

# NEWSLETTER



**No 38**

April 2010 - March 2011  
015-337 NPO



## TO OUR FRIENDS

Co-ordinating Office Physical Address:  
c/o The Business Place Philippi, 7 Cwango Crescent  
(Cnr New Fisleben Rd and Landsdowne Rd, behind  
Shoprite Centre) Philippi, 7785, Cape Town  
tel: 021 3711653 – fax: 086 6131178  
Postal Address: PO Box 44, Observatory, 7935  
Khayelitsha Garden Centre tel/fax: 021 3613497  
Nyanga Garden Centre tel/fax: 021 3863777  
email: [info@abalimi.org.za](mailto:info@abalimi.org.za)  
web: [www.abalimi.org.za](http://www.abalimi.org.za)



Before: "New Sakhe" community garden -  
A sad, sandy, dusty area in the middle of Kayelitsha...



After: Phumzile & Henry from ABALIMI with Charles Nomxhego, the founder of New Sakhe, and Mbutisi Nobanda his colleague. After a few months Charles' garden shows his beauty, in green. Our delivery men Phumzile and Henry just brought them new seeds and seedlings!

## WHERE ARE THE YOUTH?

More and more Young people start a garden with the support of ABALIMI.

There were few young people involved until recently. But young people are becoming more and more a part of this movement, and so we look at some young peoples stories in this newsletter.

Read page 2

## ABALIMI FACTSHEET

In the 12 months between April 2010 and March 2011 we continued to work with approximately 3000 farmers of which nearly 2264 (up from 2000 last year) are now registered with us. We continue to encourage our micro-farmers to sign up, but many are still slipping through our registration net.

### Training

Nearly 500 farmers were involved in various training interventions, made up as follows: 6 x Agricultural Basic Courses at the Nyanga & Khayelitsha Garden Centres with 7 x Urban Producer Farmer Field Schools (UPFS) were held to support Harvest of Hope, by keeping farmers up to date with new technology reminding them of the basic principles of organic growing. Study areas this year included quality control, using Bokashi and effective micro-organisms, pest and disease management, record keeping and garden care. 2 x Horizontal exchanges (farmer to farmer learning events). 352 x on-site follow up training visits were conducted at 57 gardens involving about 285 farmers.

22 new community gardens are signed up and got support from Abalimi through project implementation, resource support, training, follow ups and demonstrations. Abalimi has supplied R631, 350 worth of manure, seeds, seedlings, compost and tools to over 3990 home gardeners and over 85 community gardens in this reporting period.

Agri-business principles are being integrated into all our ongoing follow-up training. 592 x research, planning, monitoring & evaluation meetings were held, which involved ongoing Sustainability Index measurement meetings with farmers, to evaluate their progress along the Farmer Development Chain (refer to Newsletter 36 on [www.abalimi.org.za](http://www.abalimi.org.za) for an explanation).



## HARVEST OF HOPE (HOH) - LATEST UPDATE

ABALIMI's Harvest of Hope pack shed and marketing unit provides a much-needed outlet for excess produce by selling this produce on behalf of the farmers in the form of a weekly organic box scheme. On the 29th March 2011, we reached 300 boxes, a mile stone! Our next target is 600 boxes by 2012. These good results are due to ongoing campaigning via:

- The printed media.
- Promotions and presentations at schools, companies, radio, TV & various eco focussed events.
- The "Friends of ABALIMI" no-frills fact finding tour on Tuesdays
- Ensuring that HoH becomes a household name in Cape Town and maintains a presence.
- Through electronic contact, the distribution of the flyers, personal email communication.
- The Product – the Harvest of Hope Vegetable Box
  - o top quality produce from the ABALIMI Micro Farmers, supplemented with some add-ins like eggs, fruit, bread from outsourced, emerging and organic farmers.
  - o good looking, tasty, fresh seasonal veggies becomes a part of a new way of life for all.
- Member satisfaction and word of mouth.
- The whole concept of supporting a worthwhile, stable, well run organisation that conserves and builds the natural environment, provides food security for thousands, creates hundreds of self help jobs and reduces climate change by conserving hundreds of tons of carbon through short chain market systems.

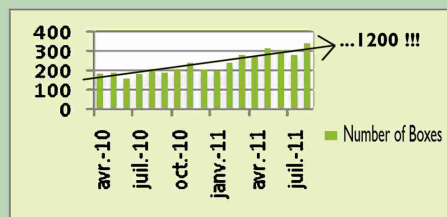


All the above has caused a momentum where the known presence of HoH has led to steady membership growth. We have set ourselves an ambitious long term target of 1200 box members by February 2013.

