

NEWSLETTER



Above shows Neil and researcher Chris scouting for misplaced varieties in the lablab trial plot in Mungushi area, Arusha

October 2018 Issue No. 014

ECHO's Best Practices!

In this issue:

1. Nutrition in dryland areas symposium
2. Nanenane Agricultural show
3. Appropriate technology
4. ECHO EA seed bank updates
5. Parthenium
6. Upcoming events
7. News in brief

UPCOMING EVENTS.

Best Practices on Sustainable Agriculture
and Appropriate Technologies Symposium
12th – 14th February, 2019
Naura Spring Hotel
Arusha, Tanzania

For more information and registration of
the two symposiums above please visit:
www.ECHOcommunity.org

For more updated information visit us on
facebook at
<https://www.facebook.com/echoeastfrica>

DO YOU WISH TO
ANNOUNCE A TRAINING
OPPORTUNITY?
LET US KNOW AND WE
WILL POST IT ON
www.ECHOcommunity.org
East Africa Blog

ECHO EAST AFRICA NEWS

ECHO RICs share information and resources on sustainable agriculture and appropriate technologies in the surrounding region. ECHO interns, volunteers and advisors who work to achieve its mission of sharing resources are provided with mutual advantages and opportunities.

SYMPOSIUM

Best Practices of Nutrition in Dryland Areas

ECHO East Africa, Amaranth Institute and World Vision Tanzania held a joint symposium on improving nutrition in dry land areas from August 7-9th at Naura Springs Hotel in Arusha, Tanzania. The event was blessed with 135 participants from East and Southern African countries (Tanzania, Uganda, Kenya, Ethiopia, Democratic Republic of Congo, and Zimbabwe) and USA. All presentations were appreciated by participants as they revealed solutions to enhance nutrition in dry land areas.



Marlis Gabriel asking a question in response to a presentation (picture on the right side). Participants listening to a presentation in the main hall during one of the sessions (Picture on the left side).



Participants pose for a group photo during day one of the symposium

Post symposium field trips were available to participants. These field trips included tours of the World Vegetable Center in Usa River, the ECHO East Africa Impact Center and later some participants finished at the NaneNane Agriculture Show in which ECHO also participated in demonstrating best practices of reducing hunger and poverty. Presentations from this symposium are now available on www.ECHOcommunity.org

NEWS IN BRIEF ECHO EA Team is Growing

ECHO East Africa has recently hired Deogratias Ngotio, a Conservation Agriculture Technical Specialist (CATS) who will be working alongside with Neil Miller in moving forward Conservation Agriculture activities. Below is a picture of “Deo”.



Training

A sustainable integrated agriculture training in Kibungo, Ntarama Parish, Rwanda was held from 3rd - 6th July for 35 lead Farmers in the Kibungo community Ntarama Parish in central Rwanda held with the ADEPR Church. The training was very animated and well received. Participants have resolved to implement what they have learned at their homesteads and are to bless their neighbors by sharing what they have learned and received throughout the training. The activities including composting, garden establishment and seed distribution.



The art of making compost was enjoyed by participants as is the foundation of gardening.



Participants from the symposium learn from Erwin Kinsey about New Zealand Spinach, a perennial vegetable at ECHO (Picture on the right side).

Rose and Adivickson show visitors from the symposium the ECHO grow out section of African Nightshade and Grain amaranth (Picture on the left side)



“Newsletter from Network Organization”

[Conservation Agriculture Newsletter - September, 2018](#)

[AgriProfocus Newsletter - September 2018](#)

[Conservation Agriculture Newsletter - July 2018](#)

NANENANE AGRICULTURAL SHOW

ECHO East Africa participated at Nanenane agricultural show this year. The ECHO East Africa demo plot at Nanenane agricultural show attracted many people who visited and learn various best practices promoted by ECHO East Africa which aimed at promoting food security initiatives in East Africa. The demonstration of green manures /cover crops for soil fertilization was something which was appreciated by many visitors as many understand effects of chemical fertilizers on the soil. Also different technologies of gardening were shown in order to encourage production of vegetables, even in urban areas where people do not have big portion of land.



