You may have experienced the challenge of feeding your kids or grandkids a new, healthy food. Sometimes they go for it and sometimes it’s a struggle. At least that’s the case in my home.

In the rural, poor villages in Africa, where FARM STEW works, it’s entirely different. The kids are so excited by our hands-on cooking classes that there is always a crowd of them by the time food is ready to be served. FARM STEW trainers take joy in helping the children and serving as a model for their parents.

It reminds me of Jesus, inviting the little children to come unto Him. They come and I’ve never seen even one refuse the FARM STEW foods.

The kids above from Eastern Uganda are tasting “soy scrambled eggs” with a “rainbow pot” (mixed vegetables and soybeans) for the first time.

These high protein foods and vegetables will help them grow. Then, as their families are trained, they can help their parents grow these foods. It’s an excellent way for families to work together. You are sharing and it’s always love at first bite!

Why does FARM STEW promote whole foods?

It’s simple; whole foods use all three parts of a seed. It’s the way God made them. When you eat all three parts, you get the most nutrition. We’re told the invisible things of nature reflect God; Father, Son & Holy Spirit. (Romans 1:20) So in a way, a whole foods diet is an act of worship. You and your gifts can be a witness!
The Land Now Lying Idle Can Feed the Nation!

Uganda is known as the “Pearl of Africa!” The beauty in the land and its people shine everywhere you look. Yet, most rural residents have a difficult time cracking open the shell to find the pearl.

One of the most significant barriers is their attitude. They don’t have hope and lack motivation. You are helping to change the minds and hearts of people trained by FARM STEW.

One sign of this change is the thriving vegetable fields of Mr. Bogere, a man in his mid-40s that never saw growing vegetables as a way out of poverty until you made it possible. He is married and has six children to feed.

When FARM STEW first came to train in his village, he was jobless, like almost all the men around. Now, after receiving our training and some seeds, he is growing a lot of vegetables.

After radically changing his own family’s diet, he now has his own enterprise, selling vegetables at a nearby trading center. Betty, one of the FARM STEW trainers, says “even Mr. Bogere’s neighbors are proud of his vegetables.”

Jesus’ words ring true, “still other seed fell on good soil, where it produced a crop—one hundred, sixty, or thirty times what was sown.” Matthew 13:8

Creating a market for the crops!

In addition to Mr. Bogere, you have helped start 187 gardens in the Iganga District of Eastern Uganda, just one of the areas we are working. All these vegetables and all the people that have been hearing about a recipe of abundant life have lead to another idea.

What if we could launch a farm-to-table restaurant in the city of Iganga, Uganda, home to 70,000 people?

Our team there has been praying about the idea for more than a year, so it wasn’t a huge surprise when God provided a restaurant in September when I was last in Uganda. It’s a long and exciting story, and we’re just in the first chapter. We served our first customers October 1st. More news is coming soon!

You Are Fighting Cholera, One Latrine at a Time!

Zimbabwe has been hit with deadly cholera epidemic due to poor sanitation. In the village of Skimbingo, FARM STEW trainers and volunteer educators identified Kraal, the neediest person in the community who did not have a latrine.

Together with local church members, they hand dug a 3-meter pit for a “Blair Latrine”, a type that was designed during the 70s in Zimbabwe. Local FARM STEW staff personally donated four bags of cement. When the toilet is completed FARM STEW will have brought a remarkable change in the Kraal’s life “which will boost his self-esteem” and protect his family.

Thanks to everyone’s generosity we’re fighting cholera, one pit at a time!
The Face and Heart of African Children: Nakato’s Story

It’s girls like Nakato, with her big hopeful eyes and skinny little arms that reveal malnutrition is more than statistics. The children in Africa have a face and a heart. Although FARM STEW has not yet reached Nakato’s community, your gifts will make that possible.

I met Nakato’s grandfather in the city of Iganga, and he invited our team to visit their rural homestead. With a heavy heart, he told me Nakato’s mother has six kids and she is often away for days seeking work! One of Nakato’s siblings was hospitalized in May for a few days due to poor feeding. When I asked if I could share her story, he said, “We believe that will be a good and timely wake-up call for our community.”

