

OVERVIEW

FOOD BASKET for AFRICA 2013

Food Basket for Africa



Food Basket for Africa Vision statement

We strive to facilitate communities in realising and utilising their values, strengths, talents and resources.

Food Basket for Africa Mission statement

Food Basket for Africa (FBFA) is committed to work in partnership with communities and organisations to facilitate holistic development and effective utilisation of resources. Holistic development encompasses spiritual and social (family and life) skills and the development of technical, career, business and management skills.

Who we are

Although initially established as part of [The Swartland Development Foundation \(TSDF\)](#) in Malmesbury in 2009, FBFA separated from TSDF in January 2011 as requests for food tunnels extended beyond the Swartland municipality.

In our work, we collaborate with many actors and NGO's. One of the models we utilize is [Farming God's Way \(FGW\)](#), which has been delivering results in subsistence and commercial farming since 1980.

FBFA also works closely with [Eastern Cape Government](#) to promote a virus free sweet potato that was developed in Zimbabwe.

Our men's development work is done through [Men's Fraternity](#), which focuses on the social and emotional counselling of men in rural areas. Men's Fraternity works in association with [Effective Living Centres](#), a reputable counselling organisation.

About the project

FBFA runs a number of agricultural development projects in rural areas around Southern Africa. Food tunnels (not Hydroponic) are placed in communities which adopt them and initial training for tunnel care, watering and fertilizing techniques is given. We also work closely with organisations that purchase fresh food items (such as cabbages, cauliflowers, spinach, chillies) and use these connections to train farmers in business skills and financial profitability.

We view a project and the people involved as having three main components:

Physical – the need for livelihood and consistent income to feed families and provide necessary material resources.

Emotional – the need for family, community and healthy emotional connections between people.

Spiritual – the need to have a belief system that embeds the individual in a wider system of meaning.

We address these three areas through our vegetable tunnels and gardens, our support counselling organisation, our special interest in men's development, and through our support of people's chosen spiritual belief system (though we do not identify as an evangelistic outreach initiative).

Why give to Food Basket for Africa?

We believe that there are many reasons why giving to Food Basket For Africa is a most effective way for you to make a difference in poor and needy communities. Perhaps the most important is that we view traditional donations as investments into communities and the lives of individuals. We look for long term sustainability and we give a hand up, not just a hand out.

We are committed to keeping our overheads low in order to provide donors with value for their investment. We do not spend on office rentals or building maintenance costs as we share resources with our various partners.

Organic Food Gardens

Food Basket for Africa assists disadvantaged communities to set up organic gardens and micro-farming projects which provide nutrition as well as income generation.

Agriculture accounts for only four per cent of domestic product in South Africa (Farmer's Weekly May 2007). Yet without adequate food the whole economy is under threat. Presently food prices are on the rise with impoverished families, who are already struggling to make ends meet and who constitute the majority of the population being the most affected. Problems of food security are exacerbated by high levels of unemployment, despite an expanding economy in South Africa. What has been termed "Jobless Growth", a phenomenon not restricted to South Africa, means that despite growths in GDP, unemployment and inequality remain high.

Hope remains, however, in a recent movement towards grassroots, organic-friendly community farming among rural farmers. This trend involves thousands of people (themselves from impoverished backgrounds), who are mobilising to defeat food insecurity and create jobs in the process. Leading examples are the Vukuzenzela Urban Farmers Association (VUFA) in Cape Town, the Master Farmers Association (MFA) in the Eastern Cape and the Western Cape Ubuntu Farmers Association (WEKUFU).

Organic agriculture (including permaculture and 'food gardens'), in its elementary form, is easily implemented within impoverished communities and those in Survival and Subsistence Levels of socioeconomic status. It promotes sustainability and conserves soil fertility, promotes on-farm biological and seed diversity, and respects indigenous ecosystems and knowledge. This type of farming is also spontaneously community building and labour intensive with "human scale technology", yet in the long term, its productivity equals industrial outputs with fewer expenses. Furthermore, there is evidence that organic food provides superior nutrition, with positive health implications for farmers, their families and customers.

FBFA works to promote and implement organic bio-dynamic agriculture with the aim of improving food security and employment in disadvantaged communities in South Africa, and Africa in general. Recently, we have adopted a "training garden" approach whereby we use successful garden projects as training centres. "Training gardens" are established within communities to teach basic gardening skills. Each participant is also given a "garden starter pack" of compost/fertilizer and mix of 36 vegetable seedlings, sufficient to start a garden of 1m x 2m. This size garden can supplement the nutritional needs of a family of four people.

Organic Food Gardens provide:

1. **The Basic Garden Design on the "door model" (1m x 2m)**
2. **Soil preparation and composting**
3. **Companion planting and pest control**
4. **Seed germination**
5. **The importance of water saving**
6. **We are now including a component which stresses the need for monetary savings so as to support sustainability**

The gardens are also our outreach to the local community, and we bring our various disciplines, such as counselling, men's development, using mediums such as films and lectures. This will make our training gardens as Community Centres and add value to the community they serve.





