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THE PEOPLE'S GARDEN CENTRE
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Trainees celebrate receiving their certificates

BASIC 3 DAY URBAN AGRICULTURAL TRAINING COURSE



*A main pillar of Abalimi's work is to provide a **three day basic training course on urban agriculture, especially to encourage home gardens but also as the beginning point for those who aim to set up larger community gardens. Training is predominantly facilitated in isiXhosa, but also available in English on request.***

Abalimi runs about 26 basic training courses per annum with 12 to 15 trainees per workshop.

Most of the trainees are unemployed and pay a minimal cost (R70) to attend. This is the first step for anyone who seeks support from Abalimi, so as to develop skills to grow their food for their families or (eventually) to produce vegetables for a market.

Abalimi's ethos has always been to promote growing of food without chemical fertilisers and pesticides. The training provides all round basic technical skills for vegetable gardening, raises awareness around benefits of growing

vegetables, helps to establish gardens so as to improve household nutrition and instils confidence in the trainees to continue to practice these skills. Some of the subjects covered include soil preparation, composting, seedling production, sowing and transplanting, quality control through natural home made pest remedies and water-wise gardening techniques.

The training is participatory and practical. Trainees receive a certificate of attendance and training notes. They furthermore receive a starter pack of manure, seeds and seedlings to take home to start their home gardens.

Trainees can always come and get further free advice and information at the Abalimi Garden Centres and on site follow up support is offered at their gardens as needed. Each new gardener can furthermore come to the garden centres to buy low cost manure, seed and seedlings. They can also join focussed farmer workshops which aim to hone and improve skills already covered in the basic 3 day training course.

Abalimi Garden Centres provide low cost seeds, seedlings and manure



Trainees receive their garden starter packs

EDITORIAL



Dear Friends

The theme of this newsletter is "training and home gardens". Our three day basic training course, which was developed by Abalimi in the early 1980's and improved upon over the years, is perhaps the most important thing we have to offer our target group. Everything we do grows out of it.

The first step many of our trainees take is to create a home garden. Some have bigger plans and want to join or set up a community garden. Whatever the case, our basic training provides the tools with which to begin, while our field team provides on-going mentoring and support as the gardens grow.

In this issue we celebrate our three day training and also some of the many home gardens that have sprung up from it. We hope you will feel as pleased and inspired as we do about the results.

All the very best

Abalimi Editorial Team

NOTICE

Thanks

As a non-profit working in the township, we continuously need to do fundraising and a lot of our work depends on the friends of Abalimi who have supported us over many years. From local business partners like Uthando, to friends in Aachen, all your contributions help!



Refer to the Roll of Honour for a full list of donations received

HOME AND SUBSISTENCE GARDENS



MRS LOVEDALIE TSEWU

One Garden is not enough!

Vukuzilimele Home Garden, which means “wake up”, was started by Mrs Lovedalie Tsewu. She began her garden in 2013 and, in addition to growing vegetables at home, she also grows veggies at the local creche just down the road. She’s been working with Abalimi from the start and sells some veggies to Harvest of Hope and to the community, while she gives surplus to the creche, after she has fed her own family of seven people.

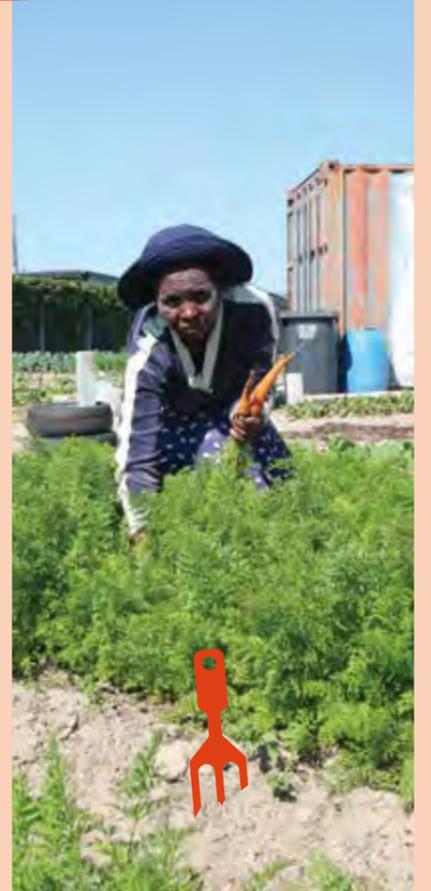


MRS NOPHUMELA MASHIYANE

The perfect example for food security

Because there was not enough food to feed all 15 people in the household Mrs Mashiyane started growing her own veggies in 2013. She was later trained by Abalimi (2016) and since 2018 she produces enough to sell some of it to the community. Mrs Mashiyane even grows her own seedlings.

