



Feeding the nation during war!!!

Catalogue of Selected Amba Farmers Voice TV Training Programs for Farmers

How to Raise Rabbits



Amba Farmers Voice
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SCBC
Southern Cameroons Broadcasting Corporation
The Voice of Ambazonia

Are you interested in rabbits? What do rabbits eat? What kind of pens do they live in?

Learn how to become a successful rabbit farmer

rabbits produce up to 30 kittens per year; they mature in 10 months & fetch good prices.

Date: Sun, April 25, 2021

Time: 4 p.m., Buea Time

11 a.m. EST (Washington DC)

U **f** **LIVE** **YouTube**

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Raising Rabbits is an activity that many Southern Cameroonians & Africans can engage in during this time of war. A rabbit can produce about 30 kittens in a year, and it takes only 10 months to reach maturity. Rabbits can be sold at good prices. This activity is not expensive to start, and does not require a lot of space. This week on Amba Farmers Voice, we shall be talking about how people can raise rabbits and most importantly, how to prevent the common diseases that affect rabbits. By following simple techniques many diseases can be prevented

Raising Rabbits can be a good activity for our Refugees in G1, Ghana and people in G1. For those who might be interested in raising rabbits, what kinds of housing does a rabbit require? What kinds of food do rabbits eat? What kinds of diseases affect rabbits? What do people need to do to be successful rabbit farmers?

How to Prepare Land for Optimum Rice Production

This week on Amba Farmers Voice, Rice Farmers in Mijang in Boyo, Benakuma, Aguli, Bu-u, Befang, Menchum; Bueni in Boyo; Tingo in Bafut; Bako village in Njikwa, Mbo Nso in Kumbo; Ntaba in Ndu and Akwaya in Manyu are invited to tune to SCBC TV as we shall be talking about how to prepare their rice farms for the upcoming farming season.

With the farming season fast approaching, Southern Cameroonian and African Rice Farmers need to start preparing to grow enough rice for next year. We'll devote special attention on how to prepare rice farms for planting, transplanting, using urine as fertilizer, weed control and the use of herbicides in order to ensure bountiful rice harvests.

With this education, our farmers can produce enough rice to reduce the importation of rice.



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Rice Farmers, its
your turn to
transform your next
rice harvest!!!

Learn everything
you need to know
to grow rice very
well

seedbed preparation; transplant rice correctly;
use organic fertilizer; how to use herbicides

Date: Sun, April 11, 2021

Time: 4 p.m., Buea Time

11 a.m. EST (Washington DC)

11 a.m. EST (Washington DC)



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Do You Want lots of Garri, Water Fufu, Nkumkum Next Year? Then,

Learn How to Prepare Cassava Stems for Planting

learn how to select healthy stems; learn how to disinfect stems with natural herbs/leaves etc

Date: Sunday, Mar. 28, 2021

Time: 4 p.m., Buea Time

10 a.m. EST (Washington DC)

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 **You Tube**

How to Prepare Cassava Stems for Planting to Grow Healthy Cassava

With the farming season fast approaching, Southern Cameroonian and African Farmers need to start preparing to grow enough cassava for next year. This week on Amba Farmers Voice, we shall be talking about how our IDPs, mothers, fathers, brothers and sisters in G1, Ghana and GZ and farmers in Africa can grow and harvest lots of Cassava, by paying special attention to planting time; using healthy planting materials; disinfecting cassava stems using natural leaves found in our villages.

Cassava is a staple food item in Southern Cameroons and across Africa that is used in making Garri, Water Fufu, Nkumkum, Bread etc etc. In order to obtain good yields, cassava farmers must prepare the stems with care following good agronomic processes. Southern Cameroonian cassava farmers face challenges with diseases such as mealybugs etc. Chemical pesticides are expensive and harmful to health and the environment. To reduce the chances of diseases destroying cassava, farmers can follow simple and practical tips to reduce the chance of mealybugs arriving in their cassava field.

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Do you grow lots of cassava? Do you spend many hours harvesting cassava? Does your back pain after harvesting cassava all day? Then you need a simple manual cassava harvester to help you harvest your cassava. Why not

Learn how to make a simple, cheap & efficient Cassava harvester to save you time?

