

**e - News 15/5/12 GROW BIOINTENSIVE AGRICULTURE CENTRE, Kenya
(G-BIACK)**

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Monica Nyakinyua**



Peris dehydrating fresh vegetables and herbs from the garden
Solar dehydrators project

Many families didn't have green vegetables in their farms due to drought, but the rainy season is finally here and the farms have turned green once again. Green vegetables, which supply vitamins in the diet go from extreme to extreme. During the dry season, the green vegetables are very scarce and very expensive. During the wet season the situation is reversed and vegetables are plentiful, so the farmers have to sell at low prices.

In order to reduce the lack of green vegetables during the dry season, G-BIACK has initiated a program of teaching farmers a sustainable method of vegetable preservation by the use of solar dehydrators.

Peris Nderitu and Mary Wangui brought this technology from Ohio and their GROW BIOINTENSIVE three-month internship at the Circle of the Sun Farm, sponsored by Ecology Action of Willits. Vegetables are dehydrated and preserved during the time of plenty and eaten during the time of scarcity. G-BIACK plans to teach all its communities, schools, children homes and orphanages about this technology. This will help them to eat better all year round and save money, too.

Please visit us! We are located 10km east of Thika town along the Thika – Garissa Rd (highway A3)
Or visit our web site: www.g-biack.org

Donations of any amount help us to reach out to more vulnerable families. Checks payable to Kilili Self Help Project and designated for G-BIACK may be mailed to 260 Marion Avenue, Mill Valley CA 94941 USA. Donations are tax deductible and 100% of the donated amount will be sent to G-BIACK for our programmes.

G-BIACK- Empowering the communities ~ Transforming Lives
(G-BIACK is a registered CBO in Kenya. Donations are tax-deductible)