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**FARMERS OF HOME
 THE PEOPLE'S GARDEN CENTRE
 ISENTA YE GADI YABANTU
 015-337 NPO**

Co-ordinating Office: c/o The Business Place Philippi, Cwango Crescent (Cnr New Eisleben Rd and Lansdowne Rd, behind Shoprite Centre) Philippi, 7785, Cape Town, PO Box 44, Observatory, 7935. ☎ 021 3711653 Fax: 086 6131178
Khayelitsha Garden Centre ☎ 021 3613497
Nyanga Garden Centre ☎ 021 3863777

BEFORE



**"RAINBOW NATION",
 MFULENI INFORMAL
 SETTLEMENT**

In the middle of sand dunes, Margret Mpopo (60) and Bhekilizwe Mzunga (26) have created a green miracle. Established in May 2012, the "Rainbow Nation" garden has grown quickly thanks to the dedicated work of the two micro farmers who run the plots all by themselves. "I come here every morning, seven days a week", says Bhekilizwe Mzunga, who already farmed his home garden before attending the Abalimi basic training course.

AFTER



RAINBOW NATION



GARDENS OF POWER

Between the grey belt of the highway and the first shacks that form the informal settlement of De Noon, there lies an oasis.

The abundance of green leaves and dark soil comes as a surprise under the massive power line towers that cut through the yellowish grassland forming the buffer zone between traffic and homes. But the gardens that line up to the right of the path are real. Passionate gardeners like Tembakazi Sotyantya have built them up. The 49-year-old works for the Western Cape Association of People with Disabilities (APD) and coordinates a group of about 15 mentally and physically disabled people who live in the nearby settlement.

security in an environment that is meant to be temporary. The garden gives a daily task and the feeling of being useful to people that are often excluded from the labour market. It also enables them to be creative and realize own projects. The Abalimi training course has encouraged Tembakazi Sotyantya to build up sharply defined beds as her trainer Vatiswa Dunjana taught her during the basic training course. She bursts with energy when she shows visitors around her garden and even starts to sing and dance when she talks about her work. "We are going to feed the children" is the translation of her favourite song she sings while caring for the veggies. She has made this song her slogan.

Every morning, they make their way to the garden to harvest the ripe crops, pull weeds, and enjoy a bit of fresh air. The gardeners can take their harvests home and use them for their daily serving of healthy food.

Besides a large variety of vegetables like spinach, cabbage, spring onion, green pepper, beans and beetroot, she has also big ambitions to grow more extraordinary vegetables. Proudly she points out the garlic plots, her aloe plants, sweet potatoes, mealies and her seedlings she grows to sustain the micro-farm in the long term. The garden has already expanded to the other side of the sand path and now covers a surface even bigger than the original garden. The APD group also collaborates with a group of HIV positive people who farm next to them.

"It is very nice to cook every day with the veggies from our gardens", says Sotyntya who is trained in hygiene and food security and tries to pass this knowledge to her coworkers. *"I like the smell of the vegetables and I never cook them longer than five minutes".* As an HIV and TB positive person, she is happy about the natural healthcare. *"I eat everything to be healthy and also encourage the group members to come and work here".*

But the microfarm is more than a source of fresh food and money that guarantees a degree of

Tembakazi Sotyantya has big plans for the future. "I also want to grow ginger", she says and bends down to carry on with her work.



TEMLAKAZI SOTYANTYA HAS BIG PLANS FOR THE FUTURE. "I ALSO WANT TO GROW GINGER", SHE SAYS AND BENDS DOWN TO CARRY ON WITH HER WORK.

- SPINACH
- CABBAGE
- SPRING ONION
- GREEN PEPPER
- BEANS
- BEETROOT
- GARLIC PLOTS
- ALOE PLANTS
- SWEET POTATOES
- MEALIES
- SEEDLINGS

TEMLAKAZI SOTYANTYA

EDITORIAL

Greetings, again, dear Friends!

Training is important, at the right time. Our farmers rigorously self-assess within the ABALIMI Farmer Development Chain, described in Newsletter 36 on www.abalimi.org.za.

This new approach costs 90% (+) less than Government programs, and is 100% more successful.

Thus a new Family Farming movement is replicable everywhere with 100% success, via a 3 pronged approach:
 (a) provision of permanent, affordable agri-inputs, training, advisory and scientific services
 (b) guaranteed markets & fair prices
 (c) targeted capital investment. All tied to the Farmer Development Chain.