Your gifts make children’s health a priority. It sounds the alarm to waken people to the problem of malnutrition. More importantly, this will provide the solution, a receipt for abundant life, FARM STEW! Thank you for partnering with us to reach Nakato and families like hers.

You Inspire Steven’s Creativity

The creativity of our FARM STEW trainers never ceases to amaze me and Steven is no exception. Steven is one of the original trainers. Since October 2015 he’s dedicated himself to bringing the recipe of abundant life to his fellow Ugandans. Thanks to you his impact is growing!

Steven’s intrigue with health and nutrition preceded my arrival in Uganda. Unlike most of the locals who only knew soybeans as a cash crop to sell or and eat as a crunchy nut, Steven was making something called “soy kawa,” a coffee alternative. When he learned that I had been sent by the United States government (USAID) to teach people more things they could do with soybeans, he immediately started volunteering with me.

Together we conducted the first hands-on cooking classes: making soya milk, using the residual, protein rich okara as a flour to add to porridge, eating green soya (edamame), and the rainbow pot of vegetables with whole cooked soya beans. The community response was tremendously positive.

Steven is also a farmer and wanted to learn more so he could teach more to the villagers. Because of your generosity, FARM STEW was able to send Steven to intensive agricultural training in Zimbabwe and launch a team there in March of 2018.

Most recently, Steven has become a plastic bottle collector! With the addition of compost and a thick layer of mulch, soils are able to retain moisture, but when it doesn’t rain, many villagers still struggle to keep crops alive. So, Steven adapts, and helps villagers implement simple ideas that can lead to success.

By submerging a full water bottle into the soil a few inches deep, he learned that nearby plants can be watered for up to a week. This has saved the seedlings of so many villagers who have no luxury of a hose and running water.

Life is sustained in previously idle fields and lives are improved as a result! Bless YOU for bringing Steven’s creativity to life.
Your gifts to mobilize our team in Jinja, Uganda are reaching the most vulnerable people imaginable. In addition to the rural poor, this team of trainers has dedicated its efforts also to prisons, hospitals and shelters for pregnant young girls and mothers.

Mama & Me

Mama&Me is one such shelter and the team has partnered with their staff to help the girls and their kids. Olivia, one of the shelters leaders, had a quote on facebook: “Just concluded session two with FARM STEW. Today we learnt how to make sauce eggs out of soya bean and how to cook so as to keep the food good and not loose it’s values.”

You Gave the South Sudan Outreach team wheels!

The refugee camps in Northern Uganda are huge! Just last week, FARM STEW donors made it possible for all of our South Sudan Outreach Team trainers to get bicycles and expand their capacity to serve! We could not have done that without your support!

Thanks to you, Elias, a FARM STEW trainer with the South Sudan Outreach team, can use his bike to get to trainings in the refugee camps where he lives. The garden beds behind him are some of many that FARM STEW has inspired. Pastor Amoli, working behind him, is a great advocate for FARM STEW.

Your consistent, generous gifts and our dedicated African staff combine, like blood and oxygen, to empower the work of FARM STEW. Three years have passed since God allowed this work to begin. Never in my boldest dreams could I have imagined all that your partnership has made possible. Together we’ve shared practical, hands-on hope with 43,756 Africans and held 949 eight hour trainings!

Yet, at times our “blood pressure” gets a little low!

One day, while praying for provision for this work, I felt a strong impression to be bold. Imagine that! I was pleading, telling God “I know You can provide our daily needs, but what about planning ahead so that we can continue to launch trainers into areas desperate for the recipe of abundant life?”

YOUR faithful and sacrificial giving makes the heart of FARM STEW pump.

• $37 sponsors a hands-on class
• $150 to start 10 family gardens or help 10 girls with pads
• Transform a village for $83/mo.

For us to “pump ahead” we rely on monthly supporters and legacy gifts. If you want to help, I’ve enclosed a reply slip and envelope. You may prefer to give online at www.farmstew.org.

Little Wahab is happy to learn from FARM STEW. Your gifts make his nourishment affordable for his mom.

Betty and Joy gather with mothers who have benefited from FARM STEW training. Many of these mom’s were from rural villages where their pregnancies caused them to have to leave home. FARM STEW’s recipe makes it possible for them to feed their children.

People should never die of hunger. A half kilogram of soya does a lot of wonder.” -Oliva

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