FARM STEW News

Mothers are feeding their children and fathers are sending them to school, because of your generosity!!

Steven demonstrates jackfruit!

Team Highlights during March-June

Iganga, Uganda
Team members conducted 206 hands-on, 8 hr trainings

South Sudan Outreach
1,934 refugees trained. Many are harvesting their first soybeans. They are thrilled to drink milk again.

Jinja, Uganda
633 students trained at 11 schools, in addition to prisons and orphanages.

Gweru, Zimbabwe
Conducted 114 trainings in Dorset, Mamboleni, Sino and Gweru Districts.

Manna from heaven?

John Balidwa, a village elder, knows hunger. His life has been marked by a yearly cycle; crops in the field are not yet mature but the last harvest is long gone. Hunger prevails.

What happens then? Kids climb trees in the hope of finding ripe fruit for survival.

Imagine John’s surprise when he learned that many of those trees are laden with enormous unripe fruit that could fill both his belly and nourish his body with a delicious savory dish!

FARM STEW taught him how! “At this age of mine, now 67 years, I have never known that we can get such a nice dish from jackfruit. How I wish I had known earlier.”

It’s like a miracle of bread from heaven, a new manna that God provides through your generous gifts! Thousands of children won’t face hunger, because of FARM STEW’s recipe of abundant life.

What is that? Jackfruit!

It’s from a tropical tree that produces thousands of pounds of fruit each year. In South Asia, the unripe fruit is used, although eating it that way was unheard of in East Africa, where they grow abundantly. Introducing delicious recipes is part of our hands-on cooking classes, tackling hunger.
Stories and Highlights

You are equipping families to discover the blessings of their local resources, promoting self-sufficiency.

Environment Changed

“There is now a conducive environment simply because FARM STEW taught my [students’] parents how to earn a living,” says Isaac Owino, (above) Headmaster of Mwendanfuko Primary School.

Before FARM STEW came, the children were not getting mid-day lunch, attendance was not good, and it was the “worst school in Uganda.” Once FARM STEW came, there was a “change in the environment,” now the attendance increased, the girls are not dropping out, and the kids are being sent to school with lunch.

Rose Blossoming

Rose and her children fled the war in South Sudan. They live in Bidibidi Refugee Camp, in Northern Uganda. Her family of eight were given a property about the size of 3.5 ping-pong tables to live on.

After being trained by FARM STEW, her little land is now a thriving vegetable garden. Rose is happy that she can now feed her children with a variety of fruits and vegetables that she can grow herself. It cost just $15 to get her started.

FARM STEW “accepted with open arms!”

An Intern’s Reflection

“I am beyond grateful for the opportunity to see first hand the work of FARM STEW here in Zimbabwe. It has been encouraging to see Joy’s vision come to life and witness the mission of FARM STEW played out.

“Our weeks have been split doing office work, completing competencies and teaching lessons out in the village; each component valuable to the growth of the organization. Meeting with FARM STEW participants in the rural villages has been a highlight!

The teachings and practical classes being provided have been accepted with open arms! The team has trained 2,669 people so far and names families that have taken the steps to be FARM STEW homes!

So many are grateful for the opportunity to receive the blessings of FARM STEW. This experience has been incredible in so many ways. God is good!

Carly Kessler, Masters in Public Health Intern from University of Massachusetts
Freedom from shame in 2018!

“You helped us a lot because we were suffering”

Many girls still are…

Your generosity and a small grant from the AFRIpads Foundation, provide Freedom From Shame for Ugandan girls and women!

AFRIpads is a Ugandan social business that locally manufactures washable sanitary pads and employs over 200 Ugandan women.

In 2017, FARM STEW distributed 1,000 Deluxe Menstrual Kits (with four pads and a discrete bag), to vulnerable schoolgirls in Eastern Uganda.

FARM STEW trainers share our sanitation message with these young girls, removing the fear and confusion surrounding these topics that are taboo in the local culture.

In partnership with AFRIpads, we conducted a follow-up survey with 132 girls in March of 2018. Here is what we learned!

Key Findings

- 65.9% – said they experienced difficulties going to school or doing tasks before AFRIpads.
- Infections from poor hygiene, were reduced from 24% to only 0.2% of girls.
- 98.5% said that the pads made it easier to go to school or do daily tasks
- 97% had enough water to wash the pads,
- 99.2% would like to continue using AFRIpads

One of the girls said:

“Thanks you helped me. I was using old rags and I feared to come to school.”

Now, that fear is gone!

Thanks to you, the FARM STEW trainers, and the AFRIpads Foundation, the girls are free from shame!

We’ve already helped 450 girls in 2018! Yet we so have far to go!
The need is so great. We’ve set a goal to reach, 2018 girls in 2018.

For just $10 per girl!

"You helped us a lot because we were suffering"
I am Phionah Bogere a joyous lady aged 23. I lost my mom when I was only ten months old. My father died when I was six.

As an orphan, I started staying with my elder sister. I used to wake up very early in the morning to fetch water at Lake Kyoga, which was a long distance.

Life became hard. My sister had her own family to take care of so I was taken to an orphanage. Somehow, through great struggle, God allowed me to get through vocational school.

Then in 2015, I attended one of the trainings that Joy Kauffman was conducting at my church. During the training, I was so eager to learn and I asked her many questions.

When it was over, I asked her if I could be part her team.

Later, I learned that God had shown her that she should start a FARM STEW team but she hadn’t told anyone yet. My question was just the confirmation of the Holy Spirit that she needed to follow her conviction.

I was so happy and surprised to get the news that I was chosen to be on the original FARM STEW team.

Since then I’ve learned so much. I’ve personally conducted 243 trainings in villages, schools, hospitals and churches and have trained 16,694 people. We have sign-in sheets from every day’s class to prove it!

I love to train villagers how to grow and make new, healthy foods and educate the teenagers on how important hygiene is in taking care of their bodies.

I even have container gardens at my home. That helps me save more of my wages, allowing me to pay school fees for orphans.

Through the trainings, I’ve learned to express myself and gain courage. I have also managed to preach God’s message through FARM STEW because we use the Bible as the basis of our teaching.

I am grateful to you, the donors to FARM STEW! Because of you, so many participants have improved health, changed eating habits and now practice agriculture. I meet so many people whose lives have been transformed by implementing what we teach. I wish you could meet them too!

Long Live FARM STEW!

Phionah

First “Veggies” Gift

In early June, I was amazed by one of our many donations! It was surprising, especially given the source!

I know the family. They sell vegetables for a living.

How did they offer such a generous gift? They had committed their “first fruits,” all of the money from their first farmers’ market sales, to FARM STEW!

Their joy in giving and trust in God made me smile!

What is growing?

I’m amazed by what God is doing through FARM STEW. Thanks to consistent, generous gifts we now have 16 full-time trainers in Africa.

Each week they reach hundreds of families with practical, hands-on hope! Through them, YOU are sharing the recipe!

You empower Phionah’s love for the least of these!