Protect your back from bending & harvest more cassava in a day with this simple tool

Date: Sun Jul 11, 2021

Time: 4 p.m., Buea Time

11 a.m. EST (Washington DC)

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Learn How to Make a Simple, Manual & Efficient Cassava Harvester

Until now, farmers spend back breaking & long hours harvesting Cassava. With the harvesting season around the corner, how can cassava farmers in Southern Cameroons, our refugees in Nigeria and Ghana save time during Cassava harvest? How can Cassava farmers determine how much Cassava will be produced from their farms?

This week on Amba Farmers Voice, we shall be talking about how to make a simple, manual & efficient cassava harvester by artisans in the villages and towns. By using this simple tool that can be made by blacksmiths in the villages, farmers can save half the time usually spent harvesting cassava, as well as reduce back pain from bending to harvest cassava. The time saved can be used in other productive uses

How to Grow & Become a Successful Paw Paw Farmer

Papaya or (Pawpaw) as is popularly called in Southern Cameroons, is a hard, colorful red and juicy, seed-filled fruit that grows in almost every village. We all grew up eating pawpaw fruit, but never knew that it is a crop that is easy to grow, and can fetch lots of money with minimal investments.

This week on Amba Farmers Voice, we shall be talking about how to propagate and grow pawpaw. The tender young leaves are used as prophylaxis against malaria. The seeds are also used as a natural remedy to kill stomach parasites. There is a good market for it, especially during the dry season.

With simple techniques, every farmer in Ambazonia can propagate and grow their own pawpaw. It can also be intercropped with other crops

AFV



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Would you like to make money growing pawpaw? Do you know how long it takes for pawpaw to mature for harvest? Do you know what kinds of soils pawpaw grows best in?

Learn how to Grow & Become a Successful Papaya (Paw Paw) Farmer

Paw paw seeds are used as a natural remedy to kill stomach parasites & it's leaves against Malaria

Date: Sun Aug. 1, 2021

Time: 4 p.m., Buea Time

11 a.m. EST (Washington DC)



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Learn How to Breed Earthworms as Feed for Chicken, Fish & As Organic Fertilizer

Southern Cameroonian Poultry and Fish farmers complain about the excessive and increasing cost of imported feed. Not only are farmers burdened by the expensive nature of imported feed, they are equally burned by other challenges like diseases that require lots of money, which they don't have. Is there an alternative to enable them to reduce their cost of feed? Yes, Worms! What? Yes Worms!

This week on Amba Farmers Voice, we shall be talking about how poultry and fish farmers can grow worms to use as feed for their animals. Worms are 100% protein and can be grown anywhere at any time through a very simple process. The ingredients and inputs to grow worms are found in every village in Southern Cameroons.


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Why buy chemical fertilizer when you can make 100% organic manure using Earth Worms? Why buy imported feed when you can make fish & chicken feed from earthworms? 100% protein. Interested? Then ...



Learn how to breed Earth Worms as feed for chicken, fish & for organic fertilizer



Earthworms is the new solution to the high cost of fish & chicken feed. Very simple technique



Date: Sun Jul 25, 2021

Time: 4 p.m., Buea Time

11 a.m. EST (Washington DC)





LIVE



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Learn How to Make Your Own Local Fridge & Preserve Fresh Vegetables without Electricity

Southern Cameroonians and Farmers living in rural areas without electricity have no means of storing and preserving their excess fresh vegetables harvested during the rainy season. Ambazonian mothers (buyam/Sellam) who sell fresh vegetables (tomatoes, carrots, green peppers etc) suffer severe financial losses when their merchandise rots because they are unable to sell all of their stock.

This week on Amba Farmers Voice, we shall be talking about how with local materials, people in the villages and towns can make their own fridges to store fresh vegetables (njamanjama, green pepper, leeks etc) for up to two weeks without the need for electricity. You could even preserve ripe tomatoes for up to one month without a fridge and electricity.



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Are you a vegetable farmer? Are you a buyam/sellam? Do your vegetables rot when there's no market? Then

Learn How to Make Your Own Local Fridge to Preserve Fresh Vegetables

with local materials, you can make a local fridge to store fresh vegetables for up to 2 weeks without electricity

Date: Sun May 9, 2021

Time: 4 p.m., Buea Time

11 a.m. EST (Washington DC)

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**Are you a tomato farmer?
Are you a buyam/sellam?
Do your tomatoes rot
when there's no market?
Then**

**Learn How to
Transform Fresh
Tomatoes into Tin
Tomato (Paste &
Juice)**

**You can transform your fresh tomatoes into
paste without electricity & machines.**

Date: Sun May 2, 2021

Time: 4 p.m., Buea Time

11 a.m. EST (Washington DC)



**LIVE**
**Tube**

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How to Transform Fresh Tomato into Paste & Juice (Tin Tomato) in the Village Without Machines & Electricity

Tomato farmers face challenges preserving their bountiful tomato harvest during the rainy season when the supply of tomatoes outweighs demand. During the rainy season, a lot of tomatoes rot and are thrown away because farmers have no means of conserving them, thereby losing lots of money.