Great Commission, 26 Mzwandile Road, Khayelitsha.



Oude Molen Food Garden Village for Children, Alexander Road, Ndabeni.



Manenberg Community Centre, and Manenberg Peoples Centre, Manenberg.



53 Mill Street, McGregor.



Our garden packs are ready for distribution. After attending our basic course, participants receive these packs to start their own door-sized garden.

Packs include 32 mixed seedlings, a compost/fertilizer mix, a spade and a few packs of seeds.

Apart from vegetable farming, we also concentrate on medicinal herbs, bees, and Moringa trees.

A training booklet is also available.



Darling Focus, Cole Street, Darling.



Chwayita Food Garden, 32 366 Khuphela Street, Khayelitsha.



Riebeeck Valley Special School, Ark Street, Riebeeck West.



Parish of All Saints, Dwars Street, Hopefield.



Economics of Happiness is one of the educational films we present at the gardens.

We are also introducing a financial saving scheme through our garden projects that promotes financial awareness and economic self reliance in communities.



Welgevallen Experimental Farm, Stellenbosch University (Research Centre), Suid-Wal Street, Stellenbosch.



Franschoek.

Farming God's Way

The approach to agriculture that we use is founded on the methods of Farming God's Way organisation.

Africa is a continent rich in natural resources, beautiful people, vast landscapes, biodiversity, minerals and much more. Yet it is also among the most poverty stricken continent on the planet. Agriculture, in particular, holds enormous potential for reducing poverty on the continent. Presently, however, farmers face high levels of crop failure due to improper agricultural practices with the result that grain must still be imported in huge amounts annually. We believe that by transferring skills to farmers through effective agricultural training programmes, farms will transform into viable ventures, which will feed families and produce profits. Our projects thus work with peasant farmers who account for more than 85% of the continent's population.

Because of our belief in the potentiality of agriculture for economic development, we believe that the sector can be used as a foundation upon which to build subsidiary sectors.

This past year, 2012, has been a very busy one for the trainers of FGW. We have visited almost all the countries in the SADEC region with successful outcomes.

One such example is from Lesotho where a bumper crop of 20 ton per Ha of maize was harvested earlier this year. This was the outcome of experimental planting done in cooperation with agricultural students from the Orange Free State. Some of the more rural areas we visited delivered up to 6,8 ton per Ha (Uganda) and 4,5 ton per Ha in Malawi. Many places reported yields even though they had experienced a drought in the area; in these cases, yields were lower than they would have been otherwise, but still higher than farmers using conventional methods who had absolutely no yields.

Further afield, there have been training sessions presented in Nigeria and Benin. More requests have been received for training in Nigeria, Cameroon, Benin and other West African countries. As we operate on a voluntary basis, many of these requests are put on hold till funds are available. When funds become available, these trips are planned as quickly as possible so as to get the training done in time for the relevant planting season. In some areas near the equator, we have had very successful dual planting seasons, thus increasing the yields many times over.

Another development has been our training of people for compost making. Because the cost of fertilizer has increased tremendously over the past few years, many farmers are no longer able to purchase it, making compost-making a useful skill to have. The use of good quality compost has proven instrumental in boosting the yields of crops with a minimum increase in input costs.

In the two rows of photos on the following page, the difference between conventional farming methods and FGW methods are demonstrated. In the top row of photos, the plants are under severe stress while in the second row of photos, FGW plants in the same area are strong and so have resisted attack by pests and diseases and the need for pest control is minimised.

Pictured right, our future trainers being taught the practice of compost making.





A typical farm in Africa.



Poor management results in poor yields.



Average yield in rural Africa is 350 kg/Ha.



Left: Multiple cobs on one plant. Good yields allow farmers to break the yoke of poverty.



She used what was available.





Men's Development Outreach

Vision statement

To equip men to find their true identities and to have a clear definition of "what is a man" in today's society.

Mission statement

To provide men with a safe, confidential environment in which to explore their manhood and to provide training in interpersonal and relational skills that will equip them to live more effectively within their homes, their places of work, and in society as a whole.

Men today need to get their voices back, take their rightful place alongside women, and become relevant in their children's lives. In our world today men are often isolated and dysfunctional, facing many new and confusing challenges regarding their role in their families and society, and the often ambiguous expectations placed on them. Essentially, there is a need for men to find a safe environment in which to address these challenges and to explore, validate and reconnect with their feelings.

A tremendous amount of resources is directed towards women and children, and a lot of work is carried out with this population. This is obviously an essential endeavour.

However very few resources and little time is devoted to the men in the families. The "missing father" is always a hot topic of discussion at workshops and forums, yet we see very little being addressed in this vital area.

