“I took FARM STEW lessons seriously, so I no longer spend money on vegetables because I grow my own. I no longer fight with my husband for not buying certain things for our home because I can sell my eggplants at the neighborhood and buy what I don’t have. Because of FARM STEW, my children are happy and healthy. Thank you for loving us so much.”

These were the words of Mrs. Irene Nassuna of Muguluka village after harvesting from her abundant garden.

As reported by Joanita, FARM STEW Uganda Trainer shown above with Irene and her children.

You Are Sharing the “Recipe” to Save Babies Like Jovia

Like so many African babies, Jovia looks so content and secure on her mother Jennifer’s back! But all was not well. Jovia’s plump body hid the silent killer inside her, nutrient deficiencies. (Jovia’s story continues on page 2.)

Jennifer, Jovia’s mom, embraced the message of FARM STEW. Our trainer, Dan Bautama (in the green) started working in her rural community in Eastern Uganda a few months ago. He first focused heavily on “Sanitation” when he realized that there were very few latrines and no handwashing stations. Kids with runny noses proved the point.

Thanks to your support, when I (Joy) arrived in May, tippy-taps were everywhere and the community had made much progress. They were proud to share all that they had learned!

Jennifer loved her tippy-tap so much that I featured this shot of her washing her hands on our new E-learning homepage. (See page 3.) I looked at this picture so many times this summer as we diligently prepared lessons that would someday bless millions (we hope) with FARM STEW’s recipe of abundant life. YOU, dear donor, are the reason why!
I wept when I received this news from Dan last month: “Hello Madam Joy, with deep sorrow I announce the death of our beloved child from Buwambiidihi FARM STEW group. I hope you remember that child when we visited that village in the sugarcane plantation. We had come for the training today. Unfortunately, we found sad news—we are now attending the burial.”

Why am I tearing up even now? Statistically, Jovia is one of the millions, yet her death was personal to our FARM STEW family and to me.

After a few months of FARM STEW training in the Buwambiidihi community in Eastern Uganda, many small kitchen gardens had started to produce food. Villagers diligently cultivated the area around their homes.

Sadly, much of what we taught regarding Farming, couldn’t be implemented though because the land surrounding the village was dedicated to growing sugarcane instead of growing nutrient-dense foods. Multi-year contracts from multinational companies are tempting to impoverished people but they end up losing more than they gain. That’s why our Enterprise training is so important!

When I met Jennifer I was immediately concerned with her baby Jovia’s hair. The red patch spots of fuzz revealed a child that was severely malnourished. I asked Dan to help us talk about it.

After learning that Jennifer was feeding Jovia mostly corn porridge, I could assume Jovia was lacking protein, iron, Vitamin C, which would help with iron absorption, and B-vitamins as well.

Jennifer resisted, in part because she could not imagine that her plump little Jovia could be malnourished. “Isn’t her size indicative of my good mothering?” she seemed to wonder.

We recommended that Jovia needed to go for a medical check-up, advised that Jennifer breastfeed on demand and start feeding Jovia a variety of cooked and mashed locally available foods. Dan returned shortly after and they transplanted vegetable seedlings. He focused intensely on nutrition, our Meals training.

But it was too late for Jovia. Jovia got malaria and died of anemia, iron deficiency. The Bible says that “The Life of the Flesh Is In the Blood” (Leviticus 17:13) and it’s true. Without iron, your red blood cells can’t deliver oxygen to your body and your cells literally suffocate. That is what happened to Jovia.

FARM STEW is designed to address the heartbreaking fact that in sub-Saharan Africa 5 children under the age of 5 die every minute. Most are nameless and their deaths will never touch our lives. But Jovia, is different. We know her story and her name. That is why we’re dedicating our E-Learning FARM STEW Basic Course to her memory.

Excerpt from the FARM STEW Basic FREE E-Learning Course

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Anemia causes muscle weakness, extreme tiredness with no energy to work, and pale fingernails, lips, skin, and gums. The pulse is fast and breathing is difficult.

The brain is very sensitive to the lack of oxygen. Anemic children often have learning difficulties and behavior problems, and anemic adults have trouble concentrating and remembering. The World Health Organization estimates that 67.6% of preschool-age children in Sub-Saharan Africa are anemic.

Anyone can have anemia, but females having monthly blood loss, and children are at the highest risk. Anemia can be caused by:

- malaria destroying the red blood cells
- inadequate intake of iron from food
- chronic diarrhea
- hookworms from the soil

To have healthy blood, a person must treat the worms, malaria or other diseases so the body can heal. You must get rid of the cause to cure the anemia. Then iron supplements and iron-rich foods, like high iron beans FARM STEW promotes, can restore and repair the blood.