See for yourself every Tuesday. We can assist to replicate - 'private-profit' entities must pay, while Family Farmers can obtain help at cost, or free of charge.

Please therefore read Jenny's Letter, inserted in this newsletter. And take action to grow the movement!

**Best regards,
 Rob Small- co-founder.**

WHAT CAN YOU DO TO HELP?

- SPONSOR OR BUY AN HOH VEG BOX
- GIVE YOUR SKILLS
- SPONSOR A MICRO-FARMER



LEARNING TO GROW



Nowetu Mbekeni, 53 years old and Nokuntu Zamkana, 48 years old, both attended the basic training seminar in February 2013.

"WE WERE BORN WITH THE TALENT TO GROW"
"WHEN WALKING THROUGH THE GARDEN, IT MAKES ME FEEL HAPPY"

They are now working in a community garden in Khayelitsha, the St. Kizito micro farm, selling produce to Harvest of Hope. The training has enabled them to make a living out of the micro farm - and even improve their quality of life through a fulfilling task.

Nowetu Mbekeni "Abalimi has taught me to do everything that a garden needs: Fencing, watering, fixing the soil and growing own seedlings. My parents were also farmers, so we were born with the talent to grow. We have to keep on doing it. The garden is my baby. My day is not complete without going to the garden. Sometimes I just walk between the plots and look at the plants. I have the feeling that they talk back to me.

One of the ladies from the course even went back to the Transkei and started a garden there. I think it is also about skill development and transferring the knowledge: Take the skills from the course and take it to the Transkei (Eastern Cape).

It is also about changing your points of view. Many people think that they need a big piece of land. Now I know that you can plant everywhere: In bottles, tyres and bags. But I am still going on with the training and I want to learn more. There is always space for improvement".

Nokuntu Zamkana "What I liked best about the training seminar was the practical part. Now I know how to prepare the soil for light, medium and heavy feeders. I also learned about the planting calendar, when to plant which crop according to the seasons. Another important thing to know is how much water a plant needs.

I did take some notes during the seminar, but the biggest part is in my head. When I plant cabbage, for example, I know it is a heavy feeder, so I have to put more manure and I know that the distance between the plants has to be rather big.

Apart from earning money through the micro farm, it also does a lot for me as a person. When walking through the garden, it makes me feel happy. I am feeling proud when people are watching me work in my garden. I feel I am important, because people ask me about my plants and admire them".



PLANTING FOR THE FUTURE

"I AM PLANTING THIS IDEA THROUGH THE KIDS AND THEREBY I PLANT FOR THE FUTURE"

Xolisa Bangani is struggling to find words to describe what happened six weeks earlier. "I didn't expect it to work out that well", he says.

He is standing next to the result of this unforgettable day: A small tree with fine branches carefully tied to a supporting wooden structure and buried in mulch, with a pipe sticking out of the ground to allow effective watering straight to the roots. It is one of 36 trees planted in the yard in front of Isikhokelo High School.

On the day the orchard was supposed to be planted, it looked as if the project was bound to fail. When the volunteers arrived at the school, nobody was there to help them. Xolisa Bangani, Sandy Bradley of Abalimi and volunteers from Greenpop and Uthando, a non-profit township tourism organisation who provided the funding, had invited school kids to help them with the planting. In the afternoon, though, the kids had already left. The volunteers wanted to engage school kids nevertheless and so they recruited 80 girls from the soccer organisation "Grassroots" who were practicing on the nearby soccer field. *"Patrick of Greenpop got them into groups and organised games inside when it was raining",* recalls Sandy Bradley. *"Later there was a lot of singing and dancing going on outside. It is incredible how energetic these kids were",* says Xolisa Bangani.

The tree planting day will not be his last activity involving kids. He is planning to build plots between the trees and involve a group of school kids in the maintenance. *"I love to teach kids",* the 25-year-old says, *"and I love to answer all their questions"*. He wants to complete their education by engaging them in the process of planting and farming. "I am planting this idea through the kids and thereby I plant for the future". As a young male role model he wants to share with the youth what his own tutor once taught him.

Mama Bokolo, Operator of the Abalimi People's Nyanga Garden Center, apprenticed him only a year ago and he is still grateful that she shared her experiences with him. MaBokolo also made sure he was fully trained by Fieldworker-trainer Vati Dunjana. Now he is waiting to do the very same thing at this school. With a grant from www.uthandosa.org, he could work consistently as a teacher for the school kids. Xolisa Bangani's face beams with expectation when he thinks of his future plans.