Pictured on the right and left hand side are the groups of people listening to ECHO staff and interns explaining various activities which enhance sustainable agriculture activities.

Bean Thresher; Developed by Lawrence Ojok

A local innovator is working to develop a bean thresher for small scale farmers.



Lawrence Ojok did another test of his machine after addressing the feedback he received from July 2018. The new test gave better results than previous versions. ECHO EA helped Lawrence by connecting him with the farmer and providing transport during the testing of his new version of the bean thresher. Pictured above, Lawrence tests his new version of the bean thresher at the Agriculture Seed Agency farm neighboring ECHO.

CCB Training on biogas

ECHO conducted Creative Capacity Building (CCB) training on biogas construction and the use of bio-slurry for conservation agriculture. It composed of hands on training involving a total of 11 participants (3 female and 8 male). This training was held in Mrs Stephano's home in Saitabao village, where Herry was constructing the new digester. The training aimed to provide skills to young people on how to (1) construct a tubular biogas digesters (2) use the bio-slurry for conservation agriculture and (3) planting and cooking of perennial vegetables. With these skills, ECHO team believes that participants will disseminate right package to the users - not only biogas plants for domestic energy but also more benefits for food production while conserving the land. The CCB provided skills to young people who requested training after hearing a

APPROPRIATE TECHNOLOGY Creative Livelihood Challenge Training

Creative Livelihood Challenge training was conducted for 15 students of Arusha Technical College and 15 CCB innovators, developed and facilitated by Dr Elizabeth- the Australian volunteer who was based at Twende. The training was similar to CCB but focuses on the business side. It engages participants to practically develop items while thinking who is going to be their customers. A 'shop' selling various materials that participants might need was created at the corner of the class and then participants were given cash to buy the materials and keep records in booklets. The booklets were designed to guide innovators to keep records in a very simple way. At the last day of the training customers (communities) were invited to come to buy the items from the market. Each group of participants sold its items to the market and kept records in the booklet. Other records that are kept in the booklet include time used by group members to create items, hiring of tools, labor costs/salaries and other costs. After selling the items in the market each group prepared a simple balance sheet which enabled members to realize whether they are making profit or not. They finally put a way forward on what changes they would like to make in their business in the future. This training was done in collaboration with ECHO and Twende to empower college students.



ECHO EAST AFRICA SEED BANK: Seed Exchange

Arusha Conservation Agriculture Forum (ACAF) was formed after the first Farming God's Way training, when participants wanted to support conservation agriculture. Chrispin Mirambo was the first secretary and since the beginning of ECHO, ECHO has taken on a main role to host and be ACAF's current secretariat. ACAF members are comprised of various NGOs and governmental organizations within the Arusha area; TPRI, MWIVATA, Horticulture Tengeru, local farmers, journalists and teachers make up the majority of members. These stakeholders meet after every three months to discuss current issues in conservation agriculture and other work that is being implemented. The ACAF members have benefited from learning various techniques and better practices from surrounding organizations and institutes in the Arusha region of Tanzania. In 2014 ACAF created a seed exchange initiative where local farmers can exchange indigenous seed varieties with other farmers. Since ACAF has been established, the seed exchange has been held three times. Members of ACAF and participants of the seed exchange program have encouraged ECHO to continue and increase the program because of its huge benefits to farmers.

Within one of the previous seed exchange days at an ACAF meeting in

Radio program on biogas technology and its benefits and sought to know how to construct the biogas digesters so that they can use the skills for future self employment.



The above picture shows participants looking at the digester in one of the farmers homestead with biogas

PITA Project

PITA project (Participatory and Integrative Teaching Approach) an educational development project working within Meru District secondary schools, partnered with ECHO East Africa to deliver Sustainable Integrated Agricultural training in different Schools of Meru District.