**Harvest of Hope is the first Community Supported Agriculture (CSA) scheme of its kind in South Africa! We are a national role model which is inspiring many others.**

**Benefits:** as a Member of the HoH CSA you "buy forward", and thus invest in your local neighbourhood farmers. You become a powerful Climate Change activist, since by buying local food you lower your carbon footprint by at least 50%! And of course you enjoy the freshest, healthiest, un-poisoned food in the Western Cape. As said by Mama Christina Kaba, the ABALIMI micro-farming movement leader: "From the soil to the table all in one day!" <http://harvestofhope.co.za>

A wonderful social effect of Harvest of Hope is that members are now beginning to network, by sharing recipes, ideas and anecdotes that are of great interest to all. Have a look on Facebook.







Isaac (32 years) and Kenny (28 years)

Last year (2010) Isaac started his small 2 x 2 meters plot (4m2 - door size) right next to his house. There he planted spinach, carrots and kale. But also medicinal plants, beautiful flowers and herbs are right next to his fence. At the moment there is not much left because he was hungry and harvested everything a few days ago... He is living with his 5 year old daughter and her mother in Nyanga, where he was born and grew up. Besides gardening he loves to take care of his few pigeons, his cat and dog. He also built a flushing toilet and a big storage room on his own. Isaac finished school but his financial situation never allowed him to attend university. Nevertheless he finished the basic agriculture course with ABALIMI last year and is looking forward to study further.

With some friends and other unemployed youth around his neighborhood, he started a community garden project in the Shawco Center in Nyanga. There they plant half of the vegetables for themselves and the other half goes back to the children in the Shawco Center. With his good friend Kenny (28 years) and around 12 other unemployed youth, they are planting vegetables in the yard of the nearby crèche. His mission with "Youth for Change in Nyanga" is to be an organization that strives to uplift and advocate for the people of Nyanga: to run projects that will benefit both the environment and the people's lives, through cleaning and 'greening' the community, and through poverty alleviation and job creation.



On a sunny day ABALIMI volunteers met two young farmers, Judah and Benji, in Nkanini one of the newest townships in Cape Town. Judah and Benji were assisting Sam, an architect of eco-construction, by building an eco-house out of plastic bags, sand and used timber. Sam teaches his brothers and sisters in the community to construct eco-houses in order to create a sustainable household which improves the communities health and also benefits the environment. These eco-houses are built using recyclable materials and on a small budget, which means literally anyone can construct their own home. In addition there is the plan to grow a home garden around the eco-house and on the roof. While building the house, Judah and Benji started to talk proudly of their own community garden, where they had begun to plant their own vegetables in the year 2008 with the

support of ABALIMI. They now have a harvest which supports themselves, their families and the wider community with



Judah (35) and Benji (31)

fresh organic produce, allowing them a more healthy and sustainable lifestyle. They also produce vegetables to sell to Harvest of Hope and therefore benefit from economic food security. But for Judah and Benji gardening, sustainable living and being in harmony with the nature is not just a job, it is also part of their philosophy on life: "Human beings and plants belong to each other. If the environment is healthy, you are going to be healthy and if you are healthy, your

environment is going to be healthy". Benji and Judah were also challenged by malnutrition, unemployment and a lack of resources in the past. So in their opinion the easiest thing to empower themselves was to start a garden and to grow their own food. Empowerment in this sense also means that they acquire and share knowledge about sustainable living and preserve the nature around them and their own culture: "the garden keeps communities together. I think that Agriculture can be very successful for our culture... It means to preserve our social life and also to feel healthy because of good food, fresh air, social contacts and physical as

well as mental work. I've never felt as healthy as I do now. My body and mind feel strong." Because of the connection between nature and culture, Judah's and Benji's mission is to spread out the importance of their philosophy in their communities by giving training in agriculture and health: "We are trying to involve the communities. Young people usually just wait for work. But people do not have to wait for work. We try to teach them now to give them something to do and to keep them off the street as well as to demonstrate the possibility of having healthy organic vegetables".

Building their sand-bag eco-house with friends



## Where are the Youth?

Millions of young people around the world are growing up in the confines of urban shanty towns, having never known any other way of life. Youth are being told to go to college or to find a corporate job but what they are not being told is that most will not be able to find work. It is obvious that creative interventions are required and Urban Agriculture is one!

