



FARM STEW® News

Love Was Not Enough to Feed My Children

Story by Joel Lufafa, FARM STEW Trainer in Uganda

At the edge of a clearing next to her house, Rose bent over her beautiful kitchen garden busily harvesting vegetables alongside other women of Nalinaibi Village. Happy chatter swirled around the little group.

"Finding food to feed my children used to be very difficult," Rose told me. "Before FARM STEW taught us about farming, we had no idea how to space vegetables properly or how to mulch them. **We had never thought of using the small spaces in our yards to grow things.**"

Rose shared with me that FARM STEW has opened the minds of so many families in her village to all the ways that they can provide food for themselves and their children to eat.

Picking up the basket of dark green leafy vegetables she had just harvested, Rose told me, "I love my children very much!" I could see that it was true from the look in her eyes. She continued, "**But love did not feed my children.** It used to be very hard to feed my family. Everyone in the village was very busy just trying to survive, and when it was the dry season there was very little food. But now



that you have taught me how to grow a kitchen garden, with heavy mulch to keep food growing in the dry season, make, and cook more nutritious meals for my family, I am happy. **Now I can not only love my children, but also feed them, every day! Thank you!"**

Joy invites you to read this story about what Rose might have had to resort to if she had not received FARM STEW training: www.farmstew.org/post/primary-prevention



You Are Growing Leaders in Zimbabwe!

Khan Elmers, a FARM STEW Volunteer for 3 ½ years, organized the first ever FARM STEW Leadership Summit that took place at NewStart Children's Home in Harare, in April. New partner ministries from across the country came to learn and share their stories of FARM STEW's impact.



Scan for more details and pictures:
www.farmstew.org/post/zimbabwe-leadership-summit



Ann and Dr. Rick Westermeyer, with Tonderai, lead our partnership in Zimbabwe through Africa Orphan Care.



A Patient and Hopeful FARM STEW Celebration!

By Hillary Zebron, FARM STEW Zambia, Volunteer Country



Joy and I set out at 4 A.M. to head to Masase Village to celebrate their becoming the first FARM

and I were still miles away-- our hired car had broken down on the side of the road.



STEW Certified Community in Zambia. This happened after one year, almost to the day, after starting intensive training. Each of the 44 Certified Homes was inspected over a period of three months by the Trainers, and they all passed having set a very good example.

The villagers assembled by 7 A.M., cooking a meal of amazing Chikanda (a delicious meat alternative made of a local root), sweet potatoes, local greens, and more. However, Joy



We didn't make it to Masase until 4:30 in the afternoon and were amazed to find they had been patiently waiting! It was time for the celebration to begin, led by the Village Headwoman and Man, whose homes are among the FARM STEW Certified Homes. One of the most noted changes in the community is the encouragement

of temperance, leading to improved relationships with one another, and spiritual openness to the word of God.

Thanks to your generous support one year can change a whole community and now Masase has hope for the future!

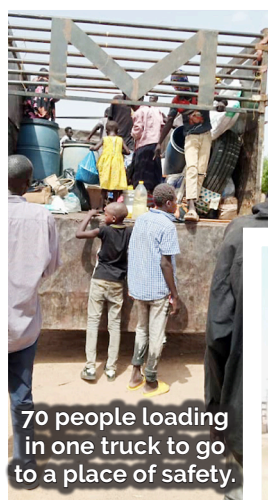
Your Generosity is Bringing Relief in the Sudan War

By Edwin Dysinger, Board Member and MENAU Coordinator

At just the right time, God opened a door for FARM STEW (FS) to begin in Khartoum, Sudan, at the request of Egypt Sudan Field (ESF) of Middle East North Africa Union (MENAU).

Last fall my wife, Jennifer, and I journeyed back to the Middle East where we had served with ADRA for 5 1/2 years. FARM STEW was invited to the MENAU year-end meetings and then to Sudan to launch FS. Through the church we hired and trained four new FS Trainers that began sharing the FS recipe with members in four Khartoum church groups. None of us had any idea that in a short time Khartoum would become a battlefield.

