for over three decades by John Jeavons and Ecology Action in Willits, California. Kilili Self Help Project is a project of Ecology Action, a 501(c)(3) charitable organization. Contributions are tax-deductible: Checks may be written to ECOLOGY ACTION and mailed to Kilili Self Help Project, 260 Marion Ave., Mill Valley CA 94941

100% of contributions go directly to programs in Kenya.

In 2005, we were able to provide training for over 10,000 farmers, at a cost of under \$6 per farmer. These farmers will train their families and neighbors.

KILILI SELF HELP PROJECT in Kenya and Uganda, 2005

Kilili Self Help Project funds come mostly from kind-hearted individual givers. Many have helped the project since it began in 1989.

This year, several grants gave Kilili an extra boost. Grants from the Paul Newman Foundation provided for many programs listed below. Gifts from the Schaub Foundation, Carolyn Bostick, The Wine Library, The Mental Insight Foundation, and the Palo Alto Rotary made many more projects possible than ever before; and a continuation grant from American Jewish World Service has enabled us to continue a program begun in 2003 to support qualified women trainers in their work with rural farmers.

Biointensive is so obviously productive that trainers are inundated with requests, and almost always find more than the expected number of participants at trainings. Reports include comments like this:

Moses Tenai, trainer: *"The farmers, being fully aware of the intense pressure on the land in their area, surged out for training in hope of realizing essential methods that can enable them to produce more food from sub-divided land, while improving the soil to continue producing for their children in future. As a result, 304 farmers turned out for training, 164 more than we were expecting."*

Ambrose Yamo, farmer: *"I never new that Sugarcane tops can give a good fortified compost, we just used to burn the materials after harvesting sugar cane. I used it in the short rains season to plant a one-acre farm and harvested 1350 kg of Maize where I used to harvest only 80kg of Maize. My family is now food secure and we can save our little income from vegetables."*

PROGRAMS 2005

- **Community Initiatives for Rural Development (CIFORD KENYA), Maua, Kenya**, to train 298 representatives from six farmer groups, these farmers to train 300 more: Athwana Group, Mwioko Group, Kabaune Victory Group, Nguthiru Progressive Group, Mwili Self Help Group, Kinangaru Women Group. Trainers: Patrick Siringi, Margaret Ikiara.
US \$600
- **Center for Environment Technology and Rural Development (CETRUD) and Karu Organic Farm and Training Center, Kasese, Uganda**, to intensively train 20 farmers in Karusandara to become trainers in their home area. Trainers: Tinkamanyire John and Busingye Agnes, Godfrey Kasozi.
US \$700
- **Five Washington University medical students partnering with Pathfinder School, Kitale, Kenya:** providing one day of free medical services to the surrounding community followed by training for five communities in Biointensive and its health benefits. Seeds donated by Washington seed companies.
US \$675
- **Rose Mugerwa and Joel Atuti Ondicho, Kijabweme-Masaka, Uganda**, to train 60 more farmers from Biwomera Babirya Self Help Group, St. Angela Self Help Group, Kijabwemi Integrated Project. Trainers: Rose Mugerwa and Joel Atuti Ondicho, Henry Okwoyo, Gilbert Agata.
US \$1000

- **Common Ground Program, Kitale, Kenya**, matching grant (B.A.T.) to train 200 farmers in Kamunyangole Village. Trainers: Alice Sungu, John Sirengo, Joshua Amwai Machinga.
US \$1000
- **Pathfinder Academy, Kitale, Kenya**, a school with a Biointensive-based curriculum, for 21 students to teach Grow Biointensive and develop gardens for 30 AIDS widows and 89 orphans under the guidance of trainers Alex Wafula, Milton Etyang', and Florence Muthoni. The students will continue to make home visits for one year.
US \$1000
- **Samuel Kaboro Kariha, Kahuro, Murang's, Kenya**, to train 277 farmers from seven villages. Trainer: Samuel Kaboro Kariha.
US \$1000
- **Bahai Community Project, Kimilili, Kenya**, to train 35 farmers for one year. Trainers: James Wafula Nyongesa, Baldas Murambakania.
US \$600
- **Community Mobilization Against Poverty (C-MAP), Bar-Ober, Kenya**, to train 63 representatives from nine cluster groups who will train their groups: Sikhendu Group, Namawangi Self Help Group, Mawaidha Self Help Group, Muyafwa Group, Kingandole Group, Bumala Group, Mbongonyuk Women Group, Mwangaza Group, Riwruok-Ber Group. Trainers: Titus Paade, Wycliffe Mabonga, Moses Mukongo.
US \$900
- **Food For All, Anglican Church, Bar-Ober via Busia, Kenya** to train 45 farmers in to train five others in the community. Trainers: Moses Mukongo, Titus Paade, Wycliffe Mabonga, Peter Musindalo.
US \$600
- **Sikhubi Self Help Group, Waitalugu, Kenya**, to train 40 farmers with .3 acre farms. Trainers: Violet Mugaga, Patrick Shiundu.
US \$400
- **Integrated Rural Community Empowerment Programme (IRCEP), Webuye, Kenya**, to train 300 farmers. Trainer: Baldas Kolia Murambakania, James Wafula.
US \$800
- **Tumaini Children's Centre, Bungoma, Kenya**, to train 70 farmers. Trainers: Gilbert Namaswa, Kennedy Adalo, Lectina Wasiroma.
US \$575
- **Mwamko-Mpya Organic Farming Association (MOFA), Bungoma, Kenya**, to train 175 farmers from Lubunda, Tujenge, Naliaka, And Bungoma Organic Farmers Groups. Trainers: Dominic N. Sikuku, John Okomba, Moses Mukirane, Matthews S. Walumala, Festus M. Sikuku, Zipporah S. Nasambu.
US \$1000
- **Gatua Women Group, Kitale, Kenya**, to train 60 members. Trainers: Naomi Wairimu, Peris Wanjiru.
US \$575
- **Nyakoigwana Self Help Programme, Endebess, Kenya**, to train 75 farmers from Nyakoigwana Self Help Group, Rural Organic Farming Approach Project, Kebirigo Resource Center Center. Trainers: Joel Atuti Ondicho, Gilbert Moseti, Henry Okwoyo.
US \$950

