

# NEWSLETTER



NO 36

APRIL 2008 - SEPTEMBER 2009



THE PEOPLE'S GARDEN CENTRE  
ISENTA YE-GADI YABANTU

015-337 NPO

# TO OUR FRIENDS

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Asande Food Garden

before



after

"Asande Food Garden" is a community garden which was established by 5 members in June 2009. It is located alongside the Nyanga railway station. They receive different support, e.g. from the Department of Social Service, the Municipality and the school next door. Abalimi offers ongoing training support and regular follow ups on site. The farmers (see "after" picture from left to right: Mr. Siyabulele, Mr. Rasi, Mrs. Cuba, Mr. Sibongile, Mr. Siphon) turned the stony and sandy area into a green paradise of fresh growing vegetables. Mrs. Cuba is the driving force in this group.

Every new piece of knowledge is immediately transferred into a reality for the garden. She started a worm farm for producing liquid manure, established a composting system and measured the plots. In Xhosa "Asande" means "to expand". The farmers are hard working and eager to learn more. With their passion and love they will definitely grow bigger and will become a shining example among Abalimi's community gardens.

Dear Friends

It's been 28 years since Abalimi started. We have always been faced with big impossible questions: how do we achieve "poverty alleviation", "food security", "spread", "sustainability", "impact", "income generation", "job creation", "environmental renewal", "community based nature conservation", "healthy diets", and more recently, "HIV-Aids alleviation", "climate change mitigation"? And how do we do this among very poor people who, in trying to survive and advance, are constantly shifting and moving about, often divided and disempowered, easily distracted and always looking for greener pastures?

Well, in this issue we show you our central tool for success – the Development Chain (continuum), and we show you examples of gardens (micro-farms) at different stages. We also report back on progress with our Harvest of Hope initiative, which has enabled us to finally lay to rest the criticism that 'organic micro-farming cannot feed the community, and make money at the same time'.

Abalimi's Development Chain and its Harvest of Hope initiative once and for all show that under-educated, unemployable South Africans can live healthy lives, with dignity, on very small pieces of land, in the worst possible climate and conditions, and earn a decent income, using their own initiative, with only a very modest amount of assistance. Not more than R100 per farmer per month results in radical fresh food security for all and unlimited potential for self-help job creation for the unemployed. Plus it transforms wasted natural environments into indigenous conservation areas, while sinking at least 1-2 kilograms of carbon per square meter and radically reducing carbon consumption through local production and consumption. This R100/farmer/month also transforms family and community health and provides as yet unmeasured but powerful social benefits, like personal empowerment with far reaching consequences for democracy and the nation.

Abalimi is, we believe, the first agency in South Africa to have achieved this impossible goal – this "four minute mile" threshold: serious measurable impact in all the above mentioned areas through tiny gardens (micro-farms), among the poor.

Now it can be taken to scale. We have the chain. We have the structures. We have the proof. This only needs to be studied and copied. It works. And will continue to work, provided we can continue to supply essential extension services to the ever changing and growing movement. R100/farmer/month. Please support us to continue. So that others can come and learn, and start.

Best regards

Rob Small  
Resource mobilization for ABALIMI

## HARVEST OF HOPE - LATEST UPDATE

ABALIMI's "Harvest of Hope" program, or "HOH" is, we believe, the first successful job creation scheme for urban micro farmers (home gardeners & community gardeners) among the poor in the history of South Africa. Micro farming is playing an increasingly important role in the lives of the urban poor, particularly with the growing global food crisis. "Harvest of Hope" has been up and running for twenty months, and we would like to give you a brief update on the latest achievements.

"Harvest of Hope" is a 100% social and green business, which provides access to outside markets to cash-poor urban micro-farmers who sell their surplus produce to 'cash-rich' people who don't have time to garden, while re-building and conserving indigenous floral environments ("mini-Kirstenbosches") among the poor. Fresh, organic, very low carbon footprint, locally produced vegetables provide urban micro-farmers with a secure and fair income in the sub-economic townships of Cape Town. Micro-farms in community gardens usually accommodate between 3 to 8 farmers, mostly woman, on land sizes ranging from 1000m<sup>2</sup> to 5000 m<sup>2</sup>. Harvest of Hope now buys from 16 to 20 micro-farms /community gardens and between 60-100 farmers, with the aim to supply 600 boxes per week, and contract 40-50 community gardens and 200 (+) farmers by 2012. ABALIMI provides the foundation for Harvest of Hope by directly supplying, training and providing ongoing extension services to between 1500-3000 micro-farmers in 2500 home gardens and 100 community gardens, every year.

ABALIMI, which is a non-profit Voluntary Association, has been the leading agency responsible for launching a micro-farming movement among the poor in Cape Town since 1982.

### What's new?

In addition to the "family box", costing R95 per box, which is enough for four people for one week, a new second smaller box was introduced in February 2009. One small box provides enough vegetables for a week to comfortably feed two people, which is well suited for singles and couples. The small box costs R65 and contains 6-7 seasonal vegetables including carrots, potatoes, onions and a salad pack every week. Harvest of Hope turnover was R 786 000 since February 2008 till September 2009, half of which has gone directly into the pockets of the farmers. The rest goes back to running the business and for farmer development.



The amount of boxes ("family size" and "couple size") being sold increased by about 50% from February 2008 to October 2009. At the beginning there were 79 members signed up at 5 different delivery points. Now we are selling up to

164 Boxes weekly to our members at 15 delivery points, including ten schools in the southern suburbs of Cape Town, two university departments, one retail outlet and 2 other businesses.

We are very happy about what we have achieved and would like to thank (again) the Ackerman Pick'n Pay Foundation who provided the majority of launch funds in support of this vision, which has now become reality. We also specially thank the international RUAF foundation for further development funds and good mentorship in 2009-2010, to grow this new social business further.

