

# Farm to Market

Volume VII Issue 01 • July 2011 • Peace Corps Togo • West Africa



Food is Life

Why you should care about food security

Development through Internet Microlending  
Encouraging Self-Employment

Une Histoire d'Apiculture  
Réussite à Dérouboua



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### Mission Statement:

*Farm to Market is a quarterly newsletter for Togo's Peace Corps community: Volunteers, trainees, counterparts, and staff. It publishes information on NRM and SED technical resources, best practices, and field experiences. Farm to Market seeks to integrate the NRM and SED program goals into the rest of the Peace Corps community.*

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Soyez les bienvenues to the new editing team's first issue of Farm to Market. Like with any new regime, there are going to be changes! We have a section showcasing ongoing activities within the Small Enterprise Development and Natural Resource Management programs. Our idea is to shed a fresh perspective on how to implement program objectives in your developmental activities at post. Also check out the new Food Security section. Last but not least, we end each issue with a "blast from the past" article from an old Farm to Market.

If you would like to submit an article, make sure that it is no more than 1500 words and has pictures that you have taken yourself. If you need it, you can send the editors hand drawn diagrams via EMS to put into digital form. The theme for the next issue is NGOs. Articles should be sent to [redacted] before September 15, 2011.

Find us on Facebook! XOXO, Editors

## SED/NRM Activity:

**PROJECT:** Camp Informatique (Computer Camp)

**WHO:** Peace Corps Volunteers Katy Kienitz and Chelsie Miller



**TARGET GROUP:** Top students in first level of high school in the Central region

**DESCRIPTION:** Kienitz and Miller worked with Togolese counterpart Zachari, a local high school teacher in Sokode. There were two camps: one for boys and one for girls. Each camp was three days long covering topics such as identifying computer hardware and using word processing, and searching the Internet. Consult the Small Enterprise Development toolkit (available in Google Docs for Togo PCVs) for more information about how to do computer camps in your community.

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**PROJECT:** Mucuna Formations

**WHO:** Peace Corps Volunteer Rebecca McCafferty

**TARGET GROUP:** Mothers Clubs in Savanes region (women farmers)

**DESCRIPTION:** McCafferty works with counterpart Datchelgi. She initially bought a fifty-kilogram bag of mucuna seeds for 15.000 francs CFA from ICAT in Dapaong (Institute de Conseil et d'Appui Technique de Togo). McCafferty travels to various villages in the Savanes region giving mucuna formations to selected members of various mothers clubs. After the formations, the

representatives are expected to pass on the information to their respective clubs. In addition, McCafferty sells the seeds to the mothers clubs. The women would be able to grow mucuna and obtain seeds to use in the following years. For more information about ICAT visit their website at <http://www.icat-togo.com>.

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**PROJECT:** Solar Oven Formation

**WHO:** Associate Program Country Director Paul Sinandja and Rotary Club International

**TARGET GROUP:** Villagers in the Savanes region

**DESCRIPTION:** Sinandja and representatives from the Dapaong Rotary Club conducted a formation on solar ovens in the Dapaong. Peace Corps volunteers throughout Togo were invited along with two Togolese counterparts. Sinandja explained the benefits of using solar ovens and how to use them. He also explained how solar ovens may be built locally and what materials are necessary. At the end of the session, the Togolese counterparts took home solar ovens to conduct similar formations in their communities. The solar ovens were donated by Rotary Club International. For more information about Rotary Club visit their website at <http://www.rotary.org>.



Let us know about your activities next quarter by writing us at



## Development through Internet Microlending: *Expanding Self-Employment*

By Solomon Ray • [REDACTED]

Summertime and the lemonade stand. Together they represent the quintessential icon of childhood entrepreneurship. We do not think about kids getting a loan to get started. There is no collateral, proof of employment, or credit history to be considered or verified. No, we think of smiling children on a hot day selling ice cold lemonade underneath a cute cardboard sign.

All this is possible because we take for granted the relative ease of obtaining a loan. It is not just an-

other thing we say to prove that America is great; it is the evolution of our banking system. The lack of a dynamic financial system makes launching an enterprise of any scale exceedingly difficult. If economic development is the true sustainable path to poverty alleviation, then the poorest sector of a population must be included to encourage entrepreneurship. The principle of the micro-credit is to expand micro-loans to the poor for that very reason. In general, micro-credit falls under the micro-finance umbrella of financial services.

The pre-eminent model of the micro-credit originates from the Grameen Bank of Bangladesh. After personally lending out the equivalent of \$27 USD to 42 families to start simple businesses selling small items without the stipulations commonly found in predatory lending, founder Muhammad Yunus theorized that the very poor were economi-

cally underutilized. He strongly believed that there would be a great communal effect in the rural villages if more of these micro-loans were available. In partnership with the Rural Economics Project at Bangladesh's University of Chittagong, Professor Yunus created the Grameen Bank, or "Bank of Villages", as a research project in 1976. Its success among the local members of the neighboring villages led to expansions in different districts of Bangladesh. By 1983 the Grameen Bank became an independent bank. Yunus was awarded the 2006 Nobel Peace Prize for his work in "economic and social development from below" through the Grameen Bank. His guest appearance on the episode "Loan-a Lisa" of the Simpsons, though, has arguably brought more notoriety.

In Togo, micro-finance institutions (MFIs) are typically risk averse; standard practices of MFIs include payment



to open a new account, a saving period to build credit, and regulated repayment schedules. In many cases in village, these barriers prove to be too high. The poorest entrepreneurs cannot take the first step out of poverty, thus undermining the goal of MFIs to lift the impoverished into self-employment.

Non-profit organizations have sprung up to take a supporting role in the micro-lending community. Some of these groups, using the Internet, act as a central base to connect global lenders with entrepreneurs all over the world. Following the pattern of social networking sites, users can view stories of entrepreneurs around the world and contribute part of a micro-loan to help start business ventures. The most well known is Kiva ([www.kiva.org](http://www.kiva.org)), which is based in San Francisco. Their model, condensed into 6 parts, is as follows:

I. Kiva Partners with a Micro-finance Institution: Kiva's current 171 (62 in Africa) Field Partners are local MFIs who serve the poor aiming to alleviate poverty. They are the ones who administer accounts, interview clients, distribute loans, and collect and schedule repayments. In addition to being the micro-credit experts in the locality, Kiva Field Partners are required to serve at least 1000 active borrowers with MFI services, have 2 to 3 years of lending to the poor or marginalized, be legally registered in its country of operation, and have at least one year of financial audits.

II. Field Partners Disburse Loans and Upload Stories: There are two options for loan distribution. The Field Partner can disburse funds immediately after a loan is approved up to 30 days before an entrepreneur's profile is posted on Kiva.org or wait 30 days after the profile is posted for fundraising. Biographies, stories, pictures, and loan details are collected and uploaded on the site.

III. Lenders Browse Profiles and Lend: Lenders can browse and search entrepreneurs by criteria such as region, country, gender, or trade they wish to support on the website. Funding ranges from \$25 USD to the entire amount of the loan in \$25 increments. There are Kiva lender groups around the world and an active community forum. Kiva gift cards are also available through mail, email, or printout.

IV. Kiva Disburses Lenders' Funds to the Field Partner: The Field Partner uses the funds to replenish the loan they have already made to the entrepreneur. Kiva

provides these funds on a schedule that accommodates the Field Partners' banking procedures.

V. Entrepreneurs Repay Their Loans: The Field Partner collects repayments with interest and informs Kiva if any payment is not made on schedule. Kiva itself, as a non-profit, does not charge interest to the Field Partner nor provide interest to lenders.

VI. Kiva Provides Repayments to Lenders: Through PayPal, Kiva credits the lend-

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***Less than 24  
hours after posting  
his profile on Kiva,  
Daniel raised all 875  
USD of his loan.***

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ers' accounts for the amount of the original loans. They can choose to re-lend the funds to another entrepreneur, donate the funds to Kiva to cover operating costs, or simply withdraw the funds.

Unfortunately, out of the 4 Field Partners in Togo, only one of them has an active fundraising status on Kiva. Women and Associations for Gain both Economic and Social (WAGES), a micro-finance group, has been partnering with Kiva for almost 3 years and has financed over 3000 entrepreneurs with the help of lenders on the site. Their 0% default rate and .35% delinquency rate is a testament to the ground work they do. They have expanded partnerships with another site, Babyloan ([www.babyloan.org](http://www.babyloan.org)), which is the first French and the current premier European micro-lending site.