Similarly, our mothers who sell tomatoes in the markets (mama buyam sellam) experience tremendous losses when their tomatoes are not bought.

What can be done to help our tomato farmers and our mothers who sell tomatoes?

This week on Amba Farmers Voice, we shall be talking about how people in the villages or in towns can transform their fresh tomatoes into tomato paste and juice. By following simple techniques, tomato farmers and buyam/sellams can transform their tomatoes and conserve it to eat in the dry season when tomatoes become expensive.

How to Make Your Own Natural Pesticides with Common Leaves

With the farming season fast approaching, Southern Cameroonian Farmers need to start preparing to grow enough food for next year. This week on Amba Farmers Voice, we shall be talking about how our IDPs, mothers, fathers, brothers and sisters in G1, Ghana and GZ can say goodbye to chemical pesticides by making their own effective organic pesticides using common leaves found around villages.

Our special guest to help our parents and farmers learn how to make their own pesticides or insecticides is Prof Steven Belmain, a professor of ecology at the Natural Resources Institute, University of Greenwich, United Kingdom. He has been involved in research on optimizing the use of botanical pesticides and working with farmers across more than 20 countries in Africa and Asia.

Steve is also involved in agro-ecological research on natural pest regulation, pollination and landscape biodiversity to help smallholder farmers produce more food, more sustainably. Besides insect pest management, Steve is one of the few experts developing ecologically based methods for rodent (rats) pest management and works closely with the World Health Organization through which he advises governments on zoonosis surveillance and outbreak prevention. His research has been the focus of nature documentaries and a Queen's Anniversary Prize for smart and sustainable pest control.

Organic insecticides or pesticides are not only good for the environment, but they are very effective in managing insects that destroy farmer's crops. It does not cost any money, and more importantly, they do not cause illnesses like chemical pesticides. Learning how to make your pesticides with leaves that most farmers know will be very useful for our refugees in G1 & Ghana who don't have the money to buy chemical pesticides



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Special Guest:
Professor Steven Belmain, Professor of Ecology, Natural Resources Institute University of Greenwich, UK
Expert in Botanical Pesticides & Rodent Management



Never Use Chemical Pesticides Again

Learn How to Make Your Own Organic Pesticide From Common Leaves

Our special guest will help our parents & farmers learn how to make their own pesticides with common leaves in our villages

Date: Sunday, Mar. 21, 2021

Time: 4 p.m., Buea Time

11 a.m. EST (Washington DC)





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Why are you paying all that money for imported animal feed? Do you know that maggots/tumbu are a source of high-quality protein feed for fish, poultry & pigs? 100% protein, cheap to raise, loved by chickens, fish & pigs.

Learn how raise maggots/tumbu as feed for poultry, fish & pigs

Never spend a penny again to buy imported animal feed. Grow your own maggots. Very easy & cheap to grow. 100% organic, no chemicals involved. Feed your animals with fresh/dried tumbu






Date: Sun Jun 20, 2021

Time: 4 p.m., Buea Time

11 a.m. EST (Washington DC)





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How to Raise Maggots (Tumbu) for Your Poultry, Fish & Pig Farms

Southern Cameroonian Poultry, Fish & Pig farmers complain about the excessive and increasing cost of imported feed. Not only are animal farmers burdened by the expensive nature of imported feed, they are equally burned by other challenges like diseases that require lots of money, which they don't have. Is there an alternative to enable them to reduce their cost of feed? Yes, MAGGOTS! What? Yes MAGGOTS

This week on Amba Farmers Voice, we shall be talking about how poultry, fish and pig farmers can grow their own maggots to use as feed for their animals. Maggots are 100% protein, do not contain any chemicals, and can be grown anywhere at any time through a very simple process. The ingredients and inputs to grow maggots are found in every village in Southern Cameroons

How to Preserve Your Corn & Beans from Weevils 13



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Do you make fufu corn to eat or sell? Do you make cornchaff to sell? Do you make shaah or nkang to sell? Do weevils destroy your corn or beans making you loose your food or money? Do you know how to control these weevils?

