



Gender, Urban Agriculture and Food System Training



Attendees of the GUAFS Training held in Feb. 2023 at Mazingira Institute

15 sub-counties in Nairobi who were mobilized in collaboration with the Food and Agriculture Sector, Nairobi City County (NCC).

The objective of the training was to develop knowledge and skills for the practice of urban agriculture as an activity of the food system. The topics covered included crop production and management, livestock production and management, domestic food processing, and organic waste management.

These were facilitated by various trainers including NCC extension officers, Nairobi Environs Food Security, Agriculture and Landscape Forum mentor-practitioners, and Mazingira Institute staff. The hope is that this will result in

On 20-25th February 2023 the Mazingira Institute held a Gender, Urban Agriculture and Food System (GUAFS) training. It was attended by 21 trainees: 12 female and 9 male trainees from

Women's Spaces Project: Nairobi City County (NCC) Gender in urban agriculture and the food system.

The project's ultimate aim is to enhance the implementation of gender-equal access to land and resources for urban agriculture. This will be accomplished through the following array of activities, planned to roll out over five years, from 2022 to 2027:

- Training of officials on urban agriculture and the food system and on gender sensitivity;
- Production of training materials;
- Studies, meetings and workshops;
- Active engagement with farmers and NCC through mentoring and monitoring, technical assistance, database development and building of a demonstration unit.

The project is implemented by Mazingira Institute, in collaboration with the Food and Agriculture Sector, NCC. It is an initiative of Mazingira Institute and Rooftops Canada-Abri International and is executed with the financial support of the Government of Canada through Global Affairs Canada.



The trainees, guided by an extension officer, participating in a practical demonstration on composting.





The trainees observing a practical demonstration on yoghurt processing.

increased capacity of project beneficiaries, especially women, to engage equally in urban agriculture and food system activities. Through monitoring and evaluating the trainees after training we can assess this change.

NEFSALF Periodic Meeting

The Nairobi and Environs Food Security, Agriculture and Landscape Forum (NEFSALF), a place for deliberation on the food system of Nairobi city county, meets twice yearly. The most recent meeting was held on 9th March 2023. The meeting is also a place for its members to update the forum on upcoming plans and events. It was host to various presentations including the County



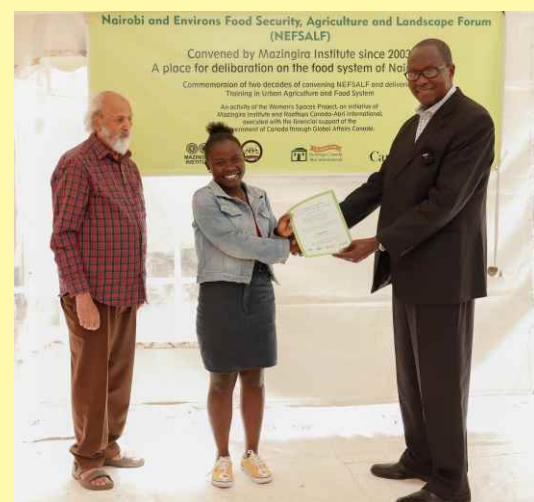
NEFSALF members at the March 2023 NEFSALF meeting.

Integrated Development Plan, the Women's Spaces project, the gender sensitive extension services workshop, and urban agriculture trainings.

This meeting was in part, a celebration of the forum's 20th anniversary. Since its formation, NEFSALF has engaged in numerous activities.

These include trainings, policy discussions, field days, visits to the Nairobi International Trade Fair, and international exchange visits to the USA, where NEFSALF members learnt more and trained others about urban agriculture.

To conclude the meeting, Albert Waweru, a NEFSALF Mentor and the Chair of the Food Liaison Advisory Group (FLAG), was tasked with awarding the February 2023 GUAFS trainees their certificates. Albert Waweru congratulated the trainees and thanked Mazingira Institute for continuously empowering urban farmers. He encouraged the trainees to take pride in the training course as the skills they acquired are invaluable. He also welcomed the newly trained



Albert Waweru, Chair of FLAG and NEFSALF mentor, awarding Agnes Njoki her certificate for completing the GUAFS training.

farmers to NEFSALF and encouraged them to take advantage of the available networks within the forum to grow further. This was followed up with testimonials from farmers that had attended the February 2023 training at the Mazingira Institute to further encourage the new NEFSALF members.

