

PROJECT TITLE:

**Promoting Composting and Kitchen Gardening for Safe and Sustainable Food
Production in Kagwe, Kiambu County**



Training farmers to secure their future

COMMUNITY SUSTAINABLE DEVELOPMENT EMPOWERMENT PROGRAMME (COSDEP)

P.O BOX 132 – 00621, NAIROBI - KENYA

CELL: (254) 722460769

Email: coskenya@yahoo.com

Blog address: <http://www.cosdep.wordpress.com>

Contact person: Stanley Kinyanjui

Project Amount Requested: Ksh. 1, 052, 100 or USD 13, 150

Project Title: Promoting Composting and Kitchen Gardening for Safe and Sustainable Food Production in Kagwe Area

1) Organizational Background

Community Sustainable Development Empowerment Programme (COSDEP) is a registered non-governmental organization (NGO) that focuses on ensuring continued learning and practice of organic farming in rural communities for improved food and dietary conditions. The organization's main offices are located at Kihara Township, in Kiambu District. It was founded in 2001 as a farmer's training programme in Kiambu and became a non-governmental Organization (NGO) in 2004. Ever since COSDEP has reached out and already working with farmers in parts of two counties namely Kiambu and Murang'a.

Our Mission Statement:

We are committed to promote sustainable development initiatives among the poor small scale farmers in Central region through participatory practices

Long term Goal:

Is to build the communities capacity to secure their own food; nutrition and income security at the household level

Our Values:

COSDEP is guided by the following values: Hard work, Integrity, Team work, Learning, Growth and Sustainability

Our Current Strategic objectives

- 1) To equip the farming households including young farmers with the ability to be self reliant and food/nutrition secured in an ecologically sound way, and where possible to produce surplus and add value for effective marketing.
2. To ensure that continuity of organic farming practice and information spread through farmer to farmer learning and interaction is happening extensively in all communities where COSDEP works.
3. To complement and actively participate in appropriate networks for information exchange and advocacy at all level
4. To establish COSDEP as a relevant, well organized, motivated and adequately resourced organization doing high quality work.

History of our work with the farmers

COSDEP has been working with farmers by training and assisting them in adoption of organic farming skills. This learning has been that farmers come together for easier facilitation of the training and later carry out common interest activities that will enhance sustainability in food production, take care of the environment and earn some income for them.

Composting and Kitchen gardening are two principle practices that are very important in organic agriculture production. The training and subsequent implementation of these two practices will

facilitate in the achievement of our overall goal which is to build communities capacity to secure their own food; nutrition and income security at the household level.

3. Our specific goals and specific objectives of the project

Goal: Enhance communities' nutrition and livelihood security by means of building Kagwe farmer's capacity to sustainably manage farm based resources

Specific objectives:

1. Stimulate participatory farmers' reflection upon their current farming and introduce a more sustainable; –diversified, low input, local and viable alternative
2. Train 1000 farmers in 50 groups of about 20 in composting and kitchen gardening with emphasis on sustainability in salutory nutrition production and self reliance.
3. Facilitate group-work and *skills-handing over* to the community for sustainability by means of follow ups and encouraging farmer-to-farmer learning and networking even with other agencies for their socio-economic progress.

Activities

1. Mobilize the farmers Kagwe area;- (Githogoiyo, Kamahindu, Gachoire, Matimbei and Githirioni) to increase awareness - Organize 20 groups
2. Induct and capacity building -Train 1, 000 farmers in the target area
3. Assist in practical adoption (Post training Follow up)
4. Establish enriched Kitchen Gardens
5. Farmer to farmer learning (Local Exchange visits)
6. Monitoring and Evaluation

4. Description of the Proposed Project

Community sustainable development empowerment program (COSDEP) is a grassroots organisation (NGO) dedicated to promote food, nutrition and income security in central Kenya. We do this by ensuring practice, continuous learning and spread of organic farming among the rural small scale farmers; which is affordable, social-economic and environmentally viable and sustainable. We aim to enable farmers with skills that will boost productivity by emphasizing on building long-term soil fertility and appropriate cropping practices. This is to improve and maintain higher levels of yields, range of foods and some cash from sale of surplus and designed agro-enterprises at the household level.

The beneficiaries of this project are largely tea farmers in the upper Kiambu who have for a long time depended on the cash crop for their sustenance. Every time there is a pay out they have to continuously depend on the market for foodstuffs. Recently, the price recess in the sub sector and the escalating food prices have made the majority suffer to a great extent as the incomes and market forces reduce their purchasing power significantly. Attempts to diversify by some have slowly been observed as they try to bridge the economic gap. That's why we aspire to work with this group in order to contribute in their efforts to producing own safe, nutritious and diverse

foods using soil maintenance, crop and livestock sustainable methods. The specific villages that we intend to target in Kagwe are Githogoiyo, Kamahindu, Gachoire, Matimbei and Githirioni.

