

Introduction

When you live in the developing world, you start to see things differently. I started visiting this country on short-term visits with Christian groups in 1995. I surveyed the rural areas and worked with people who were trying to make a difference with the knowledge they had. It's hard to ignore some of the problems that are emerging on our near horizon, but of course a local community is painfully aware of its own problems. It was sobering to see first hand, the struggle people endure to survive within the rural farming system. It was sobering. Entire food growing communities are nominalized due to the high cost of production. Chemical fertilizers have increased four-fold since I moved here in

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1998. The lowland farmers have no heritage to pass on to their children. The old system of slash and burn, shifting cultivation is no longer sustainable due to encroaching development and outside pressures. The tribal groups practicing this technique have little to show for their efforts.



The nursery and green house are peaceful sanctuaries at Aloha House.

Living in the West, I was prone to the filters and biases that had kept me from the full reality of what was happening on a global scale. I could always live in a subdivision to my liking, buy a car of my choice on terms appropriate for my credit risk, and shop in the stores that I could afford. I could always avoid the *bad* neighborhoods or change channels on my television if the news was too worrisome. Therefore, I was well insulated from the poverty that grips the developing world.

As I began to travel in Asia, I was impressed by the expanse, and the potential, despite the poverty. Everywhere you go you see the poor. You can't escape it. You can't avoid the overcrowding in the cities, with thousands of beggars and homeless people. In the rural areas it's no better. I now realize that these are still agrarian societies. Half of the population has been sold the false hope of making it in the big cities, but it never works out the way they were promised. These groups of hopefuls have little to offer the urban work force; whatever work they can find to do is usually for the lowest wages allowed. Without a viable skill set to offer employers, they quickly become statistics. They just cannot cope. Many urban squatters have land out in the provinces, but they can no longer use it. They cannot afford to farm; the family property is sitting idle.



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Out in the countryside, there are still some farmers holding on, looking for something that will pay the bills. They are continuing on in the noble duty of supplying food for others. This used to be a time-honored profession. However, times are changing. Issues are inter-related like never before. The technology used by small hold farmers is either too modern to be of any practical use or too old to be effective. Yet this is a time for rational optimism and discerning action.



The Mayor's project: the Puerto Princesa City sanitary landfill. It will soon be operational. 50% of city waste is organic material. It can be made into compost.

I believe there will always be the poor on this planet, till the Creator sets things right. I am not proposing any kind of a revolution, nor a political transformation. I am presenting a compendium of valuable technologies and techniques that can empower the food producers on this green planet to succeed; implemented at whatever level they are at; from backyard gardeners to American plantations to tropical agro-forestry.



There is nothing new here that hasn't been said better elsewhere, except for my own personal experience and perspective. This is a compilation of techniques that are useful for us, a small orphanage located on an organic farm in Palawan. However, the principles are well thought out and can be adapted to the readers' needs. The technology I have utilized is being used on a large scale as well as a small scale, from a tropical climate to arid conditions. The techniques can be gleaned from a dozen sources, but this is perhaps the most concise way to communicate them. In addition, the advantages are many.

When a family takes on gardening, it gains a new awareness of the world they live in. Most people are so disconnected from their nutritional inputs that they can't fathom the value in fresh food till they grow it. Even large-scale farmers sell tons of corn or soy and still have to shop at a supermarket to get their meals. When a family is planting

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and harvesting together, a growing appreciation for fresh, high quality produce, naturally sweet fruits and the life cycle of a plant emerges. They become preparation participants in their diet. They get connected to their food supply again.

Chronicled in these pages are my own insights; personal lessons as I journeyed through the adventure of learning to grow high



quality food. As executive director of Aloha House, I can testify, first hand, the effect these home grown foods have on our clients. My wife Nancy and I oversee the children's home and orphanage. We rescue children from tough situations.

They need high quality fruits and vegetables to build them back up. We have seen some of the sickest of children respond to fresh carrot juice, vine ripened tomatoes, papaya, wheat grass, and blendered salads with lettuce, spinach, cucumbers, tomatoes etc.