Learn how to Preserve Your Corn & Beans from Weevils

To prevent hunger in Amba, we need to learn how to preserve our corn & beans for long a ti

Date: Sun Jul 18, 2021

Time: 4 p.m., Buea Time

11 a.m. EST (Washington DC)

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Southern Cameroonian Farmers experience severe post harvest losses due to inadequate knowledge on how to preserve their beans, corn and other cereals from being eaten by weevils. With the harvesting season around the corner, providing farmers with information on how to preserve their food is critical to reducing hunger and poverty during this war.

This week on Amba Farmers Voice, we shall be talking about how farmers can manage and control weevils from eating their corn and beans with very simple methods and local leaves that can be used as pesticides. By using simple methods and common leaves in the villages, farmers can control and manage these weevils

Learn How to Make Your Own Organic Fertilizer with Urine

With the farming season around the corner, Southern Cameroonian Farmers need to start preparing to grow enough food for next year. This week on Amba Farmers Voice, we shall be talking about how our IDPs, mothers, fathers, brothers and sisters in G1, Ghana and GZ can say goodbye to chemical fertilizer by making their own organic fertilizer using their own Urine. Yes, Urine.

Urine is a very very good fertilizer. It does not cost any money, and more importantly, it does not cause any illnesses like chemical fertilizer. Using Urine for growing food will be very useful for our refugees in G1 & Ghana who don't have the money to buy fertilizer. Amba Farmers Voice wants to ensure that all our refugees in Nigeria and Ghana can grow enough food to feed their families and sell the excess to live a healthy life despite the conditions under which they have been subjected to by LRC

Never Use Chemical Fertilizer Again

Make Your Own Organic Fertilizer with Urine (Piss)

Date: Sunday, Mar. 14, 2021

Time: 4 p.m., Buea Time

10 a.m. EST (Washington DC)

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AFV ROCHURE | AUGUST 2020

How to Control Root, Stem Rot & Aflatoxin Diseases in Groundnuts during Drying & Storage

With the harvesting season around the corner, groundnut farmers in Ishimbi in Menchum, Mundum in Mezam Counties and other villages in Southern Cameroons will face challenges with Aflatoxins during drying and storage of their groundnuts. Similarly, they face challenges with stem rot and root diseases.

What are Aflatoxins? What are root & stem rot diseases? What causes all these diseases that affect groundnuts? What can be done to help our groundnut farmers to control and manage these diseases in a natural way without using chemicals?

This week on Amba Farmers Voice, we shall be talking about how groundnut farmers can manage and control root & stem rot diseases as well as aflatoxins during the drying and storage of their groundnuts. By using simple methods and common leaves in the villages, they can control and manage these diseases.



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Do your groundnut stems & roots rot? Does your groundnut mold during drying & storing? What causes these diseases in groundnuts? Do you know what do? Would you like to know how to prevent these diseases?



Learn how to control stem, root rot & aflatoxins in groundnut during drying & Storage



With simple techniques & herbs, farmers can protect their groundnuts from diseases



Date: Sun Jul 4, 2021

Time: 4 p.m., Buea Time

11 a.m. EST (Washington DC)



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Do you like eating mushrooms?
What does it take to grow mushrooms? Would you like to start a small mushroom growing business? Do you know that its very easy to grow mushrooms? How about we all

Learn how to grow mushrooms (Booh) in your backyard

Mushrooms are rich in protein, fibre, iron, zinc, potassium, phosphorus, calcium, etc.

Date: Sun Jun 27, 2021

Time: 4 p.m., Buea Time

11 a.m. EST (Washington DC)

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How to Grow Oyster Mushrooms (BOOH) Behind Your House

Mushrooms are part of the diet in many parts of Southern Cameroons, although not always available year round. Mushrooms are good for you; they are rich protein, fibre, iron, zinc, potassium, phosphorus, calcium, etc. Mushrooms are much cheaper than meat with great health benefits.

This week on Amba Farmers Voice, we shall be talking about how people can learn to grow oyster mushrooms. Mushrooms are easy to grow and do not require much capital or a large piece of land. The only condition to grow mushrooms easily is to follow good hygiene practices at all times.

Growing mushrooms can be a very lucrative activity for our people in G1 & Ghana who are involved in small scale farming.

