



Lonny and Jabu

A future from fruit and vegetables

by Elize Ferreira



Dear Friends

This booklet gives a few ideas of how you can change your own life with the things that you have around you, with your own hands and abilities that God blessed you with.

Some of you will want to see a copy of the Subsistence Manual. You can either download it from the website: www.africanhoneybee.co.za or ask your local African Honey Bee or Sappi Khulisa facilitator.

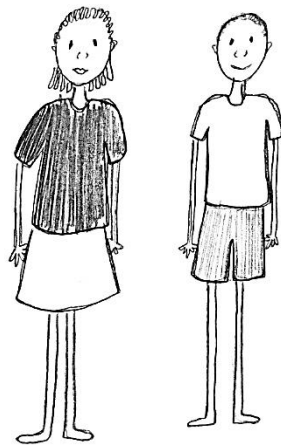
God bless

*Guy Stubbs
African Honey Bee*

For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope. Jeremiah 29:11



Lonny & Tabu

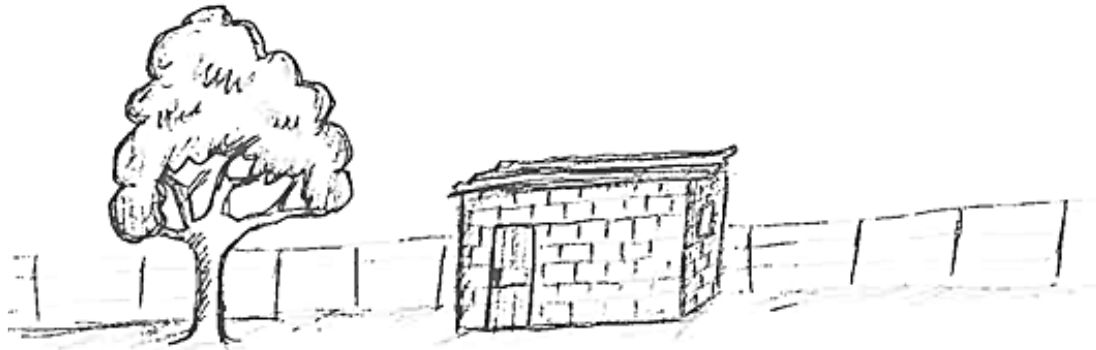


*A future from
fruit and vegetables*



"Morning Mama, why are you looking so worried?"
Lonny asked.

"Ai my child, we have not had rain for a long time
and the insects are eating my vegetables.
Soon we will not have any vegetables to eat or sell",
Mama said.



"My avo tree is also not producing
any fruit even though it is 10 years old",
Mama added.



