

Upcoming Projects

Resource Center for Nutrition and Agriculture

Grow Strong will establish a Regional Resource Center in Bondo, Kenya -to provide education, training and showcase food gardens, farm technology, and water harvesting. A library at the center will offer 500+ resources and audio-visual teaching aids.

Income Generating Farmers Cooperative

In collaboration with farmers, we will establish a farmers co-op to sell specialty crops in order to generate more family income from farming.

Biodiversity and Seed Banking

Grow Strong will initiate the first seed bank in the region focusing on threatened seed varieties and important indigenous crops. The seeds will be promoted and available to member farmers groups.

Youth Food and Farming Education

Grow Strong will document traditional knowledge, nutritional information and recipes to educate and train future local and international farmers.



GET INVOLVED

Help us accomplish our Projects for 2011 by:

- * **Purchasing "Asali" Raw Honey - 20% proceeds will be donated to Grow Strong**



- * **Making a Tax-deductible donation**
- * **Doing an Internship or volunteering**
- * **Donating services or equipment**
- * **Visit Us - We welcome you to come and see what we are doing**



Grow Strong
Healthy People, Communities and Food

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Grow Strong
Healthy People, Communities and Food



Using Local Resources and
Traditional Knowledge to
Revive Food Security

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Healthy People

Healthy, good food results in healthy people that create a thriving healthy community. Grow



Strong is empowering community based organizations, local partners, and families, to use local

resources and traditional knowledge to revive local food security.

Grow Strong works towards

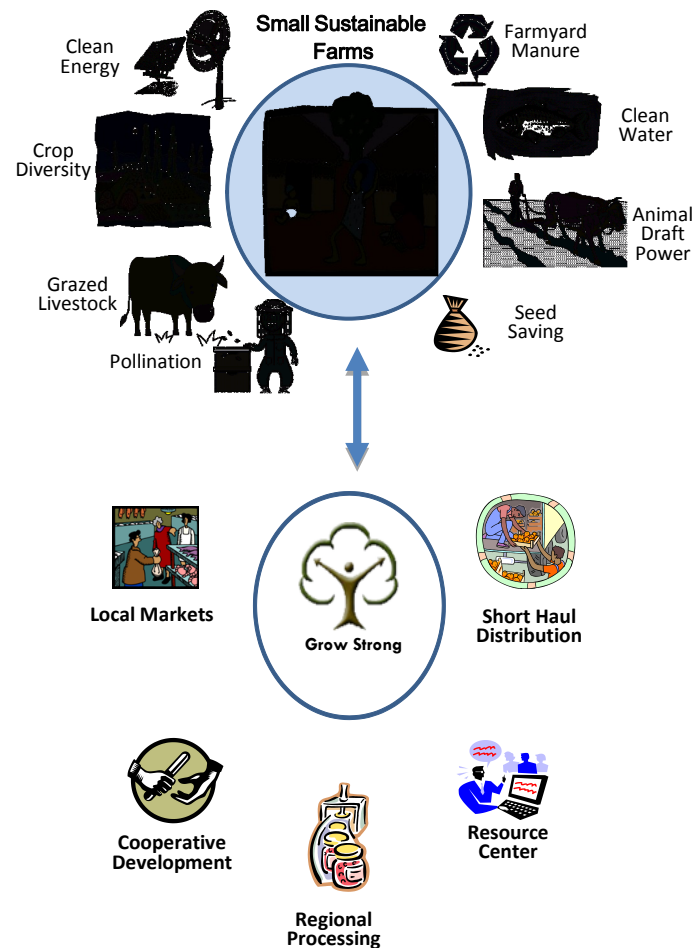
- Reviving self-sufficient, cooperative rural livelihoods free from poverty, hunger and disease in Kenya.
- Sustainably producing food and useful crops by using local resources and traditional knowledge.
- Promoting a nutritious locally grown diet sufficient for good health and healing.
- Conserving biodiversity and reviving the natural and diverse ecosystems.



Healthy Communities

It begins with small, yet diverse family farms producing more and protecting on farm resources. Farmers save a wide variety of important seeds grown each year. We assist farmers to cooperatively pool excess specialty crops and facilitate local channels to sell their products. They earn fair wages selling produce or value added products.

BONDO COMMUNITY BASED HEALTHY FOOD SYSTEM



Healthy Food

In Bondo District, malnutrition is a constant problem because there is not enough food available year around for the average family. Additionally, families are severely impacted by diseases, including HIV/AIDS and as a result they are not reaching their full potential.



We assist communities to reconnect with their rich cultural and dietary wisdom. A local diet consisting of a wide variety of green vegetables, wild fruits, fish, dairy, and pastured meats. They are blessed to live around the world's second largest fresh water lake on the equator, creating the perfect environment for ramping up farming opportunities.