"I am willing and able to dedicate my life to teaching kids"

YOU ARE WHAT YOU EAT

EAT HEALTHY FOOD

This slogan sounds like hard work and cutting out tasty things. But here comes the good news: what is good for your body can also be friendly to your tastebuds. How about a spicy lentil soup with vegetables from your own garden?



"I DIDN'T KNOW CARROTS HAVE SO MUCH VITAMIN A AND CAN HELP MY EYES"

Our farmers definitely enjoyed the treats during the second nutrition training course. *"What really impressed me was also the cooking box",* says Nokuthula Msinyane after the demonstration of cooking soup with nothing more than a cardboard box, crunched up newspaper and a towel.

The micro farmer left the three hour session with another conclusion: *"I have to eat more balanced, half of the plate has to be veggies"*. This was only one of nine tips that dietician students from the University of Cape Town (UCT) gave to the participants who had gathered at Khayelitsha garden centre. *"They grow the veggies, but they don't know what's in there",* says Jenna Bowes, one of the four students. She and her classmates customized their presentation to the micro-farmers, pointing out the vitamins and minerals in the produce that are available in their very own micro-farms.

"I didn't know carrots have so much Vitamin A and can help my eyes", says Kolishwa Mneno, a micro farmer from Khayelitsha. Her colleagues also received personalized information about appropriate diets for high blood pressure and diabetes. They learned not only about what types of food to avoid, but also about how to cook healthy and cheaply, using veggies, lentils and other legumes.

But the farmers were not the only ones who went home with freshly gained knowledge. Two days before, the UCT students were trained to grow vegetables by Abalimi trainer Lizwiwe Stofile! *"It's really nice teaching the farmers",* says Jenna Bowes from UCT, "but we also learned something from them".

MEMBERS OF THE TEAM



TRACY-LEE CADERBERG ★ ACCOUNTING

Tracy is from Cape Town where she studied accounting in UNISA University before she worked with a Citizen Sector Organization (CSO) which empowers children rights. In October 2008, she was hired to be an accountant in Abalimi. She really enjoys being a part of food security and meeting different people, respecting them for what they do and have to struggle with.



ZUKISWA QUTYELO ★ FIELD TEAM ADMINISTRATOR

Zukiswa Qutyelo comes from Queenstown, Eastern Cape and studied administration and computer literacy before working for Catholic Welfare & Development - CWD, where she was introduced to Abalimi. Since January 2013, she works as a field team administrator and assistant to Christina Kaba, Field Operations Director of the management team of Abalimi. She is in charge of the Activity Reports and Farmer's Register, and likes to visit the garden centres and farmers.



HENRY MPOMANE ★ DRIVER

Henry Mpomane is one of Abalimi's drivers since 2010 and comes from the Transkai, Eastern Cape. Thanks to Henry and his colleagues, organic vegetables are collected, prepared in the HOH pack shed and finally delivered in Cape Town area. He is currently thinking about attending a training course in order to start his own garden and grow some fresh vegetables.



MAXAMA NOMASEKELA ('SEKI') ★ GARDEN CENTRE OPERATOR

Mama Seki was born in Cape Town and works for Abalimi since 2009 as Khayelitsha People's Garden Centre Operator. Thanks to the training course she can now teach new farmers how to grow vegetables, prepare the soil and plant seedlings with care. Seki likes to plant beautiful flowers and to eat fresh and tasty veggies such as spinach and cauliflower from her own garden.



BRIDGET IMPEY ★ FIELD OPS PROJECT MANAGER

Bridget Impey comes from Oxford, United Kingdom, and worked as a volunteer for several months for Abalimi in 2005. After that, she worked on organic certification and was hired as a field worker and project manager under Christina Kaba in 2006. She was the founding coordinator of Harvest of Hope for several years before moving into production. Her function is now very diverse and includes communication, practical and administration tasks, production planning, orders for the pack shed, and making sure new training needs are met so that the farmers' development needs are fulfilled.

HOH UPDATE

In June this year we reached our target figure of 400 vegetable boxes delivered every week to our 29 collection points in and around Cape Town.

When we started this social business in 2008, we focused our energies towards promoting our boxes to primary school families in the A-B income southern suburbs and we now also deliver to shops and office blocks Kalk Bay and Tokai, the CBD, Sea Point and Milnerton, making it easy for business people to collect their fresh veggies before they leave work.