While WAGES does not have a branch in Tabligbo, they were worth pursuing to finance a turkey husbandry project. After consulting the headquarters in Lomé, we, my counterpart Daniel and I, discovered that we fell under the jurisdiction of the Tsévié branch of WAGES. The process of getting an entrepreneur profile listed on either Kiva or Babyloan requires more scrutiny than a regular loan. A business proposal is vetted for feasibility, risk, and likelihood of success. Because we came prepared with a two-year record of sales receipts, a budget projection, and loan co-signer, we were approved for Kiva. WAGES requires borrowers to have an account, which costs 6,000 CFA to open, with at least one fourth of the amount of the intended loan. Loans can be up to 1 million CFA. Normally, MFIs in Togo require a 3 month saving period before distributing a loan, but, at WAGES, Daniel was able to immediately receive his funds when he deposited his savings amount. A few days later, an inspector came to interview him about his project. This information was used to craft his Kiva biography, photo, and story. The average interest rate for Kiva borrowers with WAGES is 20.7%, but Daniel is working with a variable rate, currently set at 10%. This means he can reimburse his monthly payments more than the scheduled amount to bring down the principle, thus reducing the overall interest paid. Conversely, WAGES themselves takes on the risk of defaults, thus protecting Kiva lenders from losing money. That is not to say that lending can be...

**MICROLENDING PAGE 11**

# Change ! Change ! Change ! : *One Behavior at a Time*

By Dillon Tindall • [REDACTED]

The Togo Behavior Change Workshop 2011, held in Pagala-Gare this June, proposes an efficient way to organize Peace Corps Togo activities. Regional Peace Corps Trainer Kris Hoffer and Girls' Education and Empowerment Associate Peace Corps Director Rose Kpomblekou-Nabine facilitated the five day workshop. Volunteers from each of the four Peace Corps Togo sectors and their counterparts attended.

Peace Corps Togo is in the process of working on incorporating the behavior change program in future pre-service and in-service trainings. A committee of Volunteers who participated in the workshop is currently working on disseminating the information. First, the group is working on a manual that encompasses everything covered in the workshop in Pagala. This information should be available in French and English before the next Natural Resource Management/Girls' Education and Empowerment training in September. In addition, the committee is working on a more extensive version of the manual with case studies from each sector. This should be finished by November 2011. With the Behavior Change manual, Volunteers and their counterparts will be able to implement the behavior change mentality in their development projects or teach behavior change within their communities.

## What is Behavior Change?

Behavior change is a concept that uses several tools to better analyze the needs of a community and develops activities that would properly change the behavior to resolve those needs.

The process of behavior change described in the workshop is a cyclical method. One can begin looking at an already established Peace Corps' activity and better understand its impact on the community. Or one can begin with a Peace Corps objective and create activities that meet help that project's objective. An example of the former would be the measuring a Men As Partners activity's effectiveness by collecting data from the community after the activity has taken place. An example of the latter would be specifying a posi-

tive behavior that a development worker would like to implement in his community and finding activities that would initiate the change of behavior.

## Defining an Objective

The objective is the goal of a specific Peace Corps program that one ultimately hopes to achieve. More specifically, each sector in Peace Corps Togo has objectives that PCVs are expected to attain in their development work. In order to work towards these objectives, Volunteers would utilize activities that facilitate positive behavior change. In effect, Peace Corps activities would benefit from behavior change analysis by accurately identifying which demographic in the community of the activity's focus.

*Example: Small Enterprise Development program objective- help women save more.*

## Defining a Behavior

A behavior is an action—specific, observable, quantifiable, and possible. In order to determine how a behavior impacts a main objective, one needs to be able to observe it quantifiably over a specified time period.

*Example: Men contribute fifty percent each day of house hold expenses for the duration of the marriage to help women save more for the next year.*

## Defining the Priority Group

The priority group, or target group, is the group of people who would adopt the new behavior.

The influence group is the group of people that influences the priority group in a positive or negative way. For example, the influence group has the power to prevent the adopted behavior from happening or to help the priority group adopt the new desired behavior.

In order for Peace Corps' activities for behavior change to be effective, research of the priority group must be conducted rather than inferred. Each priority group's obstacles to behavior change are subjective, so understanding the specific problem is vital to changing behavior. Research can simply be in the form of focus groups, interviews, and surveys:

- Demographic characteristics,
- What does the group do or have in common?
- What are the group's goals?

- Who prevents the group from doing what they should be doing?
- What level of activity is the group participating in the new adopted behavior?
- Do they know a problem exists or about the new adopted behavior?
- Do they know a problem exists but need more information on the new behavior?
- Are they ready to start but are inhibited by obstacles?
- Are they practicing the new behavior without knowing all the benefits?
- Do they have support from the community?
- Are they doing the new behavior in hopes that it will become habit?

*Example: The men of Pagala-Gare who have wives in the "Club de Mere". The men want to be happy and termed successful. The influence group would be community leaders and the wives themselves. The men do not know the problem of the importance of supporting their wives financially in the home. Even though the behavior change involves the women of Pagala-Gare, the men have been named the influence group because their behavior change would be the leading cause of the change of the women's ability to save more.*

### **Behavioral Determinants and Barrier Analysis**

A behavioral determinant facilitates or impedes a behavior. In other words, a behavior determinant is a reason why someone does or does not do something. More specifically, a barrier is a behavior determinant that blocks people from taking a positive action. Barrier analysis is an important step in the process of change that would help one develop more effective behavior change messages and activities. There are eight determinants that can be considered barriers:

1. Perceived Severity- People do not think that a problem is se-

rious. *Example: Belief that sexually transmitted infections and family planning is not a serious problem.*

2. Perceived Action Efficacy- People do not think that the preventative action works to prevent a problem. *Example: Condoms do not prevent deadly STI's.*

3. Cues for Action- People cannot remember to do the behavior. *Example: People cannot remember to wear a condom.*

4. Perceived Self-efficacy- People do not think the behavior is easy to do. *Example: People do not know how to use a condom.*

5. Perceived Susceptibility- People do not think the problem could happen to them. *Example: People do not think they will get a STI.*

6. Perceptions of Divine Will- People believe that the behavior goes against their beliefs or that the problem is God's will. *Example: If I get a STI, then it was God's will, or it is God's will to have more children.*

7. Perceived Social Acceptability- People believe that the behavior is not socially acceptable. *Example: People believe that it is not socially acceptable to wear a condom or for women to carry condoms in their purse.*

8. Positive and Negative Attributes- People believe that the negative consequences of the behavior outweighs the positive consequences. *Example: The hassles of wearing a condom are not worth saving my life from a STI.*

One way to decipher which barriers are the most influential is to conduct a doer/non-doer analysis. With this activity one could ask questions to people who do the activity and to those who do not do the activity. For instance, one could ask what are the perceived social norms of wearing a condom and see the difference between those who wear condoms and those who do

not wear condoms.

*Example: Perception of social norms that women pay for all household expenses, children's expenses, and for food.*

### **Developing Activity Objectives**

It is important to understand the barriers to behavior change. With the example of condom use, there may be many reasons why people do not use condoms. However, if a focus group were conducted, it would help determine which barriers are the most dominate. Developing activities to change behaviors would be easier because one would need to select activities that address these specific barriers.

In order to find activity objectives, research should find which barrier, or barriers, was the largest concern for the priority group. For example, if the largest barrier happened to be that the use of condoms has more negative consequences than good then a PCV's activity objective might be changing the perception of the consequences of condom use among men.

After this activity, men will have a better understand the fact that the positive consequences of using a condom out weigh the negative consequences.

*Example: After the activity, men will increase support for their wives in the household. After the activity, men will change their perception of their role in the household.*

### **Selecting Activities**

Peace Corps Togo has many activities that are designed to facilitate overcoming barriers to new, desired behaviors. In addition, one might find that activities that are usually conducted by Volunteers in other sectors might apply to barriers in...

# A First Rate Answer for the Number Two Problem:

## *Droppin' Logs to Grow a Log*

By Christian Donaldson • [REDACTED]

Latrine construction in Togo can not only be done cheaply but it can also be done sustainably. If you are thinking about building a simple latrine with someone in village, consider making it a composting latrine. No, this is not the kind of latrine that ends with you convincing someone to shovel human waste if that is your worry. It is simply a latrine pit that can be managed in a way that allows you to plant a tree over your decomposing waste. If you ask me, a tree is a perfectly pleasant and useful way of capping that dreaded hole of human excrement. All it requires is a little bit of forethought.

