When you explain FARM STEW, and people start to grasp the concept, they often smile and remember the old adage, “Give a man a fish, and you feed him for a day. Teach a man to fish, and you feed him for a lifetime.”

You can smile back and say, “kind of!”

The idea of people helping themselves is key to what FARM STEW is all about, but it’s not the whole picture. You see, not everyone has access to the pond! That’s why we like the quote above more.

There is a role for us, to place the people in “positions where they can help themselves.” That’s what YOU are doing through the gifts you give to FARM STEW! With God’s most powerful help, together we can transform lives.

Your gifts provide the resources the needy need for success, like education, seeds, and Biblical counsel. In other words, giving access to the “pond.”

We hope you enjoy this collection of stories from the field of those who are grateful for your investment in their lives.

Zainabu had a latrine, but says it was in a very poor condition. “I did not care about sanitation, rubbish was spread all over my home. No wonder I could not host any visitor to my home. Not until I was trained by FARM STEW trainers,” she says with confidence.

Zainabu says her life has now improved. In addition to constructing a new and improved latrine, her children now enjoy all the meals she prepares at home. “They are much more healthy. My income has also improved through selling vegetables from my kitchen gardens and even my husband comes back home in time for dinner.” See, your gifts bless the whole family.

Zainabu gives thanks to FARM STEW, who helped build better sanitation facilities and changed her life.
Orange Food Saves Lives

As part of our Meals training, FARM STEW promotes “eating a rainbow” every day! Why? In every health study conducted, vegetables and fruits are the best way to get needed micro-nutrients.

For example, Vitamin A, essential for immunity is found in foods with dark leafy greens and especially orange colors like mangos, carrots, butternut squash, pumpkins, and orange-fleshed sweet potatoes.

Vitamin A Deficiency (VAD) is considered to be one of the most harmful forms of malnutrition in poor countries. Children suffering from VAD are far more likely to die from a simple cold that can turn into pneumonia and acute respiratory infections, the leading preventable killer of children in the world.

VAD affects more than 7 million pregnant women, and more than 140 million pre-school children. That’s 1/3 of all the children under 5 years old in the developing world.

Simply getting children the vitamin A that they need could reduce global childhood mortality by 12-24%.

That’s why four scientists recently won the World Food Prize for developing a bio-fortified Orange-Fleshed Sweet Potato and why FARM STEW promotes them in our training sessions.

So when someone says, “it’s like teaching a man to fish,” you can share an idea from Ben, one of the new FARM STEW South Sudan trainers. He said, “FARM STEW provides people with orange-fleshed sweet potato vines and teaches them to farm, rather than giving them a bag of maize flour.”

What’s so special about Orange-fleshed Sweet Potato (OFSP) Vines?

1. Sweet potatoes are a common daily food in the region, so villagers know how to grow them and are very happy for the opportunity.
2. They’ve been carefully cultivated by Africans, without GMOs, to thrive there.
3. They are proven to save lives, because the orange color represents the presence of immune boosting Vitamin A. Their edible leaves are full of iron, B vitamins, and folate! The OFSP give their all!
4. Finally, wherever the vines touch the soil, they sprout roots that become fleshy tubers that are easy to multiply and share with neighbors.

What’s So Special About OFSP and FARM STEW Trainers?

1. Our trainers are native to regions, so villagers feel safe, interacting and learning together in their own language.
2. They can navigate the social environment with ease to thrive in the communities they serve.
3. They have life-saving knowledge, acquired through professional and FARM STEW Training. They are ready to give their all, like the humble potato.
4. Wherever our trainers touch the ground, they inject energy into the community! Trainers train volunteers who multiply and share the recipe of abundant life.
A Short Journey Postponed Due to a “Rainbow” Dish

As told to Doreen Arkangelo by a couple from Omeo Village, South Sudan

A woman was preparing a rainbow dish. She washed her hands very clean. She collected many different types of vegetables with different colors. She cut them on different plates. She designed it in a rainbow color. It looked very beautiful to her husband. He took a step near his wife to see. He sat down next to his wife until the food was ready. He ate the delicious rainbow dish. He rested at home happily with the family that day. He said to the wife, “I postponed the short journey I wanted to go on.”

The wife asked, “why?” The man answered, “because of your beautiful and delicious rainbow dish and no time now to go anywhere.” Now whenever the man wants to eat a rainbow dish, he will ask his wife, “could you postpone my short journey?” He happily says that with a smile to his wife.