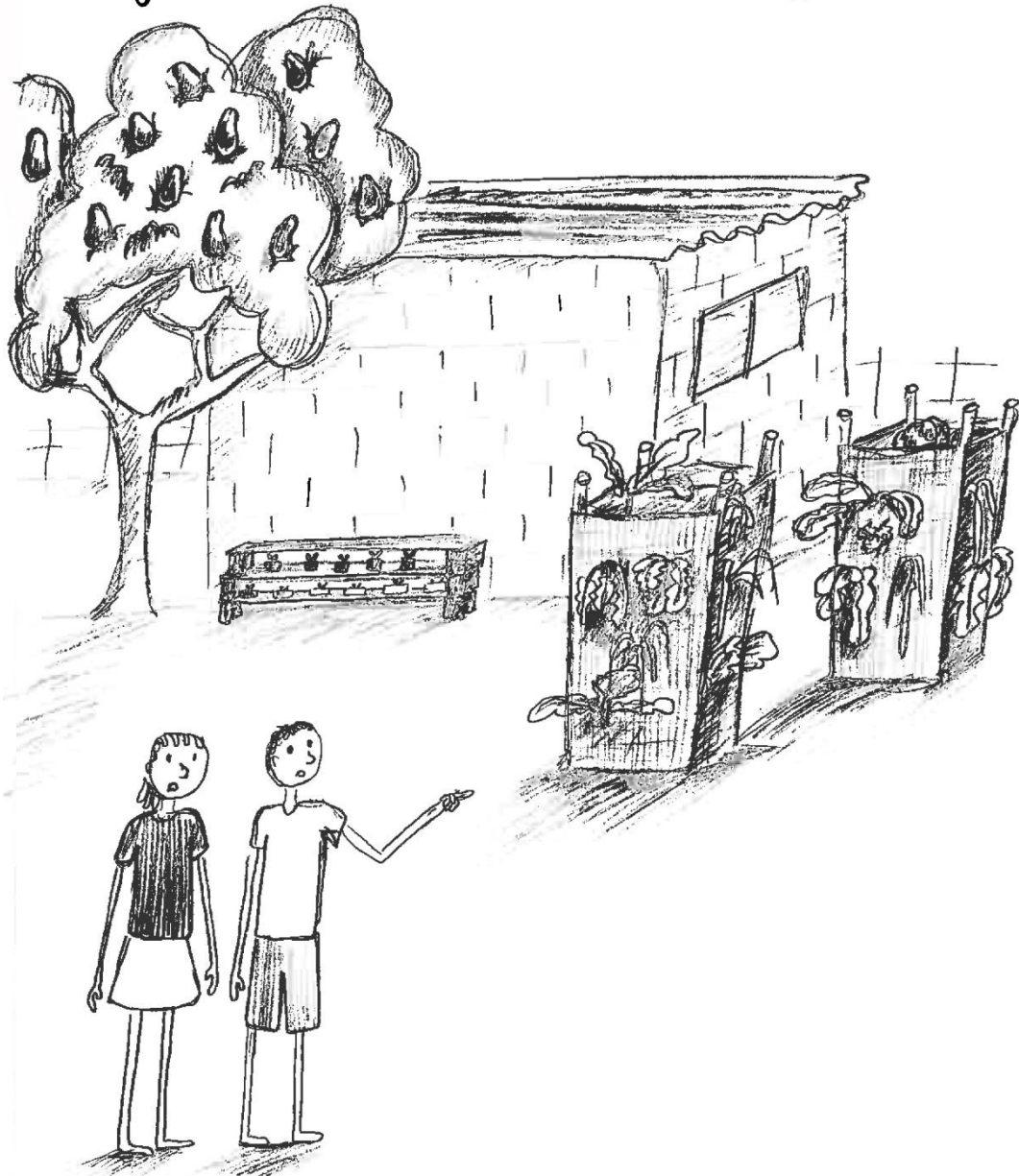
"Come Jabu! We must go get some water for Mama, if we go now we will be back before night time", Lonny said to Jabu.





They walked past Mama Zodwa's house and saw her vegetables growing from a tower garden and avos on her tree.

The vegetables and avos looked very healthy. They also saw that she had a seedling bed.





"Hello Mama Zadwa, we saw your lovely vegetables. Where do you get so much water for them to look so good?" asked Jabu.





"Hello children! Aah, you saw my tower garden. You do not need a lot of water when you grow vegetables in a tower garden. The secret is in how it is built", said Mama Zodwa.





"How do you build a tower garden
Mama Zodwa?", asked Lonny.



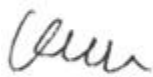
You only need:



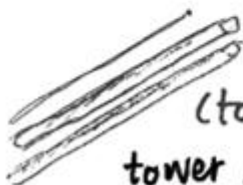
net or an old
mealie meal sack
(to hold the soil together)



a tin or bucket
with holes
(to put in the middle
to let the water spread
and filter the water)

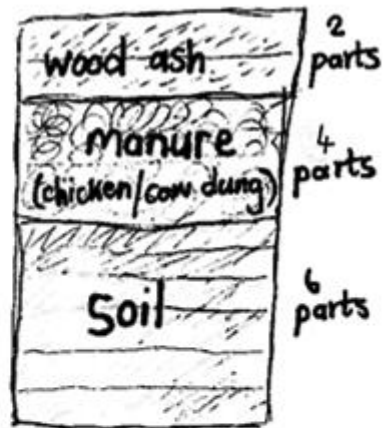


wire (to tie the net
together)



poles
(to keep the
tower garden upright)