Like a simple latrine, the model is based on constructing a rebar-reinforced concrete ring beam that supports a similarly reinforced platform. In a pinch (no pun intended), the ring beam can be omitted and the platform could be placed over a narrower hole. Building these two things should be your only expense for the whole project. Between paying for the rebar and the concrete, your expenses should not exceed 6.000 francs CFA.

### How it Works

The latrine pit is a hole no more than a meter deep and should be dug down flush with the ring beam so as to not compromise the stability of the platform. When the ring beam and platform are made, line the bottom of the pit with some sort of dry straw. Then place the platform on top of the ring beam and that is all the prep required. All people need to do is add 2 handfuls of soil to the pit after each use. If they want they can add ash regularly to neutralize the smell and dry leaves can also supplement the compost. Always keep the hole fully covered to avoid flies, cockroaches, and such (anything that could carry disease) from entering and leaving the dark space.

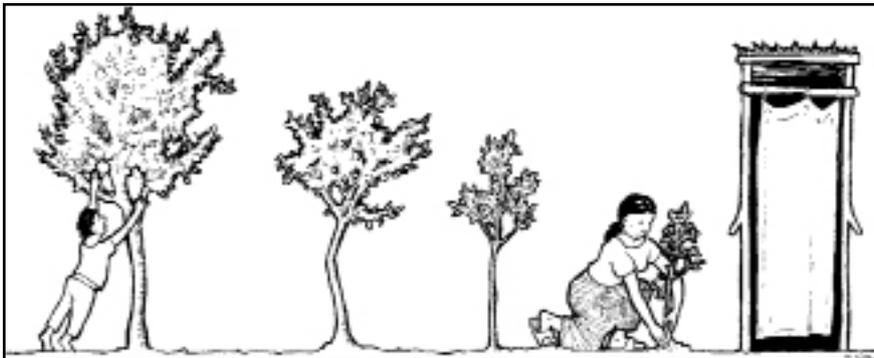
Over the course of the latrine's use, use a stick to stir the waste down into the sides of the hole. When the pit

is just about full, pull off the platform and the ring beam. Where the old latrine was, top off the hole with soil and let the "compost" settle for a couple weeks. After that, top it off again and plant your tree. The tree should have no problem growing there—this includes fruit trees! One way or the other, once the tree is established you can feel good about how you have managed your waste and you can sit back and watch the growth of a healthy tree. Do not forget that the ring beam and platform can be recycled indefinitely for future latrines. Simply place the ring beam where you want the next latrine and tree to be, dig your pit, place the platform, and start over again.

### Constructing a ring beam and platform

Detailed instructions for the construction of the ring beam and platform can be found in a manual distributed by the Hesperian Foundation called "Assainissement et propriété pour un environnement sain" (there should be copies of this in-country). Otherwise, here is the straight and narrow of construction. The ring beam should be about one square meter, with edges about 30 cm thick. Make a mold to set the cement in with mud bricks, cement bricks, wood or anything else practical for the job. You will want to reinforce the cement you pour with rebar, so lay down 2 pieces of rebar inside the mold around the edges. If you want, plan to make handles out of rebar for easy moving.

The cement mixture ratio should be made of 3 parts sand, to 2 parts gravel, and 1 part cement. Normally, 9 bowls of sand, 6 bowls of gravel and 3 bowls of cement will do the job. Once mixed with water, pour the cement in the mold, in and around the rebar, and let it set for a week (you can take off the mold within several hours already). Cover the drying cement and sprinkle with water from time to time to avoid quick drying and cracking. Making the platform is the same deal. Use the same dimensions without the inner mold this time apart from a piece to mold the waste hole. If you want to save rebar, you can find an old piece of chicken wire or fencing to act as reinforcement for the cement instead. Once again, keep in mind to form some sort of a handle on the platform's edges, since the platform will likely sit flush on the ring beam and thus be hard to remove without it. After that, the last thing to make is a latrine shelter. Get creative here! In the north, mud huts are popular, but a thatch shelter could work just as well. ■



# Media Possibilities in Village

By Mark Jameson • [REDACTED]

As Peace Corps Volunteers, many of us are blessed enough to have laptop computers, digital cameras, and other fun, useful electronic devices. Most of our Togolese neighbors and friends do not have this luxury, but that does not mean they cannot benefit as well. As technology continues to propagate with each passing year, one interesting path for us to take as PCVs is to lead the way in showing how technology works. We can use it to demonstrate how to spread useful information, preserve and share culture, and, of course, have fun. I will write here specifically about two ideas that I have been working on in village: a monthly newsletter and DVD videos.

In my village Korbongou in the Savannah region, I wanted to try a monthly newsletter with the idea that it would allow people to know what was going on in the village and as a way to spread knowledge on topics ranging from health to education. I envisioned it also having some sort of event calendar, but the reality of constant changes in meeting times, days, and everything else under the sun quickly defeated the calendar idea. Regardless, I was able to interest two Togolese counterparts who, after seeing a mock issue I made, began looking for news and information. We started off in January with a four page issue that I helped them produce with Microsoft Publisher. It has not been easy to transfer some of the required skills to produce quality issues, but there is at least one Internet cafe in Dapaong that has the necessary software. With time I hope to continue this transfer of skills and continue to improve the newsletter.

We are currently working on our sixth issue, now with six pages, and I am proud to say that the writers have shown great motivation and interest, as well as improvement. We have even had some articles in Moba (the local language) as a way to promote literacy among older women who have learned to read. As a rule, we avoid any type of political advocacy and other divisive issues. I have taken a back seat role as the technical assistant and enjoy watching the team find and write about various events. I have also learned a great deal about the village and met many people. The networking opportunities for the writers are also a benefit.

Logistically, we print a draft, and then correct it before reprinting and copying the final product. This is absolutely crucial, as people seem to take great pleasure in finding grammatical errors in our work. The price is set at 100 francs CFA. This allows us to recover most, if not all of our expenses and makes each issue as affordable as two calabashes of local beer. We are currently putting out about 80 copies per month. The important thing is to keep the newsletter going, and building

it up little by little. Spreading the importance of reading and knowledge is one of our main goals. The main obstacle is motivating everyone to keep working at it every month so that it can build momentum. It is also essential to find counterparts that are dynamic and creative.

For DVD videos, average or better digital camera (mine is 8 megapixels) should be adequate for making them. They could be videos of a dance group, a funeral, church events, marriages, or any other events. If you play with your camera's video settings, you should be able to set it to LP (Long Play) video mode and get about 30 minutes of video on a 2 gigabyte SD card, depending on resolution. SD cards are available in country as well. You can also make DVD videos in the form of a slideshow, with each picture appearing on screen for a period of time, usually accompanied by music. Experiment with editing a bit, and then let people know that the service is available. We have made DVDs for a funeral, the arrival of a new local chief, and some first communions. People are very interested in the DVDs. They are valuable souvenirs for people and plant the seed that there are new creative activities that one can do with technology. Their potential use as a promotional tool for singers, dancers, and artists is another area to investigate. A DVD is easy to send around the world and around the corner. Educational DVDs are another great way to reach people in an interesting format. What person in your village would not love to watch their neighbors, or even you, perform in a video teaching a skill or giving advice about an interesting topic? The possibilities are numerous. I have also seen digital cameras popping up in Korbongou, so these technologies are closer than you may think.

To edit, to add transitions, and to add music to the videos, I use Windows Movie Maker, which should be installed on your PC if it is newer model (sorry Mac people), or you could use another program. We then burn it on to a DVD. It is fairly straightforward after some experimentation, but you could ask a PCV in your region for help, or contact me. I am in the process of teaching a counterpart the ins and outs of this process, and, thus far, it is much easier than a newsletter. In addition, there is a much better profit margin for DVDs.

Most villages have video clubs, and those villages lucky enough to have electricity (Korbongou recently joined that group!) have people with personal DVD players and TVs. Blank DVDs are available, for example, in Dapaong for 250F each and can usually hold up to 150 minutes of footage.