COSDEP intends to build the communities' own capacity to improve their livelihoods. This is done by mobilization and farmer education as well as assisting them to adopt the techniques. A successful adoption ensures that the know-how is internalized in the community for further spread among the farmers meaning that they can uphold the system for as long as they practice farming; without a compromise on yield and the quality of food, soil health and natural environment.

This particular project comes at a time when farmers are hardest hit by the effects of climate change and therefore needs to be thoroughly equipped for their resilience, adaptation and contribute meaningfully to mitigation of the setbacks. It targets to work with the farmers to build and fine tune their capacity in managing farm resources and emphasizing on **composting** as a basic component to build long-term soil fertility and establish rich family kitchen gardens for each participating household. This will go along way to improving the food/nutrition security as well as raise the incomes by growing own food as opposed to market reliance and selling of the surpluses.

5. Problem Statement

The farmers in this region of Kenya have for a considerable period practiced mono-cropping and over relying on cash crop- tea. Those doing any other kind of farming are poorly equipped and use non sustainable practices responsible for loss of soil fertility, environmental degradation, unsafe and food insecurity. When there is no food the proceeds from the cash crops means very little as most of it goes to food and because it is from the market, it is usually of poor nutritional quality as one goes for what is affordable and available. Despite having nationally revered tea as the cash crop, the farmers are small scale in nature which means that their incomes are meager and hardly enough for initiating other economic initiatives. This is worsened during the dry seasons when the productivity of the 'savior' crop is lowest- translating to difficult livelihoods. Sad but true is that bought food stuffs are never satisfying, sometimes contaminated and low in quality due to such factors as financial, handling and time between picking and consumption. However this community has the capacity to use what is naturally theirs, ecologically develop its nutrition security and save money and if possible earn more from the family kitchen gardening initiatives.

Rationale for the project

Sustainable organic agriculture is a system of farming using local resources and skills to build long-term soil fertility, safe food and nutritional security as well as protect natural ecosystems. This project falls under our mission, which is to promoting sustainable development initiatives among the poor small scale farmers in Central region through participatory practices.

This project approach proposes to use the farm resource management for soil fertility building and *designed* family gardening. It will impart knowledge and skills to the participating target beneficiaries, singling out composting and growing own food in family units as the means to achieving its goal. Using the compost in the family kitchen gardens relate the two best practices.

It also calls for a careful integration of the farm resources, enterprises, encourages re-use and recycling thus diversifying the out put and benefits.

- i. **Composting:** One of the basic steps to fertility building is using the organic materials and ‘waste’ as raw materials for making quality natural fertilizer. These materials which include the plants remains, crop residues and livestock waste (manure and bio slurry), which will tactfully be incorporated to decompose and give nutrients-rich compost to be used in the family gardens.
- ii. **Establishment of Kitchen Gardens:** It is expected that every household learns how to establish and maintain a Kitchen garden. This garden should contain skillfully mixed and diverse crops including indigenous vegetables, cereals and root crops designed to provide balanced diet to the families. It ultimately will support and contribute to COSDEP’s vision of a just, self reliant rural community which is social-economic and environmentally conscious and sustainable. Its execution adds value to our mandate of building capacity to ensure communities continuous learning and practice of organic farming in Kiambu and Murang’a.

COSDEP will therefore, deploy a team of five experienced four to execute this project in Kagwe area since there is not and has never been another of this kind in the area before.

Target area(s) and Beneficiaries

Kagwe is a high altitude area of about 2000 meters above sea level. It is cool most of the time and rainfall is fairly reliable, receiving 1000 – 2500mm annually most of which is received in two seasons, that is March to May (long rains) and October - November (short rains). Population density is 450 persons per square kilometer with an average of 7 members for each household. 95% of the population is made up of small scale farmers who entirely depend on small portions of land planted with tea for their livelihoods as holders range between one hectare of land and below one acre. (*Statistics for Kiambu County*)

To sustain benefits, the project, provides for the farmers to learn, practice, share and facilitate circulation of the knowledge (continued learning) among themselves. We want farmers to be enthusiastic, seek and able to collaborate with others who mean to raise their standards in a sustainable way.

The mobilization planning and implementing of the project will be participatory by way of involving the beneficiaries through their elected representatives in all stages and events of the project. The organized learning groups will be encouraged to interact and work together in same, similar or bigger common interest groups. That would, provide for benefitting from one another in experience and idea sharing and networking with other agencies long after the project period.

Statement on Gender

The project intends to use the whole family approach in order to enhance on its adoption by different social groups and broaden awareness, develop skills and team work in the households. It therefore will work with the men, women and the youth alike. Although there is a slight likelihood of more women participating, the project will encourage the involvement in all activities of wives and their husbands as well as the out-of school young people from the participating households.