Now, the word is out and 2/3rds of our new HoH members hear about us from friends and personal recommendations. We are also the grateful recipients of goodwill and donations of all kinds from people we have met and are yet to meet who post videos on the internet, write articles in magazines, newspapers and on fb pages. This generosity translates in direct benefits to the micro-farmers in many differing ways.

The focus of a Community Supported Agricultural scheme is to re-establish our relationship with the food we eat and where it comes from; knowing how its grown and who grows it and connects and supports people and communities in a direct and friendly way.



We all enjoy local fresh vegetables, develop new seasonal cooking skills, gain new interests and friends, and build food resilience that's hard to beat



"FRIENDS OF ABALIMI" TOUR

Our pack-shed in Philippi is the best place to spend a Tuesday morning. The vegetables are picked from 6.30 in the morning, collected by our drivers, sorted by weight and quality at the pack-shed and made ready for packing by 10.30. The freshness, smell and colours of the vegetables are invigorating and energizing and we invite you to experience this on the weekly "Friends of Abalimi" Tour.



FACT SHEET



MICRO FARMERS 3650 INCREASE OF 1120
FARMERS TRAINED 283

51 GARDENS SUPPLYING TO HOH

NUMBER OF BASIC TRAINING COURSES 25

SUSTAINABILITY INDEX

We are doing regular Sustainability assessments at exactly 40 gardens at the moment

35 GARDENS SUPPLYING TO HOH

9 OF THEM HAVE REACHED LIVELIHOOD (SEMI-COMMERCIAL) LEVEL

R2-R6 per m²/month gross revenue qualifies a micro-farmer at early, mid or late Livelihood level. A minimum of 50% of this goes directly to the farmer's pocket. One semi-commercial job at R3000/m, after costs, can be earned at the Late Livelihood level, before a farmer considers going commercial. Three community gardens (involving about 15 micro-farmers) have reached Late Livelihood for a few months at a time, and soon look forward to achieving this status permanently



IN 2012, ABALIMI'S HOH BOUGHT PRODUCE WORTH R501 220 AND APPROX. 50% OF THIS WENT INTO THEIR BANK ACCOUNTS

PEOPLE'S GARDEN CENTRE CLIENTS

1282 KHAYELITSHA 2010 1365 2011 1641 2012 1467

2003 NYANGA 2010 2564 2011 2349 2012 2078

3,285 TOTAL CLIENTS OF THE GARDEN CENTRES 2010 3929 2011 3990 2012 3545

SALES

R70 872 90
INDIVIDUALS KHAYELITSHA
2010 R41205,61
2011 R49201,00
2012 R50198,62

R60 605 76
INDIVIDUALS NYANGA
2010 R48595,33
2011 R65313,00
2012 R50554,91

R163 955
PROJECTS NYANGA
2010 R97642,07
2011 R143038,00
2012 R84680,35

R210 148
PROJECTS KHAYELITSHA
2010 R148944,18
2011 R272525,00
2012 R300523,19

R505 582
TOTAL SALES FOR MANURE, SEEDLINGS ETC.
2010 R336387,19
2011 R530077
2012 R85957,07

VEGETABLE PRODUCTION



IN 2012, ABALIMI BOUGHT PRODUCE WORTH R501 220 FROM THEIR FARMERS



RHUBARB & SPINACH COLESLAW WITH PEACHES

100g shredded cabbage
50g shredded spinach leaves
60g fine julienne rhubarb
60g fine julienne peach
60g grated carrots
2 ea spring onion sliced

150-200ml mayonnaise
juice one lemon
1 tsp whole grain mustard
pinch zest

Combine lemon juice, mayonnaise and mustard. Place all ingredients into a bowl with mayonnaise and combine. Serve.

THANKS TO OUR SPONSOR MOUNT NELSON HOTEL FOR BEING A LOYAL CUSTOMER OF HOH

This recipe is from Executive Chef Rudi Liebenberg of the Mount Nelson Hotel, who makes a salad every week called the "Abalimi Bezekhaya" which is inspired by Harvest of Hope vegetable boxes that he buys for his kitchen

CARBON FOOTPRINTS IN CAPE TOWN

The City of Cape Town is particularly affected by unemployment, yet if 50% more food was to be grown locally, 2 698 new jobs (or 10 000 (+) if the ABALIMI Way is adopted- Ed) could easily be created on the extra 1 313.77 ha required, in the nearby Phillipi Horticultural Area (PHA).

