

The Story of a Family Raising Their Own Food

This is the story of Benjamin, his wife Annah, and their three sons Paul, Christopher, and Emanuel. Benjamin was one of the oldest students in the June, 2012 Tulia, Kenya survival gardening workshop.



Using what they have learned to grow tomatoes and vegetables, the family has not bought food at the market for four months. Benjamin said, "I wish I would have known this when I was young; however, it is not too late.



I will continue to expand as long as I live." The family says that this new way of farming at first seemed like magic. They report that their plants grow faster and produce more than they did when they used their ordinary method. In this "new method of farming" Healing Hands International and sister organization Caring for Kenya have taught them to use what you have (vegetation, animal manure, and kitchen waste) to make compost.



Farmers are taught to construct raised planting beds with a compost trench in the middle. Two drip irrigation lines are set on each bed and seedlings are planted at each drip spot. Mulching the bed conserves the moisture and reduces weed growth. A 15 meter (50 foot) bed planted with 100 plants using 20 liters (five gallons) of water in

the morning and another 20 liters in the evening, can produce enough vegetables to feed a family of five to seven during the dry season.

Middle son, Christopher, told HHI instructor Justus Mutua that sometimes the family skips their lunch to make sure that the farm is weeded.



Benjamin says the 80 gallon water tank HHI gave him has been very helpful during the dry season. The last born son, Emanuel, has learned to graft mango trees. He says the family has a vision of grafting more mangoes to become the best producer of mangoes in the area.



Justus says this family is an example of how we are helping move people out of poverty mentality sickness. Poverty mentality sickness, as Justus has defined it, is people having the attitude of “I am poor. My family has always been poor. I will always be poor and there is nothing I can do about it.” We say NO! As Justus Mutua does additional workshops and one-on-one training, he has said he is “focused on inspiring people before they expire.”

