

GB-NEWS

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G-BiACK Cooking Class

In an effort to empower the community with practical culinary skills, the Grow Bio-intensive Agriculture Centre of Kenya (G-BiACK) recently hosted a hands-on cooking class focused on chicken preparation. Participants had the opportunity to learn a variety of techniques for cooking poultry, from basic seasoning to more advanced methods that enhance flavor and nutrition.

The session emphasized not only delicious recipes but also food safety, proper handling, and presentation skills, equipping attendees with knowledge they can apply at home or in small business ventures. The cooking class is part of G-BiACK's ongoing commitment to combining agricultural education with practical life skills, ensuring that community members can turn farm produce into nutritious and tasty meals.



A Bountiful Carrot Harvest

This season's carrot harvest, grown from Baker Creek Seeds, has been both encouraging and satisfying. From early germination through to maturity, the crop showed strong, consistent growth, producing well shaped, vibrant carrots that reflect the quality of the seed and the care put into the soil. The harvest delivered a good yield, with roots that are firm, healthy, and ready for both household use and sharing. Beyond the numbers, this harvest is a reminder that good seeds, combined with attentive cultivation and healthy soil practices, can deliver reliable



The Tudor Trust Family Visits G-BiACK

We were also honored to host visitors from the Tudor Trust family, who are long-standing partners and an important part of the foundation of G-BiACK. Their visit offered a valuable moment to reflect on the journey we have walked together, share progress from the field, and discuss the impact of our work on the ground. We appreciated



Ongoing Agroecology Training for Three Congolese Participants at G-BiACK

G-BiACK is currently hosting an agroecology training for three participants from the Democratic Republic of Congo, running from 2nd to 6th February 2026. The ongoing training emphasizes practical, hands-on learning, with sessions on core agroecology principles, soil health management, seed saving, composting, and sustainable food production systems. Participants are actively engaging with the demonstration gardens and learning through direct practice and discussion. The program is also creating space for shared learning and experience exchange, strengthening regional collaboration around community-led and ecologically sound farming approaches.



QUOTE OF THE WEEK

“ The most Powerful climate action is the one you take today. When Individual Actions Come Together They Share Our Future!

VERSE OF THE WEEK

“ Each of you should use whatever gift you have received to serve others

1Peter 4:10