



No 37

October 2009 to March 2010

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FARMERS OF HOME  
THE PEOPLE'S GARDEN CENTRE  
ISENTA YE-GADI YABANTU

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Masikhnaye Food Garden

- Before



- Five months later

## MEN'S GARDENS IN A WOMEN'S MOVEMENT: DO THEY WORK?

Most micro-farmers are mothers and grandmothers. But men have always been a part of the movement, and so we look at some men's stories in this newsletter.

- read page 2 & 3.

### ABALIMI BEZEKHAYA

Abalimi Bezekhaya ('Farmers of Home') established in 1982, works in the sub-economic townships of Cape Town. Abalimi aims to overcome poverty through organic micro-farming in home and community allotment gardens. The movement, led by the farmers for the farmers, supports approximately 3000 micro-farmers every year, and provides super-abundant, fresh food for all, as well

as hundreds of self-help jobs.

Because vegetables are grown, sold and consumed locally, many positive social impacts are felt throughout the community - besides poverty alleviation and self help job creation, organic micro-farming is a huge help to mitigate the negative effects of climate change. It also rebuilds the natural environment in every garden, while improving family wellbeing through outdoor exercise and healthy nutrition.

This newsletter will help you to discover more about urban farming

- a wonderful development tool that changes livelihoods, and transforms, for the better, bit by bit, the townships of Cape Town.



### HARVEST OF HOPE UPDATE

Abalimi's "Harvest Of Hope" pack shed and marketing program (HOH) is going strong!

It now provides international-class, top quality, healthy and naturally grown seasonal vegetables to over 200 families

per week in the better-off suburbs of Cape Town. At the same time it is giving a reliable income to approximately 90 (and growing fast) urban micro-farmers living in the sub-economic townships of Cape Town.

As a thriving social business, HOH reflects Abalimi's values, by linking local consumers to farmers, thus creating cross-cultural cooperation as well as reducing everyone's

carbon footprint. Customers of Harvest of Hope pay in advance for their "produce share". Therefore they are not just consumers - they are also members of a movement for local economic and environmental sustainability and social change. Customers are part of Cape Town's flowering urban micro farming movement, led by Abalimi since 1982!

Around 200 boxes of fresh, same-day harvested vegetables are now sold every week. The consumer-members pick up their vegetables in 20 delivery points throughout Cape Town.

This is a direct, friendly and personal way of selling vegetables, and enables Abalimi to stay in touch with its customers, keeping them up to date with the movement.

As the gardens grow and move along Abalimi's Development Chain (see NL 36 for more information), we are aiming to deliver 600 boxes per week by 2012, contracting up to 200 to 250 micro-farmers. The movement is and will continue to grow, fuelled by a broad grass roots, urban farming base, largely supported by the ongoing supply and training of Abalimi.



### Dear Friends

JOIN THE MOVEMENT! There is absolutely no excuse for anyone to go without top quality fresh organically grown food, year round - rich and poor alike. Our model finally and absolutely proves this. Beach sand soil, gale force wind, pests, diseases, little money, political egoism, mindless consumerism, greed, irresponsible capitalism, corruption, laziness, lack of education, crime, climate change. You name it, it does not hinder our 3000 micro-farmers from producing top quality un-poisoned fresh produce, organically, all year round, feeding at least 15 000 people, year in and year out. And all on very tiny patches of wasteland, usually no bigger than 100 to 500m<sup>2</sup> per farmer, spread out all over Cape Town!

This model is sustained by a raft of essential services which the micro-farmers cannot do without, which Abalimi subsidizes - cheap bulk manure, seed, seedlings, marketing systems and support; ongoing training and in-field technical support; monitoring, evaluation, planning, management and admin support, and much more. ALL OF THESE SERVICES COST A MERE R100 PER FARMER PER MONTH.

OUR REQUEST: consider investing in one or more farmers, or part of one farmer, permanently, by taking out a stop order. R100 per month enables one micro-farmer to feed, at minimum, a family of 5 people, year round, with the best quality un-poisoned vegetables, forever. It also enables each farmer to get all the training and support they need, to maintain and further develop their home or community gardens, sustainably and permanently. See our "Join as Friend" donation form inside this newsletter, or find it on [www.abalimi.org.za](http://www.abalimi.org.za)

We also invite you to become a member of our Harvest of Hope scheme on [www.harvestofhope.co.za](http://www.harvestofhope.co.za) and get the freshest, highest quality, locally grown, seasonal produce delivered to a drop-off point near you. Half of what you pay goes directly to support the development of more micro-farmers and you lower your carbon footprint massively, and fight climate change, by buying local. R95.00 for a family box is enough for four for one week, and R65.00 for a small box is enough for two for a week.