If you are interested in finding out more about ABALIMI - Harvest of Hope, please check us out online at: [www.abalimi.org.za](http://www.abalimi.org.za) and [www.harvestofhope.co.za](http://www.harvestofhope.co.za) or come and visit us on our ABALIMI-Harvest of Hope Tuesday tours... just let us know that you want to come at [info@abalimi.org.za](mailto:info@abalimi.org.za). If you want to eat healthy organic vegetables you are more than welcome to sign up online and you will get provided with a lovely fresh, seasonal vegetable box every Tuesday.



### NEWSFLASH - ABALIMI FACTSHEET:

In the 18 months between April 2008 to September 2009 we continued to work with approximately 3000 farmers of which nearly 1800 are now registered with us. We expect another 1000 farmers to join the registration drive in 2010.

40 new community gardens are signed up and got support from Abalimi through project implementation, resource support, training, follow ups and demonstrations.

Abalimi has supplied R 832 437,00 worth of manure, seeds, seedlings, compost and tools to over 2368 home gardeners and

over 86 community gardens and 8 special greening projects in this reporting period.

### Training

A total of about 2450 farmers were involved in 1323 training interventions, made up as follows:

Seven agricultural Basic Courses were held in Nyanga Garden Centre certifying 100 people.

100 people were trained in 6 basic courses from Apr 2008 until Sep 2009 in Khayelitsha Garden Centre.

Two Agriplanner courses, involving 20 farmers, were held in May and October

2008. We are also integrating agriplanner principles into our ongoing follow up training, which is conducted on-site in community gardens. 1290 on-site follow up training visits were conducted at 86 gardens involving about 430 farmers.

Farmer Field schools were launched to support Harvest of Hope in April 2009. 18 meetings had been held until September 2009, which 60 to 100 farmers attended each meeting. The Farmer Field schools project is supported by RUAF and gives our farmers the opportunity to gain several skills e.g. about marketing, production planning, record keeping, quality control and seed saving.

# THE SUSTAINABLE DEVELOPMENT CHAIN

**The Sustainable Development Chain** (development continuum), grew out of an earnest striving to understand and manage all the socio-political, environmental and economic dynamics and challenges which confront fieldworkers daily, when trying to assist the poor to start and run permanent and viable community micro-farming projects at home and in community gardens. Some of these dynamics include: poor education, poor and damaged self-image among the target group, poverty mentality, gender tensions, racial, ethnic and class tensions, self-enrichment vs group benefit, grassroots power politics, erratic and very harsh weather patterns, very poor soil, massive unemployment and very little money among the target group, low staff salaries, zero agricultural infrastructure, minimum interest and support from local and national government, modest donor and funder interest.

The Development Chain takes all the above dynamics into account and allows support organizations to realistically deploy support to micro-farmers efficiently and progressively, so that those who need extra food and cash, can achieve significant and sustainable life enhancement through micro-farming, without having to become full-time micro-farmers. Those who engage more deeply, however, can move further along the Development Chain, according to genuine ability, and even create permanent self-help jobs for themselves, on 500 m<sup>2</sup> of land, with regular incomes of between R400 to R3000 per month, after costs, depending on farmer skill and commitment.

The steps along the Development Chain can be closely monitored and measured via a specially developed tool called the Abalimi Sustainability Index, and effective decisions can therefore be made, every step of the way, whereby resources can be deployed to maximum effect, with minimum waste. Abalimi supports between 1500-3000 micro-farmers every year at a cost of approximately R100 per farmer per month. This R100/month/farmer covers all operational costs which support the farmer: supply of cheap and free resources like fertilizer, seed, seedlings, free advice and information, free and cheap training and free on-site technical support, value chain development and marketing of produce via a packshed, monitoring and evaluation, management and administration, promotions, fundraising, reporting and auditing.

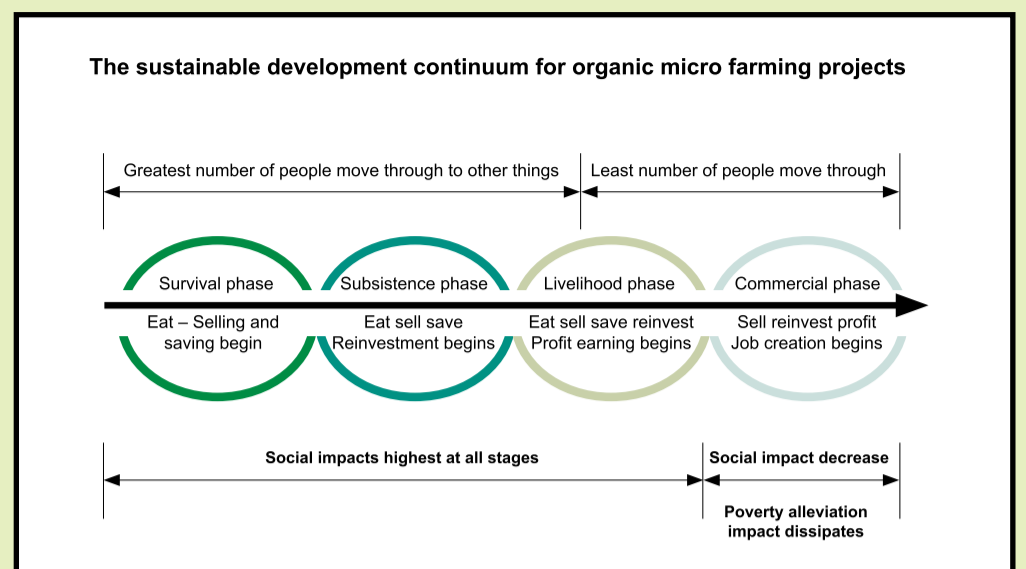
Rob Small of Abalimi Bezekhaya has led the formulation of the "development chain" (or continuum) which he has applied to community based organic urban micro farming. This unique Development Continuum and Sustainability Index framework is able to track sustainable development of community projects along a clear pathway and is an essential tool for recognizing the development stage of a project and the direction in which it could progress. The development chain (continuum) proceeds through four phases. Projects can remain in each phase permanently or cycle (move backwards and forwards) between phases, depending on circumstances. The phases are: Survival Level, Subsistence Level and Livelihood (semi-commercial) Level and Commercial Level.