On Sabbath morning, April 15, 2023 fighting engulfed the city. By God's grace our trainers escaped, taking along many others at great risk. Most church members became



part of the 2 million plus Sudanese who have had to flee their homes due to the violence. With our trainers, FS rapidly shifted gears to provide emergency food and shelter to over 100 members who fled to South Sudan and helped another 100 who remained in the country but were displaced. We're getting them gardening

supplies, just in time for planting. FS, with ESF, also evacuated an additional 100 members from the fighting that continues in Khartoum, by hiring trucks to move them to safer locations.

Without your generous support none of this would be possible. Our Sudanese brothers and sisters in Christ are tremendously grateful. Truly, God's timing has been a miracle!



Amazing (the) Women!

By Elizabeth Kreidler de Santa Cruz, International Operations Director

During the recent first-ever French FARM STEW training in Burkina Faso, Pastor Ben, the church president, was not the only one who was amazed. The first French training also amazed the **24 participants**, including Bible workers, pastors, and their wives, as well as guest trainees from Cameroon and the Ivory Coast.

One of the lessons that provides Freedom from Drudgery and Disease is called the fireless cooker. In it, participants learn to make a simple box or basket with dried plant materials as an insulator that helps hot foods continue cooking even off of the fire. This reduces the need for firewood that needs to be carried for long distances and the smoke that is breathed constantly while women cook (before they build the efficient, low-smoke cookstoves that FARM STEW also teaches).

During the training, after the women explained the process of preparing “igname” (a local root crop) and



beans, it was time for the fireless cooker demonstration. After a short time heating the thick pan on the fire, the trainers took the pan off the fire and placed it inside the cooker. **After only 40 minutes, the igname and beans were tender and ready to eat! This amazed everyone, as this process often would take hours on the fire.**

Making a fireless cooker:
www.farmstew.org/post/building-a-fireless-cooker



Without the translation of the FARM STEW curriculum into French, this simple but amazing tool would still be unknown to these French-speaking trainees. **Your generous hearts helped** open this new chapter in FARM STEW's history, **which makes you pretty amazing, too!**

Before You Acted, These Girls Were Running From School!

By David Okoya, Trainer, FARM STEW South Sudan

Girls in Oyere primary school were very thankful for the menstrual hygiene training and sanitary pads distribution they received from FARM STEW trainers this quarter. There were two girls (age 14 and 15) who told us during the training that **they used toilet paper and old handkerchiefs during their first menstruation at school**. As you can imagine, this was not easy to manage, and it created fear of staying in school. One of the girls was so afraid of the

shame of potential leaks that she even ran away from school for a day.

However, now, these same school girls are excited about the training that FARM STEW has brought for them on how to use their new washable pads. They are not afraid of being shamed by menstruation anymore.

“Thank you, FARM STEW, for supporting our school.” The girls told us. **“May GOD bless FARM STEW and their donors.”**



A Glass of Water in the Desert

“My name is Tailen Fernández Alarcón. With my husband we are missionary workers in Camagüey, Cuba. I learned about FARM STEW from our pastor's wife, Nereida. The course came to our lives when we were experiencing **great needs, scarcity of food, and sicknesses**. What we learned changed our family and community life. We have learned about sanitation practices, including how to eliminate parasites, and how to avoid water contamination. We have changed our eating habits. We are planning to start our own business, **and everything that we have learned we are sharing with family members and friends**. Some of them have land where soybeans can be cultivated. **FARM STEW's ministry is like a glass of water in the desert**. May the Lord bless and prosper it!”