We believe that getting involved in and supporting the micro-farming movement among the poor is the most powerful thing that you can ever do to help the earth and its people. May your table always groan with fresh un-poisoned vegetables!

All the best

Rob Small  
Resource mobilization for ABALIMI

# MEN'S GARDENS IN A WOMEN'S MOVEMENT: DO THEY WORK?

Abalimi Bezekhaya has been supporting urban, organic micro-farming since 1982.

The movement has, since those times, been driven in overwhelming majority by women, whom have taken it to where it is today: a largely successful organization supporting 3,000 micro-farmers per year. The fieldworkers, all skilled and experienced women, are the ones taking all the on-the-field and operational decisions. However, the recent years have seen more and more men take part in the movement: today, 50% of the home-gardeners are men!

Why are men today interested in Abalimi? And what consequences can this change of gender demographics have on Abalimi and the urban-farming movement?

## The Men, growing the Grassroot Movement

Abalimi Bezekhaya is largely and before all a grass-root's movement, the leader among the few who are aiming at combating hunger and poverty by implementing small home and community gardens within the sub-economic Cape Town Flats area. By growing fresh, organic vegetables throughout the year, 3 000 micro-farmers (2 500 in home gardens and 500 in community gardens) are able to feed their families (15 000 people) and survive, even thrive, on a daily basis.

Historically, although we help anyone who wishes to start, Abalimi has always attracted women home-gardeners, eager to care for the health of their children and communities. The men, as heads of the family, are expected to bring revenue to the household, and were mostly never really interested in gardening as a survival and subsistence activity. But today, more and more men are starting their own vegetable gardens.

Often, the men starting home gardens are, just like the women, unemployed, and do it for themselves, because they feel that they have nothing better to do. Plus, it permits them to bring food to the family, reducing the costs of living. With often no more than a couple of simple tools, and sometimes dealing with issues such as theft, but with tremendous energy and willingness, they quickly implement their own little gardens. Abalimi provides them with seeds, manure and counseling: some take part in the Basic Training Courses regularly held by the fieldworkers. Not every home-gardener moves on to be a community gardener, but this is not the issue: by successfully implementing their gardens, the home-gardeners are able to fully achieve a project, giving them confidence to move on and build themselves a new life, getting away from misery and poverty.

It must also be said that some men have been gardening for years, much before the urban-farming movement was successful. William Momani, 79 years old, who lives in Nyanga near the Imbasa Primary School, has been gardening on his 18m<sup>2</sup> plot since 1980! Ever since then, his only partner has been Abalimi, who has been providing manure, help and advice. Changing the techniques of his farming days in the Eastern Cape where he used chemicals on soils that were very different to the sandy Cape Flats, he has learnt to grow many vegetables organically, including cabbage, spinach (three different kinds), pumpkins, lettuce, tomatoes, rhubarb, potatoes, African tobacco, grapes, and many herbs (medicinal or against bad luck: nettles,

gooseberry, mint...). Being with Abalimi since the beginning, he is an inspiration to the movement, having trained his own children to gardening and regularly feeding his family with fresh and nutritious vegetables.

Men and women's home-gardens are therefore quite similar, small sized, and above all, with a focus on feeding the family and survival on a daily basis. But, it must be said, men's gardens are more money-driven: men are expected to earn the money to take care of the family, hence men home-gardeners are looking to expand, so that they can sell their surplus of vegetables.

As home-gardeners gain skill and experience with Abalimi's numerous workshops, they move along the Development Chain (see Newsletter 36 for more information), look for bigger plots of land, and create bigger community gardens, often on school grounds. These Community Gardens, striving to reach livelihood (semi-commercial) phase, are mostly run by women, but out of the 100 or so Community Gardens that Abalimi supports, each year, around 10% are taken care of by men.

Abalimi has proven that they can create one self-help job (between R1 000 - R3 000 cash value per month after costs) on 500 m<sup>2</sup> of wasteland, brushing aside the wide-spread belief that to be profitable, a farmer needs huge amounts of land. Benny Nkwali has been working on school grounds in Khayelitsha, starting from scratch in 2008. "The garden is my boss", he says, and he works hard everyday, early in the morning from 5h00 to 10h00, and in the afternoon from 15h00 to sometimes 20h00, avoiding the mid-day heat. Benny Nkwali is a perfect example showing Abalimi's success: the initiative, he says, "came from his heart" and his love of gardening, but also because as the head of the household he is expected to bring money in, and saw that with urban micro-farming, supported by Abalimi, good money was to be earned.

## Harvest of Hope: providing a stable market for the growing gardens

Indeed, since Abalimi has put in place the vegetable boxing scheme through Harvest of Hope (see page 1 for HOH update), it has provided a stable market and revenue for hundreds of urban-farmers across the Cape Flats. Benny Nkwali, who now has 30 plots of land and is selling on a regular basis to HOH, and others, have benefited just like many women from this scheme. For example, the men workers from Eden garden have been providing HOH with vegetables since 2008. The job, they say, has changed their lives. Whereas before they were living on a daily basis, trying to survive, the garden has now given them a stable revenue, enabling them to save money, reinvest to improve and plan out future projects for their garden.