Many of Abalimi micro-farmers aim to become commercial farmers on The Phillipi Horticultural Area (PHA). The PHA is 3 073.9 ha, so its 2.4 times what is needed to feed the whole of Cape Town. And only half of it is now farmed! The PHA right now produces half of the

300 000 tonnes of fresh products consumed in Cape Town every year.

How can growing vegetables locally have a positive impact on the carbon footprint in Cape Town?

Limit your food miles and protect the environment by buying from local organic farmers. Your carbon footprint is thereby considerably reduced to help create a truly sustainable City. By supporting HoH you could also help to develop future farmers for the PHA and thousands more jobs

CAPE TOWN'S FOOD RELATED FOOTPRINT

FRESH PRODUCE
305493.5 TONNES CONSUMED ANNUALLY
TOP 29 ITEMS MAKES UP 96.3% OF TOTAL CONSUMPTION

715 KM AVERAGE DISTANCE FOOD TRAVELS FROM FARM TO RETAILER IN SOUTH AFRICA
TOTAL TRANSPORT EMISSIONS [TONNES CO₂]
10663 TONNES CO₂ SAVED ANNUALLY IF THE TOP 29 ITEMS WERE GROWN LOCALLY



- » 59 535 tonnes of methane emissions can be saved annually if only 10% of organic food waste was composted or used in bio-digesters
- » 10% carbon savings if top 29 fruit and veg items were produced organically, thereby reducing carbon emissions caused by packaging, storage, machinery, chemicals and fertilizers
- » Emissions total savings [transport + waste + embedded]: 616600 tonnes CO₂ annually
- » Breakdown: Waste 47%, embedded savings 45%, carbon miles 8%



YIELD POTENTIAL AND LAND REQUIRED
1313.77 HA

PHILIPPI HORTICULTURAL AREA IS
3073.9 HA 2.4 TIMES WHAT IS NEEDED

ABALIMI CHANGES LIVES



MAMA BOKOLO

Mama Bokolo Micro-farmer & Nyanga People's Garden Centre Operator, has a dream. "When I retire next year, I want to buy a bakkie and go back to Eastern Cape to start a farm", she says.

One part of her dream has already come true. Last year, she passed her driver's license and bought a car from the salary she earns running the Nyanga Garden Center. "I feel like a young girl", she says. "I forget about my age and even my body feels young again." She is one of the few women driving through the townships, and her age makes her even more iconic. We wish you a good ride, Ma B.!



ZODIDI

Zodidi Langa, Micro-farmer & Fieldworker, managed to pay to pay R95 000 cash for her first home by saving some of her salary every month and her income from selling her own vegetables to HoH.

The bulk of her savings came when she was invited to join the "goigooi" (stokvel). People club together and regularly pay a certain fixed sum into a common fund. Each member receives the pooled amount on a monthly, rotating system.

Zodidi invested her goigooi money and her savings into an Old Mutual Investment account. Now, she has big dreams of renovating her home. She is investing her money so she can re-tile the floors in the bedroom, bathroom and kitchen, there are no ceilings at the moment and she would like to partition the large bedroom to make a room for her son.



HAPPY BIRTHDAY MADIBA

DIGGING FOR MADIBA

67 minutes - this is the time South Africans were asked to contribute to their communities on Mandela Day. Our volunteers easily exceeded this time at the Abalimi Mandela Day event at the new 1 hectare Moya we Khaya Peace Gardens in Khayelitsha.

A barren and sandy landscape waited to be planted with trees by our volunteers from CTICC, Constantia Rotary Club, Khwezi Lesizwe, Ntshayelelo and Homba Primary Schools and Khayelitsha Special School. After a short introduction to the art of digging a hole and filling it up with compost, over 100 sets of hands set to work planting shrubs, trees and bushes to protect the future plots from the harsh Cape Flats winds.

They were supported by Abalimi co-founder Mama Christina Tenjiwe Kaba and her helpers who gave out soup, sandwiches and pap. Some of the pupils sang a Happy Birthday for Madiba and after five hours of collective work, Moya we Khaya is one step closer to provide gardening space for both community groups and future gardens for the Harvest of Hope veggie box.