Overall I find that these are great and easy ways for people to cultivate and preserve their own village and culture. Too often the media in Togo is foreign, and a world apart from what is happening in the compounds around the village. You may be surprised with the creative ideas that people have and how much you will learn about your village! If you have any questions, feel free to contact me. ■

## Maritime Moringa Report: An Iron (and other nutrients) Chain Linking Our Sectors

By Abigail Snyder • 

Cross-sector collaboration of Peace Corps programs helps to break down sector barriers and build shared solutions among Volunteers. Interlinking three Peace Corps programs, Community Health and Development (CHAP), Natural Resource Management (NRM), and Girls' Education and Empowerment (GEE), neighboring Volunteers Jeremy Malhotra (CHAP), Mary Wubbena (GEE), and Abby Snyder (NRM) worked together to identify the common solutions to the shared problems of environmental degradation and malnutrition. The link? . . . Moringa. This exceptional tree with a variety of potential uses became the main character starring in the amalgamated project "Moringa, L'Arbre de la Vie; Ensemble Nous Pouvons Créer un Avenir Sain." The project's two day workshop was designed to train community peer educators in three different villages on the benefits and uses of Moringa. Specifically, the workshop focused on the improvement of local environments by implementing Moringa in agroforestry systems and the promotion of Moringa leaves and powder as a nutritional supplement for the general population and people living with HIV/AIDS.

By incorporating the main goals of the NRM program, the workshop illustrated the pivotal role Moringa plays in environmental sustainability, improved food security, and community health. Togo's environment has been largely degraded by poor agricultural practices—in particular

incessant deforestation. This has resulted in soil erosion, nutrient-poor soils, polluted water sources, and, on a larger scale, a reduction in rainfall. As a result, deforestation has directly affected the livelihood and overall health of local communities. Restocking depleted woodlands is essential in order to improve environmental and community health, but it is often a challenge due to the high demand for fire wood and farm land. However, Moringa, a tree valued for its nutritional benefits and not commonly harvested for firewood, proves to be a top candidate for reforestation projects. During the workshop, participants were trained on Moringa's capability to create healthy, sustainable land-use systems by implementing agro-forestry techniques such as alley cropping and wind breaks. Integrating Moringa into farming systems is a technique that not only alleviates environmental problems but also doubles as a viable solution to malnutrition.

Food deficiencies resulting from environmental and economic constraints have resulted in elevated cases of malnutrition, a grave reality that spans across West-Africa. In an effort to improve the availability of essential vitamins and minerals, the Moringa workshop also incorporated aspects of the CHAP program by promoting the utilization and implementation of Moringa as a nutritional supplement. Many parts of Moringa are edible and nutritious, namely the leaves, which offer an array of protein, calcium, minerals, iron, potassium, and other important vitamins. Equally important, Moringa's rapid growth and ability to thrive on little water and in depleted soils ensures that the availability of nutritional benefits is neither seasonal nor expensive, unlike other local veg-

etables and fruits. Participants were trained on the importance of balanced nutrition, the vitamin and mineral content of Moringa leaves, and Moringa sauce preparation.

Unfortunately, without the kind of health care and antiretroviral medicines that are available in developed countries many local communities are directly and indirectly afflicted by HIV/AIDS. People who develop full-blown AIDS are not only unable to work, but also require significant medical care. Since most community members are subsistence farmers, the inability to work due to sickness greatly reduces household revenue and adequate food supplies. The nutritional content of Moringa leaves can serve as an immune stimulant for HIV positive people, particularly those who cannot afford necessary nutrition and medicine. The vitamin A found in Moringa—four times the amount found in carrots—has the potential to build a stronger immune system. Additionally, Moringa trees require little input; they can be planted and harvested near the household. Someone suffering from an illness can easily access necessary nutritional supplements at his or her doorstep. Effectively relaying the important benefits of Moringa can provide an affordable and effective alternative for people afflicted by HIV and AIDS, as well as improve the overall well-being of local communities.

Project sustainability and increasing community capacity was a top priority for our project. Therefore, based on the principle that community partners are more effective at communicating information than Volunteers because they are better equipped at the ground level to talk to and mentor community members,

workshop incorporated the commonly used tactic of the GEE program of training peer educators. Following the guidelines from the GEE training manual, the participants were also trained on effective communication, leadership, and community organizing. They also learned how to create an action plan for community awareness campaigns.

Based on the outcome of project follow-up, the workshop has proven to be a success. A total of forty-five community members from three different villages were trained on the practical applications of Moringa. After the workshop, the participants from each village created and implemented a community presentation that was given during a three day soccer tournament. The participants also formulated a community action plan. Thus far, the peer educators of Ahépé have successfully planted over 500 Moringa trees in a community garden in celebration of Tree Day. A tree nursery of 800 saplings is also underway and will soon be transplanted. The participants of Zafi have formed a Moringa group and have started a tree nursery of over 500 trees. The community has also donated land for subsequent planting. Additionally, the Ammousimé participants incorporated the alley cropping technique into farm systems and also started four individual tree nurseries for a combined total of 200 trees. In conjunction with the roles and responsibilities of peer educators, the workshop's participants are enthusiastic to continue to reach a broader audience in their respective communities.

Solving complex environmental, health, and social is-

ssues effectively and equitably is beyond the purview of any one discipline. The Moringa workshop illustrated that working cross-sectorally represents a key opportunity for Volunteers to create innovative, sustainable improvements in health and environmental outcomes. Furthermore, by working together, Volunteers can benefit from individual strengths. As a group of three, we were able to derive constructive power from varying perspectives and skills. The Moringa workshop demonstrated that cross-sector collaboration among Volunteers is effective in strengthening community projects. ■

## Micro-lending...

risk-free because MFIs could suffer bankruptcy, fraud, or poor operations. External forces such as currency devaluation, monetary policy changes, or natural disasters can impede loan repayments as well.

Less than 24 hours after posting his profile on Kiva, Daniel raised all \$875 USD of his loan. The expediency of this process underscores the financial flexibility that a micro-lending website gives a MFI partner. MFIs provide cash flow to expand lending capacity, which in turn supports self-starting entrepreneurs with solid business proposals.

It is important to note a few negative experiences we have encountered. The WAGES inspector who came to gather information to upload on the website mistook several answers in his questionnaire. It incorrectly listed the number and

types of fowl being raised, the import origin of the turkeys, and the status of the land for the husbandry. Subsequent requests to change the information have only fielded responses that we go to the headquarters. This stresses the lack of administrative knowledge about Kiva or Babyloan outside Lomé. Furthermore, repayments are scheduled to start a month after the issuance of a loan. In a country where many seasonal enterprises do not see revenues until months later, this presents another challenge to maintaining a clean repayment history.

Nevertheless, the regional coordinator at the WAGES branch in Tsévié encouraged me to tell my friends and family in the States to support their profiles on these sites because they screen only the best entrepreneurs and do extensive legwork to minimize risk. By this November, we expect that Daniel will increase his turkey production to 150 birds, which is more than 3 times the number he raised last year.

Although Togo lags behind the digital divide, one cannot deny the inroads that the power of social networking and enterprise together are making. Ideally, education and capacity building in the pre-existing institutions in Togo are the paths to true sustainable growth. The entire community benefits when more entrepreneurs are given the opportunity to introduce more products and services. As consumers, we know that as more choices. Now if I could only find someone to start a lemonade stand next to my house... ■



Welcome to the Food Security section of Farm to Market! This is the new home and creative outlet of the Food Security Committee. The FSC is a new, cross-sector initiative that endeavors to tackle food security issues across Togo. Although the Committee is not fully staffed yet, it has some exciting new projects in the works: Katie Koralesky and Lisa Englander are assembling a FS toolkit that, once finished, will provide a cross-sector, comprehensive resource set for PCVs across Togo and West Africa. Lisa is also our Grant Coordinator. Ben Bogardus and Whitney Shields are the FSC's Public Relations personnel and Training Coordinators; they are responsible for teaching new Peace Corps Trainees about food security concerns. Sky Dobert and Maggie Person are putting together a Guide to Useful Trees and Plants of Togo, and they are also working with APCD/INRM Paul Sinandja to get a seed bank running in Lomé. Daniel Goshorn-Maroney is the Farm to Market Liaison and is in charge of compiling the market prices of subsistence foods across Togo. Heidi TenPas is the FSC's Coordinator and Chairperson. Laura Groggel is the visionary who brought the FSC into being and APCD/SED Alexis Anani provides technical advice and guidance. Check out the following section of each issue for articles in English and French dealing with food security in Togo.

## Food is Life: Why You Should Care About Food Security

By Heidi TenPas • [REDACTED]

While touring my village infirmary, I visited the nutrition wing where nurses treat acute malnutrition. It was my first month at post – and my first encounter with the gravity of hunger in Togo. On the receiving end of food supplements was a whisper of a boy who looked as though he had not seen a balanced meal in months. I greeted him and his mother; they did not reply. I nodded uncomfortably, straining to keep a smile, and scanned his deflated body. I am not talking distended belly; I am talking no belly, torso sunken between protruding ribs, arms like twigs and skin like paper.