Farmers contracted to HOH are now earning good money, but starting off is a challenge. The men from Eden, for instance, had been farming since 1996, on land near the N2 highway. As the land was open, lots of vegetables were either stolen or eaten by animals. But they stuck to it, and attracted Abalimi's attention, who offered their help. Abalimi provided them with fenced ground, gave them manure and seedlings and the Eden project has been going strong ever since. This inspirational story shows that if given a chance, people can

achieve wonderful things: Abalimi has been striving to give people a chance for more than 30 years, and it works: the Eden garden, with a size of 3200 m<sup>2</sup> is a main provider of HOH and employs four men.

However, this story also shows that the work is super-demanding, which is in many cases a turnoff for men, eager to earn quick and easy money. Charles Numyeg (70 years old), Harold Mbutisi (61), and Jackson Nopanga (63), from the Sakhe garden in Khayelitsha, have experienced this. Looking for an additional worker to expand their garden, they still cannot find the right person, as many want money right away – "how much do we earn per week?"- and do not understand that a sustainable garden needs reinvestment and dedication. But this situation is understandable: men living in poor areas, struggling to survive, look for money on a daily basis and find it very hard to plan out something in the long run. Moreover, getting the garden ready is always a long and strenuous work: the men from Eden took three to four months before starting to plant crops, as the land had to be cleaned of rocks, trash and rubble.

But it is always amazing to see how dirty and sandy lands can be turned into beautiful green gardens, abundant in healthy and fresh vegetables. Very visible throughout the townships, the gardens are greening the city, and are role models for the neighborhood, showing that urban organic farming is a solution out of poverty and deprivation.

## Overcoming the conflicts

Therefore, with so many men getting involved in urban-farming and receiving help from Abalimi, adjustments have had to be made as tensions quickly grew within the women-driven movement.

It is true that men and women have different aims and objectives when it comes to gardening. Men's gardens are very "money-driven", according to Christina Kaba, operations manager at Abalimi. Men are yearning to reach a semi or full commercial phase to gain money and provide income to the family. There are even situations in which men grow vegetables, sell them all, and with the income buy vegetables at the local store! Christina Kaba observes that for women, although money is of course an issue, they "also think of food, family and health", and, as Rob Small (Abalimi's resource mobilization manager) states, "women work more as a 'network' and want to keep produce also for their home tables instead of just selling everything".

Christina Kaba also notes that "the men usually are stronger, have more physical power and work more in the gardens than the women". But, adds Rob Small, this is also because "women, besides their gardening, also have to care for families, home and often their men, thus spend less time in the gardens and thus their gardens can sometimes be less productive as a result".

The most notable incident where these two visions clashed happened at Siyazama (Abalimi's first big community garden, launched after elections in 1994), in 2001. Men and women were working together in the garden, but men often stayed longer (usually 8h to 15h) than women (9h to 13h) to work, and did the more physical tasks. This led to men asking for more money than the women. The women, being there in the first place and having taught everything to the men, did not like this. The argument led to, as Rob Small nicely puts it, "women getting together with sticks and whips to chase the men away out of their garden" and out of the responsibility roles! This isolated incident is of course not the norm, but shows that gender creates tensions: men often try to dominate women and stop them from taking part in decision making. This is simply unacceptable for

- Eden Garden, supplying Harvest of Hope week in, week out.

*"The home gardeners are able to fully achieve a project, giving them confidence to move on and build themselves a new life"*

*"They listen, not only communicate. You can communicate but not listen."*

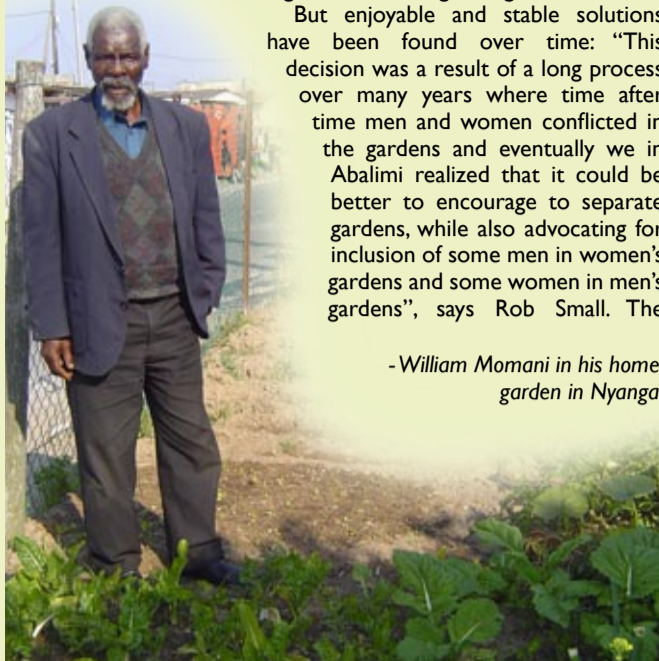
- Benny Nkwali on women fieldworkers.