- **Sustainable Mobilization of Agricultural Resource Technologies (Smart Initiative), Kitale, Kenya**, to train 127 farmers from Seretwo Women Group, Kapcherwoi Women Group, Samor Men Group, Wakor Women Group, Kokotendwa Women Group and Sebit Youth Group. Trainers: Everlyn Riripon, Jack Wafula, Eunice Wamboi, David Macharia, Jackson Karenyang.
US \$600
- **RECOF, Siaya, Kenya**, to train 26 farmers from Ugenya Community Farmers Group. Trainers: Paul Oduor Omwandho, Ken Robert.
US \$575
- **Patrick Seme, Tumaini Masaba Youth Group, Kiminini, Kenya**, to train 50 farmers. Trainer: Joshua Amwai Machinga.
US \$500
- **Sustainable Agriculture and Rural Development Initiative (SARDI), Nakuru, Kenya**, to train 66 members of Munyaka Women Group and Mazingira Women Group. Trainers: Francis Wairegi, Samuel Nderitu, Daniel Njoroge.
US \$700
- **Kibos Youth Group, Namatore, Kenya**, to train 80 farmers of Simana Self Help Group and Makhele Women Group. Trainers: Eliud Wamalwa, Samuel Nderitu, Panina Wasike, Janet Kasiti.
US \$725
- **Youth Action for Development (YARD), Gatanga, Kenya**, for Amri Orphan Center School Biointensive Project to train the children at the center, the teachers, staff, guardians, and their neighbors. Trainer: Violet Mugaga.
US \$750
- **Muongano Retirees, Kitale, Kenya**, for a trip to Eldoret, Kenya for 100 farmers to tour Biointensive farms and meet with three trained farmer-groups in an exchange visit.
US \$525
- **Witheithie (means "Help Yourself") Women Group, Kitale, Kenya**, to train 120 farmers. Trainers: Samuel Nderitu, Peris Wanjiru.
US \$565
- **Boniface Kuria Kamau, Kitale, Kenya**, to train 205 farmers from Kinalu Women Group, Oasis of Hope Women Group, Tumaini Women Group, Mwangaza Youth Group. Trainers: Samuel Nderitu, Boniface Kuria Kamau.
US \$775
- **Youth in Action Farming Group (YFAG), Kitale, Kenya**, to train 78 young farmers who do not own land, but whose parents are providing them with space for biointensive beds. Trainers: James Mwaura, Peris Wanjiru.
US \$760
- **Samuel Kaboro Kariha, Kahuro, Murang's, Kenya**, to train 277 farmers from seven villages. Trainer: Samuel Kaboro Kariha.
US \$1000
- **Action for Community Development Programme (ACDEP), Kitale, Kenya**, to support the activities at ACDEP's demonstration/teaching/seed propagation/research center.
US \$600

