FARM STEW’s mission is stated in simple words, “to improve the health and well-being of rural, small farm families throughout the world.” On a practical level:

- How does one really improve the health of others?
- How do we measure well-being?
- And how does anyone reach the world?

It seems impossible!

Yet, the word of God and the experience of FARM STEW speak to the truth Jesus proclaimed, “with God, all things are possible.”

You, beloved supporter, in partnership with our 17 African trainers, are making this mission possible!

Read on to learn about the impact of your investments in 2018. I hope it gives you great joy and thereby, improves your life as well.

May you live abundantly in 2019!

What does malnutrition look like?

Here’s a two year old we met in the malnutrition ward of Iganga Hospital. Children like him break my heart. His mother just doesn’t know that his corn-based diet is not enough to nourish him. That’s why his skin is peeling off and his body is wasting away from pellagra, a deadly form of malnutrition. The fact that this suffering is entirely preventable keeps us motivated to share the recipe. Not sharing the recipe is deadly for innocent children.

FARM STEW’s eight ingredients address the root causes of malnutrition and can help entire families to thrive.
How to Improve Health?
Save backs, burns and babies!

In the villages of East Africa, FARM STEW’s lessons are a great surprise to the people. **One of the most surprising** is the “fireless cooker” experiment.

**What’s a fireless cooker?**

It’s simple! A boiling pot of food is taken from the fire and placed in a large basket or box with dried plant material that has been formed into a “nest” of natural insulation. It’s covered with either more dried plants or a thick blanket. Once covered and set in the sun, the food inside will **continue cooking, off the fire, for up to one hour and keep the food warm for 2-3 hours.**

How does this improve the health of Africa’s rural women and children?

According to the testimony of one mother in a South Sudanese refugee camp, by using the fireless cooker, her life and health has improved. Instead of having to watch the food to keep it from burning, keep the fire going, or keep her children safe around the fire, she is able to **work in the garden or go about other necessary duties.** Truly this is a blessing!

The Fireless Cooker improves lives by saving **Backs, Burns and Babies:**

1) **Backs:** Women spend hours searching for and carrying firewood. It is exhausting and backbreaking work, not to mention deforestation, with all its associated problems. Saving firewood also gives women time, life’s most precious nonrenewable resource!

2) **Burns:** You can imagine the danger of cooking on an open fire with little children and women with long skirts! Burns are common. **Burned food also creates waste of both food and time.** Thermal cooking in a fireless cooker prevents all this waste.

3) **Babies:** African women generally keep their babies on their backs. When they are bending over the fire to cook, the women and their babies are breathing smoke. Many women cough and have lung problems as a result. According to the World Health Organization, **the leading cause of death of children under five is pneumonia or other acute respiratory infections.** (Diarrhea, due to poor sanitation, is a close second.) For many children with a decreased immune system due to malnutrition, smoke is a significant contributor to their death.

The fireless cooker can literally save backs, burns and babies! **Your gifts bring this simple technology to people who experience immediate benefits.**

**“FARM STEW team members minister most wonderfully”**

Kim Busl, Field Vice President for Outpost Centers International (OCI) Africa and his wife Joyce, have been key supporters of FARM STEW. After recently visiting our teams, he said this about our work:

> “Joyce and I see the work and influence of FARM STEW as an essential contribution to meeting the long-term needs of uplifting the populations in the [refugee] settlements. FARM STEW meets and ministers very effectively to the most basic needs every person in the settlements face; a source of good nutritious food, good sanitation, applied education, and increased food production. With genuine interest in and affection for the people, the FARM STEW team members minister most wonderfully and effectively. We witness this first hand onsite in the settlements.”
You gave a “Gift” to an African King

A young Ugandan girl named Gift Namuwaya, 12 years old, learned how to make soymilk and other soy products last year during FARM STEW training. Together with her mother, they joined a FARM STEW Savings Club that the community members call “Miracle Center.” As a result they started a soy enterprise and invested in soybeans, a wooden mortar and some pans for preparing the milk.