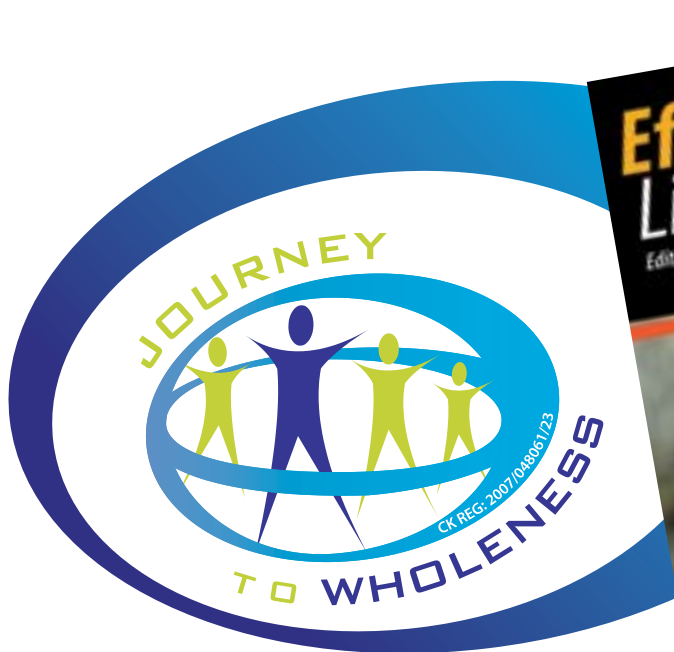
Given the inextricable interplay between different societal problems, we believe that this neglect of men's issues has a detrimental effect on the issues with which women and children contend. By attending to issues of masculinity and men's relationships with their children, partners and selves through various programs, we hope to address some of the causes (not merely the symptoms) of our society's problems.

Our organisation networks with other individuals and organisations working in the field of men's development and spirituality. We are currently building a resource data-base to connect men to support structures that can offer guidance through processes of decision making and assistance in making responsible choices. We also offer support groups for men for emotional and personal development as well as training for peer counsellors.

We have been working with Correctional Officers at Pollsmoor since 2009, and have established a partnership with Andrew Murray Centre in Wellington, which publishes training materials for correctional officers.

Another organisation we have partnered with for our rural development work is Hearts of Men (www.heartsofmen.co.za).





**Effective
Living**
Edition 3

**Effective
Living**
Edition 4

www.naturecalls.co.za

www.peace-of-eden.com

www.cano-cruises.com

www.swim-with-dolphins.com

Reaching out effectively in love

Reaching out effectively in love

Journey to Wholeness

9

Effective Living Centres

The primary aim of the JOURNEY TO WHOLENESS organisation is to encourage healthy family relationships and to help restore wholeness to those who have experienced broken relationships or loss. To do so, it has founded centres around the Western Cape and Kwa Zulu Natal and publishes a magazine called "Effective Living" that creates awareness about the programs it offers. Working alongside Journey to Wholeness we want to make a difference by strengthening the family unit and, ultimately, building a healthier, more vibrant society.



10



Our Funding Partners

The following are our partners, without whom our work would not be able to materialise, and we are extremely grateful for their contribution:

The Ackerman Pick n Pay Foundation	Printegration Computer Imaging Supplies	Bergh Packaging Kelpak
Pick n Pay Clothing	Peter Mehr (PM Freight)	Mount Royal Estate – Malmesbury
Anton Fonds Foundation	Campus Crusade	The Ark Community – Men’s Development
Old Mutual		

Management team for Food Basket for Africa

Kevin Johansson	Executive Officer – Food Basket and Effective Living Circles for Men
Alex Duff	Project Manager – Agriculture
Carl Schmidt	Agriculture

Support team for Food Basket for Africa

Jochen Demnitz	Tunnel and allied product manufacturer, alternative energy
Nezzi Soka	Horticulturist trainer and advisor
Daniel Wickham	Permaculture
Judy Eccles	Permaculture
John Kennedy	Organic trainer
Abel Abelse	Apiculture (Beekeeping)
Judah James	Medicinal plants
Brian Joffin	Bio Agriculture / University Stellenbosch

Farming God’s Way

Carl Schmidt	Agriculture
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11

Management team for Journey to Wholeness/Effective Living

Jacqui de Lange, Val Reeves, Dave Rolfe

Men’s Development

Richard Thomas	Pollsmoor Correctional Facilities
Desmond van Niekerk	Hearts of Men

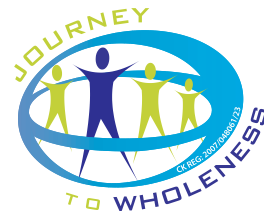
Banking details

Amazing Maize T/A Food Basket for Africa

Bank: Nedbank
Branch: Noordhoek
Branch Code: 125 00 900
Account No: 104 290 6351

NPO No: 075 993

Financial reports and audits upon request.



FBFA – www.foodbasketforafrica.biz (applying for .org)

Journey to Wholeness – www.effectiveliving.co.za

FGW – www.farming-gods-way.org

Partnering with Soil for Life, Andrew Murray Centre, Hearts of Men.

For additional information please contact
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