- **SAREDEP-Kenya, Saboti, Kenya**, to train 150 farmers from Upendo, Mt. Siani, Birunda, Ng'onengo, and Huruma groups. Trainers: Joshua Amwai Machinga, Festus Wakhungu, John Okomba, Patrick Wasike, Florence Wasike, Janet Kasiti, Patrick Shiundu.
US \$575
- **Chamaa Women Group, Kiminini, Kenya**, to train 100 farmers from six community groups. Trainers: Joshua Amwai Machinga, Festus Wakhungu, John Okombas, Patrick Wasike, Florence Wasike, Janet Kasiti, Patrick Shiundu.
US \$525
- **Patrick Shiudu, Kitale, Kenya**, to organize a two-day workshop at Manor House Agricultural Centre for eight teachers from secondary schools, and to guide and monitor the teachers' Biointensive projects at their schools for one year.
US \$1000
- **Out of Afrika, Ruiru, Kenya**, to train 90 orphaned children and their 90 guardians. Trainer: Violet Mugaga.
US \$650
- **Appropriate Rural Development Agriculture Programme (ARDAP), Bar-Ober via Busia, Kenya**, to train 60 farmers from Siguli Orphan Centre, St. Mary's Women Group, Bukhalalire Widows Group, Namulekhwa Women Group. Trainers: Macdonald Wesonga, Alice Masindeh, Justus Ouma, Boniface Omondi, Patrick Otieno.
US \$800
- **Sandra Center for Sustainable Farming Self Help Project (SCSFSHP), Busia, Kenya**, for Biointensive training to form a team of fifteen community trainers/mobilizers in Kwazaa Division for outreach to farmers. Trainers: Augustine Wepukhulu, Gladys Nandabasa, Godrick Serenoy, Rose Muganda, Bridgit Kebut.
US \$600
- **SEPP-Kenya, Bahati, Nakuru**, to train 161 farmers from four groups: New Vision Women Group, Akuisi Gachembe Women Group, Tumaini Neema Women Group, and Marigu Mixed Self Help Group. Trainers: Peter Mwaura, Jack Wafula, David Macharia, Samuel Nderitu, John Macharia.
US \$600
- **Emmanuel Omondi, Director, Manor House Agricultural Centre, Kitale, Kenya**: contribution toward expenses at a capacity-building workshop held in Capetown, South Africa, (Feb. 5) on "Peer learning and community exchanges in encouraging and catalyzing interdependent development initiatives."
US \$400
- **Joshua Amwai Machinga**, for a program to train 3000 Maasai whose home area can no longer support their traditional cattle-based Maasai diet.
US \$1,200
- **Manor House Agricultural Centre (MHAC) student scholarships** for students unable to complete payment of tuition fees: Alice Elegwa Kadenge, Isaac Wanjala Wabuke, Florence Nyakoa.
\$1000 Matched by Palo Alto Rotary.
US \$2,000
- **Sandra Center for Sustainable Farming Self Help Project (SCSFSHP), Busia, Kenya**, for Biointensive training for representatives of ten farmer groups: Kwanza, Keiyo, Kapomboi, Kolongolo, Kobos, Kapkoi, Kaisagat, Kapsitwet, Karaus, and Amuka. Trainers: Dominic N. Sikuku, John Okomba, Moses Mukirane, Matthews S. Walumala, Festus M. Sikuku, Zipporah S. Nasambu.
US \$1050

•• **Mary Ngira, Nchiru Projects, Meru, Kenya**, to train 120 farmers from Mintuntu area. Trainer: Siringi Patrick.
US \$600

•• **Utamaduni Self Help Group, Kitale, Kenya**, to train 138 members. Trainers: Samuel Nderitu and ACDEP team.
US \$600

•• **Ongoing: American Jewish World Service (AJWS) Continuation Grant, \$17,500; a special program to support the work of women Biointensive trainers (third year):**

A) Training programs for the farmer groups of ten additional women MHAC graduate-trainers:

1. Catherine Wanyoni Mukhwana, MHAC 1997 - Koinonia Self Help Group, 57 farmers
2. Florence Muthoni, MHAC 1989 - Ujamaa Women Group, 29 farmers
3. Everlyne Kutete, MHAC 2005 - Nyange Self Help Group, 39 farmers
4. Theresia Ng'etich, MHAC 2005 - Sibanga Self Help Group, 57 farmers
5. Peres Lunani, MHAC 2005 - Tembela Women Group, 63 farmers
6. Tabitha Wanjiru, MHAC 2005 - Tumaini Self Help Group, 63 farmers
7. Violet Nyambura, MHAC 1996 - Amani Self Help Group, 71 farmers
8. Alice Wekesa, MHAC 2003, - Kapretwa Women Group, 56 farmers
9. Bernadette Naswa, MHAC 3 month program - Nuclear Women Group, 38 farmers
10. Janet Wekesa, MHAC 1995 - Kaisagat "B" Self Help Group, 42 farmers

B) Follow-up programs for the farmer groups trained last year:

1. Margaret Wepukhulu, MHAC 1994 - Tempatemba Self Help Group, 35 farmers.
2. Mary Muhonja, MHAC 1989 - Chavakali Women Group, 71 farmers.
3. Scholastica Aloo, MHAC 1995 - Top Station Self Help Group, 40 farmers.
4. Everlyne Riripon, MHAC 1995 - Weiwei Women Group; Makutano Self Help Group, 63 farmers.
5. Elizabeth Werunga, MHAC 1995 - Ndalua Women Group, 73 farmers
6. Christine Odour Owenga, MHAC 1995 - SCODP Project, 111 farmers
7. Phoebe Rop, MHAC 2004 - Salient Self Help Group, 56 farmers.
8. Veronica Wanyonyi, MHAC 2004 - Lunyu Women Group, 43 farmers.
9. Violet Makungu, MHAC 2004 - Lwanteti Self Help Group, 47 farmers.
10. Esther M. Naliaka, MHAC 2005 - Upendo Women Group, 52 farmers.

•• **Community Sustainable Development Empowerment Programme (COSDEP), Kiambu, Kenya**, to train 150 farmers from Turitu, Kanunga, Gatundu, Mundoro, and Mwirimiri Muganda groups. Trainers: Stanley Ngethe Kinyanjui, Jack Wafula, Samuel Macharia, Sebastian Wambugu, Peter Mwaura.
US \$600

•• **Mega Self Help Group, Kitale, Kenya**, to train 40 members. Trainers: Teresia Wairimu and ACDEP team.
US \$550

•• **Tumaini Children's Centre, Bungoma, Kenya**, to train 70 farmers from Khaka, Ng'ali, and Tumaini Youth groups. Trainers: Gilbert Namaswa; Kennedy Adalo; Lectina Wasiroma.
US \$600

•• **Bikeke Farmers Group, Kitale, Kenya**, to train 152 members. Trainers: ACDEP team.
US \$600

•• **Baraka Self Help Group, Kaplamai, Kenya**, to train 60 members. Trainers: Samuel Nderitu, Lucy Nyambura, Boniface Kuria
US \$475

- **Emmanuel Omondi, Director, Manor House Agricultural Centre** toward round-trip travel to MHAC, 12/05 (from Univ. Wyoming where he is enrolled in Masters program).
US \$500
- **Phaustine Mukhwana, Saboti, Kenya**, to train 233 farmers from Milimani Self Help Group, Mwamba Women Group, Beba Farmers Group, Trans Nzoia Women Group, Munyatu Self Help Group, and Kibeu Women Group. Trainers: ACDEP team.
US \$1,250
- **Festus Wakhungu, Kilili/American Jewish World Service Program, Kitale, Kenya**, for purchase of a motorcycle.
US \$3,000
- **Mwamko-Mpya Organic Farming Association (MOFA), Bungoma, Kenya**, continuing series of workshops for Biointensive farmers. Trainers: Dominic N. Sikuku, John Okomba, Moses Mukirane, Matthews S. Walumala, Festus M. Sikuku, Zipporah S. Nasambu.
US \$600
- **Pathfinder Academy** (Secondary school with Biointensive-based curriculum), for national registration fees.
US \$750
- **Patrick Shiundu, Kitale, Kenya**, for follow up of Biointensive training at local schools.
US \$400
- **Peter Mwaura, SEPP-Kenya, Nakuru, Kenya**, to train 161 farmers from Vision Women Group, Akwisi Women Group, Tumaini Neema Self Help Group, Marigu Self Help Group. Trainers: Peter mwaura, John Macharia, Ruth Wanjiku, David Macharia, Jack Wafula, Sebastian Maina Wambugu.
US \$600
- **Community Initiatives for Rural Development (CIFORD), Maua, Kenya**, to train 150 farmers representing 450 families from Charuru Youth Group, Kamutune Progressive Group, Kaarachine Self Help Group, Laibocha Group, Kangudu Women Group. Trainers: Patrick Siringi, Margaret Ikiara.
US \$730
- **Community Mobilization Against Poverty (C-MAP), Bar-Ober, Kenya**, for training of 150 new farmers and evaluation of previously trained farmers. Trainers: Titus Paade, Wycliffe Mabonga, Moses Mukongo.
US \$1,000
- **Sauti Ya Mkulima Mdogo Self Help Group, Mumias, Kenya**, to train 20 representatives of 20 self-help farmer groups. Trainers: Augustine Wepkhulu, Rose Mukhalule, George Wabwire, Godfrey Saenyi, Zipporah Nasambu, Salome Kamau.
US \$600
- **Patrick Shiundu, Kitale, Kenya, trainer and former MHAC teacher**, for demonstration and teaching center expenses on his farm.
US \$600
- **Joshua Amwai Machinga, Kitale, Kenya**: Biointensive training for 600 slum-dwellers in Kitale in partnership with a group of German women tourists who are contributing \$1,400.
US \$1,100