Recipes for Success

Enhancing productivity and consumption of indigenous horticultural food crops for better nutrition and health through enhanced communication of research results in community-run resource centres.

A pilot project by: [Logos]

Supported by: [Logos]
Project overview

• Activities in Kenya, Tanzania and Benin
• Research and NGO/CBO partners:
  – KENRIK
  – ROP
  – Sokoine University for Agriculture
  – INRAB
  – APRETECTRA
  – Cirad
  – (Crops for the Future)
Aim

• To increase the nutritional status of underprivileged groups (mainly women and children) through better production of and access to traditional foods, mainly fruits and vegetables…

• …Through research on the production, processing and marketing of these food plants.
Information about nutrition

Contribute to development of improved dietary guidelines

Seed supply for indigenous species

Project coordination (CFF, CIRAD – project management team)

Production studies (CIRAD, INRAB)
- Baseline study to assess current and potential contribution of indigenous crops on human health (link to MIL)
- Assessing status of current production and carry out environmental impact study
- Build scenarios for future production intensity and related environmental impact, seed requirements etc.
- Provide guidelines for best practice

MIL (CFF - all)
- Baseline study to assess current contribution of indigenous crops on human health and income of beneficiary households (link to production and nutrition studies)
- Impact and Innovation Journals to allow for continuous project monitoring and early detection of important learning
- End of project assessment of project benefit to direct beneficiaries and estimates for indirect beneficiaries

Seed availability (KENRIK, ROP, SUA, APRETECTRA)
- Link established to AVRDC-vBSS and others
- Training in seed production
- Acquisition of seed for communities

Nutrition Research (SUA, INRAB) for better knowledge on nutrition of fresh and processed traditional foods
- Assembling published (scientific) knowledge (link to MIL)
- Assembling traditional knowledge
- Lab analyses
- Assess health benefit of new nutrition
- Contribute to development of improved dietary guidelines

Communication Strategy (CFF - all)
- Early and continuous connection to important stakeholders and change agents
- Research results from production and nutrition studies are published in appropriate formats to the benefit of Health Club clients
- Pictorial manuals for use in both West and East Africa developed

Health Clubs (KENRIK, ROP, SUA, APRETECTRA)
- Information about nutrition
- Learning about best ways to process food
- Processing facilities
- Advice on production
- Seed supply for indigenous species
- Market access for fresh/processed indigenous fruit and vegetables
- Enterprise development
- Social network

• Enterprise development
  • Assembling traditional knowledge
  • Lab analyses
  • Assess health benefit of new nutrition
  • Contribute to development of improved dietary guidelines

• Baseline study to assess current and potential contribution of indigenous crops on human health
  (link to MIL)

• Assessing status of current production and carry out environmental impact study

• Build scenarios for future production intensity and related environmental impact, seed requirements etc.

• Provide guidelines for best practice

• Link established to AVRDC-vBSS and others

• Training in seed production

• Acquisition of seed for communities

• Assembling published (scientific) knowledge (link to MIL)

• Assembling traditional knowledge

• Lab analyses

• Assess health benefit of new nutrition

• Contribute to development of improved dietary guidelines

• Early and continuous connection to important stakeholders and change agents

• Research results from production and nutrition studies are published in appropriate formats to the benefit of Health Club clients

• Pictorial manuals for use in both West and East Africa developed
Key Activities I

- Capacity strengthening of community groups through “Health Clubs” to organize themselves into business and production units (community empowerment and feedback of research results).
Health Clubs

- KENRIK: 4 (3 initially, 1 new)
- ROP: 9 (4 initially, 5 new – 74m/314w)
- APRETECTRA: 3 (with 15 subgroups – 35m/302w)
- SUA: 3 (vendor groups)

- Training activities: plant production/protection, cooking, health and nutrition, nursery operations, marketing etc.
Key Activities II

- Evaluation of the effects of soils, climate and farmer practices on production and nutrient content of indigenous vegetables and fruits (agronomic studies).
Agronomic studies

• Carried out in Benin (INRAB, UAC, Cirad):
  – Literature review
  – Phytosanitary studies to enhance plant production/reduce loss due to P&D
  – Rooting of cuttings: moringa, vernonia, *Talinum triangulare*
  – Fertilization of *Corchorus olitorius*
  – Use of *Ocimum gratissimum* as insecticide
Key Activities III

• Facilitation of seed availability for valuable indigenous vegetables and fruits (nursery and seed stores).
Seed Availability

- High demand reported by both KENRIK and APRETECTRA
- Example KENRIK last quarter:

<table>
<thead>
<tr>
<th>Scientific name</th>
<th>Local name</th>
<th>Amount collected</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Sclerocarya birrea</em></td>
<td>Mauw’a (fruits)</td>
<td>2 sacks</td>
</tr>
<tr>
<td><em>Zanthoxylum chalybeum</em></td>
<td>Mukenea</td>
<td>28 kgs</td>
</tr>
<tr>
<td><em>Ximenia americana</em></td>
<td>Ndula (fruit)</td>
<td>1 sack</td>
</tr>
<tr>
<td><em>Carissa edulis</em></td>
<td>Matote</td>
<td>20 kg</td>
</tr>
<tr>
<td><em>Syzygium cumuni</em></td>
<td>Zambarau</td>
<td>20 kg</td>
</tr>
<tr>
<td><em>Strychnos spinosa</em></td>
<td>Mae (fruits)</td>
<td>1 sack</td>
</tr>
<tr>
<td><em>Diospyros mespiliformis</em></td>
<td>Mikoo</td>
<td>200 seedlings</td>
</tr>
<tr>
<td><em>Carissa spinarum (C. edulis)</em></td>
<td>Matote (fruit)</td>
<td>100 seedlings</td>
</tr>
</tbody>
</table>
Key Activities IV

• Understanding the effect of processing on nutrient components/palatability of indigenous vegetables and fruits (recording and developing recipes).
Recipes

• Recording farmer recipes in Kenya and Benin
• Lab analysis of 42 recipes in Kenya and Tanzania
• Plan for a video cookbook.
Why is this project important for GlobalHort?

• “Action” research and partnerships – link of community development (hands on) with research (global public goods)
• GlobalHort is ‘on the ground’ and active
• Increased credibility as ‘walking the talk’: novel research outputs (analysis of composite foods)
• Contribution to wider global agenda: e.g. collaboration with CFF strengthens links to GFAR etc.
And what is ahead?

- Project completion workshop next week
- Plan to develop a follow-on proposal (GlobalHort as development partner?)