With many people out of work as a result of the war declared on Southern Cameroonians by the LRC, people don't have money to buy meat for their protein needs. Mushrooms are an alternative as they provide the protein that people are unable to afford

How to Transform Fresh Mangoes Into Chips in the Village Using a Solar Dryer

With the mango season around the corner, mango farmers face challenges preserving their bountiful mangoes harvest during the rainy season when the supply of mangoes outweighs demand. During the rainy season, a lot of mangoes rot and are thrown away because farmers have no means of conserving them, thereby losing lots of money.

Similarly, our mothers who sell mangoes in the markets (mama buyam sellam) experience tremendous losses when their mangoes are not bought.

What can be done to help our mango farmers and our mothers who sell mangoes?

This week on Amba Farmers Voice, we shall be talking about how people in the villages or in towns can transform their fresh mangoes into fruit chips. By using simple solar dryer and techniques, mango farmers and buyam/sellams can transform their excess mangoes and preserve them to sell during the dry season when mangoes become expensive



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With the mango season around the corner, farmers loose lots of fresh mangos. What can be done to prevent this? Do your mangoes rot & are thrown away b/c there are no buyers during the mango season? Well, then

Learn how to dry mangoes using a simple solar drye

Mangoes are perishable & rot easily. But dried mangoes a longer shelf life & fetches good prices in the off season



Date: Sun Jun 13, 2021





LIVE

Time: 4 p.m., Buea Time

11 a.m. EST (Washington DC)



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Would you like to grow all kinds of vegetables year round? Even in the dry season with very little water? Then,

Learn How to Build A Simple & Efficient Greenhouse With Local Materials For Growing Vegetables Year Round

benefits of a greenhouse include plant protection, climate control, a longer growing season, prevent pests, weeds, as well as provide more control against other diseases

Date: Sun May 16, 2021

Time: 4 p.m., Buea Time

11 a.m. EST (Washington DC)

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Learn How to Build A Simple & Efficient Greenhouse With Local Materials For Growing Vegetables Year Round

A Greenhouse is a simple and efficient technology that can be used to grow all kinds of vegetables year round. Using local materials, Southern Cameroonians and farmers in rural areas can construct their own greenhouses to grow tomatoes, carrots, green peppers, celery etc. Would you like to know how?

This week on Amba Farmers Voice, we shall be talking about how with local materials, people in the villages and towns can construct their own greenhouses of any size. We'll provide a step by step process. Simple drip irrigation techniques and organic fertilizer use will also be discussed.

The main advantage of a greenhouse is that they greatly improve planting efficiency and results. Other benefits include plant protection, climate control, a longer growing season, and much more. Greenhouses can prevent pests, weeds, as well as provide more control against other diseases. With proper care, greenhouses provide year round income

Pig Farmers: How to Prevent African Swine Fever & Other Diseases Using Local Herbs 19



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Pig farmers are losing lots of pigs to African Swine Fever & many other diseases. What can be done about it?

Learn how to prevent the African Swine Fever & other pig diseases with traditional herbs

What kinds of herbs can be used to prevent African Swine Fever & other diseases?

Date: Sun June 6, 2021

Time: 4 p.m., Buea Time

11 a.m. EST (Washington DC)

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Images: Pigs in a field, a pig in a pen, a group of pigs, a farmer tending to a pig, and a farmer feeding pigs.

Pig Farmers in Ambazonia face enormous challenges with the African Swine Fever and other diseases killing their pigs.. What causes the African Swine Fever? How can pig farmers prevent African Swine Fever and other diseases? What kinds of traditional leaves can be used to prevent African Swine Fever and a host of other diseases?

This week on Amba Farmers Voice, we shall be talking about how to prevent diseases affecting pigs using simple herbs such as the African/Mexican Marigold that grows in the villages. These leaves are common leaves that are available in all villages in Ambazonia or can be planted even in towns.



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How do you take care of local chickens; What kinds of feed do you need to give local chickens; how do you manage diseases in local chickens

How to Increase Production of Local Chickens (Contri Fowls)

People often prefer local chickens to poultry broilers b/c the meat tastes better & has less fat.

Date: Sun May 23, 2021

Time: 4 p.m., Buea Time

11 a.m. EST (Washington DC)










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How to Increase Production of Local Chicken (Contri Fowls)

People often prefer local chickens to commercial broilers because the meat tastes better and has less fat. But local chickens often produce few chicks because of various reasons. To improve both eggs and chick production, there are some simple measures you can take. By producing more local, healthy chickens, you can better feed your family and make some money.