## DEFINITIONS

**Survival Phase:** Produce is seasonally grown for own consumption with very little sold, which is used to buy some essential garden inputs and household necessities. Otherwise the inputs are free (being either self collected or self produced such as compost or use of grey water) and permanent, at very low cost to the support agency, about R50 – R100 per farmer per annum excluding water, infrastructure and land costs. There is no minimum production area, but survival gardens in the ABALIMI target area usually vary between door size to 50 m<sup>2</sup> per family. It is also true that farmers with larger lands can be at survival level for various reasons. Some savings may begin as skills and gardens develop. Everyone wants to move out of survival phase as quickly as possible and can indeed do so very rapidly, within one year, given the correct support. Survival phase micro-farmers are often generous and share their little produce with each other and with other needy folk.

**Subsistence Phase:** Produce is seasonally grown for own consumption but production is intensified which results in a seasonal surplus of crops. Selling becomes more significant and more cash goes to supplement household income. Savings become important and re-investment into the garden begins. This should result in yet greater productivity and enthusiasm to increase production and income. The minimum production area is 100 m<sup>2</sup> per member/ family, which is enough to feed a family of five with all the fresh vegetables that they need, year round, given sufficient basic skills and commitment. A successful subsistence micro farmer will realize a super-abundance of table vegetables on a regular basis, and such farmers are usually very active and generous, giving a lot of their surplus to the sick and needy and to friends and family. It is at this level where people begin to dream of their future again and to have hope that they may be able to move forward. Personal physical health returns and is a major talking point among farmers. The majority of "new farmers" move through this level on to other things. A great many people gain the courage and strength to move on from this level to look for and obtain work and opportunities in non-agricultural occupations. This stage is often a platform and launch pad for people to move on in their lives, off the land. The cost to support one subsistence farmer with permanent input resources, advice and training is not more than R50/farmer/month, excluding water, land, equipment.

**Survival and Subsistence phases are the most cost effective and powerful phases of micro-farmer development** and alone can permanently overcome extreme hunger and nutritional insecurity among the poor nationally, within 3-6 months, at very low cost, provided people want it and provided the correct support is given. Social benefits (like women's empowerment) at these levels are massive.



Graphic developed by Rob Small.

**The Development Chain (continuum) was applied to the evaluation of Harvest of Hope projects. Micro-farming projects which supply Harvest of Hope were assessed for possible impacts on their capital assets and stable, sustainable development. The next two pages will introduce you to some examples which range from the Survival Level onwards to Subsistence Level and Livelihood (semi-commercial) Level. Full Commercial Level is yet to be achieved.**

**Livelihood (semi-commercial) Phase:** This phase cannot be seen in isolation from the previous phases. Without a broad and thriving subsistence phase, continually fed by striving survivalists, it is not possible to graduate significant numbers of farmers to livelihood phase. In this phase a balance is aimed for - 50% of produce for own and local consumption and 50% for selling to the market. Production is moderately intensive and continuous. Selling vegetables is a primary economic activity and provides up to 50% of farmer income. Saving is stable and regular. Reinvestment occurs and profit earning begins. Other social income earning activities are also commonly started, such as crafting, local catering, child day care and so forth, which can also benefit cohesiveness within the surrounding community. A Livelihood -micro-farm can become a community centre where farmers, customers and neighbours meet and work together on non-farming income earning and social projects.

**Farmers at all phases and levels MUST receive modest ongoing, permanent, structural and developmental support**, as part of the permanent sustainability formula. This applies also to commercial farmers, who absolutely cannot do without cheap or free water, electricity, loans and so forth.

Taking all 1500-3000 farmers at all three levels per annum into account, the total support cost per farmer is currently between R84/farmer/month to R170/farmer/month. This cost per farmer includes full inputs supply, training, ongoing on-site training and extension, value chain development, marketing support through a pack shed, planning, monitoring and evaluation, accounting, administration and management, financing, promotional and fundraising support. Revolving zero and low interest loan funds can begin to operate between this level and commercial level.

**Commercial Phase:** Abalimi has yet to define how it will support "commercial phase". There are a number of Abalimi-supported micro-farmers who are pushing very hard to move there. In this phase almost everything is sold for cash, and formal profit making can grow rapidly for the farmer and his/her associates, depending on discipline, skills and dedication. We have noticed that once the commercial element enters, generosity towards the sick and needy, neighbours and friends shrinks and social benefits shrink. We expect that this tendency will continue until the farmer is making significant profits, whereupon the farmer may begin to become generous again. However, Abalimi aims to influence the development of a "new commercial model", along the lines of ethical and social business concepts, which work cooperatively and stay focused on "small" and "human scale" rather than "big", while retaining good social impact.

On the following pages we would like to present you some community garden examples for each phase to illustrate the different development stages of gardens. Abalimi measures the different stages on hand of several indicators from its Sustainability Index.

Our first example will be "Cwayita". It is a community garden located in Khayelitsha and it is our example to illustrate the Survival Phase.

Cwayita is very young garden and the members have to work hard to grow vegetables as the water supply and the strong Cape winds are problematic.