Abalimi, who encourage women's empowerment through urban and organic agriculture.

But enjoyable and stable solutions have been found over time: "This decision was a result of a long process over many years where time after time men and women conflicted in the gardens and eventually we in Abalimi realized that it could be better to encourage to separate gardens, while also advocating for inclusion of some men in women's gardens and some women in men's gardens", says Rob Small. The

- William Momani in his home garden in Nyanga



solution works for both: whilst men enjoy working alone – they often say that women are not as strong and chat too much! – they are extremely grateful and thankful for the work the women do at Abalimi.

Benny Nkwali, from Sebaye, says that he wouldn't be gardening if it wasn't for them: "They listen", he says, "not only communicate. You can communicate but not listen. They are very good listeners". They all acknowledge that the field workers, all women, are the ones who have taught them the gardening skills, whether it be crop rotation, plant protection, planning or composting, and have no problem receiving advice from them.

### Healthy cohabitation

As more and more men join the movement, Abalimi might in time offer some of them operational responsibilities, as well as places in the field work team. But for the moment, "the in-the-field leadership is unashamedly female and their decision has so far been to keep it that way, with only a sprinkling of men at leadership level", says Rob Small.

Today, there is healthy cohabitation, proof once again that Abalimi, more than greening the city and providing healthy organic foods to its inhabitants, is challenging old social relations and empowering women. Christina Kaba thinks that although men do not think like women, their involvement with Abalimi is a great thing, because it further reduces poverty by providing jobs, and is contributing to

greening the Cape Town Flats. Abalimi's major goals of poverty alleviation and environmental protection are therefore reached, which clearly is what is most important.

- Joyce, Abalimi field worker, with a community farmer in Bambanani at Sivuyiseni, Khayelitsha



## Collaboration with HOPE Cape Town: vegetables for HIV patients

Since the 2nd of March 2010, an original initiative has been launched, in collaboration with HOPE (HIV Outreach Program and Education) Cape Town. Abalimi Bezekhaya - Harvest of Hope provides boxes of fresh, organic and extremely nutritious vegetables to HOPE, an association located at Tygerberg Hospital, which deals, amongst others, with children and their mothers exposed to HIV/AIDS.

The program was initiated by Bianca-Maria Mannewitz, volunteer from HOPE, and Katharina Mehnert, volunteer from Abalimi. The idea is to improve the patient's health and nutritional intake, which in the long term can diminish the risks of patients contracting HIV. Indeed, patients under ARV treatment (antiretroviral medication) experience an increasing appetite as they get better on medication. With often little access to food as most of them suffer from enormous social-economic problems, taking treatment might become problematic. Providing them with nutritious food is therefore

extremely important. This is especially true with new-borns and young infants, who are highly vulnerable and depend entirely on the care of their mother and family.

This project of course is also advantageous to Abalimi and Harvest of Hope, as it allows farmers from the sub-economic townships to sell their produce. It therefore enables them to benefit from a secure and fair income, supporting the sustainability of their gardens, and helping the urban micro-farming movement to grow.

At the moment the South African government, throughout the PMTCT program (Prevention of Mother To Child Transmission) provides free formula milk to infants born to mothers with HIV for six months. It has been found that these babies who have been exposed to HIV are a vulnerable group whether or not they have been infected with HIV. Therefore when the free milk is stopped (at the end of the six month period) there is potential for the babies to become

sick, especially when there is no longer a stable supply of food.

Thus, the collaboration with HOPE makes possible the distribution of small boxes of vegetables every Tuesday to 20 mothers, for a duration of 6 months, once they cannot benefit from the free milk anymore. During that time, they have had cooking lessons, and were amazed at how tasty and cheap vegetables could be!

And the project has given some of them new ideas: 6 mothers, along with HOPE workers, attended the Basic Training workshop given by Abalimi at the Nyanga Garden Center, from the 16th to the 19th of August 2010. With the enormous help and support given to them by HOPE, and the learning opportunity

HOPE

[www.hopecapetown.com](http://www.hopecapetown.com)



- Cooking lessons with HOPE patients and workers

provided by Abalimi, they are now eager to start new projects... their own home-gardens for example!