This week on Amba Farmers Voice, we shall be talking about how you can improve both eggs and chick production without using commercial or imported feed. Also, we'll discuss how farmers can prevent green diarrhoea and other diseases that affect local chickens using simple leaves in their villages. These leaves are common leaves that are available in all villages in Southern Cameroons/Ambazonia, or can be planted even in towns

Refugee Senior Citizens Sustainable Gardening Program

This week on Amba Farmers Voice, we are bringing you a very special program on our Refugee Senior Citizens in Nigeria. Senior Citizens are a group of people that have been forgotten in this war. Because they are old and cannot fend for themselves, they have now become the most vulnerable.

In this special program shall be talking about how we as a people can assist them start a sustainable garden to enable them grow their own food. Gardening can be a good activity for our Senior Citizens to keep them active. Other Refugees in G1, Ghana, IDPs and people in GZ will also benefit from this special program.

One important goal of this special program is to demonstrate that even though they are senior citizens, they can still be useful to society. Senior Citizens must not be condemned because they are old. They can contribute to society by making a successful garden.

Amba Farmers Voice in collaboration with National Telegraph, DAC, and Mawuh Global Solutions are coming together to do a special Amba Farmers Voice program to raise funds not only take care of them, but to teach them how to make a garden that will enable them to grow their own food. We are inviting all Ambazonians to watch and learn from this special program, and most importantly raise funds to assist our seniors.

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MAWUH GLOBAL SOLUTIONS
Transparency, Accountability, Honesty, Reliability

Amba Senior Citizens
special collaborative
sustainable farming
fund raising program
Garden Project in G1


Date: Sunday, Nov 08, 2020
Time: 4 p.m. Amba Time
10 a.m EST (Washington DC)

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Goat & Sheep Owners: How to prevent Diarrhoea, Deworm & cure Goat & Sheep from intestinal worms, using Local Herbs




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Do you raise goats & sheep?
Do you know what to do when these animals have diarrhoea, worms & other intestinal diseases? With local herbs you can cure these diseases



Learn how to prevent diarrhoea, Deworm & cure goats & sheep with local herbs




Most people in villages raise one or two goats. What happens if they fall sick? Herbs can treat them.



Date: Sun Aug. 8, 2021

Time: 4 p.m., Buea Time

11 a.m. EST (Washington DC)



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Many people in Southern Cameroons raise goats & Sheep either for personal use or for sale. They face challenges with their animals that they don't even know. Goat's & sheep are often affected by diarrhoea, worms and other diseases.

These diseases make the sheep not grow fat, and may even lead to death. What causes these diseases in goats and sheep? How can goats and sheep owners prevent diarrhoea, worms and other diseases? What kinds of traditional leaves can be used to prevent these diseases?

This week on The Farmers Voice, we shall be talking about how to prevent diarrhoea, worms in goats and sheep using simple herbs such as the African/Mexican Marigold that grows in the villages. These leaves are common leaves that are available in all villages in Southern Cameroons or can be planted even in towns

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Buh, Tadu + 430 villages in Amba burnt by LRC since 2017 with lots of documents & Property destroyed. Don't be another LRC victim

Survival Strategies: Learn How to Protect Your Property from French Cameroun Soldiers Burning Our Villages

protect ID Cards, birth, GCE, degree certs; land titles, family pictures, cultural artifacts, preserve food from LRC burnings, learn how to build huts etc

Date: Sun May 23, 2021

Time: 4 p.m., Buea Time

11 a.m. EST (Washington DC)

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Special Survival Strategies: How to Protect Your Property from French Cameroun Soldiers

On May 17, 2021, Soldiers from La Republique du Cameroun were filmed burning down houses in Tadu village, Bui County. Villagers were seen hiding on hills watching their houses and village being burnt. Data collected so far indicates that 184 and 246 villages have been burnt in the Southern & Northern Zones respectively by LRC soldiers since the beginning of this struggle. In this process, many families have lost birth, GCE, degree Certificates, land titles, family pictures, cultural artifacts etc etc. How can Southern Cameroonians protect their property from the soldiers of LRC?