Work Plan and Monitoring Framework

	Intervention Logic	Objectively verifiable indicators	Means of verification	Assumptions
Overall Objective	Enhance communities' nutrition and livelihood security by means of building Kagwe farmers capacity to sustainably manage farm based resources	Availability of resources and the sought out funding	Signed contract between COSDEP and the financing partner	That the overall resources required will be available
Specific Objectives	Training on Composting and kitchen gardening 1000 farmers to be trained Exchange visits and grooming of community leaders	Prepared training notes 50 groups of 20 farmers each 50 visits for 20 groups	Farmers registers during the training sessions	Farmers will avail themselves for training
Expected Results	Introduction of local and viable farming alternative Useful nutrition production and self reliance Farmer to farmer learning and networking	Trained Farmers	Training Manuals Established kitchen gardens /Compost heaps	That the trainings and implementation of the techniques will be successful

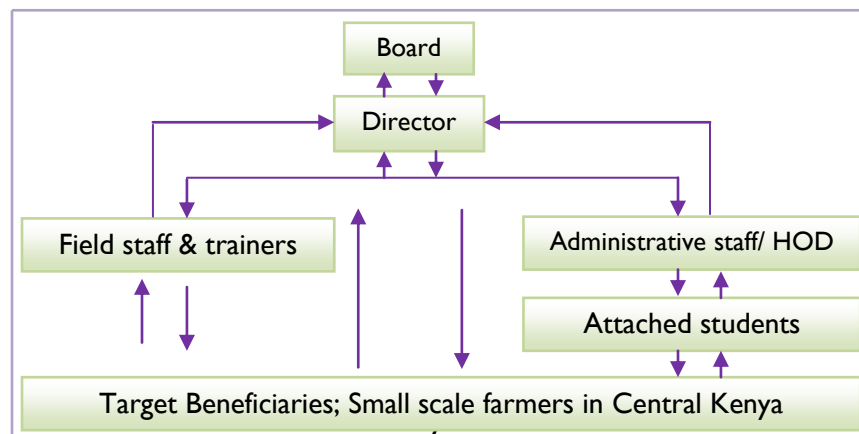
Activities				
Mobilization and organizing groups	To bring together groups with common interest	20 farmers groups	Ready groups for training	That all activities will have been undertaken by the end of the project period
Trainings	To train 1000 farmers	50 groups of 20 farmers	Signed training records	
Follow up visits	To encourage implementation	3 post training visits /group	Records of visited farmers	
Establish kitchen gardens	To have diversified, low input, local and viable alternative	One kitchen garden for every household	Records of designed gardens (photos)	
Local exchange visits	To offer encouragement and enhance interaction and learning	50 visits	Records of visitors and hosts	
M and E	To ensure the work plan is followed	Monthly expenditure forms, work plan copies for staffs	Monthly field and financial reports	

Management and Coordination

COSDEP will use its current field trainers to carry out the project, three of them and one administrative staff as the Monitoring and Evaluation officer. A work plan is prepared listing all the activities that will be undertaken by the staffs to be engaged and the specific roles and responsibilities for each.

The three trainers will be involved in mobilizing, training, kitchen garden establishment and composting, organizing exchange visits and follow ups. The M and E officer will coordinate all activities ensuring that the work plan is followed up, and reports both for the field and financial are compiled and submitted regularly to the relevant offices on time.

COSDEP'S organisations structure



Reporting

COSDEP through the M and E officer will make sure that every staff involved in the project will be compiling a monthly progressive field report detailing the activities undertaken, challenges encountered and progress so far. We will also develop a monthly expenditure form which every trainer will be given for filling the expenses incurred while carrying out the project activities.

These monthly reports together with the expenditure forms will then be forwarded to the M and E officer who will then summarize them into one report which will be submitted to the Donor through email or according to any other arrangement that might be agreed upon.

Action Plan and Budget

Activity	Unit Cost	Total Cost KSH.
Mobilization and groups formation (Transport)	5, 000 per month	60, 000
Conducting 3 days Training; Composting and designing of Kitchen gardens and Training materials (Transport for trainers and stationeries)	2, 000 per group training	100, 000
Establishment of Gardens (Procurement of Seeds and planting Materials)	4,000 per group demo	200, 000
Follow-ups (Transport)	1,000 for each group	50, 000
Conducting local Exchange visits (Transport and meals)	2, 000 for each group	100, 000
Monitoring & Evaluation (Logistics)	5, 000 per month	60, 000
Allowances for the projects personnel Coordinator, Trainers and the M and E officer	10, 000 per month for coordinator	120, 000
	7, 000 @trainer per month for 3 trainers	252, 000
	5, 000 per month for the M&E officer	60, 000
Total		1, 002, 000
5% provision for changes		50, 100
Grand Total		1, 052, 100

Amount Requested is Kshs 1, 052, 100 or USD 13, 150 (1 USD is equivalent to Kshs 80)