## Abalimi Workshops: Ongoing training for the Cape Flats urban farmers

Abalimi Bezekhaya continues to offer on-going training to farmers, whether experienced or not, to further expand the organic, urban-farming movement. Most important is the basic trainings held at the Nyanga and Khayelitsha People's Garden Centres, which enable willing people to learn to grow vegetables, independently, in just 4 days. People do see the benefits: eating healthy, organic food, saving money... It is thereafter only a matter of time before they start up on their own home-gardens, which are everywhere sprouting up in the townships! Often no bigger than 10 m<sup>2</sup>, they can feed a family all year round!

Abalimi also offers trainings and workshops for more confirmed micro-farmers, working in big community gardens, and already making a living out of farming. For example, Agri-planner business courses are held, followed up with the ongoing support and dedication of the fieldworkers.

And Abalimi is always curious, never missing an opportunity

for the farmers to learn more. For example, a workshop on trench beds and compost making, using micro-organisms, was held in Stellenbosch, opening up new horizons for farmers and fieldworkers in terms of soil fertility.

The workshops are open to everyone: it is always amazing to see people from different backgrounds, united, working and learning together. Our fieldworker Vatiswa, during the latest Basic Training Course held at the Nyanga Garden Centre, trained six women and a worker from HOPE Cape Town (see article above), home farmers from Nyanga and Philippi, as well as three young ladies from Europe.

Abalimi acknowledges that learning is power: by tirelessly giving opportunities to learn agricultural methods and techniques, we continue the effort to improve the social and environmental situation of the Cape Town Flats, striving for a better future for all!

- Basic Training workshop graduates, Nyanga Garden Centre



## Harvest of Hope vegetables for Soup Kitchens

Through Harvest Of Hope, Abalimi Bezekhaya is able to sell boxes of vegetables to many clients, eager to eat tasty and healthy foods. But it is not only the ones who can afford these boxes that always benefit from organic vegetables: Abalimi donates every week to Soup Kitchens, who provide the most unfortunate with free, hot meals every week.

One of these Soup Kitchens is in Delft, and is organized by Father Clive McMinn. Wanting to make the soup "wholesome and healthy", he really appreciates Abalimi's contribution, helping to hand out over 1200 bowls of soup and bread a week, mostly to children who would not have a proper meal otherwise. Indeed, poverty is rampant in the townships of Cape Town, jobs are hard to find, and families struggle to feed themselves on a daily basis.

Being a social business, Abalimi's Harvest of Hope is proud to donate to eight different Soup Kitchens, eager to have a positive impact as large as possible on the local community, and to improve in any way possible the lives of hundreds of needy children.



# Abalimi Factsheet

We have, from October 2009 to March 2010, continued our work, striving to implement organic gardens, which are helping to combat poverty and the degradation of the environment.

We are still collaborating with approximately 3000 farmers, of which nearly 2000 are now registered with us, which enables them to benefit fully from Abalimi's support. We are expecting many more registrations in the following months. 3 new community gardens are signed up and are getting support from Abalimi through project implementation, resource support, trainings, follow ups and demonstrations.

Abalimi has supplied, during this reporting period, over R 212 226 worth of manure, seeds, seedlings, compost and tools to 1682 home gardeners and 50 community gardens, thus continuing the effort to develop the process it has started in 1982.

Monitoring & Evaluation, helping to rate the sustainability of the different gardens, was undertaken in 42 different projects, involving 210 farmers.

447 training interventions, including the four day basic urban agriculture

training course, on site technical follow-ups and mentorships, and farmer field schools (special training workshops including agribusiness and marketing) have involved 230 farmers from 46 different projects.



## Welcomes, Goodbyes and Notices

### Goodbye and special thanks to:

**Lovinia Mangcotywa**, (MaDlamini No 2) who started to work for Abalimi as volunteer in 1994 and 1995. Since 2002 she started as a field support worker and in 2004 she took the position as Garden Center Operator, leaving us in December 2009. Thank you Lovinia for

- Christina Kaba, Lovinia Mangcotywa, Nomasekela Elizabeth Maxama



your passionate work and dedication over the years!

### Welcome to:

We want to welcome **Nomasekela Elizabeth Maxama** (Mama Seki) in our team. She joined us in December 2009 and replaced Lovinia Mangcotywa. She is now in charge of the Khayelitsha Garden Centre.

**Phumzile Tyatyeka** joined the team in January 2010 as assistant Field Support Worker. Welcome Phumzile!!

### Special feature:

#### Jenny's 70th Birthday

Jenny Smuts, a true Angel Volunteer, who launched the Harvest of Hope marketing points, became 70 this year. Jenny, you are a truly extraordinary Alive Being,

and we continue to treasure your many contributions to Abalimi !



- Jenny Smuts

"Farewell to Hyme Rabinowitz, our loyal friend of many years, who together with Jen Rabinowitz, promoted Abalimi with all his heart and also raised many thousands of Rands to support our micro-farmers. Hyme recently stepped gently into the next world and we know he walks beside us still. Thank you and God Speed, Hyme."