ABALIMI is happy that the number of young people involved in Urban Agriculture is starting to increase in the Townships of Capetown. Meanwhile a lot of young people are interested in being part of ABALIMI and are motivated to start their own community - or home garden. The micro-farming concept of ABALIMI has the potential to provide many benefits to the Youth in the cities - in nutritional improvement, food security, income generation, enterprise development and environmental enhancement. Therefore this newsletter presents young farmers and their stories. By doing so ABALIMI hopes to inspire others to picture a time of enormous potential, enthusiasm and energy, when many more young people will choose to use such available opportunities to plan their future, as well as live healthy, strong and prosperous lives!



Phumzile -

"My next task is to learn how to fix the water pumps for the farmers and I want to learn everything about electricity. I am interested in every kind of manual work..."

Jumping in the deep end, Phumzile came to Capetown eleven years ago, by taxi from Eastern Cape with some of his friends. When he came to Capetown he started to work in a restaurant earning little money while spending many hours working and travelling to work. In the Eastern Cape he had worked in Agriculture and enjoyed it a lot... When he first saw a person working with the spade in the urban areas he was really surprised. As the soil in Capetown is sandy, he never thought that it is possible to put a seed into the sand and that it would grow. Joining ABALIMI 3 years ago he saw that it is possible...

We met the 28 year old young man, Phumzile, when he came to the ABALIMI office to pick up a certificate. This time for an irrigation course. Phumzile has worked since 2009 for Abalimi and his input keeps the HoH and ABALIMI projects moving along smoothly. Phumzile helps out where ever he can... He knows how to fix the irrigation systems, he teaches the drivers which road to take and shows them where every single garden is located, and he also has skills in gardening. He always wants to learn more about everything:

Nowadays working with ABALIMI reminds him of his past in the Eastern Cape. He says "my dream is to go back to the Eastern Cape one day to plant a lot of land and have animals, children and... Watch soccer in my free time!"

### Veliswa -

Veliswa is 36 years old and has a small plot of about 10 m2 in Harare. In 2008 she started a lovely home garden using raised beds right next to her house. There she lives with her five year old son Bongo, her husband, the two children of her siblings, two cats and a dog.

In between the beetroot, beans, spinach, she plants colorful flowers. In her free time she likes taking care of her garden and being outside the house, keeping the backyard clean and giving water to the plants. It seems that Veliswa enjoys doing manual work. Beside the lovely designed plot and backyard, she taught herself a traditional dance from Botswana called Setswana. For some children of the neighborhood she crochets dresses and presented the dance to the community... She really is a busy lady! While growing up in Eastern Cape Veliswa's family lived on a farm. Although her parents didn't teach her any farming skills, she learned a lot



by observing and she still remembers her agriculture training from school.

She wonders why there aren't a lot young people starting a home garden because everyone admires her garden, everyone loves to eat vegetables and would even save money by

### producing their own food.

Therefore she keeps on teaching her friends and neighbours about gardening. Even if her friends still don't care about working in agriculture, Veliswa is being told that her garden looks beautiful! And it does, indeed. Some neighbours spoke to her about ABALIMI's support and so she became an ABALIMI customer. She is happy about the seeds and ABALIMI's help. Although the manure in the Garden Center is not expensive she can't always afford to buy enough... In the future she would like to have a bigger plot to be able to plant more. She is looking forward to attending the ABALIMI Basic Course.



After finishing school I was sitting in front of my house and thinking about my future...

Siyanda -

Siyanda is 23 years old and has always loved working in the garden. He likes to work with his own hands and to be outside. He tries hard to get some friends involved in ABALIMI but until now he is still the youngest farmer in ABALIMI.



My aunt was already working with ABALIMI. One day, she invited me to help out in the garden.



Ever since this day I have enjoyed working in the Akhanya community garden and to learn how to plant my own organically grown vegetables.



Nowadays I am also supporting HoH in the pack shed. My dream for the future is to become an established farmer.



# An appeal

Dear Friends,

My name is Khangela, I am 31, a single mother, and my daughter is 5 years old. Like millions of others in South Africa, I am unemployed.



My friends and I decided we cannot wait for jobs anymore, so with ABALIMI's help we have started a garden on the grounds of a nearby school.

ABALIMI supplies us with training, follow-up, manure, seedlings, advice, information, monitoring and evaluation and ongoing mentorship. ABALIMI is also training us in agri-business skills and is willing to include us when we are ready in its Harvest of Hope marketing project.

Our hope and aim is to become successful organic micro-farmers, able to feed our families and also bring home the money we need to live. There are farmers under ABALIMI who are already doing this, so we know it is possible!