YOU Are Mobilizing Our Teams!

While in Africa in May, I saw many positive, encouraging things but something else stood out too. I saw first-hand that our work was being hindered by lack of motorized transport, power, and quality phones. This was particularly true in the refugee camps where last year, with your gifts, we bought the trainers bicycles. Being there again it struck me that they are working in some of the world’s largest refugee settlements with over 300,000 people living there. Pedaling that far is not really doable.

After brainstorming solutions with our team leaders, we established 3 goals:
- to reach more communities more often,
- to use time more effectively, and
- to communicate better with all.

We decided we need to buy 3 motorcycles for the Refugee Outreach Team and a weekly supply of fuel. Also, in the camp, there is no electricity. Most of our trainers had first generation flip phones. Small solar panels and smartphones (with improved battery life) will facilitate communication.

Your generosity is what allows us to implement these improvements which they received early this month.

To see the team’s joy after receiving the first motorcycle, check out the video on the FARM STEW YouTube page.

New Certified FARM STEW Homes

Our first two “Certified FARM STEW Homes” are led by a Muslim woman named Amute and a Christian couple, Famba and Beatrice Waakiso. Their humble homes with clean surroundings, latrine, tippy taps, productive gardens, compost piles, and more reminded me of the Garden of Eden.

You might wonder how we use the smart phones mentioned in the story above. During this trip, we field tested a mobile phone app survey to start certifying FARM STEW Homes. It worked great!

Both families are so happy, have strong testimonies of improved health, and are actively training other families in their communities! I even got to hear Famba preach on Sabbath about FARM STEW!

In 2019, we hope to have hundreds of Certified FARM STEW Homes! Your gifts will multiply them!
YOU Are Transforming Reality

By Frederick Nyanzi, PhD in Nutrition
Member of FARM STEW Int’l. Board

I had the opportunity to travel with FARM STEW to Northern Uganda for a “Training the Trainers” workshop. I was overjoyed to observe the enthusiasm of the trainers. Both Mrs. Joy Kauffman and Mr. Edward Kawesa did a fantastic job of training the trainers, as evidenced by the performance of the participants on the tests they took at the end of each session and the stories they shared throughout.

I spent my childhood in Uganda and I thought I knew Uganda. Apparently, the Uganda I knew is completely different from the real Uganda. I thought all homes had a toilet or at least a latrine. I found out that was not the case. Thanks to FARM STEW, I was able to see the real Uganda.

Thank you for your gifts that are transforming the reality of the underprivileged in my “home” nation. Bless you all!

Growing with Orphans in Zimbabwe

Last year, FARM STEW partnered with the Newstart Children’s Home in Harare Zimbabwe. Dr. Rick Westermeyer had heard about FARM STEW and recognized it as exactly what would benefit the 80+ orphans and the community at large.

Thankfully, Heidi Harris, a student at Andrews University’s International Agriculture program also caught the vision. She, in partnership with the local staff, has spent the last 6 months bringing FARM STEW alive with great improvements to the farm on the property. Here is her observation and hope!

“The children at Newstart Children’s Home have an interest in what is happening on the farm. It has grown quickly in the last months. They often come and lend a helping hand, from planting seeds to harvesting. One bed of carrots was quickly harvested and munched down after a day of little hands helping with the farm. The help from the children is not always helpful but always welcome. I hope that as they grow they will continue to be interested in what is happening on the farm and with the help of FARM STEW have a well rounded understanding of agriculture and its application to health.”

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

FARM STEW’s Small Army

You may not be aware but FARM STEW has grown into a small army! There are so many people in Africa and here in the US playing significant roles to make this joyful work possible.

There are amazing board members putting in hours daily to prepare for our launch of FARM STEW Basic (101) our E-learning Curriculum. There are women all over planting seeds that we hope will grow into more local chapters of the FARM STEW Women’s Alliance. There are people who take their newsletters and share it with 5 people they can tell about FARM STEW. (Hint!)

You can be certain that I could not do this work without you, the faithful army of the engaged, beloved donors, and prayer warriors, whose generosity and commitment is fueling this mission.

The ones lighting the match are the dedicated staff of 23 trainers and leaders in Africa who carry this message. I long for the day when we can meet together in the FARM STEW Party Room in heaven and all get to know one another better. 😊

In the meantime, I invite you to meet one of our most dedicated leaders. See that video now on our website at https://www.farmstew.org/about-us/teams