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## Mrs. Milambo Urges Young Women To Embrace Traditional Food Preservation Techniques

Small scale farmers possess a diversity of indigenous knowledge systems for their food preservation and storage; acknowledgement and use of indigenous knowledge in solving food shortage therefore remains a powerful means of sustaining household food and nutrition security.

Indigenous methods of food preservation such as sun drying is tried and tested and has been used by locals over generations to preserve their produce after harvest thereby serving as a means of survival off season.

Traditionally, long-term methods like sun drying has been used for fruits and vegetables. The traditional methods of food preservation, also provide an economic means of preserving food thus making it available during the period of scarcity.

Mrs. Milambo aged 83 living in Simoonga Village, has been participating in all CTD T programs since 2011 shares her experiences and advises the youths especially young married women to learn traditional techniques of food preservation.

She has all the reasons to tell about importance of food preservation. "If all women are to take up food preservation techniques, nutrition problems would not be there, especially during the food scarcity period." She said.

"We have our common vegetables and fruits that can be preserved and properly stored such as Ndule , Mubele and Luyuni among others; these are mostly the foods that go to waste during the rain season when they are in abundance" Mrs. Milambo added.

Mrs. Milambo urges the young married women to take keen interest in learning about traditional food preservation methods and not regard them as inferior because some people regard traditional practices as primitive and outdated, which has led to a decline in the enhancement of food and nutrition security.



*Dried local food plants are an important source of nutrients and can help in combating hunger situations especially during scarcity periods.*

## Construction of CSB Elates Rufunsa Small-Holder Farmers



*Rufunsa Community Seed Bank under construction*

Small-holder farmers in rural areas face numerous challenges and Rufunsa being in the periphery is no exception hence the need to build resilient communities that are adaptive to climatic conditions.

One of the biggest challenges small-holder farmers face in the rural community of Rufunsa is lack of availability and access to different types of seeds of their choice coupled with low incomes.

In an effort to make ends meet, the majority of small-holder farmers rely on seed sharing and exchange, though this act seems to be reducing due to various factors making small-holder farmers less adaptive to the changing weather conditions.

With support from Community Technology Development Trust-Zambia small-holder farmers in Rufunsa District are shedding tears of joy following the setting up of a Community Seed Bank (CSB) in the District.

Though construction of the CSB is still in progress; many small-holder farmers are very happy and hopeful that the CSB will transform many lives through access to different seeds of their choice and ultimately contribute to their household food and nutrition security.

During a courtesy call to Chieftainess Mpanshya to inform her of CTDT's intentions of constructing a CSB in her chiefdom, the Chieftainess expressed happiness at the development saying that this was a good initiative in reviving the indigenous seed varieties adding that it had reminded her of her forefathers and how they used to preserve the local seeds.

### Quote;

*"Our farmers deserve praise , not condemnation ; and their efficiency should be cause for gratitude , not something for which they are penalised."* President  
**John F. Kennedy**

## Rufunsa Women to Set Up Saturday Market

Eating healthy foods is every one's wish though this is not so due to inadequate supply of such foods on the market. In this regard, women in Rufunsa came up with the initiative of setting up a Saturday market for the local foods as part of closing this gap.



*Kautuba FFS display dried local foods during a mock Saturday market In Chaola area, Rufunsa*

Speaking during the farmer variety registration consultative meeting recently held in Rufunsa; Senior head women Rebecca Tembo of Chinsunka Village within Chaola Central in Chieftainess Mpanshya's Chiefdom, said her and other women were considering to seriously start a Saturday market to sale well dried local foods to the general public in order to raise money for their school going children as well as increase income at household level.

Compounded by her visit to the National Plant Genetic Resource in Zambia's capital city Lusaka, characterized by a stopover at a big chain store on their way back was stunned to see local foods such as black jack, okra and many other such local foods being sold; thus, made a unilateral resolve to embark on this kind of business development in Rufunsa district.

She said there was no better way women in rural areas could make money than engaging in this kind of business while also on the other hand enhancing good healthy for their families through promoting good diets since local foods are very nutritious.

Ms. Tembo who is also a facilitator at Kautuba farmer field school said she will encourage her group members to seize this opportunity while advancing the cause of their farmer field school.



*Women participating in the construction of their community seed bank; community participation is essential in ensuring sustainability of projects.*

## CTDT Conducts Poultry and Small Livestock Training

Small livestock production plays a critical role in household food security, and thus consumption of animal products is essential to good nutrition. Meat, eggs and milk are the best sources of good quality protein which plays a fundamental role in preventing and combating malnutrition in rural communities.

Additionally, small livestock production is one of the major sources of income for rural farming communities; It is important that this industry is given attention as it has a direct impact in improving the livelihoods of these communities.

CTDT held a three day training workshop on small livestock training in Chirundu district with the aim of training small holder farmers in poultry and small livestock production and management.



*Farmers being trained on handling diseases animals on the farm using locally available materials*

The workshop was aimed at training small-holder farmers in handling small indigenous livestock and poultry such as goats, chickens, ducks and sheep on issues surrounding housing, feeding, disease control and marketing.

During the training, the farmers were trained on how to make stock feed for their farm animals using locally available crops (materials) such as sorghum and cowpea which are the main crops grown in Chirundu district. Cowpea acts as a source of protein and the sorghum as a carbohydrate for the animals.

On diseases, the farmers were trained on how to use locally available plants such as neem tree for formulating medication for deworming the farm animals.



*Poultry and small livestock management proves to be a great addition to organic crop production.*

With the change in climatic conditions, small livestock production can sustainably increase the resilience of small-scale producers. In addition to helping diversify enterprises and income streams, livestock can provide many other benefits. For example, their manure can be used to fertilize crops. Livestock makes a great addition to organic crop production.

Given the multiple benefits of small livestock production, dietary diversification and nutrition-oriented training for promoting consumption of animal produce is one of the sustainable approaches to combat nutrition insecurity in rural communities.



*Mr. Madson Siameso uses manure collected from small livestock droppings to grow bananas and vegetables at his farm in Chirundu district.*

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