Cwayita was established in February 2009. Like many of the gardens, it is situated on a wide open space next to a school. From a distance you see sandy dunes covered with long dry grass, and little would make you think vegetables could be grown there. However, upon arrival in the garden, these dunes have been shaped into neat rows of cabbage, tomatoes, and carrots. A little wonder is happening here.

The garden is run by a group of twelve people, all gathered around a family living just next to the garden. Even though the garden is young, a lot of work has been put into it and so it has gone a long way from being only a piece of sandy land. Onela, 18 years old son of the family, is working

in the garden before and after school, too. At the beginning he thought that the idea of starting the garden was just crazy. Now he sees that, despite all obstacles, the garden is growing and first harvests are in progress. He now realizes that urban agriculture can change life!

As they are at the start of the Survival Phase there is still lot of work to be done. A borehole needs to be installed to provide water for the plants, fencing needs to be put up around the garden to protect it from unwelcome guests, windbreaks need to be planted to stop the sand from creeping on the cabbage and salads, and the soil needs to be prepared for planting.

There are "big plans for this garden" as Mrs. Feni (see picture) tells us. So far they only farm part of their land but they want to cultivate more land so that everybody can have access to enough healthy vegetables for their families, and the surplus can be sold to the local market. In the future, this could facilitate the creation of more jobs.

There is still a lot of work to be done, and the environment is harsh on the plants, but the gardeners are confident that they will go far, creating a green, fertile piece of land. Mrs. Feni tells us, "We have to be strong, God can give you the power to do, we must be confident".



Cwayita land at the beginning



Cwayita nowadays



To give you an idea about the **Subsistence Phase** we would like to demonstrate **"Ntinga"** community garden.

Ntinga is located on the top of a hill, between the police station and a clinic. From there, you can see the outskirts of the Khayelitsha area, lined with small houses and shacks.

The garden was first established in 2007. At the beginning they got supported by the Department of Agriculture which provided them with fencing. The municipality gave them the land and water for free. In 2009 Ntinga joined Abalimi. Abalimi provides them with ongoing training support.

Hard work and persistence on the part of only three farmers has transformed this community garden from a sandy wasteland to rows of green vegetables.

Mr. Sibidla told us, that the name Ntinga means in Xhosa, "to soar like an eagle". And they really do look after the garden with an eagle eye...

The farmers are curious and have been experimenting with various gardening techniques. They have made proper compost, and even though it is very labour intensive, have created eight trench beds. They recycle old pieces of furniture, for example, the leg of a chair or the door of a cupboard, to create plot boundaries.

The farmers are also interested in learning how to become more independent. For example, when volunteers come to measure the garden, they want to learn how to do it themselves. This enthusiasm keeps the group strong.

Decision making is done together, and issues about money and project management are discussed as a group. For example, more windbreaks need to be planted and a borehole installed.

We chose this garden as an example of the Subsistence Phase garden because they produce enough vegetables for their own consumption and regularly have a surplus of crops. They sell to people from the community, including the nearby police and clinic staff.

Harvest of Hope now also buys vegetables every Tuesday from the garden, which has resulted in the farmers beginning to achieve a regular and stable income. This allows them to begin to save and re-invest into their garden, which in turn increases their production. Actually we define them as Late Subsistence Level because they are close to step up to Early Livelihood level soon.

The garden is only run by three members, but their strength, love and enthusiasm will help them progress further along the development chain.



Mr. Sibidla (left) and Mr. Walaza (right) working in their garden



As an example for the **Livelihood Phase** we would like to present **"SCAGA I - Siyazama Community Allotment Gardening Association, section I"**.

Since their establishment in 1997 they are working very hard and went step by step up the development chain to Livelihood Level.

SCAGA I is based in Macassa, Khayelitsha and consists of 10 full time female members and 3 part time members originating mainly from the Eastern Cape. They also have a care taker who lives there. Before they started their community group, they suffered from hunger and unemployment. They chose to name their garden Siyazama which means "we are trying". And yes, they tried to change their lives and have now successfully achieved livelihood status. Thanks to an Abalimi gardening campaign in Macassa, Khayelitsha, the women were able to meet and form their group. They started off with basic training for backyard gardening and now they are planting and harvesting on a 5000 m<sup>2</sup> plot of land.



The land at the start



And nowadays



**This season they are growing sweet potatoes, butternut, pumpkin, beetroot, tomatoes, leeks, spring onion, lettuce, carrots, broccoli, cabbage, spinach, beans, gooseberries and herbs. The communal plots are located in one half of the garden and are market orientated and contracted to Harvest of Hope. Money earned from the vegetables produced here goes to the joint account which is accessed at the end of the year.**

The whole garden is well organised with regular plots. They have planted windbreaks between the rows of plots which protect the crops from the extreme winds common on the Cape Flats. These windbreaks also host a multitude of indigenous bird and animal life - even sunbirds! Their private plots are located on the other end of the garden. Everybody has their own plots and they either use the vegetables for themselves or they sell to the community.

Scaga I is at the Livelihood level because their production is moderately intensive and continuous. Selling vegetables is the primary activity and provides a reliable source of income. Saving is stable and regular, reinvestment occurs and regular profits are earned, they also grow vegetables for themselves and have other income earning activities: Selling vegetables is not their only income!

But the members have more dreams... They would like to have bigger land and more farmers. They also would like to have sewing machines so that they could have yet another income source, as well as facilities to take care of children after the local crèche closes.

They have a strong group feeling and support each other wherever they can. These women are very powerful, creative and strong. Their ages range from 45 years to 71 years for the oldest member. The group says that they enjoy gardening, as it keeps their bodies healthy, relieves stress, and they feel fresh and young!



