

**e - News 15/7/13 GROW BIOINTENSIVE AGRICULTURE CENTRE, Kenya
(G-BIACK)**

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GROW BIOINTENSIVE FARMING IMPROVES LIVELIHOODS OF THE FARMERS



Mary Wangui, giving advice to Sofia



Douglas and Sofia in their agroforestry tree nursery

Mr. Douglas Kimani and his wife Mrs. Sofia Wanja own 0.8 acres of land. They have 6 children, and depend totally on this land for their food and income. G-BIACK started working with Douglas and Sofia one and a half years ago when their farm was not producing sufficient food to feed them. The couple was working on neighboring farms as casual laborers where they were earning ksh 100 each per day, or less than \$25 a month.

After initial G-BIACK training in GROW BIOINTENSIVE, this couple decided not to continue with the casual work but to dedicate themselves to their own farm and apply what they learned during the 5 days workshop. They set up a Biointensive garden where they grow food crops such as bananas, maize, sorghum, beans, etc. They also set up a tree nursery with different agroforestry tree species. In order to supplement the family's diet and income, the couple bought 3 female goats for the purpose of milk production and sales of offspring (kids). The family is now eating a complete diet and earning an average of ksh 15, 000 (just under \$200) per month from the sale of vegetables, tree seedlings, dairy goats and milk.



Douglas and Sofia at their dairy goat project

Please visit us! We are located 10km east of Thika town along the Thika – Garissa Rd (highway A3)
Or visit our web site: www.g-black.org

Donations of any amount help us to reach out to vulnerable families. Checks payable to Kilili Self Help Project and designated for G-BIACK may be mailed to 260 Marion Avenue, Mill Valley CA 94941 USA. Donations are tax deductible and 100% of the donated amount will be sent to G-BIACK for our programmes.

G-BIACK- Empowering the communities ~ Transforming Lives
(G-BIACK is a registered CBO in Kenya. Donations are tax-deductible)