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AGRIFIT REPORT

We have some knowledge of Tikondane Community Centre as doing many things for small-scale farmers for over 25 years to-date. Tikondane simply means **"Let's love one another"**. For instance, they did train volunteer health workers as home based carers in 2005 with USAID money that AIDS patients, among many other things, needed a lot of food and especially from a balanced diet to boost and maintain their immunity.

Since then Tiko developed their knowledge and wrote their class book entitled **'22 steps out of poverty for the subsistence farmer'**, which focuses in teaching basic health and nutrition as well as how to grow crops to contribute to a balanced diet. There is another list of 22 steps for the farmer with perm culture rules. Over the years, Tikondane has helped with boreholes in the villages, thanks to their gracious donors and much more, which were in good shape and support.

One of the several Bole-holes

They started a programme with Crowd Funding GLOBAL GIVING in 2023 and invited us (Agrifit Consultants) to have a look, as Tiko felt their project would be welcome in all villages in Katete district, if not the Eastern Province and most rural areas in Zambia as well as neighboring countries.

The situation in the field is that men plant crops, especially maize, and the family depends on the money that comes from the sale. These incomes are predominantly in the hands and control of the men.

Vegetable has no status; it is a necessary evil and bought in the market. Tiko tried to start home production for years, but failed, until last year.

The health workers, who had planted vegetable since 2005, were excited about the new way of planting vegetable, namely in rings which they could easily build themselves, once they knew how to make HOT 18 DAY BERKELEY compost, make HUMUS from worms and cut small stones of rocks. Three households specialized in one of these skills each, after watching a model performance, and cooperated with one another. Once one household had three such rings, they were offered help with getting a pigeon kraal, a rabbit warren and a set-up for firewood as renewable energy.



Tiko supplies the parts that cannot be made by the villagers, like the plastic to cover the compost or the mesh wire to hold the ring in place. (This is the most expensive part, but we were told that this will be done with bamboo next year, as Tiko has just found a source for solid bamboo and has a youth group planting it, too. It is said to produce even bricks).

Obviously, the Tiko ideas were well received: We saw green in the villages – the visit was unannounced and most adults had gone to attend to their fields, but there were the three vegetable rings, there were structures for pigeons, there were warrens for kalulu (rabbits) and – most impressive, clay stoves for cooking with very small pieces of firewood – we were told that farmers could buy axes at half price. The clay-stoves are covered from the rain and cooking outside mitigates the disadvantage of the smoke inside the houses causing eye and chest infections, One woman had her stove built up, so she did not need to bend when cooking – turns out that even Elke, the director of Tiko, did not know that trick – compliments to small-scale farmer lady.

In fact, there was a sense of purpose around those five villages, which struck us as the new innovation was life game changer to the rural communities we visited.

Tiko's initiatives to strike hunger and poverty, especially for the Villagers living with HIV/AIDS in growing food supplements for good diet is indeed a noble cause that requires massive support from well wishers across the

globe and we shall continue to render our expertise to ensure these initiatives strive for the benefit of the rural communities at large.



Vegetable in the Veg-ring at the backyard



Vegetable Rings



Ms. Banda, a Widow with Four children happy with a Clay-stove



Kalulus (Rabbits)

"Agrift Business Consultants – Chipata – Zambia"