In our organic gardens we also conserve and rebuild our soil, and the beauty of nature. This heals and feeds our minds and hearts with courage and hope. We feel strengthened by our gardens, better able to take the steps we must take for our future!

Please help ABALIMI to continue to assist us and many thousands of others like us.

Our gardens create a hope-filled future, out of wasteland. Everyone needs to eat, so our market is huge. Everyone can have work and food security if they plant gardens. But they must also take the bright development steps, which ABALIMI teaches, that lead to certain success.

Thank you!

Khangela

## P.S.:

**You can assist ABALIMI in any of the following ways** – please see inserted donation page, or go to our webpage at [www.abalimi.org.za](http://www.abalimi.org.za) / donate / for payment options.

- Sponsor a micro farmer at R50 per month (home garden).
- Sponsor a micro farmer at R100 per month (community garden).
- Sponsor a weekly Harvest of Hope box at R72 per week, to feed the sick and needy.
- Volunteer! – we welcome reliable volunteers.
- Give donations-in-kind – eg: garden tools.



## Inspiration for more young farmers

Whilst searching for inspirational stories about young farmers within ABALIMI we came across Khangela's micro-farm in Langa. Established in 2011 after a lot of hard work searching for land, writing letters and negotiating, Khangela and her friends are now enjoying their beautiful garden, situated on school land in Langa!

Khangela says: "We are 14 friends from Langa, the oldest one is 35 years old. We were sitting at home and thinking about the future. After completing the ABALIMI basic course we created our own garden step by step."

As well as working hard on their micro-farm, called the Vuna ("to harvest") Project, Khangela and the other young emerging micro-farmers enjoy sharing their knowledge with the school pupils, who started to spend their school breaks with the young farmers in their garden! Khangela's five year old daughter also helps to water the plants after school and enjoys eating the fresh vegetables. Since they started the garden Khangela feels much healthier: "I can see it in my face, my skin is beautiful and my mind gets free, I have fresh air and the sun around me." Khangela is an inspiration to her immediate family and the wider community. She not only looks after her nearest and dearest but makes sure that the children at school know about the benefits of farming organic vegetables. One of ABALIMI's main concerns is making sure that young people in the townships become involved with micro-farming as a possible future career. Khangela's story shows that, if done in the right way, more and more of the youth will consider becoming micro-farmers. Whilst smiling, Khangela adds; "I think a lot of people just sit at home and wait for something to happen. But you can just go and start something. It is easier than you think!"





## Volunteers – A collage of some of the VOLUNTEERS – those who sent the photos in time!



Left to right: Marianne Day, Kristin Hentschel, Damian John Conway, Elaine Albertson, Katharina Schneider, Ana Isabel Herman, Linci Abrahams (staff), Jean-Baptiste Maisonnave and Robert Komm, Lucy Litvak.

## Seed to Table cookbook

We sincerely thank the EAT "angels"- Erin Koepke, Abby Elsener, and Toni Marraccini who authored the book, and all their amazing helpers: Doreen Gowans, Rotary Constantia, Wynberg, Sea Point & Oakwood, Ohio, the Nanci & Jack Koepke, Brian Heil & Chris Wallen, Jenny Pohlman and Donald Paul, for creating the second edition of the ABALIMI & Harvest of Hope SEED TO TABLE cookbook. Deeply inspired by the gardeners, or "mamas", and with the vegetables as their Muse, the EAT angels set out on a culinary journey, documenting their masterpieces along the way. **The Seed to Table recipe book is a perfect present!** and is available for purchase at R100 from Harvest of Hope. Please place your orders R100 per copy plus postage via [info@abalimi.org.za](mailto:info@abalimi.org.za).



## HOPE HIV-Aids outreach & education program & HoH-Abalimi partnership UPDATE

Since March 2010, ABALIMI, through Harvest Of Hope, provides boxes of fresh and organic vegetables to HOPE Cape Town's patients - mothers and their new-born children, who are exposed to HIV/AIDS, as well as to people in the refugee tin-shack community Blikkiesdorp. In Blikkiesdorp we met the HOPE staff who explained the ongoing projects of HOPE: HoH veg packets are distributed every Tuesday to (up to) 20 mothers and their new-born children. The mothers learn how to cook the veggies, in order to have a nutrient rich meal.



Some of these women say they have started their own home gardens, to produce veggies to keep their families healthy. While we are talking with them the delicious soup made from Harvest of Hopes veggies is cooking on the stove. The soup kitchen is another ongoing project. Around 200 people, mostly the oldest people in the community in Blikkiesdorp, get a warm soup every Wednesday. HOPE members have done the ABALIMI basic agriculture course and plan to start their own gardens soon, which could in future help to feed more than 2000 people in Blikkiesdorp.