For example farmer Nokwanda Nkqayi is the driving force in developing a visitors centre with catering facilities and crafts. Every week they welcome visitors organized by Uthando (Love) South tour operator. This visit always offers great economic, cultural and social exchange. Meetings are hosted in the big building on the site, which provides shelter and a place to meet during all weather conditions. The visitors can enjoy tea and eat delicious Amagwinya (fried dough-or "vetkoek") while listening to Nokwanda's stories. Afterwards they have time to walk around in the gardens, to talk, or to buy some of the jewellery made by the Scaga members. If you are interested in visiting the farmers of Scaga I please contact Nokwanda on her cell phone to arrange a meeting. (Nokwanda's number: 083 241 6411) Or contact James Fernie of Uthando at jamesfernie@uthandosa.org, or on Tel : +27 21 683 8523 who will arrange everything for you.

The community also benefits from the work of the Scaga I farmers as they sometimes give vegetable donations to HIV and Tuberculosis patients. Furthermore, the women welcome primary school visits and offer practical exchanges to horticulture students.



7 of the 10 full time members presenting their jewellery. From left to right: Nokwanda Nkqayi, Nomsasube Maflika, Nobesuthu Mgumane, Thozama Dedezane, Esther Snetine, Noqabaka Gocina, Olga Bukaula

# Special Mentions - Volunteers

THANK YOU TO ALL OF OUR VOLUNTEERS! PLEASE SEE INSERT (BACK OF ROLL OF HONOUR) FOR THE FULL LIST.

Here are some pictures of some volunteers:



ASA-GLEN volunteers 2008  
Marika, Matthias and Ida



ASA-GLEN volunteers 2009  
Marie and Marguerite



Eduardo Tarasca helping Mabel Bokolo



Do it Day Volunteers 2008



Kids from Grade 2 of Western Province Prep School

# Staff Welcomes, Goodbyes and Notices

## Goodbye and special thanks to:

- **Nyaniso Matwa**, who was a field support worker, leaving us in November 2008
- **Julisa Petersen**, who worked as administrator and left in August 2008
- **Tiko Mwambetania**, who helped out as a trainee bookkeeper and left in July 2008

## Welcome to:

We want to welcome **Tracy-Lee Caderberg** in our team, who joined in October 2008 and works as accountant.

In May 2009 **Linci Abrahams** joined our team. She has taken over the front desk and general administration- a very wide ranging task, needing nerves of steel!

## Special Notice:

**Christina Tenjiwe Kaba, Operations Manager - 20 years with Abalimi**

Special Thanks we tribute to Christina Tenjiwe Kaba, who celebrates her 20th anniversary with Abalimi this year.

Christina Tenjiwe Kaba was born on a farm near Kokstad (near Durban) in 1947, where both her parents worked as farm laborers. She attended school until Standard 2, after which her parents could not afford for her to continue her education. At the age of 14 she started working as a farm laborer and domestic worker. Christina married in 1971, after which she moved to Lesotho, and later, in 1984, to Cape Town. Whilst

living in Lesotho, Christina involved herself in a number of community projects. Soon after she arrived in Cape Town, she became a voluntary member of the LAMLA garden initiative and worked as a volunteer civic educator for Masifundise. In April 1989, she joined Abalimi, which at that stage, was a small, young organization. Over the past 20 years, Christina has become one of Abalimi's most valuable assets, as she has played a leading role in the organization's growth and expansion. Christina is the mother of three children and a life-long Freedom Activist.

Christina Tenjiwe Kaba started with Abalimi as Garden Centre Operator in Khayelitsha until elections in 1994 after which she took on the task of senior urban agriculture fieldworker. She is responsible for the establishment of many thousands of home gardens and hundreds of community gardens and greening projects in the Cape Flats area and notably the Manyanani Peace Park in 1995, which is the first community managed park in South Africa and caters for relaxation of the community, sports and youth groups. Other projects she initiated were the lobbying for the first ever public swimming pool in Khayelitsha, establishing stokvels and savings clubs and the founding of the Vukuzenzela Urban Farmers Association (VUFA)- the first ever black woman-led urban micro-farming association in the history of South Africa. In 1997 she was promoted to Outreach Coordinator with added responsibility for urban agriculture and greening. During



2005 she took overall responsibility as Field Operations Manager of Abalimi and leads all fieldwork at Abalimi. In 2009 the board appointed her as voting member. Besides being Field Operations Leader and the responsible person of both Garden Centres, Christina is truly the "Mother of Abalimi" - she solves all Fieldstaff problems and negotiates the snake-infested thickets of grassroots politics, while providing a powerful bridge between cultures. The Abalimi Team would like to earnestly thank you for your strong and enduring Servant Leadership!!

## SPECIAL ANNOUNCEMENT regarding TAX CERTIFICATES for SA Donors via the Farm and Garden National Trust

**Dear Friends**, if you want to donate but also want a Tax Certificate for the SARS, this is now possible provided you make your donation out to "The Farm and Garden National Trust", and stipulate in a separate note that the donation must go to Abalimi. For more information visit the Farm and Garden trust on [www.farmgardentrust.org](http://www.farmgardentrust.org) or simply make a donation out as follows:

**Cheque:** make out the cheque to Farm and Garden National Trust and post it c/o Abalimi P.O. Box 44, OBS, 7935. Please include a note stipulating what you want

the donation to be used for - see donation form for examples.