Excerpt from the FARM STEW Basic FREE E-Learning Course
Your Gifts Are Taking FARM STEW Global!

Because of your commitment to, and investment in, the growing FARM STEW Crew, we want you to be among the first to know that we are launching FARM STEW’s E-Learning Courses!

FARM STEW® has as its mission improving the health and well-being of poor families and vulnerable people around the world.

That’s a HUGE mission!

How can we ever imagine accomplishing it?
By training YOU and many others around the world!

Asking you to share FARM STEW’s recipe of abundant life is only fair if you get the cookbook!
That’s why we’ve launched two online courses, FARM STEW Mini and FARM STEW Basic.

In these courses you can expect to learn the “What” and “Why” of FARM STEW.

Meet Wyatt Johnston, a newly graduated botanist who was the first to complete FARM STEW Basic online. He said, “Howdy! My name is Wyatt, I am from the United States of America. I recently finished the FARM STEW Basic course which covered health, dietary needs, agriculture practices and a Christ-centered foundation. The lessons taught in the FARM STEW Basic course are simple, inexpensive and have the potential to make huge life changes! Not to mention, the lessons are easy to pass on. This empowers our brothers and sisters in impoverished situations to help themselves, rather than be recipients of constant health/agriculture aid. I plan to use and teach FARM STEW’s methods later this year in Rwanda. I am excited to put FARM STEW’s message into action and care for the least.”

A silent GREEN witness! by Daniel Ibanda, Iganga Team Leader

Thanks to your generosity, our mission is expanding. We’ve been able to reach more vulnerable people this year because of your gifts! Please meet 30-year-old Asuman who was born deaf and crippled. Having been abandoned by his parents at a young age, a woman named Madinah adopted him. They have shared a home in the Nasuuti village in Eastern Uganda ever since. Madinah found it difficult to meet the basic needs of the home, but that has changed due to your gifts to FARM STEW.

When FARM STEW conducted training in the Nasuuti community, Asuman attended faithfully and valued each session. After a few sessions, when the FARM STEW team arrived, Asuman would always put on his own distinguishing, green shirt, showing he is part of the FARM STEW team. Even without the use of words, Asuman was able to express the impact of FARM STEW and spread the word about it through his silent witness, which often says much more than words ever could.

Asuman’s quiet commitment inspired Madinah to engage more in the FARM STEW classes. Now Madinah is so glad she did. “I used to have hardship in taking care of the family – especially Asuman who is handicapped. After getting training from FARM STEW, which trains and encourages us to use locally available materials, life is now much easier for me and my family!”

We believe the “Who”, “Where”, and “When” aspects are unlimited because we believe, just as God is unlimited, this message could be shared by unlimited number of peoples (who), to unlimited places (where), during all the time left us until our Lord and Savior Jesus Christ returns!

First, we invite you to check out our FARM STEW Mini-Course today and share it with others. It will take less than 1 hour to complete and will give you all you need to share FARM STEW in your church or with your family and friends!

If you want to know even more, take the free FARM STEW Basic course to get in a deeper overview of what our African Christian trainers are teaching daily.
Both are available FREE through www.farmstew.org.
Your Harvest Time in South Sudan

The soybeans YOU helped to bring to South Sudan were harvested and threshed with joy by using a stick to beat the dried pods.

Village women excitedly sort and dry their first-ever soybean crop! They can't wait to make milk from their own harvest!

Akop, the FARM STEW South Sudan field leader (center), enjoys a rainbow of harvest with a village family in Obbo. Thanks to YOU this family will “eat a rainbow”!

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

Casting the Vision of a FARM STEW Future

There are millions of children in the world who don’t have what they need to thrive. They are not well nourished and get diseases like dysentery, pellagra, and pneumonia which prevent them from learning and growing.

There are villages where people can’t grow their own food. They don’t know how to be profitable farmers so they don’t cultivate their own land, now lying idle or rented out for sugar cane.

There are girls that can’t go to school because they don’t have what they need to manage their monthly cycle. As a result, they do not excel in school and can not end the vicious cycle of ignorance and generational poverty.

There are no “Blue Zones,” hotspots of health and longevity, in Africa because people do not know the FARM STEW recipe of abundant life and the Creator Who loves them!!

“Thank you for allowing FARM STEW steward your eternal investments!”