Instantly self-conscious of the ample flesh on my own bones, I was hit hard by a disturbing realization: our infirmary was keeping this child alive at the moment, but it never had to get to this point. If this boy's family had been able to sufficiently feed him, he would not be gingerly accepting spoonfuls of porridge from a well-meaning nurse. There is something that can prevent tragedies like this – and that something is called food security.

Unfortunately, much like “sustainable development” and “community participation,” “food security” has largely devolved to the status of empty buzz-phrase, alternately manipulated to bolster a particular ideology and overused to the point of meaninglessness. Given the global spell of food price riots and the gnawing question of how to feed the 9 billion people projected to populate the world in 2050, food security has become a hot topic in international development conversations. Yet somehow all this talk has muddled the message, leaving many Peace Corps Volun-

teers both disinterested and confused – a lethal combination. But never fear, Peace Corps Togo's new Food Security Committee is here... and we are here to help clear some things up!

### So, what exactly is Food Security?

Food security is the existence of two things: 1. Safe, nutritious food for all people at all times. 2. A food system that protects people and promotes their culture, economy, and environment. Yes, it is really that simple! To break it down, international actors (FAO, WFP, WHO, etc.) often reference the “three pillars” of food security:

- Food availability: sufficient quantities of food that are available on a consistent basis
- Food access: sufficient resources to obtain appropriate foods for a nutritious diet
- Food use: food prepared with knowledge of nutrition, adequate water, and sanitation

We here in PC Togo want to expand upon these essentials by further promoting:

- Food justice: protection of food producers' and consumers' rights
- Food sustainability: use of environmentally sound practices in food production
- Food sovereignty: community control over dietary habits and food systems

A food system is a community's means of food production, distribution, and consumption. It is the “how” of food access. A food system encompasses all the pathways from farm to market to meal. Food is only as secure as the system in which it is embedded; it is not enough to have food available if that food comes from an unsustainable source or harms local livelihoods.

Food security concerns exist at multiple levels (global, national, regional, etc.) but, in our role as PCVs, we are concerned mainly with two: household and community. This means we can help improve the food security of the individual families whom we know and the neighborhoods/villages/towns in which we live. Combined, our local-level efforts can help end hunger and engender prosperity in our respective regions and Togo as a whole.

Bottom line: food is a universal human right. By focusing on food systems and the strength of each individual's position within the greater whole, we can make this right a reality.

### What is happening in Togo?

You may have already noticed food security issues in your own community and not even realized it. Just to get you thinking, here are some concerns we have observed throughout Togo:

#### Labor and Economics

- Unaffordable food: seasonal price rises, etc.
- Rural to urban migration
- Land use and farm labor arrangements; "sharecropping"
- Cross-border migration (to Cote d'Ivoire, for example) seeking agricultural work
- Disenfranchisement/exploitation of farmers of cotton and other cash crops
- Economically vulnerable people (widows, refugees, people with disabilities, etc.) consistently unable to afford adequate food

#### Gender and Human Rights

- Unequal food distribution within a household (i.e. certain family or other household members receive less or lower-quality food)
- Gendered divisions of labor in the fields, in the marketplace, in the household
- Cultural variation in food habits; food sovereignty among minority groups (Fulani, etc.)

#### Health and Nutrition

- Chronic malnutrition, especially among children
- Unaffordable protein sources (meat, soybeans, eggs, etc.)
- People with greater nutritional needs (pregnant women, people living w/ HIV/AIDS, etc.)
- Food borne diseases (diarrhea, etc.) resulting from poor sanitation during food preparation

#### Agriculture and Environment

- Reduced agricultural yields: poor harvests, droughts, pests, soil degradation, etc.
- The effects (positive and negative) of existing food security interventions, such as food aid and agricultural development programs

- Food rationing in between harvests and seasonal food shortages
- Access to food crop preservation and storage

### Why care?

Everybody poops... but first, everybody eats. Food is life. It is not just the vital fuel for the body, but also the engine of local economies and the heartbeat of social and cultural activity. Here in Togo, agriculture is the primary occupation of the population; every Volunteer works and lives with farmers in some way. Thus, food security is implicated in the objectives of all four sectors:

- Community Health and AIDs Prevention is committed to strengthening local health systems and preventing HIV transmission. Here food security work may focus on nutrition, sanitary food preparation, and the socio-economic empowerment of people living with HIV/AIDS.
- Small Enterprise Development seeks to increase business literacy and build entrepreneurial capacity. Food security can mean working on business planning and marketing with farmers and food vendors, securing loans for agribusiness initiatives like storage or food transformation, or helping food insecure families improve financial management.
- Girls' Education and Empowerment strives to promote gender equity and expand educational opportunities for girls. Food security, for GEE, could involve confronting gender inequalities in domestic and agricultural labor, helping mothers' clubs save for both food crises and school fees, or developing food-related AGRs (soybeans, moringa, popcorn, etc.) with girls' clubs.
- Natural Resource Management supports sustainable agriculture and resource management. Food security work might include working to enhance soil fertility to boost yields, assisting with food storage and transformation to reduce seasonal food shortages, or promoting unconventional livestock like rabbits or crops like mushrooms to increase household incomes and nutrition.

For all of us, promoting food security can be as simple as eating with our neighbors to learn about local food habits, promoting low-cost nutritional improvements like moringa trees, and tracking food prices in the local market.

Food security is one of the most critical issues we confront as PCVs. So open your eyes, ask questions, and get involved. You do not even have to go out of your way; integrating a focus on food into any project or community activity is one of the simplest ways to maximize its impact. Stay tuned for more food security information and guidance right here in Farm to Market! ■

## Mango Drying: *Simple Steps to Super Sweetness*

By Whitney Shields • [REDACTED]

There is nothing like waking up in the morning to a ripe tree of mangoes. Who does not love mangos? They are good for accompanying your breakfast of Quaker Oats, or a nice dessert after an egg sandwich or a dinner of fofou. But after two weeks of constant mangoes, and perhaps some chronic diarrhea, that tree of mangoes starts to look a bit daunting. So what to do now with all these delicious mangoes? Let them rot? No! Options? Of course!

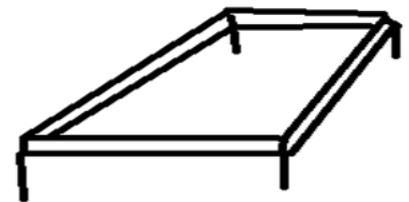
There are two options of preserving mangoes: jamming and drying. Jamming is a serious process that involves sealing sterilized jars to prevent botchu-

lism, a disease that can kill. You also need tools such as sealable jars, wax and lots of sugar, all of which can be expensive for rural villagers. Therefore, drying is the safest and most affordable bet.

Dried mangoes, unrefrigerated, can last up to a year which can be a reliable source of revenue when they are not in season (one plastic sachet is 2.500-3.000CFA). They are also a great source of vitamins, such as vitamin A, C, E, and calcium. Plus, the materials to make a mango dryer are inexpensive and can easily be found in village.

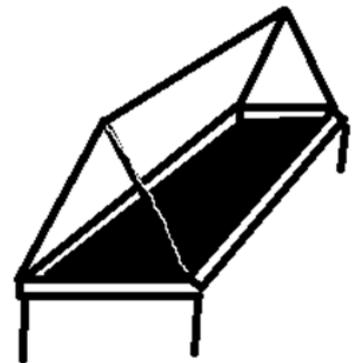
I have listed two models of mango dryers. It is important to note that you must slice the mangoes thin because if they are too thick, then they will not dry completely. Also, the mangoes must be completely dry to be able to preserve well.

Model One: This is first model I had built in my village; it cost me only 1.500CFA. It has produced some lovely dried mangoes but it took a full day or two for them to be properly dried. The materials you need are: a reliable carpenter, a cloth (dark preferably), and plastic bags.

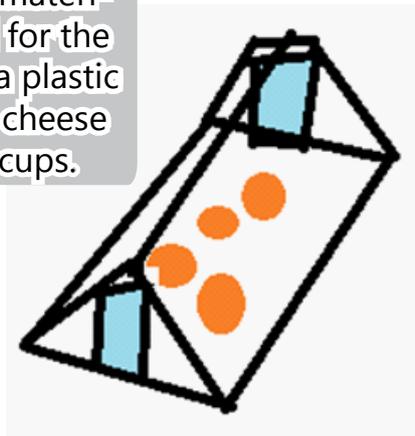


1. Ask your carpenter to build a small frame like this. It does not need to be huge but it does need to be off the ground.
2. Place a cloth in the center and either staple or nail it securely to the frame. This is to allow air flow in but to keep the critters out.
3. Create a tent-like structure on the top.
4. You can staple and or nail either cloth or black plastic bags to create a

- secure tent. \*NOTE: It is important to leave a small door so that you can put mangoes in and take them out.
5. Make sure to keep the structure in the sun AT ALL TIMES. Also, make sure goats cannot get into it because they will not only eat your mangoes but also the cloth.
6. When you think they are ready, slice one mango open to make sure it is dry all the way through.