Food in the Hood- an event by SEED [www.seed.org.za](http://www.seed.org.za) Teaching people how to grow food in their own backyard using permaculture principles. The prize for the painting competition a HoH veggie Box. Yummie!

## Newsflashes



HoH promotion on the Slow Food Market in Stellenbosch. A refreshing exchange between the farmers and the potential HoH Customers.

## TUESDAY'S TOUR

Come for yourself, see and experience! If you are eager to know more about ABALIMI BEZEKHAYA and Harvest of Hope, there is a tour every week on Tuesday mornings. The tour is free (but you must arrange your own transport), and open to everyone. You will be able to see and learn about ABALIMI by visiting a community garden, the pack shed where the HOH boxes are prepared, and the "place where everything begins"- the ABALIMI People's Garden Centre, where the micro-farming movement gets its supplies, advice and training. 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).

## Welcomes, Goodbyes and co-worker Features

Goodbye and special thanks to:

- Linci Abrahams. She started in May 2009 as Administrator with ABALIMI, completed a masters in development studies with UWC and moved on in August 2010 to apply her new learned skills.
- Matthew Kaba our driver since August 2003 went into his well earned retirement in July 2010.

Welcome to:

- Emmerentia Moses, who took over the position of front office Administrator with ABALIMI in September 2010.
- Malingbongwe Baroyi, our new driver since August 2010 until April 2011.
- Lulekwa Mbobo, an Animator (Field-Support) since November 2010.

And Bernie Crewe-Brown, who joined us in July 2010 until September 2011 as Marketing Coordinator.



Emmerentia Moses and Bernie Crewe-Brown.

Upper row left to right: Joyce Camagga, Vatswa Dunjana, Lizwe Scollie, Christina Kaba, Bridget Impoy, Nabel Salooji, Zandile Langa, Veevwe Dlwengu. Lower row left to right: Lulekwa Mbobo, Bongive Mangise, Nora Sompali, Absent: Nomakelile Mashama.

## Art Competition

HOH decided to run a competition for art from grade 1 to 7 in each of the schools we are delivering vegetables to, in the effort to up the numbers of boxes.

- We set the subjects to be an A3 size depicting
- 1) The growing of vegetables.
  - 2) Urban gardeners using tools in a garden.
  - 3) Group of vegetables.
  - 4) Harvest of Hope box full of vegetables.

Five schools participated and we had 74 entries of a very high standard. Calendars with these beautiful paintings are available from [info@abalimi.org.za](mailto:info@abalimi.org.za) at R100 each.



**Mandela Day 2011 - ABALIMI**  
Viva Mandela from Abalimi Micro Farmers, office staff, HoH team and volunteers after spending 67 minutes (Nelson Mandela spent 67 years making the world a better place) preparing beds for vegetable seedlings.

## Roll of Honour

Thank you to all our friends! Please, see the insert for the full list. The diversity and spread of ABALIMI's friends is the result of 20 years of relationship building. This list covers the reporting period of April 2010 to March 2011.

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 used 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.
- Mobile cold storage trailer.

### For the office in Philippi:

- Telephone handset or two.
- Office furniture always needed to replace ageing stock, and to be given to community garden projects: like desks, chairs, cupboards and filing cabinets.
- Heaters - older ones wear out quickly over long cold winters.
- Gardening tools.
- Fax machine: one more needed!
- Lever arch files.
- Projector for our travelling laptop!

### For Nyanga and Khayelitsha Garden Centre:

- Bulk compost - we always can use many tons.
- Shade cloth and tunnels in good condition.
- Large plastic sheets for covering compost against wind.
- 200 litre plastic drums for tea manure.
- Paint (interior) for our garden centers that need annual maintenance.

Anyone wanting to donate plants and garden stuff, please call [Clare Linder](mailto:Clare.Linder@abalimi.org.za) on 021 671 9323.

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

If you want to be part of an ABALIMI - Harvest of Hope tour on Tuesdays, please contact us at: [info@abalimi.org.za](mailto:info@abalimi.org.za).

**Volunteers are welcome!** Please note however that ABALIMI cannot pay for living costs or stipends. We seek self motivated volunteers who can commit for longer periods.

We especially seek the following skills:

- Computer scientist / IT expert/ with skills in html and database (Access).
- Agricultural expertise.
- Communication and marketing skills.
- Monitoring and evaluation skills.
- Librarian & archivist.