ZINGISA PROJECT @SINETHEMBA HIGH SCHOOL



One farmer and 3000sqm

Established in 2004, the project is based at Sinethemba High School in Philippi. Noxolo Molosi joined in 2016 and is now the only member to care for the approx. 3000sqm after all the founding members left. She acquired her skills through Abalimi and is now able to grow vegetables for her family of 3, for sale and for the school’s feeding scheme.



MRS TANIA MJALI

A passion for gardening

Mrs Tania Mjali started her home garden in 2018 after participating in Abalimi training. When asked why she gardens, she replied: “I just love it! My family of five all eat from our garden, which means we spend less money on buying food.”



MRS EDITH DICK

Gardening instead of grocery shopping

Mrs Edith Dick participated in Abalimi Training just recently. Thanks to her own veggie garden, she doesn’t have to buy as many vegetables to cook for the household of five.



MRS. VUYISWA THERESA ZAYI

Staying fit through gardening

“I do it for the exercise and health!”, Mrs Vuyiswa Theresa Zayi replies when asked for her motivation for gardening. Since she started her backyard garden 10 years ago she has been running it all by herself. “I wish, I could have more space”, she says. Besides feeding herself she gives a lot of her veggies to old and sick ladies. She’d love to produce even more and thereby support even more people.



SIYAPHAMBILI HOME GARDEN

A couple's love for organic food

Siyaphambili ("going forward") is run by the couple Mrs Shiela Ngxukumeshe and Mr Hitla Malawu. Since they started working with Abalimi in 2015 their garden has improved a lot. Their love for organic food is what motivates them to work in their garden, which doesn't only produce enough for them, but they are also selling to Harvest of Hope and others.



KUYAKHANYA EDUCARE

Veggies for the creche

Mrs Beauty Gubuza uses some space at a nearby creche to grow veggies for herself but also to feed the creche's children, who benefit from more nutritious meals.



THOSANA CRECHE

Utilizing every space available

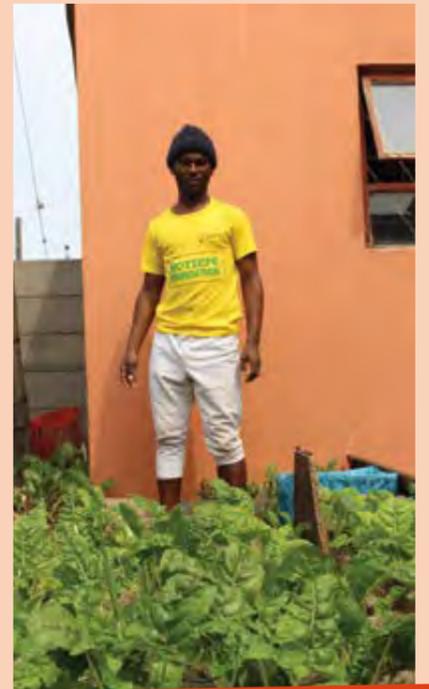
At Thosana Creche all space available is being utilized for food production. Thanks to the garden the children can get more nutritious meals at the creche.

ZEPO'S HOME GARDEN



Too many veggies to consume

Even though they started their garden only this March, Zepo's family already produce enough to sell some vegetables to their neighbours after feeding their own family of five.



ABONGILE'S HOME GARDEN

A new garden feeding eleven people

Abongile and his mother, who participated in an Abalimi training course, only started their garden in January this year. Their produce contributes to the nutrition of the household which consists of eleven people.