You should mix
the soil with the
following:



[You can also look in the
African Honey Bee
Subsistence Manual how
to make a tower garden
properly]

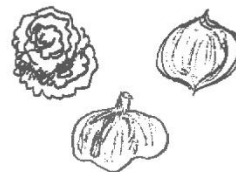


You can use water that has been used for washing like dishwater, bath water or water used for washing clothes



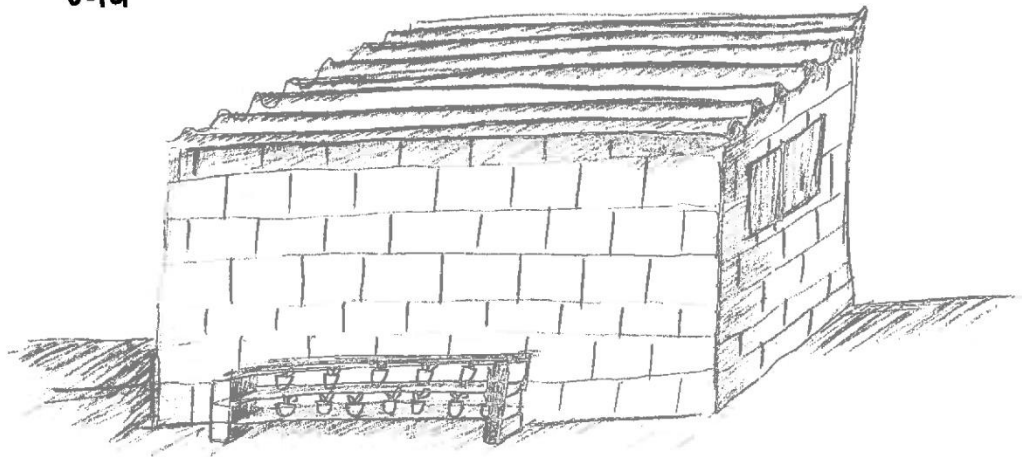
The soapy water helps to kill all the insects that eat the vegetables.

You can also plant Marigolds, Onions and garlic to keep insects away.





"It is also important to have a seedling garden on a shelf. Seedlings are very small plants from seeds that you plant. When you take out a vegetable from the garden, you replace it with a seedling. That way you always have vegetables in your garden", Mama Zodwa told them.



"That is a brilliant idea! Let us go tell Mama about the tower garden Jabu", said Lonny and they ran home.





Lonny and Jabu told Mama about the Tower garden and helped her to build her own Tower garden.



A few weeks passed and one day Mama Zodwa saw Lonny.

"Hello Lonny, how is your mother's Tower garden doing?", she asked.

"Very well Mama Zodwa! We are harvesting a lot of vegetables. Now we can sell them regularly. We saw that you sell fruit as well, do you grow them yourself?", Lonny asked





"Yes, I do!", said Mama Zodwa.

Lonny replied, "We have an avocado tree but it is not giving any avocados, why is that Mama Zodwa?"

"I bought a fruit tree that was specifically grown to bare fruit. You will not get any fruit from a tree that you have grown from a pip or a seed", said Mama Zodwa.

