



Janvier is 18 and lives in Rwanda, a tiny country in Central Africa. Harvest there happens twice a year, once in July and again in December. These times of harvest are very important for Janvier and his orphaned brothers and sisters, as their garden is where they get their food.

The children have lived without their parents for the last ten years, since a time of serious fighting in the country. They have been struggling to survive with very little money and by eating the fruit and vegetables they have grown. Life was very difficult – when Janvier was eight years old he often went without food for days, he was malnourished, had no shoes and had to work very hard to help the garden produce any crops at all.

Two years ago, the children's lives were changed forever, when they were given a cow by Send a Cow! Manure from the cow was put onto soil that was hard and tired from having so much planted in it – and now the soil is rich and full of life, helping them to grow all sorts of vegetables and fruit. The family found that, when they added the manure, their harvest from the garden was three times as large! Even the cow's urine was used to kill pests and keep their crops alive.

Plants like tomatoes, peppers and bananas give a harvest throughout the year – meaning that the children go out to the garden and get healthy food whenever they need it. The two main harvest times bring them much needed crops like beans, sweet potato, mangoes and sweetcorn.

Last harvest they got 60 kilograms of beans from a small plot, which only used to give 20! This means that, when the children have eaten what they need, Janvier can sell some of the extra beans at the local market and buy things like sugar, rice and flour.



With a far more varied diet the children are much healthier and have lots of energy. Janvier loves to kick a homemade football around with his brothers and sisters and life is generally much less stressful. They work as a team in the garden, producing all sorts of crops, growing what they need.

Thanks to the gift of a cow, the children can look forward to many new harvests in the future.