Model Two: The materials you will need for the second model is a plastic plate or surface, cheese cloth and two cups.



After your mangoes are successfully dried, store them in a dry, sealed container. You can also add some syrup to the dried mangoes which make them taste sweet. Just take a small bowl and add some citron juice, sugar and a small amount of water to dilute the citron juice. Children absolutely love this!

A great thing about these models is that not only are you able to preserve mangoes, but you also have the option to preserve other fruits such as bananas, pineapple, tomatoes, onions, and papayas. Sharing this is an easy and beneficial technique to use with your village. Using the models will open the doors to discuss other important topics like food security, nutrition, or a new income generating activity as well as providing you with tasty, healthy snacks in the future. ■

1. Place the mangoes on a flat, plastic surface.
2. Place two cups on the edge of the plastic surface. They will hold the cheese cloth up so it does not lie on the mangoes.
3. Create a tent by tucking in the edges under the plastic surface. This is important because bugs can crawl in.
4. Keep in the direct sunlight until dried.

5. Cut a mango in half to make sure it is completely dried through.
6. \*NOTE\* Be conscious of where you put the mangoes to dry so animals and bugs do not get to enjoy your mangoes before you do.

## Market Update: Prices for Staples by Location

	Nadjoundi (Savannes)	Korbongou (Savannes)	Dapaong (Savannes)
Mais bol	450	450	475
Soja	1200	1000	1200
Haricot	1100	1200	1000
Riz	800-100	n/a	858
Millet	425	400	475
Yams (3)	n/a	n/a	1000
Piment	n/a	1300	n/a
	Soumdina Bas (East Kara)	Kuwde (East Kara)	Guerin-Kouka (West Kara)
Mais bol	600	550	500
Soja	1200	850	800
Haricot	1200	1200	1200
Riz	n/a	1100	n/a
Millet	n/a	600	550
Yams (3)	n/a	800	1000
Piment	1100	n/a	n/a
	Atakpamé (Plateaux)	Mamakope (Plateaux)	Anfoin (Maritime)
Mais bol	500	300	350
Soja	600	800	500
Haricot	1000	700	650
Riz	1200	400 (not pilé)	700
Millet	n/a	600	400
Yams (3)	2000	600	n/a
Piment	n/a	n/a	n/a

This expanded Food Prices section is part of the FSC's ongoing effort to better understand the reality of farms and markets in Togo. If you want to help, send the Farm to Market staff the food prices in your local market every month by visiting it or asking your host family.



# Farming for Business:

## *A Message from the SED Director*

By Alexis Anani • Lomé, Maritime



The business approach to small-scale farming is one important step down the road to food security. Farmers cultivate the land for food and for cash. All along the chain from growing crops to processing to

access to market to consumption, players implement business plans to maximize their profits. Now what small business approaches are readily witnessed in the field? The answer is there are a few. Indeed, some of these options are diversification, value addition and specialty/niche products. The article below briefly describes these three commercial approaches in the context of Togo.

Let us first consider diversification. This is common practice for the Togolese and the Coastal West African small-scale farmer in the context of subsistence agriculture. The choice of crops to grow and the size of the field make all the difference. Subsistence farmers traditionally grow several food items out of habit. Ancestral tradition, the vagaries of the weather and natural disasters over the centuries have taught them to do so. Farmers grow a variety of roots, cereals, vegetables, and perennial fruit trees. Mixed cropping is the local norm. Mono-cropping is alien. A farmer would typically grow corn mixed with cassava or beans. Next to this field would be another one covered with such vegetables as okra, red pepper, or tomato, or maybe root crops like yams or potatoes. This may not have been companion planting in a strict sense but, at times, crops would overlap. Still further down the field one would see a couple of mango or orange trees interspersed with palm, plantain, banana, or papaya trees. A trained observer would realize that the whole of the farming system mirrored the rhythm of the different seasons over the course of the year. Conversely, in a commercial approach, okra and tomato farming would surpass the family's needs by far. The amount of land cultivated and the labor, time,

and financial investments would conform to a commercial model rather than to a model of food provision for the family. In other words, the scale of a crop's cultivation is the most single important barometer by which to determine whether it is for cash or subsistence. Obviously, there are more than a few options as to what particular food item or farm product will to be brought to the market by any particular small-scale farmer. But the scope of the choice of what to grow and what to market can be widened. The point at this stage is that there are many local options and subtleties in crop production and marketing.

Value addition is another approach to commerce by way of food production and farming. Interestingly, the forms value addition takes are manifold. Value can be added to foodstuffs through processing, packaging, or even just marketing. In the Maritime region of Togo, for example, cassava processed and ground into a white and crispy powder known as gali or gari is now a widespread, growing micro-business. The post-harvest life of fresh cassava is a week or less. If cassava is processed in the form of gali, for example, and with proper packaging and storage, its life can span a few years. The local market for this particular foodstuff is the regional capital of Tsévié and the Prefecture towns of Tabligbo, Vogan, and Aneho. Beyond Togo, buyers come to Tsévié all the way from Bamako (Mali) and Ouagadougou (Burkina). Furthermore, the West African market for gali finely illustrates how processing and packaging can add monetary value to a crop. In the Sokodé (Togo) West African regional trade show last week, one stand held by a Beninese business woman displayed a 500g bag of gali enriched with dried cow's milk and coconut juice for the price of 600CFA as opposed to 200CFA for a kilogram of plain, unpackaged gali in Tsévié. One can see that the price difference is six-fold due the packaging and a little extra processing. It is quite easy to see that the urban middle class represents a vast market for such processed, nicely packaged, and easy-to-use local food. I can easily see this gali bag on the breakfast and dinner tables of the middle class urban dwellers in Lomé. The market and the purchasing power for this are here.

The specialty/niche market is another business option for small-holder farmers. This could take the form of growing and selling some pure local products or improved ones. It also, as I see it, could take the form of agrarian products meant to be used either on the farm or in other applications. One such example is an organic pesticide created by Volunteer Jake Odentz's counterpart Mr. Zola. The name of the product is Zinkpo. Mr. Zola is a farmer and a gardener who created and marketed this product as a work partner of the Small Enterprise Development program. Mr. Zola is now very busy producing and selling pepper, egg plants, and Zinkpo. The latter is becoming a fast growing successful farming product. Recently, the Volunteer working with this counterpart helped create a distribution contract for his product in other parts of Togo and in Benin.

The options for business ventures related to the farm exist in the village. It is not so much that opportunities are lacking in the agricultural sector. But do we recognize them? Arguably, one particular reason why farming and rural life does not appeal to the taste of the youth today is a simple matter of perception. The city remains attractive. Any attempt to come back to the field after completion of school

is labeled a failure by parents and friends. How to make farming appealing is a prominent food security issue in Togo. ■

## Change...

your sector. For instance, if the largest barrier to women being able to save money in your village is their role in the family, then the most appropriate activity for you to do is a Men As Partners activity. Working with women's savings groups is a Small Enterprise Development Volunteer's objective, whereas the Men As Partners might be considered a GEE activity.

In choosing activities, three attributes are considered vital in order for an activity be successful: feasibility, cultural and social appropriateness, and relevance to the barrier determine. Other attributes that should be considered are cost effectiveness, reach/coverage, available resources, and sustainability.

*Example: Men As Partners activities. This is a program that is already established in Peace Corps Togo. Manuals are available in French and English. These activities would fulfill the activity objectives found earlier. The activity has been developed specifically for cultural sensitivity.*

### Monitoring Indicators

An important step in the behavior change process is to monitor progress. Part

of the reason why it is important to have a behavior that is measurable is so that one can determine whether the activity is effective. In addition, it is important to state the duration of the behavior change. Therefore, after the time period has expired one can decisively conclude whether the activity was successful. Without monitoring, it would be possible that Volunteers were wasting time and money on ineffective projects.

Types of indicators would be monitoring the influence and priority groups. Another type of indicators would be monitoring the activity being implemented to initiate the behavioral change, and the last indicators should monitor the behavior change.