**EFT:** make a deposit with the reference "For Abalimi" to the Farm and Garden National Trust, Nedbank, Acc Number 1046519328, branch code 10460901

The Farm and Garden National Trust has been set up by Abalimi co-founder Rob Small, to help to support Abalimi as the national best practice role model for micro-farming in SA, and to spread the Abalimi approach nationally. Any queries? Please email Rob at [info@farmgardentrust.org](mailto:info@farmgardentrust.org)

## Constantia Valley & Berg Garden Clubs Open day organizing team 24-25 October 2008!

**Dear Wonderful Women of the Valley and Berg**, thank you once again for your fantastic donation of R53000 from your Open Day celebration on the 24th to 25th of October 2008. It takes a HUGE effort to organize your open days, and you can be sure that the micro-farming movement among the poor is growing rapidly with your important help. Maybe one day our gardens will be as beautiful as yours!!



Andrea Benn, Anne Dew, Leona Norman, Liz Simpson, Jean Korb, Marianne Alexander, Maureen Viljoen (Chairperson) Anne Langley, Lyn McCallum, Elaine Conradie, Di Thomson, Jane Jordan, Glenda Bell and Brigitte Berg

# Roll of Honour

Thank you to all of our friends! **Please, see the insert for the full list.** The diversity and spread of ABALIMI's friends is the result of 19 years of relationship building. This list covers the reporting period of April 08 - September 09 (18 months).

NOTE: if there is anyone who should be mentioned, or anyone who no longer wishes to be mentioned, we will make amends. We are deeply grateful for your partnership and commitment. Every cent is efficiently utilised to deliver results. Audited financial statements are available on request.

# Notice Board

**A list of wishes from the Fieldworkers, Abalimi staff and Garden Centres:**

## For Harvest of Hope:

- a fridge for storing vegetables
- one hundred A5 counter books for the farmers

## For the office in Philippi:

- 2 seater couch with chairs and coffee table for welcoming visitors
- Office chairs, tables, cupboards, storage shelves and a toaster
- a de-longi fast-heat oven to replace the nasty microwave

## For Khayelitsha garden centre:

A stove, a de-longi fast-heat oven, any good gardening tools to pass on to needy home gardeners, carpet, heater

## For Nyanga garden centre

Fridge, cupboard, table, stove, pots, tools, kettle and plates because their kitchen stuff got stolen

Anyone wanting to **donate plants and garden stuff**, please call Clare Linder on 021 6719323.

**Change of address?** Should your addresses / contact details change, please notify our admin office so we can rectify our mailing list.

**Cheques** should be made out to ABALIMI BEZEKHAYA otherwise they are not bankable.

If you want to be part of an **ABALIMI-Harvest of Hope** tour on Tuesdays, please contact us at: [info@abalimi.org.za](mailto:info@abalimi.org.za)

## Volunteers are welcome!

We welcome volunteers! Please note however that Abalimi cannot pay for living costs or stipends. In particular, we seek self-motivated volunteers who can commit for longer periods.

**At the moment, we especially seek the following skills:**

- There are plenty of community gardens who need extra hands on a regular basis to help with weeding and other green finger tasks! Own transport and own drivers license an advantage, to help with deliveries!
- Librarian - to assist us with structuring and developing our resource library and archives.
- Legal eagles who like to give serious pro-bono support (as if it was paid for) to highly effective social profit agencies.
- Database Developers and IT experts- to improve our Database and IT systems
- Landscape designer/architects to help us out in measuring the gardens and mapping
- Black professionals who love gardening and nature who would love to sit on our Governing Board.

**Editor:** Rob Small  
**Producer:** Katharina Mehnert  
**Photos:** Katharina Mehnert, Eduardo Tarasca, Margaret Edelstein, Marguerite Ribstein, Marie Petter, Liesel Smith, Matthias Höhne, Liz Simpson, Wiebke Unger, Kate Linder, Abalimi staff  
**Reports:** Rob Small, Katharina Mehnert, Marguerite Ribstein, Marie Petter

**Design:** INKFISH

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# JOIN AS A FRIEND OR DONATE TO ABALIMI

- I would like to become a friend of ABALIMI. I understand I have no obligations except to promote ABALIMI's work by circulating the newsletter. My contact details are listed below.
- I would like to support the work of ABALIMI

**Please note that we are happy about any donation, i.e. your support need not cover the full costs of an activity.**

Herewith a cheque/postal order/ bank deposit slip for (amount) \_\_\_\_\_ to:

- Establish Home Veg Gardens  
 Plant Trees  
 General Donation (Other Amount)  
 Establish Community Market Gardens  
 Sponsor a Micro-Farmer

- Tree Planting:** It costs R135/ £11/ \$18/ €12 to plant 1 tree, with training and follow-up.
- Veg Gardens:** It costs R1350/ £111/ \$185/ €120 to establish one new township home veg garden or one new community market garden bed, together with training, trees and follow-up.
- Micro Farmer:** It costs R100 to support one micro-farmer with affordable inputs, training, follow-up, monitoring and evaluation, networking, management and marketing services for one month.

#### BANK DETAILS FOR DIRECT DEPOSITS

SA RAND: Standard Bank, Thibault Square, Cape Town  
 Branch Code: 020909  
 Acc. No. 070912637  
 Account Type: Cheque/Current  
 Account Name: ABALIMI BEZEKHAYA

FOREIGN  
 CURRENCY:

First National Bank, 34 St Georges Mall, Cape Town  
 Branch Code: 201309 Swift Code: FIRNZAJJ461  
 Acc.No. 50050041661  
 Account Type: Cheque/Current  
 Account Name: ABALIMI BEZEKHAYA

**TAX RECEIPTS FOR SA DONORS:** if you want a tax receipt for reduction of your annual income tax, please make your donation out to The Farm and Garden National Trust. NOTEWELL: donations made out to Abalimi cannot get a tax receipt. If you are sending a cheque, make it out to the "Farm and Garden National Trust". If you do an EFT, make the deposit to:

*The Farm and Garden National Trust, Nedbank, Claremont Branch, Cape Town, Acc. No. 1046519328, Branch Code: 10460901*

Note: write "Abalimi" in the reference section.

