



## A Photo-story of the Gender, Urban Agriculture and Food System Training

This is a photo story of our Gender, Urban Agriculture and Food System (GUAFS) training. The training is an activity of the Women's Spaces project. The project is an initiative of Mazingira Institute and Rooftops Canada Abri-International, executed with the financial support of the Government of Canada through Global Affairs Canada. In year 2 of the project, we had 109 trainees (59 female and 50 male). They included individual farmers, family farmers and group farmers from the 17 sub-counties of Nairobi City County (NCC). Majority of the trainees were youth aged between 18 and 30 years. The topics covered during the training were:

- Gender sensitization in urban agriculture and food system activities
- Organic crop production and management
- Livestock production and management
- Organic waste management
- Home-based food value addition
- Urban agriculture products marketing



**Trainees, trainers and Mazingira Institute staff pose for a group photo during the GUAFS training in August 2023.** Trainees composition is gender balanced. Majority of them are youth aged between 18 to 30 years and fairly represented from all sub-counties in Nairobi. The trainers are NCC extension officers, MI staff and NEFSALF Mentors hub members. To qualify for the training, one has to be between 18 to 40 years, located within NCC and be practicing either crops, livestock or fisheries production.

The training is divided into 3 phases: pre-training, training and post-training. Pre-training involves mobilising applications, short-listing applicants, interviewing and selection. Training phase involves the 7 days training covering the above listed topics. The post-training entails monitoring and mentoring of the newly trained farmers by Mazingira Institute staff and NEFSALF Mentors and Women's hubs members. This photo-story will only focus on the 7-days training phase. It is organised according to the topics.

### 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.



# Gender sensitization in urban agriculture and food system



**M**ercy Wanjohi, NCC Gender and Inclusivity Officer, facilitating a session on gender sensitivity in urban agriculture and food system. She facilitated a Daily Activity Clock exercise for women and men to show the different activities carried out by both genders in a day. In comparison, it emerged that women spent more hours than men working on house chores. This left little time for women to engage in urban agriculture and food system activities. Mercy thus recommended that men and women share household work more fairly. This would promote equal participation of women and men in urban food production activities.

## Crop production and management

**D**r. Margaret Mwaura (right), NCC Crops Extension Officer, training on leafy vegetables production using the cone garden technology. This technology saves space and water, which makes it suitable for vegetables production in urban areas. In a space of 1.5m<sup>2</sup>, the cone garden takes about 200 plants. Growing 200 plants using the ordinary method of open field would need a lot of space and water which is not easily available in urban areas.





# Livestock production and management



**T**rainer Michael Karanu (right), taking the trainees through correct livestock feeds mixing. Proper livestock feeding is key for successful production and management of livestock. Mr. Karanu taught on the correct portions to mix livestock feeds, to get a good mix of energy, protein, vitamins and minerals feeds to benefit the livestock.

# Organic waste management



**M**ary Nasieku (in red jacket) sprinkling egg shells on the compost heap during the organic waste composting session. Egg shells are a good source of calcium nutrient when making compost. Calcium is important for quality green leafy vegetables production. Compost is an affordable input for organic vegetables production. It is also good for the environment since it is natural.

# Black Soldier Fly farming



**Z**akaria Njuguna, NCC Livestock Extension Officer, training on Black Soldier Fly (BSF) farming. BSF grow in 5 major stages, from an egg to larva, prepupa, pupa and finally an adult, after which they die. The BSF life cycle is about 45 days. BSF farming is a way of organic waste management. They feed on overripe food waste like bananas, watermelon, tomatoes, oranges, etc. BSF are a rich source of protein for livestock feed. Farmers can save on their cost of feeding through producing BSF. They can also make income by selling the extra BSF to other farmers. BSF farming also reduces waste and contributes to a cleaner environment.

# Home-based food value addition



**B**rian(left), a trainee, participating in a rabbit meat cooking session as a value addition method to rabbit meat. Rabbit meat production is gaining popularity but consumption has been low due to some negative cultural norms. This session aimed to promote rabbit meat consumption as an alternative white meat to chicken and fish.

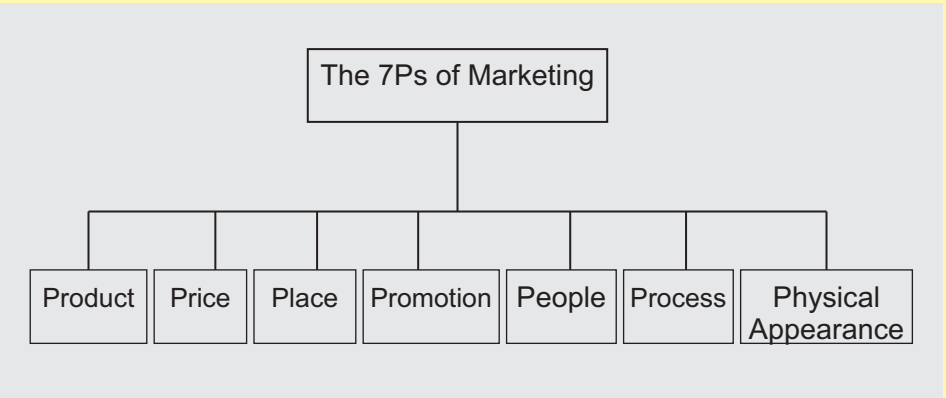


# Home-based food value addition



**A**nthony Mugwanja (in pink shirt), NCC Livestock Extension Officer, training on milk value addition process to make yoghurt in a home setting using items easily available in many homes. Yoghurt has a longer shelf-life and makes more profit than milk. Yoghurt making is becoming attractive to youth for self-employment and income, as an alternative to urban food production which requires more land and other resources that are not easily available to young people in urban areas. Yoghurt is also a healthy drink option for many people.

# Urban agriculture products marketing



**G**ladwell Mwasi, NCC Livestock Officer, facilitating a session on urban agriculture products marketing. She trained on the 7 Ps of marketing. They are: product, price, place, promotion, people, process and the physical appearance of a product. Good marketing of urban agriculture products is important for self-employment and income generation through urban farming.

In conclusion, this year saw the trainees gain positive attitude, knowledge and skills for engaging productively in urban agriculture and food system activities for food security and nutrition, self-employment and income generation. This was documented through our Stories of Change videos available on our You Tube page called Mazingira Institute. We hope that this training continues to benefit more people and add farmers to the growing community of urban farmers in Nairobi.



Based in Nairobi Kenya

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

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