Teamwork Multiplies in the Philippines

By Wendy Harris, PAMAS Philippines - a new FARM STEW Partner

The North Philippine Union Conference (NPUC) in Manila recently hosted an innovative health summit featuring the **FARM STEW program** as one of the highlights! Allan Faina, the leader and director of LIGHT (Lay Institute for Global Health Training) Philippines, passionately shared the vision of FARM STEW. Ma'am Jade Hintay, NPUC Health Ministries Director, sold FARM STEW "Recipe" manuals, and many attendees purchased the invaluable resource.



A few months earlier, **another 500 FARM STEW manuals** were distributed to interested ministries and people throughout the Philippines! PAMAS (Philippine Adventist Medical Aviation Services) coordinated volunteers from other supporting ministries such as Siloam Valley Institute and LIGHT who **worked together to accomplish the big task**. Ma'am Jade offered her office space to store hundreds of manuals, while Erwin Tecson, a volunteer from SSD (Southern Asia-Pacific Division), dedicated countless hours, phone calls, and trips around greater Manila to ship the books. **The manuals reached three different islands** where they will be used for hands-on training by the aforementioned ministries.

By God's grace, **FARM STEW and PAMAS are now working together** with the church and supporting ministries to empower families and communities to embrace sustainable wholistic health practices that **will lead to abundant and eternal life!** Your support is **multiplying the impact!**

Flowers for Freedom!

Kate Blood already believed that people should **experience the freedom that growing their own food can bring**. So, when she heard that FARM STEW encourages independence through farming, she loved the idea.

"It is wonderful how such simple things can bring so much change," she says. "Helping people go from total poverty to being self-sufficient and even having extra to bring to the market and sell is... **wonderful**."

Kate and her husband Cavel sell fruits and vegetables from their small market farm at their local farmers market. When Kate began growing flowers, **she decided to use those flowers to support FARM STEW**. Each bouquet that Kate sold helped FARM STEW, and Kate told everyone she talked to at market about FARM STEW's impact. **"The flowers gave us an opportunity to share with many people and God blessed,"** Kate says.



Your gifts can be sent to: P.O. Box 291 • Princeton, IL 61356

Learn more or give online at: www.farmstew.org

If you have questions, call us at 815-200-4925

Compassionate Courage!

Last year, in a letter I sent, I introduced you to one of my favorite Biblical heroes, Ebed Melech. I hope you remember this courageous and compassionate "servant of the king," as his name means. He was serving under King Zedekiah during the days of the prophet Jeremiah. When Jeremiah spoke the Lord's words, instead of obeying, the king chose to reject the message and throw Jeremiah into a miry pit. **He was left there to die of hunger.**

But Ebed Melech, an Ethiopian eunuch, had the **courage to do good, confront the king** about the evil plan to kill Jeremiah, and **devise a new plan to reverse the harm**. Ebed Melech had compassion for Jeremiah, seeing that **he would die of hunger if left without assistance**. Because of his courage, King Zedekiah finally did the right thing. He allowed Ebed Melech to gather 30 men, ropes, and even clothes to compassionately raise Jeremiah out of the sinking clay to eventual **freedom and food!** (Jeremiah 38:7-13)

Many of our brothers and sisters in Christ find themselves sinking into the pit of hunger, disease, and poverty. And yet **it is within our power to lift one or even many with compassion and courage through the message of hope and freedom of FARM STEW**.

Perhaps your gifts require you to stretch outside of your financial comfort zone, but you give anyway. Or perhaps God is calling you to share the FARM STEW recipe with others, maybe outside of your social comfort zone, but you share anyway. **Your courage is lifting people out of the pit. Thank you!!**

I can assure you that you will be rewarded. Why can I be confident? Because during the time of Jerusalem's worst trouble, Ebed Melech was spared because he stepped out of his comfort zone. Read the **amazing promise God gave him, and claim it over your life!**

"I will deliver you... and you shall not be given into the hand of the men of whom you are afraid. ...your life shall be as a prize to you because you have put your trust in Me,"

says the Lord.
Jeremiah 39:17-18

A handwritten signature in black ink, likely belonging to Wendy Harris, the author of the article.