Please send the donation form and transaction slip, or cheque, to the Farm and Garden National Trust, C/o Abalimi, P.O. Box 44, OBS, 7935, or e-mail same to info@farmgardentrust.org or fax to 086 6202970.

**TAX RECEIPTS FOR USA & UK DONORS:** go to www.globalgiving.com, look for 'find a project', then for 'South Africa' and for 'Capacity Building: Urban Farming and Gardening'. Make your donation there. Abalimi is one of the specially selected projects which is given a place on Global Giving. Global Giving is the leading international channel for web-based funding and networking.

My name: Mr/Mrs/Ms: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Postal code: \_\_\_\_\_ Email: \_\_\_\_\_

- I require a receipt by post.  
 I do not require a receipt by post.  
 Please email acknowledgement to above address.

Tel no: (h) \_\_\_\_\_ (w) \_\_\_\_\_ (m) \_\_\_\_\_

I enclose a further R35/ £3/ \$5/ €3 which includes postage for a certificate with the following inscription:

Please post the certificate to the above address/other address as follows:

- I would NOT like to be named as a donor in the newsletter / annual report / financial statements.  
 I would like to take out a STOP ORDER in favour of your work. I will send Abalimi a copy of my bank instruction.  
 I would like to include ABALIMI in my will ensuring that the good work continues into the future.  
 Please send me an overview of ABALIMI'S work.  
 Please remove me from your mailing list.

Please tick the boxes which apply.

Feedback (we appreciate it!)

Signature: \_\_\_\_\_ Date: \_\_\_\_\_



# Roll of honour

April 2008 – September 2009



Abrahams A  
 AC Louw Trust  
 ACTSA UK  
 AD Jerman  
 Alderman Suzie  
 Anglo American Chairmans Fund  
 Anton, Peter & Jane  
 ASA-GLEN network  
 Ashton PH&F  
 AUSAid  
 Australian Broadcasting Corp.  
 Baraitser M&M  
 Barker Natasha  
 Barrow J  
 Benneyworth J  
 Blaine MH  
 Blethyn S  
 Blok Piet & Sheila & Natalie  
 Bond Hazel Dawn  
 Bradburn MR  
 Brom B, Dr.  
 Brossy MJ, Dr.  
 Brown JLP  
 Brown SN  
 Buenzli R  
 Buytaert Maria  
 Cabra Dominican Sisters  
 Calmeyer AD  
 Canadian Gardeners Tour via  
 Hidden Vintage Tours  
 Carter Family Charitable Trust  
 CCA Environmental (Pty) Ltd  
 Chapman S&K  
 Climate Ticket Project via  
 Aachen-Cape Town LA21  
 partnership  
 I, T & R Cohen Charitable Trust  
 Constantia Valley & Berg Garden  
 Clubs  
 Cooke HB  
 Corrigan Ellen  
 Crawford GE  
 Crida R  
 Cronwright R  
 Dangwen Trust  
 Dawkins MJ  
 Derman Cynthia  
 Derman S  
 Dittke Susan  
 Dodson  
 Dose RM  
 Drennan Duncan  
 Durbanville Garden Club  
 Edwards HL  
 Edgson Merridy  
 Egert Simon  
 Euvrard  
 Eva Jean  
 Evans A  
 Evesden Laura  
 Farm and Garden National Trust  
 Faulkner W  
 Fife R  
 Fisher HA  
 Fisher RM  
 Frater Angela  
 Freeth J  
 Frost Hilary (40TH Birthday)  
 Garber C  
 Gibson FH  
 Gigliotti Miriam  
 Giles D  
 Gillespie DJ

Global Giving  
 Glyn-Jones E  
 Gordon Marielle  
 Graham RJ  
 Graves F  
 Gray Trust, The  
 Greater Good South Africa  
 Green J  
 Greene J&B  
 Haylett Noeline  
 Hammer H  
 Harris Janice  
 Heald M  
 Heckmann JM  
 Helderberg Village Garden Club  
 Herbstein Tom  
 Hodgetts G  
 Hodgson K  
 Hofer EB  
 Honig MA  
 Honig T  
 Howes GM  
 Howes LW  
 Howie C.T.  
 Hughes G  
 Hyman Goldberg Foundation  
 Infish Design Studio  
 Jacobs A  
 Jagoe- Davies, Kate  
 Jambo International  
 James B  
 Jensen Clare  
 Johnson L  
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 JVC - Tsuyama Naoko  
 Kahanovitz Colin  
 Karol Louis  
 Kenridge Womens Club  
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 Koliashnikoff PV  
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 Lynette Croudace Trust  
 Malan DE  
 Malherbe J  
 Matthews Michelle  
 McCarthy PA  
 Measures Mark  
 Meijer HJ  
 Meijer Ineke  
 Meinert JC  
 Mentz BE  
 Meyers JE Prof  
 Miles LP  
 Miles PD  
 Miller MSH  
 MISEREOR  
 Moore FIW  
 Morgan CW  
 Morphet JMC (Robin Law  
 Memorial Fund)  
 Morris Alan & Friend - Holy  
 Redeemer Parish Visitors  
 Morris RA  
 Mouton A  
 Muller J  
 Munnik Anne