**Editor:** Rob Small  
**Producers:** Anischa Kern, Diana Diekjürgen  
**Photos:** Diana Diekjürgen, Anischa Kern  
**Reports:** Rob Small, Anischa Kern, Diana Diekjürgen  
**Design:** Aurelien Lemaire, Diana Diekjürgen, Anischa Kern

Sponsored by



We want to warmly thank DBU and SAGE Net for their financial contributions which have made this newsletter possible. We also thank GLEN for its volunteers who produced this newsletter.

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

Arbour Week - 250 trees have been donated from GREENPOP [www.greenpop.org](http://www.greenpop.org) for the Arbour week from 5th to 9th of September 2011 at Nyanga and Kayelitsha Garden Center.

## **Donations :**

Action for SA c/o Schiller  
Adriaan Carter Louw Trust  
Afonso, C.  
Agenda 21 LA Aachen-CPT,  
Climate Ticket-Project & Partnership  
Alcock, C.  
Andrew, KM  
AngloAmericanChairman'sFund  
Ashton, D & H.  
Ashton, P & F.  
AusAID  
Aviram - Rohloff, A.  
Ball, J.  
Baraitser, MD  
Barrow, J & Ed Nealon.  
Bass 30 Cotton  
Benneyworth, J.  
Bester, P.  
Biodynamics 2024  
Blethyn, SP  
Blok, P.  
Blyth, Mrs  
Bock, MS  
Bond, HD  
Boom, R.  
Brink, C.  
Brown, JLP  
Brown, S.  
Business Place Phillipi :  
Entrepreneur Award  
Cabra Dominican Sisters  
Calmeyer, AD  
Cape Capers Travel & Tours  
Carter Family Charitable Trust  
CCA Environmental  
Channel Island Friend  
Chiapp L & R  
Chouler, A.  
Clement, R.  
Green JC  
Constantia Valley Garden Club  
Cow Africa  
Crawford, GE  
Crida, R.  
David Dicey Family Trust  
Dawkins, J & M  
Delpont, J, WaverlyHills Farm  
Derham, CE  
Dose, RM  
Drennan, D.  
Edwards, HL.  
Estate Late AOM Vialls  
Estate Late P Rothschild  
Euesden, L.  
Eurard, CRR  
Eva, JR.  
Evans, L J.  
Farm & Garden National Trust  
Ferreira, S.  
Fife, R H.  
Fischer & Schabbauer, R & A.  
Fisher, HA  
Folb, P&S  
Frater SMAH c/o A. Frater  
Freedman, YC  
Freeth, G.  
Friedman, S.  
Garber, C.  
Gibson, FH.  
Giles, DR  
Global Giving Friends

## **ABALIMI - ROLE OF HONOR**

April 2010 - March 2011

Graham, KW  
Graham, RJ  
Graves, FE.  
Gray, N H.  
Greene, J&B  
Group Five  
Hammer, HA.  
Haw, Mary  
Hodgetts, GS  
Hofer, Eleanora  
Honig, MA.  
Honig, T.  
Howes, G.  
Hughes, G.  
Hughes, S.  
Husted Startups  
Hyman Goldberg Foundation  
Impumelelo Sustainable  
Innovation Awards GOLD 2010  
Irlam, Ros & Methodist Friends  
Jakobsen, EM  
Jambo International  
Jeffery, RG  
Jenkins, L.  
Jerman, A.  
Johnson, L.  
Jones, G.  
Jordan, B.  
Kelly, R.  
Kibel, MA  
Koliashnikoff, PV.  
Kottler, R.E.  
Le Jeune, D.  
Lodewyk, B.  
Lord, GCH.  
Louis Karol Architects  
Louw, DJ  
Louw, JA  
Lynette Croudace Fund  
Mairi, B.  
Malan, DE  
Mathers Trust  
McKay, Lindsey  
Meijer, Ineke  
Meijer, JH  
Mentz, BE  
MGI Bass Gordon  
Miller, M.  
Mirkin, SA  
MISEREOR  
Morgan, CW  
Morris , H.  
Morris, BE  
Morris, RA  
Mouton, A.  
Muller, JA  
Myrdal, S.  
NGK Ceramics  
Noakes Family Charitable Trust  
Oberholzer, B.  
O'Malley , JET  
Oosthuizen, A.  
Operation Hunger  
Osrin Trust  
Owen-Wahl, F.  
Paul, BJ  
Penfold, M.  
Peters, M  
Pier, Heneffe  
Pina, C.