ABALIMI FACT SHEET SEPTEMBER 2018 TO AUGUST 2019

MICRO-FARMERS	NEW 1232	9463
RETURNING 554	ACTIVE 1786	<i>Total on Farmer Register since 2008</i>
	<i>includes new and returning</i>	Young Farmers (35 and younger) 12%
GARDEN CENTER SALES R199,365		Male 51%
<i>Purchases by farmers for seeds, seedlings and manure.</i>		Female 49%
		Unemployed 73%

TRAINING	20 BASIC TRAINING COURSES	236 People trained
	<i>Three-day basic gardening course</i>	

18 FARMER WORKSHOPS	<i>Workshops for production farmers on specific topics such as mulching, manure, crop rotation, etc</i>	251 People attended workshops
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HARVEST OF HOPE (HOH)		
<i>Value of veggies bought from farmers</i>	R360 765	<i>% earned by farmers after costs</i> 75%
<i>Earned by farmers after costs</i>	R326 566	<i>Number of micro-farmers supplying HOH</i> 105
<i>Highest earning per farmer / month</i>	R4821	<i>Number of gardens supplying HOH</i> 65

HARVEST OF HOPE (HOH) 2008-2019	
<i>Total paid to farmers by HOH since 2008</i>	OVER R10 MILLION
<i>Total value of veggies sold by HOH since 2008</i>	OVER R16 MILLION

CLOSING THE LOOP

*Growing veggies
Cooking healthy
& Bokhashi
composting*



This was a partnership project that brought together different food elements, from growing vegetables and cooking food in a Smart Cooker (Wonderbag), through to composting of food waste through Bokhashi. Bokhashi is an inoculant which, mixed together with household food waste, creates an excellent compost for use in the garden.

Abalimi provided training for households to **establish their own food gardens**, while the City's Environmental Department provided training on how to **cook with the Wonderbag** and provided lunch cooked using a Wonderbag. Violence Prevention through Urban Upgrade (VPUU) provided training on how to use Bokhashi at household level.

Bokhashi composting is an anaerobic process that relies on inoculated bran to ferment kitchen waste, including meat and dairy, into a safe soil builder and nutrient-rich tea for plants. By the end of the process the food waste will be returned to the food garden as compost.

Each of the participants received a gardening starter pack, which includes seeds, seedlings, manure and fertiliser, as well as a Wonderbag and starter pack for making Bokhashi.

NEW MANAGER AT THE KHAYELITSHA GARDEN CENTRE



"I just love nature and plants"



Our Khayelitsha garden centre has been buzzing this spring. As of end of August Beverly, the new manager, has been busy preparing some new plots,

growing seedlings, beautifying the entrance area, ...

After completing her studies in horticulture at CPUT (Cape Peninsula University of Technology), an internship at SANBI (South African National Botanic Institute) and two years of being a supervisor at Stodels retail nursery, **Beverly found in Abalimi the opportunity to fulfil her dream to run a garden centre, which she does with passion.** "I just love nature and plants", she says. When it comes to customers Beverly hopes to attract especially more youth.



HARVEST OF HOPE TAKES A BOW



Abalimi has however decided to focus on the core support to farmers around food security.

Harvest of Hope was established in 2008 with the aim to provide market access to the farmers who wanted to sell surplus veggies. We started marketing veggies from farmers in the townships long before anybody else was doing it. What started as a humble offering to families at schools, grew to include wholesaling to leading hotels and restaurants. Our example has subsequently encouraged other organisations to buy vegetables from the townships.

Since 2008 Harvest of Hope has sold over R16 million worth of vegetables, of which around R10 million was paid directly to farmers. Veggies were grown at about 70 different gardens

scattered around the townships, annually supporting around 245 farmers and their 1225 dependents. This was sustained over 11 years, and we believe these farmers will continue in the future and grow from strength to strength.

Abalimi has however decided to focus on the core support to farmers around food security. While we will still assist farmers with market access, we will no longer be running Harvest of Hope as a project. Formal operations will wrap up towards the end of December, while we work with farmers, clients and staff to find alternative solutions.

We want to thank all our loyal customers for their ongoing support. From local families to the top restaurants in town – you made it happen. We hope that you will continue to support our farmers while we collaborate with organisations such as OZCF Market, PEDI, Umthunzi, Edible Co, Lentegour and others.



