

Betty and George live in the south of Uganda in Africa. They live there with their seven children in a small house made out of wood and mud. Things haven't been easy for them, in the past they worried about having enough food for the children and they often had to go without meals. In May 2003 they received a cow and training from Send a Cow, it really changed their lives.

Since getting the cow they have made the most of the things that it has produced, not just milk . . . manure too! They mix up the manure with dead plants and use it on the soil to farm 'organically'. Doing this has given them upto three times as many vegetables on the same amount of land, giving the children plenty to eat. Betty and George have gone to a lot of effort planting vegetables to provide the family with more food. There are about six bag gardens dotted around outside their house, several manure piles and a kitchen garden. All are given raw household food waste for composting. The bag gardens look great, sprouting all sorts of things: onions, cabbages, carrots, potatoes and more. Each one has different crops in it, providing a varied diet.

In the afternoons, Betty goes out to the garden with the youngest children to collect vegetables from the bags. She then makes healthy meals with them on the small oven. When George isn't at work, the children help him make sure that the garden is doing well and they collect water for the bags. They don't mind, as they know how important the garden is for them. Now that they are eating a balanced diet, the children have more energy to play games with the neighbours' children and they don't get ill all of the time.

Even though Betty and George only have about an acre or so of land, they can feed the whole family from home grown food! Their lives are very different now. They can help others too - their neighbours want to learn about using compost and manure so that they can transform their gardens! This has enabled Betty and George to pass on what they know and help to build a better community.



Betty & George with their family and neighbours

Betty&George



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