

GB-NEWS

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SeedAtATime

“Changing the way of food starts small”

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Plant indigenous seeds, grow resilience, harvest hope together.



WHY BLACK SOLDIER FLY? Today

UPCOMING WEBINAR
RECORD KEEPING FOR FARMERS
 DATE: 10TH NOVEMBER
 TIME: 10:00 AM – 12:00 PM
 LIVE ON FACEBOOK: @GBIACK
 TRAINER: KEN MBURU



WHY BLACK SOLDIER FLY?

Black Soldier Fly (BSF) farming is the practice of rearing the Black Soldier Fly, a harmless insect whose larvae are rich in protein and other essential nutrients. These larvae are increasingly being used as a sustainable source of animal feed, offering an eco-friendly alternative to traditional ingredients like fish meal.



The BSF larvae are highly nutritious, containing significant amounts of protein, amino acids, and healthy fats. Farmers use them to feed poultry, pigs, and fish, improving animal growth rates while cutting down feed costs. For many, this has become an affordable and efficient way to boost productivity on their farms. Another major benefit of BSF farming is the production of frass, a residue left behind after the larvae consume organic waste.



Figure: BSF Life Cycle

Frass is packed with nitrogen, potassium, and phosphorus—key nutrients that promote soil fertility. When used as organic fertilizer, it helps improve soil structure and plant health, making it a natural choice for sustainable farming. Beyond its agricultural benefits, BSF farming plays a vital role in waste management. The larvae feed on organic waste, such as kitchen scraps and farm residues, converting it into valuable biomass.

DO YOU KNOW?

Black Soldier Flies don't bite or spread disease. They have antimicrobial properties that increase the health of chickens, and they even keep away the common house fly, which further decreases the risk of disease.



At GBIACK's Youth Empowerment Program, young people are finding purpose through creativity. In the textile department, they spend time designing and sewing colorful handmade bags, each one unique, vibrant, and full of personality. What begins as simple fabric soon turns into something beautiful and meaningful, crafted with care.



Through this initiative, the Youth Empowerment Program gives participants hands-on experience in tailoring and design, helping them build confidence and practical skills they can use to earn an income. The program nurtures creativity and supports sustainable livelihoods.