Poulton, VG.  
Pupkewitz, T.  
Rabinowitz, BP.  
Ramsey, R.  
Regan, P.  
Regan, R.  
Rhoda, TE.  
Rice, WH.  
Richardson, C.  
Robinson, WA.  
Ryan, N.  
SA Support Grp C/o Appelhans  
SA Tourism  
Saacks, BE  
SAGE Net & DBU  
Saunders Trust  
Schuurmans - Stekhoven, J.  
Semple, AF  
Semple X  
Sieckmann, H.  
Smalberger, JW  
Smuts, P.  
Sonnenberg, Dr & Mrs  
St Marks Overseas Fund  
St. Ola's Trust  
Steynor, A.  
Strickland, JM  
Sulcas, VA  
Sustainability Institute  
Sutton, C E U.  
Synchronicity Foundation  
Technical Finishes  
Thomas, CA.  
Thomas, M.  
Thomasson, Inga & Ristin  
Thornton, M. & African Marine  
Thornton, O.  
Tonelli, D  
Timm, H.  
Timms, R.  
Tullie, NR.  
Tyfield, MA  
UCT Energy Research Centre  
Umvuto Africa  
University of The Third Age  
Uthando c/o James Fernie  
Van Blerk, P&S  
Van Der Riet, AE  
Van Essen, LK.  
Van Warmelo, W.  
Van Zyl, BD  
Van Zyl, JN  
Vermeulen, D.  
VPUU  
Webber, JN  
Welsh, A.  
WESBANK FUND  
WESSA Helderberg  
Western Province Preparatory,  
School c/o G. Skeeles  
Whitehead, M.  
Whitfield, RP.  
Williams, M.  
Williams, MG  
Wilson, M.  
Wilson, T.  
Winter, PM  
Womersley, L.  
Wood, JD  
Worthington-Smith, M.

## **Donations in Kind :**

Cape Horticulture Society: plants  
Discovery Health: office dividers  
First Potato Dynamics: seed potatoes  
Fruit & Veg City: worm farms  
Gilt Edge: baskets  
Gowans, Doreen: cookbook  
Grand West Sun International:  
overhead projector  
Greene, B. : two fridges  
Heil, B & Waller, C: cookbook  
INKFISH design: allsorts !  
Irlam Ros: trees  
Koepke, N&J: cookbook  
Kelly, R: fax machine  
Linder, Clare: plants  
Lloyd, A: plants  
Master Organics: office equipment  
Meijer Potatoes eV: seed potatoes  
NEUTROG: Rapid Raiser  
Paul, Donald: cookbook  
Petter-Bowyer, C.: fridge  
Pohlman, J: cookbook  
Reeds Motor Group: car alarm  
Relais & Chateaux: seeds  
Rotary Clubs of Constantia, Wynberg  
Schiller, H. & H.: seeds  
Sea Point, Oakwood Ohio: cookbook  
Starke Ayers: caps & seedlings  
The Learning Circle: bags, hats, baskets  
Tokai Methodist Church Members  
via Lisa at ERM: seeds  
Uni Stellenbosch: 1200 chicks  
Van Zyl, S. : office furniture  
Williams, M: tools

## **Thank you to all of our friends!**

The diversity and spread of ABALIMI's friends is the result of 20 years of relationship building. This list covers the reporting period of April 2010 - March 2011. 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!

Abalimi is a Volunteer Association. Core functions are carried by paid staff appointed by the Association. Volunteers enhance Abalimi's value-driven mission by sitting on our Governing Board and carrying out special projects and duties that improve our impact. Volunteers do not receive any form of financial reward from Abalimi and are asked to be highly reliable, self-motivated and self managed. Abalimi does not run a formalized 'volunteer support program'.

Most volunteers worked for a day, a few days or a week or two, while a few have worked for over a month and some for a year or more, while others serve over many years on our Governing Board !