I wrote a donor/friend recently. She replied: “Our pleasure! Thank YOU for allowing the Lord to use you in FARM STEW. It’s easy to feel helpless regarding the poverty in the world, especially in Africa, but it’s nice to be able to help support an organization that helps our brothers and sisters become more independent and healthy!”

She is right. Alone, it is so easy to feel helpless. But together, with God’s help, nothing is impossible. That has been our theme this year!

But God is not only using me! He is using YOU, beloved donor, and all our volunteers and staff! FARM STEW is all about the kids and communities we serve, but like God, we chose to work through people! Our greatest asset is the FARM STEW trainers who bring the recipe of abundant life to the poor families and vulnerable people our mission compels us to reach.

The full-time African FARM STEW staff, 25 in total now, are some of the most amazing, dedicated and creative people I’ve ever known.

It is YOU, precious donor, who allows them to pursue their passion.

Together we can pursue our common dream to establish “Blue Zones” in Africa and serve the least of these.

Thank you for making this MISSION POSSIBLE!
South Sudan Ketty Update

This year YOU have saved countless lives in South Sudan, one of the world’s most challenging places. In June, I shared with you about Baby Ketty, a 1-year-old. In our lead FARM STEW trainer Doreen’s words, “when we started visiting the villages we found Ketty in a miserable state. People had given up on her. She was at the health center waiting for her death.”

But something changed when YOUR gifts made it possible for Ketty’s mom to attend a FARM STEW training. Ketty’s mom told her husband it was the “most important gift she had ever received because it was based on the Bible.” Together, Ketty’s parents decided to practice what they learned and save their baby!

In September, Doreen sent the picture of Baby Ketty saying, “Our current observation is that this FARM STEW recipe makes a great difference... she improved dramatically. Now, Ketty is able to walk and is well on her way to recovery.”

Ketty is one of thousands of babies whose parents’ lives have changed due to your gifts to FARM STEW!

Thank you for your generosity!
Refugee team in Northern Uganda Report

From Culture Shock to Culture Changer

Margaret Dipio, 43, fled South Sudan in 2014 and was placed in the Boroli refugee settlement in Adjumani District, Northern Uganda. It was shocking for Margaret! She was living among a multitude of people with different cultural backgrounds, as more than 42 tribes were together in the camps. Soon, Margaret recognized many different tribal perceptions regarding menstruation.

One of the perceptions she encountered was that the menstruation period is a biological anomaly; hence a girl gets isolated throughout her monthly cycle. The girl is not expected to touch any utensil, let alone greet anybody. In Boroli settlement, some cultures believe that a girl in her period should have a pit in the ground equivalent to the size of her backside, over which she is expected to sit for days without bathing until her monthly cycle ends. In totality, she is regarded as dirty and worst of all if her period comes with pain, it is associated with an ancestral curse.

When Margaret heard about FARM STEW, she embraced the message, knowing that it could be a great blessing. As a participant in the training, she applied all she learned with enthusiasm. She participated as a volunteer in the intensive Training of Trainers program that Joy and the FARM STEW team held in the camps in February 2019. Joy was impressed. A few months later, thanks to your generous gifts, we were able to hire Margaret full-time.

“As we come together to grow vegetables, we also talk about the plight of women in our community,” Margaret said. She’s so pleased to be able to share with them the washable pads, panties, and HOPE that YOU provide through your generous gifts.

Already this year 2,114 girls have benefited as part of the Sanitation effort of FARM STEW. Please help us reach our goal of 886 more.

As a result, Margaret was featured in the national newspaper New Vision as a spokesperson for the new “My period, My voice” partnership between AFRIpads, Luna Pads, and FARM STEW.

Giving Gives Back

You can share the FARM STEW recipe of abundant life in many ways! Live your values and set an example for others by remembering FARM STEW in your will, trust or other planned gift. No other gift has a more lasting impact! A planned gift also offers you many potential advantages, including federal estate tax savings, the elimination or reduction of capital gains taxes, and the opportunity to increase spendable income.

You can self-direct your legacy and avoid significant “hidden taxes” on tax deferred savings by exploring your options for planned giving today!

You don’t have to feel wealthy to be a blessing to FARM STEW! Here’s how one member in our Legacy Society managed to be a blessing!

“I believe in furthering God’s work through FARM STEW. However, I needed a dependable source of retirement income. A Charitable Gift Annuity provides the solution for both. Furthermore, I receive a federal income tax charitable deduction when I itemize. Finally, after my death, the remaining amount will be used to support the FARM STEW mission.”

Mike Petri, Minonk, IL

If you are interested, please call Cherri at 815-878-4897.