

# GB-NEWS

22<sup>ND</sup>  
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**Three days of reflection, team bonding, planning, and renewal as we prepare for the work ahead.**

Last week, our team stepped away from routine work to spend three meaningful days reflecting, bonding, and planning together in Kwale County. It was a time to reconnect with our purpose, strengthen relationships, and honestly assess where we are and where we want to go. Through open conversations, shared experiences, and moments of renewal, we emerged more focused, energized, and ready to take on the work ahead as one united team



**Team G-BiACK 2026**

## CCD-STeDe EXPOSURE VISIT COURTESY OF TERRA MADRE TOURS HELD AT G-BiACK ON 20<sup>TH</sup> JANUARY 2026.

### DID YOU KNOW??

BSF frass is the organic residue produced after Black Soldier Fly larvae feed on organic waste. It is a nutrient-rich soil amendment containing nitrogen, phosphorus, potassium, organic matter, and beneficial microbes that support healthy plant growth. BSF frass improves soil structure, enhances water retention, and releases nutrients slowly, making it safe and effective for crops. As part of circular agriculture, it helps turn organic waste into a valuable input for sustainable and low-cost farming.



Students from CCD-STeDe had an exposure visit at the GROW BIOINTENSIVE Agriculture Centre of Kenya (G-BiACK) on 20th January 2026, courtesy of Terra Madre Tours. The visit offered the students an opportunity to learn about the work of G-BiACK, with a focus on sustainable and agroecological farming practices. They were taken through the demonstration garden, where they interacted with practical examples of GROW BIOINTENSIVE methods, seed diversity, and soil health practices. The session was both informative and hands-on, giving the students a deeper understanding of ecological agriculture and the role it plays in food sovereignty, security and environmental conservation.



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