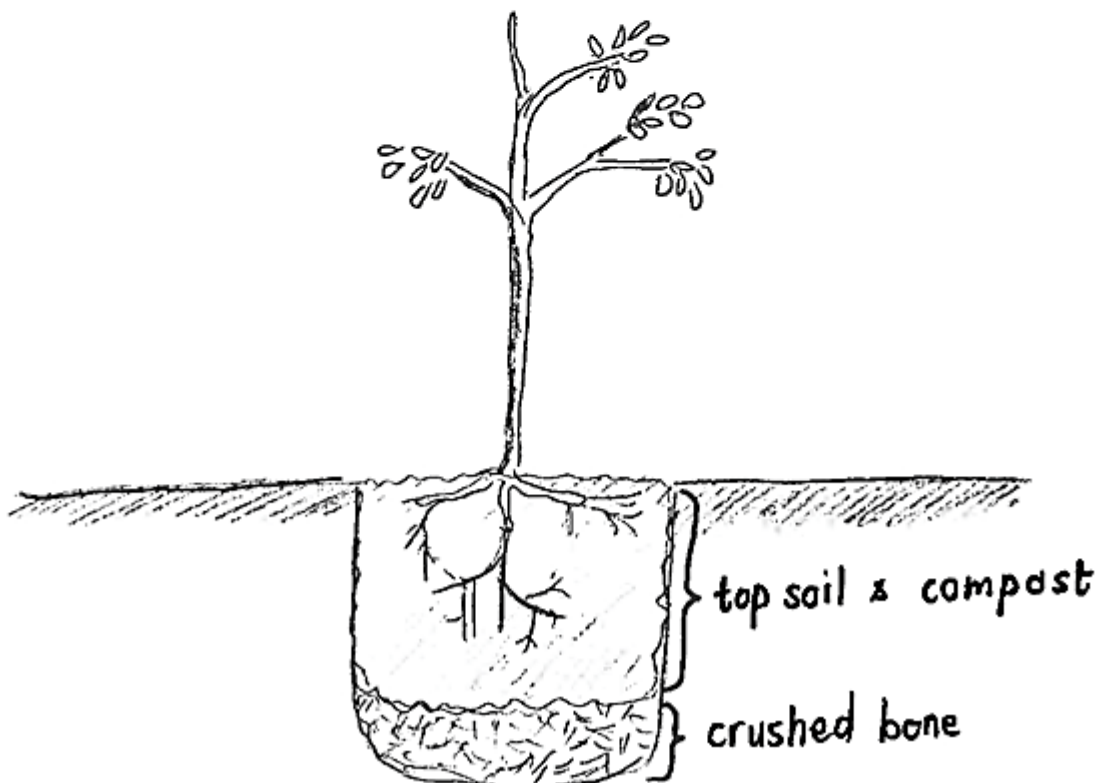


"Oh, so it is not good to grow fruit trees from your own seeds or pips", said Lonny.



“How do you plant a fruit tree Mama Zodwa?”, asked Lonny.

“You plant the young tree in some soil that has been prepared, just like for a vegetable garden. Remember to dig a deep enough hole for the roots. Also, tie the tree to a pole that has been put into the soil to keep it upright.





"Where did you learn to do all of this Mama Zodwa?", asked Lonny.

"I went for training at African Honey Bee. You can tell your parents that they can also go for training and you can help them," said Mama Zodwa.



Endorsements

Our communities are surrounded by nature. They live in areas with flora that is perfect for honeybee farming. Unfortunately, our youth go looking for employment in cities, while there are opportunities on their doorstep. The project by African Honey Bee and the material presented by them, not only opens our community's eyes to the opportunities, but also helps people learn to read. I highly recommend these booklets.

Sipho Ngema

KwaMbonambi Education Circuit Manager (2017)

Sappi is committed to supporting neighbouring communities to maximise their livelihoods from mobilising all assets, natural, physical and otherwise towards enriching the quality of life they yield. Through our relationship with African Honey Bee and our combined activities, Sappi is excited to see the opportunities that arise from managing, harvesting and sustaining honey bees. The contribution to livelihoods of participating community members cannot be over-emphasised. Any opportunity for income generation leads to major saving as well as increasing what comes into the family's income basket. As we share important lessons from the Asset Based Community Development (ABCD) approach with communities living close to Sappi plantations, the embracing of the AHB related activities demonstrate a commitment to living out the promises of the approach. We endorse this African Honey Bee book as it supports this thinking and approach to community development.

Blessing Karumbidza

Stakeholder Relations Manager, Sappi Forests (2017)