

BEST PRACTICE 1: *Preparations and use of composite manure serves costs*

NAME: GILEADE MUNUO

SEX: F

AGE: 55

WARD: IVAENY

I am a gardener, I produce spinach, carrots and kale. I was one of the beneficiaries who visited TUSONGE and learned on how to prepare a composite manure. I just realized that I was throwing away left overs of food and also clearing my farm I was burning dry grass which was very dangerous as I noted I was killing some important microbial from the soil. Also I noted the same grasses from the farm and the food left overs are resource /raw materials for making composite manure. My task after the exchange learning session was to share with my family and



mobilize them to collect all the garbage's from the farm. I trained them on how to prepare the hole for the manure and how to assemble the garbage's in the hole for decaying processed. After 21 days, I measured the decay rate of the composite using tree poll as reflected in this photo. The Manure was ready to use and I used it in my maize and vegetables farms. I also installed drip irrigation in the same farm and my production went on high and in a week I earned 30,000 shillings compared to formerly when I was earning only 15,000Tsh to 18,000Tsh from vegetable sales.

Basing on the benefits from this learning, my husband was impressed and supported me in the process. He has volunteered his time to join the has been TUSONGE Weekly sessions in our group farm at Ivaeny as a strategy to continue learning from the extension officers who accompany the process weekly as we meet.

I have discovered that there are many opportunities in our communities that, if used effectively, contribute to increased income most of family.

I intend as my next plan to share this experience with my colleagues in the same Parish of Ivaeny and will use my opportunity as a woman leader in the church to influence them practice this knowledge.

BEST PRACTICE 2: *Mulching was a good technique to reserve water in my garden*

NAME: JENETH KINYAHA

SEX: FEMALE

AGE: 49YRS

WARD: MBOKOMU

I am engaged with farming activities for food crops such as maize, beans and green vegetables. Before visiting TUSONGE demonstration farm I had no idea about ecological farming techniques, I did the cultivation of crops by using chemical fertilizer.



After exchange visits learning at TUSONGE learning center, I went home and practice using dry grasses to cover my vegetable garden as we were trained. I realized that the soil was keeping moisture much longer which made my vegetables (Kale) to grow very well and retained the greenish color.

I also used a composite manure during production and the results were good as seen in this photograph. I was able to adapt the organic agricultural method and start collecting composite as well as animal dungs and use it in vegetable farming.

There are positive changes I have experienced like increased demand for the same product for those who knew the production was chemical-free. Through selling vegetables, the earning income increased from 3,000 Tshs-8000Tshs per day enabling me to buy shares per week within the VICOBA groups and able to fulfill family needs such as payment of school fees for my children.

BEST PRACTICE 3: The power of women working in a group increased productivity and confidence

NAME: KISHISHA GROUP

SEX: FEMALE (Total number of group members: 26(9M, 17F))

WARD: IVAENY

Photo: Ivaeny Women Vegetable group after harvesting

All 26 group members are dealing with agriculture and livestock keeping. Before the exchange learning visit in TUSONGE learning Centre, most women were purchasing vegetables from the market.



Main challenge which most of them were experiencing it was the rainfall shortage. Through exchange learning visit at TUSONGE learning promoted their learning on how best they can use drip irrigation

and use of composite manure. As a group we initiated demonstration farm in Ivaeny Kishisha village. We used the two techniques (Drip irrigation and Composite manure)

We invested 30,000Tsh as a capital for buying seeds and the harvest after selling we earned a profit of 50,000Tshs.

We as women also we were able to buy vegetables for our families, we look forward to scale up the size of the farm from $\frac{1}{8}$ to $\frac{1}{2}$ hectare as to also invite some young women and girls from our village to join us for more learning

As group we have learned that working as team serves time to do other activities and also minimize the risk which an individual would bear in case of any disaster.

The shared vegetable garden were a good source to improve our own family diets.

In future if increased the size it will be a strategic chance to create self-motivation for our youth to reflect on the self-employment through farming activities like this. Said Selina Mmari Chairperson of the group

BEST PRACTICE 4: *Drip irrigation gives assurance for harvesting*

GROUP NAME: MUDAMALI

SEX: 25 (female 19 and Male 6)

WARD: IVAENY

MUDA MALI group visited TUSONGE for exchange learning visit and learned on drip irrigation technique. They are total number of 25 (6Men and 19women) back home MUDA MALI they were able to start applying the knowledge and installed pipes for drip irrigation processes. They were also supported by the extension officer to connect 20 litres' containers which was affordable and accessible in their local shops as a means to store water for the irrigation purpose. Among the benefits highlighted by group members on the use of drips for irrigation are as follows”:

- ❖ It retains moisture in the soil
- ❖ Redeems time and enables the farmer to continue with other activities,
- ❖ It is a very safe technique especially in times of drought
- ❖ Make the land fertile
- ❖ Prevents soil erosion
- ❖ Helps crops grow in good order
- ❖ It is the most cost-effective agriculture for all types of people
- ❖ Raw materials affordable

Therefore, we have discovered that irrigation using drip promote effective water consumption and also makes agriculture more productive and efficient as it gives assurance for harvesting even during dry seasons.



**BEST PRACTICE 5: We are what we EAT.
HEALTHY**

EATING HEALTHY YOU GROW

NAME: UPENDO MUNUO

SEX: FEMALE

AGE :33

WARD: IVAENY

I am TUSONGE beneficiary dealing with vegetable cultivation. Previously before I got my knowledge of organic farming, I was practicing use of chemical fertilizers, clearing my farm by burning grasses and my main focus was on bulky production. I did not know the importance of using natural fertilizers in agriculture, after attending TUSONGE trainings I learned about new approaches which for me they were motivating as most of the methodologies had very low cost implication.



Immediately I started application of the ecological farming techniques animal dungs alone in the cultivation of maize, beans, carrots and cabbage. The production went high and the products were very attractive in the market, I have been able to find customers from various wholesale and retail sectors. As a result of this change my business capital has increased from 200,000Tsh (in 2020) to 1,500,000Tsh (2021).

In my community I am a role model as most of people they consult me for further guidance and advice on how to go about production by not using artificial fertilizers and chemicals. I have set a plan to support them practically in my own farm

I have learned that application of ecological farming techniques needs time and commitment to monitor and manage the process continuously to attain good results.