STAFF & VOLUNTEERS



KATJA RECKSCHWARDT

Katja Reckschwardt of SAGeNet spent her year with Abalimi fine tuning our sustainability monitoring tool. She conducted many interviews with community farmer groups and assessed them according to our unique Sustainability Index. She also contributed in many other ways to the running of the organization. Her patience and thoroughness with any given task were truly appreciated.



DANIELA PROFITLICH

Daniela Profitlich, a German Judge, worked as a volunteer during her sabbatical, for one year with the Fezeka Garden. She helped to improve the Community Court program for juvenile delinquents at the garden, who assign delinquents to work in the garden for a couple of hours every day instead of getting criminal records. Daniela has ensured that delinquents don't stray, and have a better chance to learn more from the garden.



AMBER BREITENBERG



INDRA NOYES



HANNA NIKLASZ

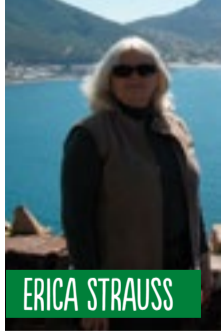


SINDISWA BAROYI



NOSIPHO MAMBU

Introduced to Abalimi in February 2013, Nosipho Mambu now works as a field worker. She studies Youth Environmental Service at WESSA and has skills as an environmental educator.



ERICA STRAUSS

Erica Strauss is a fundraising professional from the USA, volunteering with Abalimi for 3 years. Since October 2012, she has already developed numerous concept papers and proposals for various projects and contributes to the improvement of Abalimi's donor database. She says "it is an honour to work for Abalimi".



ZUKISWA QUTYELO

Zukiswa Qutyelo is a precious member of the Field Team. As Field Team administrator since January 2013 she assists Christina Kaba, farming movement leader and Field Operations director of Abalimi.



SANDY BRADLEY

Sandy, from the UK, spent his first few weeks at Abalimi visiting the gardens and as a volunteer packshed helper. Since then he has associated closely with Xolisa's project. Sandy is a green and passionate man who now assists Xolisa to learn Permaculture and Biodynamics, and develop his project ideas. They both set up a school garden in Xolisa's community.

NOTICE BOARD

A LIST OF WISHES FROM THE FIELDWORKERS, ABALIMI STAFF AND GARDEN CENTRES

FOR HARVEST OF HOPE

Platform Scale's for community gardens that supply HoH - its too expensive for farmers to buy their own, and they like to check up on us, that we weigh their harvest at the Pack Shed accurately.

FOR THE OFFICE IN PHILIPPI & AT COMMUNITY GARDEN PROJECTS

- Office furniture and gear always needed to replace ageing stock, and to be given to community garden projects: like desks, chairs, cupboards and filing cabinets
- Projector for our travelling laptop
- Endless supply of tea spoons - they are always disappearing :)
- De Longi rapid heat convection stove for healthy super fast heating of food for our very busy office workers who are currently forced by circumstance to destroy their food in a micro-wave.
- Shade cloth and tunnels in good condition (always useful).
- Shipping containers in good condition as secure storerooms at gardens (always needed).

FOR NYANGA & KHAYELITSHA GARDEN CENTRES

- Good used gardening tools always in demand
- Bulk compost - we always can use many tons.
- Large plastic sheets for covering compost against wind.
- 200 litre plastic or metal drums for tea manure.
- Paint (interior & exterior) for our Garden Centers and Community Project storage containers that need annual maintenance.
- Indigenous or non-invasive plants of all kinds always welcome.

CHANGE OF ADDRESS?

Should your addresses / contact details change, please notify our admin office so we can rectify our mailing list. If you want to be part of an ABALIMI-Harvest of Hope tour on Tuesdays, please contact us at: info@abalimi.org.za

VOLUNTEERS ARE WELCOME!

We welcome volunteers! Please note however that Abalimi cannot pay for living costs or stipends. We seek self motivated and self funded volunteers who can multi-task at the coal face of township urban farming, and can commit for longer periods; we especially seek the following skills:

- Computer whizz kids and scientist/s with skills in html, databasing, IT social networking
- Organic and bio-dynamic agricultural expertise
- Communication and marketing

EDITORS: Rob Small, Nantke Garrelts

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WOULD YOU LIKE TO SPONSOR THIS NEWSLETTER?

The average cost is around R45 000 to design, produce, print and post one newsletter. If you are interested please let us know at info@abalimi.org.za. This newsletter was part sponsored by SAGeNet & backfunder DBU.