Urban Farmers in Action: How is it going?

Miriam Waithera Irungu

Miriam is a university student and small-scale farmer who engages in vegetable production and poultry keeping. She has a poultry business where she sells and incubates eggs for hatching purposes at a price. The poultry business has been profitable, and she uses some of the income to pay her school fees. Miriam gets inputs such as chicken feed from agrovets, local kiosks and leftover vegetables from her farm.

Miriam attended the Gender, Urban Agriculture and Food Systems training in February 2023. After undergoing the training, she implemented several changes based on what she learnt. Miriam started making her own chicken feed and was able to see a difference in egg production. Only a few were producing eggs before she started feeding them her home-made feeds, and now all the chicken are producing eggs.

She is currently selling chicken, chicks, and eggs. The chicks are selling at KES 100 each. Miriam further attested to the profitability of farming and said, “Although I used to dislike farming, the outbreak of the



Miriam, a Feb. 2023 GUAFS trainee, sharing changes in her agriculture practice at the March 2023 NEFSALF meeting with Sam Ikua Thiong'o, Project Coordinator, Mazingira Institute, assisting in the demonstration.

COVID-19 pandemic taught me otherwise. I have learnt to appreciate farming. It is a good source of income and anyone who wishes can make money through it. If you can, please mentor young people to engage in farming”.

Lucy Njeri Muthiora



Lucy, a Feb. 2023 GUAFS trainee, sharing changes in her agriculture practice at the March 2023 NEFSALF meeting.

Lucy Njeri is a broiler-poultry farmer. She is the main breadwinner in her household and is responsible for providing for her two children. She started keeping broiler chickens in 2018 to generate extra income for her household. She saw poultry farming as a viable means of paying for her children's school fees. Since she started keeping poultry, her son has been able to attend school consistently and has never been sent home due to a lack of school fees.

To get her poultry business running, Lucy saved up some money through a local self-help group and used the money obtained to construct a chicken structure and to purchase the

necessary equipment. She gets water from a borehole and purchases chicks and chicken feed from an agrovet. She sells the chicken to butcheries, hospitals, local markets, and neighbours.

When she was invited to attend the training, she wondered if it was a good idea to do so as she was worried that her absence would result in losses for her business. She however, decided to attend the training and learnt a lot. One of the key things she learnt is how to organically manage waste and make money by selling compost which she is now engaging in.

Through the training, she was also enlightened to the profitability of crop production and has since started growing vegetables with land given to her by her mother. Lucy's mother has also provided her a water tank so that she no longer has to fetch water from the borehole, which could be rather tedious. Finally, Lucy has managed to increase the amount of poultry she keeps, therefore increasing her profit.

Lucy concluded by saying, "Farming is good and highly profitable if one is able to do it full-time."



Young female trainees engaging in a side session with trainer Milcah Muinde (in green T-shirt), who is a livestock extension officer in NCC, for specialised feedback.

limited space available. He also plans to do some value addition by packaging lettuce. He further intends to improve his farming activities by going organic and planting different lettuce varieties.

In conclusion, Peter said, "In farming, timing is essential. Studying seasons is crucial if one wants to break even and realise big profit margins. It is important to stagger crops when planting so that something is always leaving the farm".



Peter, a Feb. 2023 GUAFS trainee, sharing changes in his vegetable production at the March 2023 NEFSALF meeting.

Peter Njoroge Kamau

Peter Njoroge is a vegetable farmer in Kasarani sub-county. He grows lettuce and karela, also known as bitter melons. He sells the farm produce to local vendors at Githurai market and gets seeds, fertilisers, and pesticides from an agrovet in the Nairobi central business district area.

After attending training in February, Peter set up his own nursery and transplanted seedlings to his farm. However, he encountered challenges due to global warming as all the seedlings dried. In light of this, he intends to apply the knowledge acquired during the training to set up another nursery and as a mitigation measure against the effects of climate change, he plans to apply various techniques like mulching and netting.

With lack of adequate space for farming, Peter also plans to apply urban agriculture technologies like setting up a wick garden to utilise the



Trainees learning about vermi composting from Ndungi Ngugi, NEFSALF mentor-practitioner.



Based in Nairobi Kenya

The newsletter is produced by Mazingira Institute which is responsible for its content.

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