

## FAMILY GARDENS SPREADING



**EXPANSION TO NEW COMMUNITIES.** Since family gardening has been firmly established and basic methodologies tested in the Kossoye community, the Project Board has decided to expand activities to neighboring communities in the Amhara Region where over 57% of children suffer from “stunting” due to chronic food shortages. Plans are now underway to offer an “essential package” of seeds, tools and training manuals for distribution to elementary students, along with support for student gardening clubs. We hope to see household gardening established in two new communities in 2011 if funding becomes available.

### *Neighboring Farmer Receives Seeds*

**INCREASING SEED GROWING AND CASH INCOME.** In the middle of October 315 home gardens were thriving in Kossoye and many households were selling surplus vegetables and seeds. Locally produced seeds are purchased by the seed bank, then distributed free of charge. Most of the surplus garden produce is sold in the nearby village market of Amba Ghiorgis. One girl is helping support her sister at Mekelle University by selling chard and cabbages. One family with five children in school has three gardens and sells vegetables three times a week earning 20 dollars per month, a huge boost in family income.



**NEW VEGETABLE DISHES FOR PREGNANT WOMEN** Beginning with the cooking contest in 2009, a recipe book was written that combines new vegetables with traditional ingredients. Our Community Health Workers have begun training countryside women on how to prepare new vegetable dishes especially for pregnant women, breast feeding mothers and infants up to two years, the times most critical for healthy growth and development. The monthly Coffee and Health discussions are occasions not only for training mothers in better nutrition, but also learning the benefits of family planning, personal hygiene, latrine construction and home improvements.

**COMPUTER TRAINING DRAWS MORE EIGHTH GRADE STUDENTS.** The 78 students (47 girls and 31 boys) enrolled in the 8<sup>th</sup> grade last year took the basic computer training course beginning in December. Sixty-six completed the course in June and were given performance exams by two University of Gondar computer science instructors. 53 (80%) passed the tests and 70% of these were girls. When the new academic year started in October there were 140 students enrolled, 85% more than last year. The school director claims that the introduction of computer training has contributed significantly to the rise in 8<sup>th</sup> grade enrollment. This will help many young Kossoyans move into modern life.



**WILL YOU HELP IN THESE CHALLENGING NEW DEVELOPMENTS?** We still need to raise \$15,000 to finish out our 2010 program . To continue activities in the Kossoye community and reach out to two new populations in 2011 we need to raise an additional \$75,000. There are many different kinds of needs to be met: seeds, tools and gardening manuals for school students and their families; stipend support for community health workers to lead the Coffee and Health discussions; money to buy books and sports balls for the elementary school; teacher stipends for computer training; a small research grant for a public health graduate student studying nutritional problems in Kossoye; funds to support school gardening clubs and many more. We offer a “Holiday Catalogue” if you would like to support specific activities or give a gift in another person’s name.

**WE ARE REALLY EXCITED** that we will now reach out to undernourished children and women in *other* communities who need additional vitamins, minerals, proteins and calories. Our combined efforts will make significant differences for thousands. Please join (and continue) as partners in this pioneering team.

May your Holidays be full of joy,

A handwritten signature in green ink that reads "Dennis".

Dennis Carlson

Checks can be sent to:  
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