SEED TO TABLE

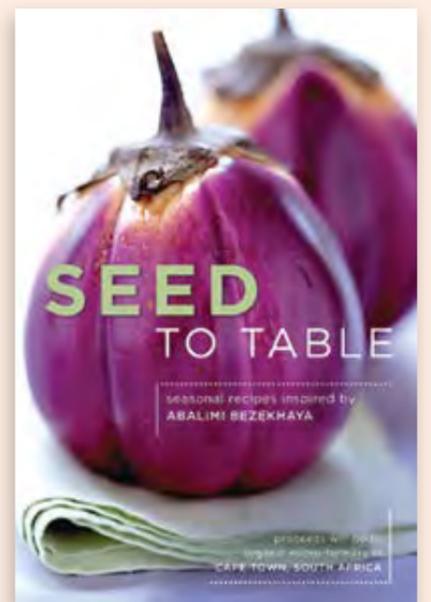


We still have copies available for sale at R200 per copy.

This recipe book was developed by volunteers and farmers and features delicious meals for each season.

This would be an excellent present for any occasion and all the money goes back to support our farmers.

Just send us a note with your address and proof of deposit (bank details on the donation form enclosed) and we will post you your copy.



This newsletter is sponsored by:



Editor:

Grace Stead

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Content:

Dave Golding and Grace Stead

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ROLL OF HONOUR

**EVERY LITTLE AND BIG
BIT COUNTS – THANK YOU!**

If your name does not appear, or there is an error, please let us know? We will gladly make special mention in the next newsletter!

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- Violence Protection through Urban Upgrade (VPUU)

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ROLL OF HONOUR

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- Jennifer Krichel
- Jonathan Muser
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- Marie Berge Staaland
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- Café Frank
- Camel Rock
- CTICC
- Edible Co
- FNB Portside
- Food Jams
- Frankie Fenner
- Greenhouse Nursery

- Health Matters in Sea Point
- Indikaap
- LaTête
- Mount Nelson Hotel
- Nude Foods
- OZCF Market
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- UCOOK
- Vineyard Hotel

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keep in touch, so
please let us know if
your details change.*

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Postal code: Email:

I require a tax receipt. I do not require a tax receipt. Please email acknowledgement to above address.

Tel no: (H) (W) (M)

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TRAINING AND SUPPORT
FOR URBAN FARMING
IN THE TOWNSHIPS OF
CAPE TOWN**



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OR

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I would like to support the work of abalimi. Herewith a cheque/postal order/
bank deposit slip for (amount) _____ to:



PLANT TREES

It costs R150/ £8/ \$10/ €9 to plant 1 tree, with training and follow-up.



FOOD SECURITY

It costs R1350/ £72/ \$91/ €80 to provide a three-day basic training course, including a start up pack for a home veggie garden.



MICRO FARMER

It costs R100/ £6/ \$8/ €7 (community garden) or R50/ £3/ \$4/ €3,5 (home garden) to support one micro-farmer with affordable inputs, training, follow-up, monitoring, evaluation, networking, management & marketing services for one month.



MARKET GARDEN

It costs R2050/ £110/ \$140/ €123 to provide a three-day basic training course, including a community garden start up pack, design, layout and implementation of the community garden.

NOTE: Forex conversions are averaged out as at Nov 2019



General Donation (Other amount) :

BANK DETAILS FOR DIRECT DEPOSITS:

SA RAND: Standard Bank, Thibault Square, Cape Town
Branch Code: 020909
Acc. No. 070912637
Account Type: Cheque/Current
Account Name: ABALIMI BEZEKHAYA

FOREIGN CURRENCY:

First National Bank, Adderly Street, Cape Town
Branch Code: 201409 Swift Code: FIRNZAJJ461
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TAX RECEIPTS for SA DONORS: Abalimi is a registered Public Benefit Organisation with 18A income tax exemption and can issue its own Tax Receipts.

Please note: donations made to Farm & Garden National Trust for Abalimi will still get a Tax Receipt. F&G Trust remains in full support of Abalimi and all donations intended for Abalimi go 100% to Abalimi.

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(1) go to www.globalgiving.com (2) look for 'find a project', (3) then for 'South Africa' and (4) for "Project 714 - Capacity Building: Urban Farming and Gardening", or type "Abalimi" in the search box. Make your donation there. Abalimi is one of the specially selected projects which is given a place on GlobalGiving. GlobalGiving is the leading international channel for web-based funding and networking.

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