It is truly amazing how God has designed the body to respond to proper nutrition. These children are a real blessing and we are glad we can place them into permanent families. When they come, most of them cannot smile and are very insecure.



Often the children come sickly or undernourished. This child arrived at 2 years old and was dangerously malnourished.

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We had a girl come to us malnourished and sickly. With proper medical supervision, medication and good nutrition the child on the left recovered. She was given carrot juice 3 times per day and ate the best fresh foods we could grow. A wonderful Christian couple has adopted her and she continues to grow and is secure in her new family.

This is one of the reasons we grow nutritious food. The children in our care are in need of that extra level of care due to the lack of pre-natal care from their birthmothers. It is always amazing to see the way God has designed the human body to repair itself through



Fresh carrot juice - this little girl was surrendered for adoption. Because of the neglect of basic care, she was malnourished and had both T.B. and pneumonia. Good food and good doctors can really make a difference.

proper nutrition.

Prior to moving to the Philippines to start an orphanage, I worked for 15 years as a professional sports instructor. I had no agricultural training. I just read as much as possible.

There is a huge volume of reliable information out

there. I also attended seminars from progressive Filipinos promoting organic practices. There are a growing number of citizens wanting to succeed at organic production.

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Simon Gill and Andry Lim (Right). Andry is still actively teaching technology from Korea. I was able to attend one of his early seminars in Palawan. The microbial production system is suited for hands on people who want to culture their own microbes from scratch. Raw sugar is used instead of molasses. Now he's also promoting good soil management practices throughout the provinces.

When we started achieving measurable success, community members were interested in learning the secrets of composting, organic farming and microbial inoculation. I read as much as I could get my hands on and visited farms when we traveled. I then began teaching these techniques to those people who wanted reliable information, right here on our small farm. We have various groups coming from the entire province now, eager to reduce fertilizer costs or control insects.

Some of our students are just starting out, others are already farming or gardening. We get all kinds of people. We've had the Peace Corps, PICARRT, IDEAS, El Nido Foundation, City councils,

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Provincial board members, a deaf school, city / municipal departments, Dept. of Agriculture, and college groups join our training programs.

We are a duly Accredited Welfare Agency with the Department of Social Welfare and Development. We started as an orphanage to help needy children. We learned to help the mothers by offering training in sewing, card making etc. We offered livelihood as a means of providing for their children. Now we help families as well as children, in the hopes that they won't have to abandon or neglect their sons and daughters. Some of them lack opportunity. We give them the chance they are hoping for, but only if they are willing to work for it. For example, our Mothers with Hope Program is for women in crisis pregnancy. They get a chance to earn while they learn. Some take on food sales and agriculture.



These babies are healthier than those fed the standard American diet. No Gerber products here. We give them as much fresh fruits, vegetables, grains and legumes from the farm as they can eat.

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Growing food is a good livelihood for the mom at home raising her children. There is a special sense of satisfaction when you create delicious meals from your own produce. You know it is a healthy meal and family can appreciate the great recipes that come from

Feeding time for the children is a happy time. They eat fruits and vegetables from the farm. cooking your own food.



Hungry onlookers who appreciate high quality home made dishes eagerly anticipate this batch of Filipino style Korean Kimche.

Korean style Kimchi is a favorite, with radish, onion, garlic and Pechay, all from the garden. We grow 3 different chili varieties we use for various Thai and Indian dishes. We also grow the curry plant for the leaves, they add seasoning to our curry recipes at home. Indian coriander is another exotic herb we grow for our Vietnamese dishes.





Government subsidized rice can be a thing of the past when each family learns to grow their own food.

So now I make my little contribution to the greater established works, in the hopes that it can benefit more farmers and families looking for a high quality of life. Whoever will listen can learn. Some



will learn more than others, but I assure you, there is something in here for anyone looking for natural solutions to our man made, un-natural problems.

Big papaya, big head - The author has lots of big ideas when it comes to agriculture, health, nutrition and life in general. He takes on a creation assumption, asserting that the reader has already come to the obvious conclusion that the Creator has set forth a signature in His work, both in the planet earth and in mankind.

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Modern agriculture, as we know it, cannot survive without the tractor and its varied implements.