## Volunteers from the period from April 2010 until March 2011:

Alexandra Hensens via Terra Nova Tours - HoH packshed	Lee Taylor - Harvest of Hope distribution
Amy Chiang via IES UCT - Gardening, agri support list	Liwa Siphelele - gardening
Ana Isabel Herman via GLEN network - NL37 & monitoring	Lucy Litvak, Stanford Uni & UCT - Gardening & research
Annie Shields via Stanford Uni UCT - HoH packshed	Lunga Mtwetwe via Ackerman Academy - Garden centre assistance
Annemiek M.J. Engbers	Marianna Day - Monitoring, evaluation, research, HoH, admin
Cari Merrit - Gender research project	Marlies Hakvoort via Xchange - Nutrition study
Cedar House Group - Gardening	Matt Miller, Travis Blue & friends - Video of Abalimi & HoH
Chrissy Orangio - HoH powerpoint presentation	Moyeni Mzoleli Nelson - Nyanga Garden Centre
Clare Linder- Governing board	Nancy Mandokoze Maqungo - Governing board Chair
David Golding - Governing board	Narsha Hendricks - Admin
Damian John Conway - HoH business expansion	Nell Maggio - Gardening, HoH packshed, T-shirt research
Debbie Collier - Governing board	Neils Feldhusen - Gardening , HoH packshed
Doreen Gowans - cookbook editor & launch director	Nikita Sofute & Yomelela Nani via Students for a Better Future - Admin at Nyanga Garden Centre
EAT team: Erin Koepke, Abby Elsener, Toni Marraccini - Seed to Table Cookbook	Phillippa Hance - Harvest of Hope business development
Edith Viljoen - Photography and promotion	Robert Komm via SAGE Net - Deliveries, general fieldwork
Elaine Albertson: Stanford Uni & UCT - Gardening, research	Ryan Brouwer - HoH packshed
Elinor Hansen - Promotion	Roman Soike via GLEN network - NL 37 design
Gerrard Wigram - Governing board, treasurer	Samantha Hodges, Ellen Fugate + friend - Working in the garden
Georgina Armstrong - MBA study on HoH	Stefanie Swanepoel - Community interview
Ineke Meijer - Governing board, vice-chair	Tenjiswa Stevens - Governing board Vice Chair
Janet van der Linde via Xchange - Nutrition study	Todd & Marysia - Start process to create a unique film
Jean-Baptiste Maisonnave via GLEN network - NL37 & general	Wendy Davies - New farmer recruitment stratplan
Jenny Killeen - Harvest of Hope distribution	Will Livesley - O'Neill via IES UCT, gardening
Jenny Smuts - Governing board & HoH marketing	Yvonne Hollander - HoH
Kathleen Kamstra - Photography	
Kevin Murphy via Connect 123 - legal research projects	
Kristin Hentschel via SAGE Net - Monitoring, evaluation, admin, HoH packshed	
Katharina Schneider via SAGE Net - Monitoring & Evaluation, HoH, admin & volunteer co-ordination	

## HoH Collection point organizers

Auburn House – Sally Hall	Micklefield – Jeanette Welgemoed	Starke Ayres – Marion Siebrits
Birds Cafe – Mathilde Stegman	Oakhurst – Jenny Van Veldon	The Healing Tree – Nicola Zaina
CTC – Lisa Mcnamara	Observatory – Bridget Impey	UCT Health – Kathryn Stinson
Herschel – Jenny Brock	Pinelands – Pam Miller and Amy Underwood	UCT Law - Tom Herbstein
Hewlett Packard – Val Watt	Rustenburg – Saranne Salmon	WPPS – Lee Taylor – Gary Skeeles
ISCT – Helen Temple	SACS – Lisa Kirsch	Zimele – Janine Roberts
Michael Oak – Lesley Swart	Auburn House – Sally Hall	
	Springfield – Carolyn Bruton	

ABALIMI SUPPORTS  
VEGETABLE GARDENING  
AND TREE PLANTING IN  
THE TOWNSHIPS OF  
CAPE TOWN (EST. 1982)



PO BOX 44, OBSERVATORY, 7935  
Tel (021) 371 1605 Fax 086 6131268  
info@abalimi.org.za  
www.abalimi.org.za

015-337 NPO W/Cape suppliers Database No: ABALOOITRW



## 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  
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 need boxes for "support a Micro-farmer" & "sponsor a veg box" – put boxes/ options horizontal?

**Tree Planting:** It costs R150/ £11/ \$18/ €12 to plant 1 tree, with training and follow-up.

**Veg Gardens:** It costs R1350/ £106/ \$166/ €124 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/ £8/ \$12/ €9 (community garden) or R50/ £4/ \$6/ €5 (home garden) to support one micro-farmer with affordable inputs, training, follow-up, monitoring and evaluation, networking, management and marketing services for one month.

**Veg box:** sponsor a weekly Harvest of Hope vegetable box at R105/ £8/ \$13/ €10 per week, to feed the sick and needy

### 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 First National Bank, Adderley Street, Cape Town  
CURRENCY: Branch Code: 201409 Swift Code: FIRNZAJJ461  
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: 10460901*

Note: write "Abalimi", your initials and surname 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, 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/ €3 which include 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.

**Feedback please! :**

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

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