Chaya was promoted as a perennial vegetable, among best garden practices to students and teachers. The training taught how to use, prepare and consume Chaya as a perennial vegetable. Also the participants were distributed Chaya cuttings for multiplication at their schools. Among best practices taught to students was making

2016 James and Jennifer Kahurananga, residents of Arusha Tanzania, attended and met with a farmer from Mbeya, a southern region of Tanzania. The Kahurananga couple received from the Mbeya farmer seeds from a local variety of corn. Following the seed exchange they also took cuttings of Chaya and Canavalia from the ECHO seed bank. After the last seed exchange within the most recent ACAF meeting, August 2018, Mr and Mrs Kahurananga phoned Charles Bonaventure informing that the seeds which they received from a previous seed exchange are still being eaten to this day. The couple invited ECHO staff to their home in Sakina, Arusha to see the success from their experience in the seed exchange. ECHO staff visited their home and upon arriving they were surprised at the success of the Kahurananga's home gardens.

James and Jennifer Kahurananga showed ECHO staff the various crops they have in their area. Although they are living in the main city, they have used every inch of green space in their property to grow food. The Kahurananga's have Cow pea, Canavalia, Orange flesh sweet potatoes, bananas, Cassava, celery, onions, cherry tomatoes and Chaya. The couple told ECHO visitors that they have received the majority of the seeds they plant from ECHO and have given around 200 cuttings of Chaya to their neighbors, family and friends. Jennifer Kahurananga says they have not purchased tomatoes at the local markets in almost a year since planting cherry tomatoes, adding that they have plenty of greens and bananas to eat as well.

After seeing their garden, the Kahurananga's shared some of the delicious corn produced from seeds they received at the ACAF seed exchange. While corn was being eaten, James Kahurananga shared, "I have benefited so greatly from the seed exchange, exchanging seeds is so helpful. Even if a type of seed is not available at the store, we have so many types of seeds that are native that we can be sharing with one another. These native seeds are better, more resilient, they improve the environment, and best of all, they taste better! I wish that I could have better access to native varieties of food".

Mrs. Jennifer Kahurananga added, "I didn't know before that ECHO existed. I think there is a huge need to publicize the availability of native seeds; more people need to know about agriculture of native species. If I see something is native to Tanzania or to my culture, I take it". For more information's about ECHO East Africa seed bank please reach to us through the address easeeds@echonet.org



Seed exchange event during ACAF meeting (picture above)

compost piles and double-dig beds for production of healthy vegetables.



Pictured below shows students creating a deep-dug garden bed.



Edited By: Erwin Kinsey
Charles (Bonny) Bonaventure, Sophia
Kasubi, and Malvery Begley.

Do you need a consultation? (For pay or free): ECHO RICs provide opportunities for other agencies to obtain consultations for free or pay, according to the nature of the request

PARTHENIUM HYSTEROPHORUS

Parthenium hysterophorus Awareness Project Updates

Peace Corps Grants Coordinators Yovitha and Stan visited the ECHO office to hear from ECHO about the Peace Corps funded Parthenium Awareness Project. The two arrived from Dar es Salaam and were welcomed by Malvery, Bonny and Erwin. They enjoyed hearing about the successes and challenges which arrived during the duration of the project. They were impressed and congratulated the success of being able to work side by side with the Tanzanian government and various stakeholders who helped largely to sustain the project to control Parthenium from spreading.



Peace Corps Grants Coordinators Yovitha and Stan meeting with ECHO staff at ECHO East Africa office to hear the success and challenges of the one year funded Parthenium project in selected villages of Arusha region.

Currently ECHO East Africa and the committee are working together to prepare for a Parthenium day event on October 19th in collaboration with different stakeholders in order to deliver a message to the people to continue fighting against this invasive weed.



Pictures above on the right hand and left hand side respectively shows the uprooting of Parthenium activities and raising awareness in one of the villages

Recently, the Chairman of the Parthenium Awareness Committee was invited to attend the launching of the National Task Force to combat invasive species in the country. The task force was formed by the Tanzania's Ministry of State in the Vice President's Office for Union Affairs and Environment on Friday, September 28, 2018.

For more information on Parthenium visit this [link](#)