### SPECIAL ANNOUNCEMENT regarding TAX CERTIFICATES for SA Donors via the Farm and Garden National Trust

Dear Friends, if you want to donate but also want a Tax Certificate for the SARS, this is now possible provided you make your donation out to "The Farm and Garden National Trust", and stipulate in a separate note that the donation must go to Abalimi. For more information visit the Farm and Garden trust on [www.farmgardentrust.org](http://www.farmgardentrust.org)

Simply make a donation out as follows:

**Cheque:** make out the cheque to Farm and Garden National Trust and post it c/o Abalimi P.O. Box 44, OBS, 7935.

Please include a note stipulating what you want the donation to be used for – see donation form for examples.

OR

**EFT:** make a deposit with the reference "For Abalimi" to the Farm and Garden National Trust, Nedbank, Acc Number 1046519328, branch code 104609

The Farm and Garden National Trust has been set up by Abalimi co-founders Christina Kaba and Rob Small, to help to support Abalimi as the national best practice role model for micro-farming in SA, and to spread the Abalimi approach nationally. Any queries? Please email Rob at

[info@farmgardentrust.org](mailto:info@farmgardentrust.org)

### Come for yourself, see and experience!

If you are eager to know more about Abalimi Bezekhaya and Harvest of Hope, Rob Small holds a tour every week on Tuesday mornings. The tour is free and open to everyone. You will be able to learn more about Abalimi by visiting a working community garden, to see the crops and meet the farmers. The next stop will be the pack shed to see the bountiful harvest being prepared for delivery to the member clients. If there is still time, we will also visit one of Abalimi's People's Garden Centres. From where the micro-farming movement is supplied and trained.

If you wish to subscribe to the tour, or for any information, contact Rob Small on: [info@abalimi.org.za](mailto:info@abalimi.org.za)

### Thank you to all of our volunteers!

Please see insert (back of Roll Of Honour) for the full list.

If you wish to get involved with Abalimi as a volunteer, and make a difference by helping the micro-farming movement grow, do not hesitate. Everyone, whatever studies or professional background, is considered and welcomed to apply. For more information, contact Rob Small, the Resource Mobilization manager, on [info@abalimi.org.za](mailto:info@abalimi.org.za)

### GOLD Impumelelo Sustainable Innovations Award 2010

Yes, "ABALIMI-Harvest of Hope, from seed to table" won a Gold Impumelelo Sustainable Innovations award in May 2010.

The Impumelelo Innovations Award program is probably the most rigorous award in South Africa -

Please do visit them on: [impumelelo.org.za](http://impumelelo.org.za)



## Roll of Honour

Thank you to all of our friends! **Please, see the insert for the full list.** The diversity and spread of ABALIMI's friends is the result of 19 years of relationship building. This list covers the reporting period of October 09 – March 2010 (6 months).

NOTE: if there is anyone who should be mentioned, or anyone who no longer wishes to be mentioned, we will make amends. We are deeply grateful for your partnership and commitment. Every cent is efficiently utilised to deliver results. Audited financial statements are available on request.

## Notice Board

**A list of wishes from the Fieldworkers, Abalimi staff and Garden Centres:**

### For Harvest of Hope:

- new delivery vehicle

### For the office in Philippi:

- laminating machine
- electric heaters
- pots (large catering)
- delongi convection stove to replace that nasty microwave
- photocopy machine
- fax machine

### For Nyanga Garden Centre:

- refrigerator
- large catering (pots, spoons, plates, cut board)
- stove
- electric extension

Anyone wanting to **donate plants and garden stuff**, please call Clare Linder, coordinator of Abalimi's volunteer plant growing group, on 021 6719323.

**Change of address?** Should your addresses / contact details change, please notify our admin office so we can rectify our mailing list.

**At the moment, we especially seek the following skills:**

- There are plenty of community gardens who need extra hands on a regular basis to help with weeding and other green finger tasks! Own transport and own drivers license an advantage, to help with deliveries!
- Librarian and Archivist – to assist us with structuring and developing our resource library and archives.
- Legal eagles who like to give serious pro-bono support (as if it was paid for) to highly effective social profit agencies.
- Database Developers and IT experts- to improve our Database and IT systems
- Landscape designer/architects to help us out in measuring the gardens and mapping
- Black professionals who love gardening and nature who would love to sit on our Governing Board.

**Editor:** Rob Small  
**Producer:** Ana Isabel Herman & Jean-Baptiste Maisonnave  
**Photos:** Ana Isabel Herman, Jean-Baptiste Maisonnave, Laura Fiebig, Father Clive McMinn, Stefan Möhl, Rob Small, Roman Soike  
**Reports:** Ana Isabel Herman & Jean-Baptiste Maisonnave

**Design:** Roman Soike in collaboration with INKFISH

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We are currently looking for new donors to fund future newsletters.