Murphy K  
 N/O Fund  
 Nash M & Friend  
 Nash M., Dr.  
 National Lottery Fund  
 Neutrog Africa  
 Noakes Family Charitable Trust  
 Nordstrom Kip  
 Oberholzer B  
 O'Brien J Dr  
 Octagon Marketing (Just Do It  
 Day)  
 Old Mutual  
 O'Malley JET  
 Oosthuizen Adv. André  
 Opening to Learning  
 Osrin, Eliot & Myra Charitable  
 Trust  
 O'Sullivan John Dr  
 Penfold M  
 Perl R  
 Peters MH  
 Pina Cynthia  
 Pitt/Evans  
 Poulton VG  
 Price Anne  
 Rabinowitz BP  
 Rabinowitz Hyme & Jen  
 Raith Foundation  
 Reddihough IF  
 Regan Rosemary  
 Regenbogen via Dr C Blume  
 Rice WH  
 Richardson C  
 Robinson S  
 Robinson W  
 RUA Foundation  
 Ryan N  
 Saacks BE  
 SAEL  
 Saunders Trust  
 Schiltz Eunice  
 Semple ASF  
 Shaw RE  
 Sieckmann HD  
 Smuts P  
 Smythe R  
 Society of Marine Mammology  
 South Africa Support Group e.V  
 SAGE Net - DBU  
 St Ola's Trust, The  
 Stekhoven A&J  
 Stonestreet LL  
 Strickland JM  
 Synchronicity Foundation  
 Terry-Lloyd J  
 Thomas Ralph  
 Thomasson Inga  
 Thompson Mark  
 Thompson Sheila  
 Timm Heidi  
 Timms RB  
 Tracker  
 Trovato Garden Club  
 Tullie N  
 Turnbull PTL  
 Tyfield MA  
 U3A Sherlayne, Peter & Sheila B.  
 Umvoto Africa (Pty)  
 Usher CR  
 Uthando (Love) South Africa  
 Valleybrook Group via Hidden  
 Vintage Tours

Van der Riet AE  
 Van Essen L  
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 Viljoen Adv. HP & M  
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## Donations in kind from:

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 Electric Book Works  
 Bowsher Richard  
 Viljoen Marie  
 Gillian Eva  
 Wood Clive  
 Cape Horticulture Society via  
 Melanie Stewart  
 Brenda Martin and Project  
 90x2030  
 Octagon Marketing

## See over:

Special Mentions- volunteers



# Special Mentions - Volunteers

We would like to honour and give special thanks to all the volunteers who supported Abalimi!



## Volunteers from the period from April 2008 until March 2009:

**Dawn Kirkland** (Aug 08-Dec 08) - worked in pack shed, gardens and office, did impact research project about the social and financial impact of Harvest of Hope

**Raphael Tautz** (Aug 08) - a German school volunteer, worked hard in the fields

**Rebecca Fasselt** (Aug 08-Dec 08) – worked at Fezeka garden once a week

**ASA-GLEN-volunteers** (Aug 08-Nov 08) - **Marika Berton, Ida Adolfova, Matthias Hoehne** -helped out with Monitoring and Evaluation, HOH administration and the publication and production of the Newsletter 35

**Regine Koch** (Oct 08-Dec 08) - managed the front desk and supported our fieldworker Vatiswa

**Alex Chouler** (Sep 08-Oct 08) - helped Christina Kaba at the Siyazama gardens in Khayelitsha

**UK landscaper volunteers** (two days in Aug 08) - English landscapers helped planting windbreaks and did major gardening works at SAKHE and Siyazama gardens in Khayelitsha

**Do it Day Volunteers 2008** - 25 volunteers performed a range of gardening tasks at Fezeka garden

**Graham van der Vywer** - negotiated full ownership rights to Abalimi for our little book 'How to start a garden for only a few cents'

**Saul Raux** (Jan 09) – worked at Fezeka gardens and did a lot of driving for our fieldworker Vatiswa

**Ineke Meijer, Jenny Smuts** - contribute lots of patience, strength and expertise to HOH marketing

**Western Province Prep School (WPPS)** - supported us with many helping hands on several days

## Volunteers from the period April 2009 until September 2009:

**Juliane Giordano** (Mar 09-Apr 09) / **Theo & Rainer Kop** (Jun 09)/ **Samantha Borkovic** (May 09-Jun 09)/ **Rachel Tembo** (Mar 09- Jun 09) - supported our ladies in Fezeka gardens

**Emma Liliedahl Allen** (Apr 09-Jun 09) - worked at the office

**Uthando South Africa** (Jul 09) - organised 50 volunteers from "And Beyond" to help out in Scaga I

**Eduardo Tarasca** (May 09-Jul 09) - volunteered for Harvest of Hope

**ASA- GLEN volunteers** (Jul 09-Sep 09) - **Marie Viktoria Petter, Marguerite Ribstein** - helped with Monitoring and Evaluation, mapping and story collection

**SAGE-Net via "weltwärts" programme** (Sep 09-Sep 10) - **Katharina Schneider** - helps to coordinate and develop Abalimi's volunteers programme and is responsible of the Monitoring and Evaluation project / **Robert Komm** - is assigned to Harvest of Hope (marketing)

**Lee Edelstein, Jenny Killian, Kate Mayson and Anne Champion, Clare Linder** help out on drop off points at schools every Tuesday and distribute Harvest of Hope vegetable boxes to the families

**Tom Herbstein and Margaret Edelstein** - volunteer weekly for Harvest of Hope marketing

**Simric Yarrow and the Michael Oak Green Group** - mobilized the Michael Oak HOH launch

**Abalimi's governing board members:** Mandokoze Nancy Maungo (Chairperson), Tenjiswa Stevens (Vice Chairperson) Gerrard Wigram (Treasurer), Robert Small (Secretary), David Golding, Jennifer Anne Smuts, Boudewina Maria (Ineke) Meijer, Debbie Collier, Christina Kaba

**And its members:** Thobeka Nkohla, Lungisa Huna, Chris Mullins, Fiona McKay, Matthew Walton, Clare Linder.