

# GB-NEWS

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## SPOTLIGHT

G-BiACK is not just a training center, it's a living, growing farm where knowledge meets practice. Every day, students and farmers are in the field, learning by doing. What makes G-BiACK unique is its strong integration of indigenous knowledge with scientific methods.

Our seed bank holds hundreds of locally adapted varieties and we emphasize ecological farming that builds both soil and soul. Whether it's preparing compost piles, training in seed germination, or managing a kitchen garden, everything here is designed to equip farmers with tools for self-reliance.



**STUDENT OF THE WEEK**  
**CLARICE SHALI**  
**19TH- 15TH**  
**MAY**  
**2025**

## QUOTE OF THE WEEK

“Never forget the one who carried you across the river- even if they seem to have a boat of their own, still bring them a paddle

## VERSE OF THE WEEK

“Pay to all what is owed to them....respect to whom respect is owed, honor to whom honor is owed  
**ROMANS 13:7**

## DOUBLE DUG RAISED BEDS.



## DIG DEEP! THE POWER OF DOUBLE DIGGING ...

Double digging is a principle of the Grow Biointensive method and for good reason. At G-BiACK, we emphasize this technique because it transforms the soil from the inside out. By digging two layers deep while keeping the lower layer loose and undisturbed, farmers can significantly improve soil aeration, root development, and water absorption. It's labor-intensive, yes, but the returns are undeniable: healthier crops, better yields, and long-term soil fertility. For many of our trainees, it's their first introduction.

Kwamwaura Farmers Trained on GROW BIOINTENSIVE .



During a practical lessons today, we learnt that this method breaks through hardpan layers, giving roots the freedom to stretch deep and wide. It improves water retention, which is especially valuable during dry seasons, and encourages beneficial microbial activity that boosts overall soil health.

Because the soil is so well-structured, farmers can plant crops more closely together, maximizing harvests even on small plots of land. Most importantly, it builds soil fertility over time

This week, Philomena Njeri held a successful one-day training in Kwamwaura community, focusing on the principles of Grow Biointensive Agriculture and basic financial literacy. The training brought together over 11 local farmers, eager to learn sustainable farming practices that they could immediately apply.

The Grow Biointensive sessions were led by G-BiACK's trainers, Philomena Njoroge and Vincent G-BiACK's outreach to Kwamwaura is part of a wider effort to equip small-holder farmers not just with technical know-how, but with the financial skills to sustain and grow their livelihoods.



**be.cause**

On the 27th of May 2025, Because International donated the **show that grows** to needy students at **Donyo Coffee Primary school.**

This was in Partnership with G-BiACK.