[info@abalimi.org.za](mailto:info@abalimi.org.za)



# Roll of Honour

October 2009 – March 2010



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Bond HD  
Bradburn Ruth  
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Cabra Dominican Sisters  
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Frost Hilary  
Garber Carole  
Gibson F.H.  
Giles D.R.  
Global Giving Foundation  
Graves F.E.  
Green J.C.  
Hammer H.A.  
Haydon David & Astrid  
HF Holidays via Uthando  
Hodgetts G.S.  
Honig M.A.  
Howes G.M.

Howie Justice C.T.  
I, T & R Cohen Charitable  
Trust  
Jaeger Dick  
Jakobson E.  
James B.R.  
Jenkins Larry  
Jerman A.  
Jones Glyn  
Jordan B.V.  
Kinahan Owen, Councillor  
Koliasnikoff PV  
Kottler E.P.  
Law Derrick & Audrey (Lila  
Georgala's 80<sup>th</sup> birthday)  
Lockley Jill  
Lord G.C.  
Malan Dorothy  
Meijer Hendrik  
Meijer Ineke  
Mentz BE  
MISEREOR e.V.  
Morgan C. W.  
Morris B.E.  
Morris Hillary  
Morris R.A.  
Mouton Anna, Dr.  
Muller J.A.  
Myrdal M.  
Nevill A.M.M.  
Oberholzer Bernard  
Perl R.  
Peters M.H.  
Poulton Virginia  
Rice W.H.  
Richardson C.  
Robinson W.A.  
Robinson S., Dr.  
Ryan N.  
SA Support Group  
Score Jean  
Semple A.  
Sides Patty  
Silwood Book Club via  
Philinde McCarthy  
St Ola's Trust  
Stekhoven S.  
Sternberg E.  
Sutton Christa  
Timms Richard  
Tullie NR  
Umvoto Africa (PTY) Ltd  
Usher Dick  
Uthando  
van Blerk Peter & Sheila  
van Essen L.E.  
Venn D.H.  
Viljoen H. P.  
Webber J.N.

Weber C.  
Welsh A.  
WESBANK FUND, Firstrand  
Foundation  
Wheeler E. L.  
Wilson M  
Winter P.M.  
Winter Tea Book Club-  
Patricia Pinnock  
Worthington- Smith Margie

## Donations in kind from:

Ammerman Dona  
Cape Horticulture Society  
Irish Di  
Lloyd Angela  
Mouton Anna, Dr.  
NEUTROG Africa  
Relais & Chateaux Hotels  
Schiller Harold & Henrietta  
The Business Place – Philippi  
Yates- Margie Taswell  
567 Cape Talk, Prime Media

## Thank you to all of our friends!

The diversity and spread of ABALIMI's friends is the result of 19 years of relationship building. This list covers the reporting period of October 09 – March 2010 (6 months). Please also see Roll of Honour April 2009 – September 2009 in Newsletter 36 for the rest of the list.

**NOTE:** if there is anyone who should be mentioned, or anyone who no longer wishes to be mentioned, we will make amends. We are deeply grateful for your partnership and commitment.

Every cent is efficiently utilised to deliver results. Audited financial statements are available on request.

## See over:

Special Mentions - volunteers



# Special Mentions ~ Volunteers

We would like to honour and give special thanks to all the volunteers who supported Abalimi!

## **Volunteers from the period from October 2009 until March 2010:**

Adam Kent Mard via Färnebo Folkhögskola (2<sup>nd</sup> - 11<sup>th</sup> February 2010)  
Carol Starke (12<sup>th</sup> – 23<sup>rd</sup> October 2009)  
Carolyn Robertson via Connect 123 (October – December 2009)  
Clare Linder (permanent)  
Daniela Uribe via Stanford University – UCT (January – March 2010)  
David Golding (permanent)  
Debbie Collier (permanent)  
Emily Lynam via WWOOF (17<sup>th</sup> March 2010)  
Gayle Alicemay Rasmussen via Färnebo Folkhögskola (2<sup>nd</sup> – 11<sup>th</sup> February 2010)  
Gerrard Wigram (permanent)  
Harmke-Elisabeth Hakvoort via Xchange (February – June 2010)  
Ineke Meijer (permanent)  
Janet van der Linde via Xchange (February – June 2010)  
Jenny Killeen (Harvest of Hope)  
Jenny Smuts (permanent)  
Katharina Mehnert (October 2009 – March 2010)  
Katharina Schneider via SAGE Net (September 2009 – August 2010)  
Kathryn Taylor (January – April /2010)  
Lee Taylor (Harvest of Hope)  
Liwa Sipehelele (March – July 2010)  
Margo Femiano-Garcia via Connect 123 (February – March 2010)  
Matthew Reeler & Cedar House Group-volunteers (19 volunteers on 3<sup>rd</sup> March 2010)  
Matt Miller (2<sup>nd</sup> – 10<sup>th</sup> March /2010)  
Narsha Hendricks (February 2010)  
Nancy Mandokoze Maqungo (permanent)  
Nell Maggio via Stanford University - UCT (January – April 2010)  
Nils Feldhusen (November 2009 – January 2010)  
Robert Komm via SAGE Net (September 2009 – August 2010)  
Tenjiswa Stevens (permanent)  
Travis Blue (2<sup>nd</sup> – 17<sup>th</sup> March 2010)  
Xanthe Travlos via Stanford University - UCT (January– March 2010)