Now Gift sells a large (half a liter) cup for 1000 Ugandan Shillings (about 30 cents). There is so much interest in her soy products that she was invited by the King of the Busoga (Eastern Uganda) Region to train him. Local television stations picked up the story and have interviewed Gift on television! She is thrilled to “share the recipe.” As she freely received the knowledge, she is now freely giving it away.

Your gifts have made it possible for Gift to reach an African king and all those that watch her television interview! A video of Gift being interviewed by one of our FARM STEW trainers is on our website. Just go to www.farmstew.org and click on News & Stories, Blog.

“Fair Trade” for Rural Ugandan Farmers

By Edward Kaweesa, Country Director of FARM STEW Uganda

Families in Eastern Uganda have told FARM STEW that they used to be leading producers of soybeans, “soya” in Africa. For a time there was a good market but with no transportation and a desperate need for cash, rural African farmers are vulnerable. Rich middlemen, with big trucks, began offering less than 10 cents per pound. This made many farmers frustrated they gave up growing soya altogether.

“I remember those days. They used to cheat us. We used to work hard and wait for the harvest only to be given very little money by the middlemen” said Hasifa Kagoya, a 40-year-old farmer, from Bunyama village.

As you know, FARM STEW trainers teach villagers how to make nutrient-dense, non-GMO soy products. Nothing is wasted! The farmers started treasuring soya again. Many of them planted it with the help of FARM STEW. Our trainers assist them to acquire locally developed, non-GMO soya seeds and plant it using organic methods.

Hasifa received 11 pounds of soya seed from FARM STEW a few years ago. She has been replanting the seed and last season she harvested 440 pounds.

What should she do with the bounty?

Now, thanks to you, FARM STEW is creating a fair trade buying plan, thus replacing the middlemen. We partnered with a company in Kampala who is willing to buy from FARM STEW. We are able to pay the farmers four times what they used to make and still cover our expenses. Our partner farmers are really happy!

“Now we have a new partner and a friend (FARM STEW). They buy our soya at a good price. Now I have enough money to send my kids to school. I hope this season to plant three acres of soya bean” Hasifa added.

There are so many people who are copying Hasifa’s example and are preparing their land to plant soya. So far, four people have come to buy seed from Hasifa.

So far, FARM STEW has purchased more than 5,000 pounds of soya from small farmers, and this pilot project only started in November of 2018.

You are the reason this is possible! Your generous heart is flowing love through FARM STEW by providing a good price and a fair market. These are the keys to well-being.

With your support, we will continue to buy, sell and expand this effort to our other FARM STEW teams in 2019.
You are giving young girls a future!

God is faithful!! Last year, we set the goal of reaching 2,018 girls and vulnerable women with a kit of washable cloth pads. By October we’d only been able to buy for and distribute to 700 girls.

Thankfully, God heard our prayers! Donors like you allowed us to order 1,000 more in November. Then in December, we were blessed with 400 more that we delivered to teens in the South Sudanese refugee camps, thereby surpassing our goal, reaching 2,100 girls!

In 2019, with your help, we hope to provide a future for 3,000 girls.

Garden of Eden surrounded by mosques!

People are taking note of Garden of Eden, our farm-to-table restaurant and Christian outreach center in Iganga, Uganda. We’re buying from our FARM STEW farmers! You can see on Google (below) how we are situated directly between three mosques. What a perfect place to serve healthful foods and point to the Source of abundant, and eternal life, Jesus!

You are reaching the World!

As 2019 begins, let’s praise God!

In 2018, FARM STEW grew from 7 to 17 African trainers. All together we’ve trained 49,000 people in 1,184 separate trainings (avg. 41 people for 7 hours each).

Thanks to your generous response to our “crazy” appeal, this month we’re launching in South Sudan. It is a place our government says “DO NOT TRAVEL” due to the dangers. We need your prayers as we enter prisons, engage with different religions, confront all sorts of disease, and inform kings.

With God’s guidance and your continued support, one day FARM STEW training will be available to the uttermost part of the earth.

Sound impossible? Not with God!

“Oh, Lord God! Behold... There is nothing too hard for You.”

Jeremiah 32:17

Thanks for partnering with us and God to make MISSION IMPOSSIBLE a reality!

Your gifts can be sent to: P.O. Box 291 • Princeton, IL 61356
or give online at: www.farmstew.org