This week on Amba Farmers Voice, we shall learn how Southern Cameroonians can save their documents - ID cards, certificates, land titles etc etc including:

How to preserve food from LRC Ekelebes burning their homes and villages

How to disinfect dirty water for those who run into the bushes, especially with little children

How to build huts for those whose home have been burnt by LRC

How to preserve cooked food during this period



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With the mango season around the corner, farmers loose lots of fresh mangos. What can be done to prevent this? Do your mangoes rot & are thrown away b/c there are no buyers during the mango season? Well, then

Learn how to dry mangoes using a simple solar drye

Mangoes are perishable & rot easily. But dried mangoes have a longer shelf life & fetches good prices in the off season

Date: Sun Jun 13, 2021

Time: 4 p.m., Buea Time

11 a.m. EST (Washington DC)

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How to Transform Fresh Mangoes Into Chips in the Village Using a Solar Dryers

With the mango season around the corner, mango farmers face challenges preserving their bountiful mangoes harvest during the rainy season when the supply of mangoes outweighs demand. During the rainy season, a lot of mangoes rot and are thrown away because farmers have no means of conserving them, thereby losing lots of money.

Similarly, our mothers who sell mangoes in the markets (mama buyam sellam) experience tremendous losses when their mangoes are not bought.

What can be done to help our mango farmers and our mothers who sell mangoes?

This week on Amba Farmers Voice, we shall be talking about how people in the villages or in towns can transform their fresh mangoes into fruit chips. By using simple solar dryer and techniques, mango farmers and buyam/sellams can transform their excess mangoes and preserve them to sell during the dry season when mangoes become expensive.

Tomato Farmers: How to Prevent Diseases in Dry Season Tomatoes

With the dry season coming, many of our refugees in G1 plan to start dry season tomato farms. Growing tomatoes especially for less experienced farmers, is fraught with challenges, including either lack of water or diseases that affect tomatoes.

This week on Amba Farmers Voice, we shall be talking about how to control diseases such as tomato blight and leaf curl without the use of chemical pesticides. By following simple techniques, organic controls that are harmless to humans and the environment, and can be made with common leaves found around our villages, tomato farmers can overcome some of these challenges. .



Amba Farmers Voice
Transforming Amba Agriculture & Feeding the Nation

SCBC
Southern Cameroons Broadcasting Corporation
The Voice of Ambazonia

For all those in G1, GZ & IDPs who plan to farm tomatoes this dry season, do you know how to overcome some of the diseases and challenges in tomato farming? Would you like to have a bumper harvest? If so

Tomato Farmers: do you want to make money this dry season with tomatoes? How do you prevent diseases like tomato blight and leaf curl?

Learn how to control tomatoe blight, leaf curl and other diseases in tomatoes using simple techniques

Date: Sun Aug. 29, 2021

Time: 4 p.m., Buea Time

11 a.m. EST (Washington DC)

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Fresh food is rotting in farms b/c LRC has banned Okadas - farmers cannot take food to the market. We can overcome this. Diaspora Kontri meetings, help your villages acquire solar dryer technology to dry & preserve food. We can overcome this hunger war strategy

Let's Stop LRC Imposed Hunger on GZ: Learn how to preserve & dehydrate fresh food in the village.

Diasporans from Bali, Bambui, Kom, Mankon, Nkwen, Batibo, Mbengwi etc, help farmers in your village please

Date: Sun Aug. 22, 2021

Time: 4 p.m., Buea Time

11 a.m. EST (Washington DC)



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Hunger on GZ: Lessons on How to Preserve & Transform Fresh Food

Fresh food is rotting in Bali, Bambui, Kom, Mankon, Nkwen, Batibo, Mbengwi, Widikum etc because of the ban of Okadas and vehicles by LRC. Farmers are unable to transport their fresh foods to markets for sale. LRC's goal is to create hunger so that Southern Cameroonians can turn against the struggle.

Similarly, mothers who sell fresh foods in the markets (mama buyam sellam) experience tremendous losses when they are unable to go to bush markets to get their supplies. Again, LRC's goal is to create poverty amongst our mothers.

What can be done to ensure that there is NO HUNGER IN AMBA NEXT YEAR?

This week on Amba Farmers Voice, we shall be talking how farmers in Bambui, Kom, Mankon, Nkwen, Batibo, Mbengwi, Widikum etc can build their own cold storages and also transforming their – plantain, Achu banana, mangoes, cocoyams, sweet potatoes, bitter leaf, eru, njamanjama etc. Using solar dryers and simple techniques, farmers can dryer all their food and add value to their crops, and most importantly save their food to avert hunger next year.

Using a simple solar dryer, farmers can dehydrate achu banana, plantains, cocoyam, njamanjama, eru, tomatoes, pepper, bitter leaf etc etc

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Why do we spend so much money to import Onion from LRC when it grows well in Nso, Awing, Sabga, Guzang, Bali, Mbam, Kevu-Oku, Babanki, Ndop, Ndu etc? What stops our farmers from growing onions for commercial purposes?

