

**e - News 15/8/17 GROW BIOINTENSIVE AGRICULTURE CENTRE, Kenya
(G-BIACK)**

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Celebrating our food sovereignty and our cultural diversity



Young farmers from different communities showcasing their food and their culture

The GROW BIOINTENSIVE Agriculture Centre of Kenya (G-BIACK) held an event dubbed "Celebrating our Food Sovereignty and our Culture" on 3rd August 2017. The event brought together young farmers from different parts of Kenya to share food and food recipes, as well as research on food producing cultures that were used by farmers before chemicals and industrial agriculture gained roots in Kenya. The young farmers who presented their exhibits (food, recipes, and preservation methods) had done their research in their communities and from the elderly farmers in their communities.

From all the presentations, it was very clear that the food production systems that were practiced were *skill intensive rather than labor intensive*. No chemicals were mentioned. The traditional farmers practiced crop rotation, companion planting, crop diversification and the use of open pollinated seeds. In addition, the farmers used oxen plough which dug deep into the soil thus breaking the hard pan that disallows roots from penetrating deep into the soil. As well, farmers saved their own seeds and they grew food any time of the year. Food was prepared using the slow cooking method, where it was left to cook slowly without the use of cooking fat. Most of the food was boiled rather than fried.

Today, farmers use chemicals to grow their food. Instead of ploughing their land they use shallow digging; instead of weeding they use chemicals like round up; they practice mono-cropping rather than crop diversification; and last but not least, they use terminator seed technology which does not allow them to save the seeds.

The young farmers compared the two systems and opted for the healthy food growing systems. They have vowed to adopt food sovereignty: ***Food sovereignty is the right of peoples to healthy and culturally appropriate food produced through ecologically sound and sustainable methods, and their right to define their own food and agriculture systems. It puts the aspirations and needs of those who produce, distribute and consume food at the heart of food systems and policies rather than the demands of markets and corporations.***

Visit our website: www.g-black.org.

Go to Google maps to see us from above by entering: G-BIACK, Thika, Kenya

Donations of any amount help us to reach out to vulnerable families.

G-BIACK is a registered NGO in Kenya, and donations are tax deductible.

Contributions may be made directly to G-BIACK or through Network for Good on our web site.

Or checks payable to Kilili Self Help Project may be written and sent to

260 Marion Ave., Mill Valley CA 94941 USA—no overhead will be deducted, meaning that 100% of every donation will be sent to G-BIACK for our programmes.

All contributions are tax-deductible