*Example: Focus groups of the Club de Mere and their spouses. In addition, looking at their savings logs can test monitoring of the behavior. For the activity, pretests and posttests can be given to gauge activity effectiveness.*

The Behavior Change Workshop in Togo proves to be useful for PCV development activities. Any PCV, no matter what sector, should strive for behavior change. Behavior change, though difficult, will ensure the efficiency of certain projects. For more information about Behavior change contact GEE APCD Rose Kpomblekou-Nabine. ■

# Du Champ au Marché

## Une Histoire d'Apiculture: Réussite à Déréboua

Par LANWI Koffi • Déréboua, Centrale

Je me nomme LANWI Koffi, apiculteur à Déréboua Kidjang (Sotouboua). Quand j'étais écolier, j'habitais dans la famille de mon oncle. Un soir mes frères et moi étions conduits dans un champ derrière la maison. Il y avait un essaim d'abeilles qui se logeait là dans un arbre au milieu du champ. Mon oncle nous avait conduits en cet endroit précisément pour de déloger l'essaim d'abeilles car elles dérangent les activités champêtres. Au cours de l'activité j'étais forcé de mettre ma main dans le trou où se logeaient les abeilles parce que j'étais le seul

qui résistait aux piqûres d'abeilles. Ce fut le début de l'apiculture pour moi. J'ai commencé à le faire avec mes amis du village. Nous quittions souvent les soirs à 18h pour rentrer dans la brousse et on revenait parfois tardivement. Cette activité nous procurait de l'argent par la vente du miel. J'étais très content de continuer à le faire, mais cela provoquait des incidents.

On ne pouvait pas à chaque fois maîtriser le feu car on attachait une petite botte de paille pour brûler les abeilles, et comme c'est la nuit on s'écalerait sur notre passage grâce à cette technique. D'où les incendies des ports feu, les palmiers, les champs de mil et parfois les granges d'ignames (les ignames récoltés sont protégés parfois par les tiges de mil.)

Mon entrée au collège m'a donné la chance de trouver une brochure dans les mains d'une collègue de classe. Cette brochure parlait d'un jeune apiculteur en France. J'ai commencé à moderniser l'apiculture par la lecture de cette brochure. Pour éviter les feux de brousse, je le faisais avec les jarres renversées par terre sur un support et j'étais le premier à le faire dans mon village. Par la religion catholique j'ai été formé par les frères Marian-

istes, une congrégation de l'église catholique qui venait de s'installer dans la ville de Sotouboua.

L'apiculture est une bonne activité, je l'aime car c'est de ses rendements que j'ai pu développer ou améliorer le matériel de travail. J'ai formé certaines personnes, je les ai équipées de ruches modernes et autre petit matériel de travail. J'ai initié 3 groupements auxquels j'ai donné des formations de pratique. Ces groupements ont bénéficié par mes appuis techniques des ruches qui leur ont été octroyées en forme de prêt qu'ils remboursent en nature par le miel. J'ai également donné beaucoup de formations dans les autres villages de ma préfecture Sotouboua. Il y a aussi certaines personnes qui viennent de loin pour suivre des formations: Préfecture de Tchamba, les villages Afempoussou, Bago, Essaty, et autres localités.



Je suis aussi membre de 3ARC, Association des Amis Apiculteurs de la Région Centrale. Animateur et formateur en technique apicole, j'invite beaucoup de groupements à s'adhérer pour bénéficier de cette association des techniques de développement en apiculture, et en production animale et en environnement. Nous sommes aussi très intéressés d'échanger avec tous

ceux qui exportent les produits de l'apiculture: le miel que nous avons en stocks. Les autres produits: comme la cire nous pouvons le faire mais nous avons besoin des appuis financiers. Il en est de même pour la propolis, la gelée royale, le pollen, le venin d'abeilles également.

L'apiculture est une activité de business parce qu'elle touche bon nombre d'affaires de la vie humaine. Sur la santé, l'alimentation, l'artisanat, en agriculture, environnement, etc. L'apiculture est une activité qui intéresse tout le monde: hommes, femmes, jeunes ou vieux, même les enfants qui peuvent commencer à apprendre. J'invite tout le monde à s'intéresser à cette activité et ses produits, car ils apportent beaucoup de soins à nos maladies, le développement de nos organes. Il crée des métiers pour nous en développant nos industries. ■



# sécurité alimentaire

## La Sécurité Alimentaire: Un Obstacle Pour Nous Tous

Par GROGGEL Laura, PCVL • [REDACTED]

La sécurité alimentaire est devenue une phrase populaire dans le monde, surtout parmi les organisations développementales. Bien qu'on entende souvent la phrase dans les médias, la sécurité alimentaire, pour plusieurs personnes, est un sujet mal compris. En réalité, la sécurité alimentaire a des conséquences pour nous tous, spécifiquement sur le travail des volontaires du Corps de la Paix et leurs partenaires communautaires. C'est notre devoir de bien comprendre ce phénomène et aussi de reconnaître son influence sur les communautés dans lesquelles nous travaillons pour le développement durable.

Le concept de sécurité alimentaire fait référence à la disponibilité ainsi qu'à l'accès à la nourriture en quantité et en qualité suffisantes. La sécurité alimentaire comporte quatre dimensions importantes : La disponibilité (production intérieure, capacité d'importation, de stockage et aide alimentaire) ; L'accès (dépend du pouvoir d'achat et de l'infrastructure disponible) ; la stabilité (des infrastructures mais aussi stabilité climatique et politique) ; et la salubrité ou qualité (hygiène, accès à l'eau).

Le Sommet mondial de l'alimentation de 1996 l'a définie ainsi :

*« La sécurité alimentaire existe lorsque tous les êtres humains ont, à tout moment, un accès physique et économique à une nourriture suffisante, saine et nutritive leur permettant [...] de mener une vie saine et active. »*

Il n'existe pas d'explication simple à l'insécurité alimentaire d'un pays ou d'une communauté. Les causes sont souvent complexes et multiples comme des raisons politiques, économiques, sociales et envi-

ronnementales. La pauvreté, les conflits, la corruption, les politiques nationales, la dégradation de l'environnement, les entraves au commerce, l'insuffisance du développement agricole, la croissance de la population, niveau d'éducation faible, le changement climatique, les inégalités sociales, l'insalubrité, et les catastrophes naturelles peuvent tous contribuer à l'insécurité alimentaire d'un pays. Plus récemment, la hausse mondiale du prix des céréales a plongé plusieurs communautés dans cette situation.

Au Togo la sécurité alimentaire est une difficulté qui pèse sur la population - surtout celles dans les milieux ruraux. Certaines communautés, pendant certaines saisons, souffrent d'une insuffisance de nourriture nutritive ou plus grave une nourriture la plus élémentaire. Il y a, cependant, plusieurs projets dans les quatre programmes du Corps de la Paix que les volontaires avec leurs communautés, peuvent initier pour soulager le problème. Les projets de sensibilisations sur la gestion des récoltes et budgets familial, l'amélioration des sols et techniques agricoles améliorés, une meilleure nutrition avec une alimentation locale, les activités génératrices des revenus, l'éducation environnementale, le jardinage, le stockage, etc. rentrent dans le domaine de la sécurité alimentaire et ses solutions.

On ne peut plus se permettre d'ignorer les effets de la sécurité alimentaire dans nos travaux communautaires au Togo. Dans le monde, ou plus d'un milliard de personnes souffrent de faim chronique, une compréhension de la sécurité alimentaire est non seulement pertinent c'est essentiel. Pour les volontaires du Corps de la Paix et leurs partenaires du travail, fassent en effort de mieux incorporer dans vos projets certains aspect de la sécurité alimentaire et cherchent à mieux comprendre ses réalités dans vos communautés. ■

## L'Agriculture en Sac: Pour la Nutrition, Sécurité alimentaire, et Revenu de Ménage

Par SYNDER Abigail • [REDACTED]

L'agriculture en sac est une alternative de production qui a déjà fait ses preuves ailleurs; surtout dans les bidonvilles, ou dans les grandes villes pour favoriser la sécurité alimentaire des populations chassées de leurs terres pauvres, ou en manque de terre. Je propose cette expérience dans le cadre des actions de développement socio-économique visant la sécurité alimentaire et à l'autonomie financière.

Les objectifs de cette pratique sont: 1. Donner l'occasion d'améliorer en quantité et en qualité de nourriture quotidienne; 2. Encourager la pratique sur un plus grande échelle ces « agriculture en sac » permettent d'assurer un revenu complémentaire par la vente des légumes produits; 3. Réveiller la conscience de tout le monde pour qu'il inverse la tendance catastrophique à la destruction du cadre environnemental et partout à la généralisation massive de la pauvreté.