**Special Thanks** to all our Harvest of Hope distribution point organizers! As fellow activists for social good, and for the environment, and we salute you!!!



## JOIN AS A FRIEND OR DONATE TO ABALIMI

I would like to become a friend of ABALIMI. I understand I have no obligations except to promote ABALIMI's work by circulating the newsletter.

My contact details are listed below.

I would like to support the work of ABALIMI

**Please note that we are happy about any donation, i.e. your support need not cover the full costs of an activity.**

Herewith a cheque/postal order/ bank deposit slip for (amount) \_\_\_\_\_ to:

- Establish Home Veg Gardens
- Plant Trees
- General Donation (Other Amount)
- Establish Community Market Gardens
- Sponsor a Micro-Farmer

**Tree Planting:** It costs R135/ £12/ \$18/ €14 to plant 1 tree, with training and follow-up.

**Veg Gardens:** It costs R700/ £60/ \$93/ €72 to establish one new township home veg garden or one new community market garden bed, together with training, trees and follow-up.

**Micro Farmer:** It costs R100/ £9/ \$13/ €10 to support one micro-farmer with affordable inputs, training, follow-up, monitoring and evaluation, networking, management and marketing services for one month.

### BANK DETAILS FOR DIRECT DEPOSITS

SA RAND: Standard Bank, Thibault Square, Cape Town  
Branch Code: 020909  
Acc. No. 070912637  
Account Type: Cheque/Current  
Account Name: ABALIMI BEZEKHAYA

FOREIGN  
CURRENCY:

First National Bank, 34 St Georges Mall, Cape Town  
Branch Code: 201309 Swift Code: FIRNZAJJ  
Acc.No. 50050041661  
Account Type: Cheque/Current  
Account Name: ABALIMI BEZEKHAYA

**TAX RECEIPTS FOR SA DONORS:** if you want a tax receipt for reduction of your annual income tax, please make your donation out to The Farm and Garden National Trust. NOTE WELL: donations made out to Abalimi cannot get a tax receipt. If you are sending a cheque, make it out to the "Farm and Garden National Trust". If you do an EFT, make the deposit to:

*The Farm and Garden National Trust, Nedbank, Claremont Branch, Cape Town, Acc. No. 1046519328, Branch Code: 104609 or 10460901*

Note: write "Abalimi" in the reference section.

Please send the donation form and transaction slip, or cheque, to the Farm and Garden National Trust, C/o Abalimi, P.O. Box 44, OBS, 7935, or e-mail same to info@farmgardentrust.org or fax to 086 6202970.

**TAX RECEIPTS for USA & UK DONORS:** go to [www.globalgiving.com](http://www.globalgiving.com), look for 'find a project', then for 'South Africa' and for 'Capacity Building: Urban Farming and Gardening'. Make your donation there. Abalimi is one of the specially selected projects which is given a place on Global Giving. Global Giving is the leading international channel for web-based funding and networking.

My name: Mr/Mrs/Ms: \_\_\_\_\_

Address: \_\_\_\_\_

Postal code: \_\_\_\_\_ Email: \_\_\_\_\_

- I require a receipt by post.
- I do not require a receipt by post.
- Please email acknowledgement to above address.

Tel no: (h) \_\_\_\_\_ (w) \_\_\_\_\_ (m) \_\_\_\_\_

I enclose a further R35/ £3/ \$5/ €4 which includes postage for a certificate with the following inscription:

Please post the certificate to the above address/other address as follows:

- I would NOT like to be named as a donor in the newsletter / annual report / financial statements.
- I would like to take out a STOP ORDER in favour of your work. I will send Abalimi a copy of my bank instruction.
- I would like to include ABALIMI in my will ensuring that the good work continues into the future.
- Please send me an overview of ABALIMI'S work.
- Please remove me from your mailing list.

Please tick the boxes which apply.

Feedback (we appreciate it!)

Signature: \_\_\_\_\_

Date: \_\_\_\_\_