

**GROW BIOINTENSIVE AGRICULTURE CENTRE, Kenya (G-BIACK)
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FROM TABLE BANKING TO THE GARDENS



Women participating in a table banking activity thereafter they all help one of them create a garden

It is traditional for women to group together to accomplish the work on each of their farms. A few decades ago, women in Kenya discovered a new way of working to solve their problems together. Scarcity of resources was making it hard for them to manage their households and they had challenges of lack of money for school fees, domestic items like utensils and furniture, as well as livestock. Neighbouring women came together and formed small groups of 10-30 and at times more and they contributed small amounts of money monthly, then they would visit one of their group and leave all the money with her. That woman would then have the resources to address her problems. This system is commonly known as Marry-go-round.

After a while, women also thought how they could give more money by loaning their contributed money to any member who needed it to solve some immediate problem, but she would repay the money with some interest. This system has become so popular where women meet once or twice per month. They place their contributions on the table and it is then loaned to a member needing it hence the term table banking. Many women groups now create GROW BIOINTENSIVE gardens together immediately after the money saving activity, hence “from table banking to the gardens”. This has enabled many women to grow sufficient food for the family and thus healthy families are being created.

Visit our website: www.g-biack.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