**Matériels Nécessaire:** Sac vide de riz, de céréales disponible sur la marche; Boite cylindre de « Peak, Milo, etc. »; Le sol riche; Gravier; Les jeunes plantes (épinard, tomate, choux etc.). Les jeunes plants destinés à être repiqués dans les sacs sont préparés à germer sur des pépinières.

## Le Perma-jardinage : Pour l'Avenir

Par WILLIAMS Alisha • [REDACTED]

Pendant la saison sèche à mon village, ~~Andoké, Région de Kara~~, Il y a un groupement des cultivateurs qui font les jardins. Chez nous, on utilise un barrage qui était fait quarante années avant par une volontaire du Corps de la Paix avec une organisation chrétienne qu'ont fait plusieurs de barrages et de microprojets d'élevage. Donc, pendant la saison sèche on mange bien beaucoup de légumes et végétales locaux, mais lorsque la pluie arrive, on ne les mange plus. Nous avons beaucoup la chance avec l'eau et le groupement est bien fait, mais je n'ai jamais vu un jardin dans les maisons partout dans ma communauté!

Un jour, après une grande pluie, j'ai dit pourquoi ne pas faire un autre jardin à la maison pour l'alimentation quotidienne? Je parlais avec ma famille pour discuter si je peux faire un perma-jardin derrière notre maison et ensemble nous avons commencé un jardin qui peut donner des bons aliments pour moi et toute ma famille, six personnes, avec encore plus pour préserver et transformer! Il y aura un peu du travail pour commencer mais vous verrez les bénéfices emportent sur vos difficultés. Qui n'aime pas les sauces avec gboma, les feuilles d'haricots ou bien, adémé pour chaque repas de la pâte?

1. Identifier un bon lieu vers votre maison où il n'y a pas trop de pente, ni trop des animaux ni l'eau stagnante et proche d'une toiture où on peut optimiser l'eau.

2. Si la terre n'est pas au même niveau, et j'ai creusé beaucoup mais aussi c'est important à faire des rigoles et bermes afin de contrôler

Un sac peut contenir de 20 à 40 plants selon qu'il s'agit de l'espèce.

**La Pratique:** Le sac est constitué d'un puits central de gravier, entouré de terre. Le puits central de gravier est nécessaire pour la filtration de l'eau dans le sac. Afin de créer le puits central de gravier, on peut utiliser une grande boîte cylindre, comme la boîte de « Peak, Milo, la grande boîte de tomate, etc. ». Ouvrir les deux en bas et en haut de la boîte. Remplir la boîte avec le gravier et mettre sur le fond du sac. Mettre le sol dans le sac et autour de la boîte, jusqu'au haut de la boîte. Enlever la boîte. Le gravier restera au milieu du sol. Continuer ce processus jusqu'à le sac et plein. Prochainement, mettre les trous autour de sac. Transplanter les jeunes plants dans les trous du sac. Aussi, on peut le planter sur le haut du sac. Arroser le sac un fois par jour.

En conclusion, il s'agit d'une (Activité Génératrice de Revenu (A.G.R.) peu cher à mettre en place et bien adopter par des populations qui pour beaucoup sont composées de gens venus de milieu rural et qui ont une expérience agricole. Cette pratique peut assurer une source de revenu complémentaire. Aussi, un autre avantage, est que cette pratique peut améliorer la nutrition pour la famille sans prix et sans beaucoup de travail. Le sac d'agriculture est une vraie opportunité pour les familles évite la vulnérabilité du changement des prix alimentaires pendant les saisons et permet d'avoir les légumes qui sont nécessaires pour la nutrition complète. J'encourage tout le monde d'essayer ce type de jardin. Si vous avez les questions, je suis disponible à vous aider! ■

le flux d'eau pour vos plantes.

3. Pendant la préparation des jardins il est important de penser à certaines techniques de bases écologiques bio-intensives :

- Il faudra creuser profondément et enlever les grands et moyens cailloux de vos planches.

- Si, vous avez fait le compost vous devrez le mélanger dans le sol avant la plantation mais après la préparation de vos planches.

- Faites des pépinières pour conserver l'eau et les protéger les jeunes plantes contre la pluie et des animaux parce qu'ils les aiment trop!

- Soyez créatif! Pour moi, j'ai choisi la terre où ma famille jette les morceaux de charbon. C'est un bon supplément du sol, Il est comme un type d'engrais vert et il est un retient d'eau.

- J'ai planté un arbuste qui s'appelle Jatropa, pour utiliser le bocage à côté du périmètre. Il faudra planter les arbustes un peu sereux si vous vous inquiétez au sujet des animaux ruiner tous vos efforts, mais garder à l'esprit qu'il faudra un ou deux années à se développer assez grand et aura besoin de soutien secondaires jusqu'à la.

- J'ai fait des trous de cachement d'eau pour retirer l'excédent d'eau de mes planches où l'eau rassemble au bas d'une pente. Vers le trou j'ai fait une petite guild (groupe des plantes périméales) comme la citronnelle et des arbres qui donnent les bons fruits.

J'espère que cet article sera utile et intéressante; je connais qu'un jour on verra les jardins aux maisons partout le Togo et ne personne aura la faim. Faire un perma-jardin en vos milieux c'est le début de cette vision. C'est seulement une introduction de perma-culture à la maison, n'hésitera pas de me contacter avec des questions ou n'importe quelle volontaire de programme de gestion de ressources naturelle (NRM). ■

# rétrospective

*Nous voulions vous donner les perspectives anciennes qui sont au même temps toujours pertinentes. Voilà ! Nous vous présentons une rétrospective du juillet 2007.*

## Expériences à l'antenne: Radio Tchamba

Par Christopher Thompson • RPCV

Ayant entendu parler des difficultés rencontrées par d'autres volontaires désireux d'accéder aux ondes togolaises, je ne retenais que peu d'espoir les pieds plantés devant les locaux de Radio Tchamba.

Mais en ce beau jour d'avril, ma surprise fut grande quand les responsables de Radio Tchamba, peut-être intéressés par le Moringa ou flattés par ma venue, m'ont proposé le créneau 15h (après la prière) jusqu'à 16h. Ils m'ont également promis un traducteur / vulgarisateur pour mieux faire passer le message. La morale remontée par ce filon de facilité sur lequel j'étais tombé, je me suis vite mis à raffiner mon plan de présentation.

Sachant que ma première émission serait jonchée d'embûches, je me suis fixé un petit nombre d'objectifs : parler de l'importance d'une alimentation riche en vitamines, protéines, et acides aminés, comment le Moringa peut fournir ces éléments, et comment préparer et intégrer le Moringa à une régime alimentaire. Je me suis assuré de connaître l'appellation locale du Moringa: Gbami en Kotokoli.



Le lendemain à 14h15 je me suis rendu aux locaux de la radio pour familiariser mon traducteur avec le Moringa. Il me semblait essentiel que le traducteur soit un convaincu du Moringa avant de passer à l'antenne, sa fougue pourrait faire décoller l'émission en particulier et notre mission en général. Il pourrait s'avérer très utile aussi d'avoir un témoin, un togolais qui consomme et a tiré profit du Moringa. Cette personne pourra se mettre au même niveau que les auditeurs et être ainsi plus convaincante. Après ce bref entraînement avec mon traducteur et témoin, il était temps de passer à l'antenne.

Je crois que le style de présentation sera particulier à chacun donc je ne donnerai que quelques petits conseils là-dessus. Premièrement, à l'antenne il faut donner la présentation par petits bouts à votre traducteur. Si tu parles trop, le traducteur ne pourra pas reprendre la totalité de votre propos et deviendra désorienté. Deuxièmement, ton traducteur doit être un présentateur habitué, ainsi il saura gérer l'émission. En dernier lieu, je dirais qu'on ne peut pas échouer à une émission. Si tu parles un peu et tu te mets à la disposition de la population, tu auras lancé le débat. C'est ça l'essentiel : lance le débat, même si c'est deux mots et en anglais, et les gens s'intéresseront un tant soi peu. ■

Visitez <[www.farmradio.org](http://www.farmradio.org)> et apprenez plus !

Vous êtes arrivés à la fin. Merci à tous. Nous voudrions remercier nos auteurs particulièrement. Prochainement, nous espérons exposer les photos-profil alors que vous serez capable d'identifier ce qui a écrit tous ce qu'il y aura. Fin à fin, nous avons une photo de nous-mêmes. Nous espérons que c'est suffisant pour le moment ! Merci encore !