Learn how to Grow & Become a Successful Onion Farmer

Independence without Food self Sufficiency is meaningless. We must grow our own food.

Date: Sun Aug.15, 2021

Time: 4 p.m., Buea Time

11 a.m. EST (Washington DC)

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How to Grow & Become a Successful Onion Farmer

Despite the fact that Onions grows well in Nso, Awing, Guzang, Sabga, Bali, Mbam, Kevu, Babanki, Ndop, Ndu, etc, our farmers have never taken this activity seriously, thus, continue to import onion from the North of LRC. Almost every meal is prepared with onion, meaning that people spend a lot of money on imported onion from LRC. Why is that? This is money that could be going to our own farmers.

This week on Amba Farmers Voice, we shall be talking on how to grow and become a successful onion farmer. What kinds of soil does Onion perform well in? How long does it take to mature? What kinds of diseases affect onions? How do you manage these diseases?

Growing Onions can be a very lucrative activity. There is a good market for it. People can grow it for their own consumption so they don't have to spend money importing onions from LRC.



Would you like to make money growing pawpaw? Do you know how long it takes for pawpaw to mature for harvest? Do you know what kinds of soils pawpaw grows best in?

Learn how to Grow & Become a Successful Papaya (Paw Paw) Farmer

Paw paw seeds are used as a natural remedy to kill stomach parasites & it's leaves against Malaria

Date: Sun Aug. 1, 2021

Time: 4 p.m., Buea Time

11 a.m. EST (Washington DC)



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How to Grow & Become a Successful Paw Paw Farmer

Papaya or (Pawpaw) as is popularly called in Southern Cameroons, is a hard, colorful red and juicy, seed-filled fruit that grows in almost every village. We all grew up eating pawpaw fruit, but never knew that it is a crop that is easy to grow, and can fetch lots of money with minimal investments.

This week on Amba Farmers Voice, we shall be talking about how to propagate and grow pawpaw. The tender young leaves are used as prophylaxis against malaria. The seeds are also used as a natural remedy to kill stomach parasites. There is a good market for it, especially during the dry season.

With simple techniques, every farmer in Ambazonia can propagate and grow their own pawpaw. It can also be intercropped with other crops.

Growing pawpaw can be a very lucrative activity, especially for our people in G1 & Ghana who are involved in small-scale farming. Amba Farmers Voice wants to ensure that anything that they plant should produce a good harvest.

Empower 200 Southern Cameroon Refugee Women in Beekeeping for Income Generation & Food Security in Cross River State, Nigeria

Executive Summary

This project will provide funds for 200 identified refugees to undertake beekeeping farming in Cross River State of Nigeria. The risks include lack of training and modern Kenyan Top Hives. Steps have been taken to mitigate the risks by professional beekeepers in Bethlehem, MD & Blacksburg, VA who will provide beekeeping training to the refugees.

Introduction

The stated objective for this project is to assist refugees to become self-reliant and self-sufficient. Our approach involves sensitizing refugees, organizing them into cooperatives, conducting training and providing them with seed capital in the form of bee hives and other equipment to launch the beekeeping operation.

Background

Southern Cameroonian refugees in Nigeria are practically dependent on handouts for survival, a situation which is unsustainable. Most organizations assisting refugees focus on providing relief materials that tend to create dependencies among refugee populations. With the global pandemic, food prices in the region have risen significantly. This scenario provides significant opportunities for hard-working and enterprising individuals with access to capital to explore opportunities in beekeeping and agriculture.

Project Proposal

Amba Farmers Voice in collaboration with refugee leaders has identified 200 refugees 80% who are women and is proposing to train them in beekeeping. The beekeeping will take place in secondary forests where these women cultivate their food in the Cross River State, Nigeria. The key inputs are hives, gloves, smokers and bee suits. Key activities include buying of clean plastic drums and converting them into bee hives, placing the hives in their farms to also help with pollination, planting of flowering plants along the borders of their farmers to attract bees. It is expected that the refugees will learn to undertake all these activities over the course of 4 months in their very own co-op farm.

Project Team

The following team will be implementing the project:

Emmanuel Aberyaye, Project Field Officer

Isaac Zama, Ph.D., Project Coordinator

Don, Apex Bee Company, Bethlehem, MD. Professional Bee Trainer

Caleb O'Brien, Virginia Tech, Former Farmer-to-Farmer Bee Trainer



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