

CRIFSUP

Central Rift
Farmer Managed Natural Regeneration
Scale-Up Project

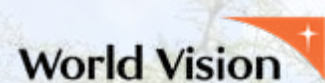


World Vision



Stories of *Change*

Farmer Managed Natural Regeneration (FMNR)



Central Rift Farmer Managed Natural Regeneration Scale-Up Project (CRIFSUP)

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Stories of Change through Farmer Managed Natural Regeneration (FMNR)



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FOREWORD

Out of the 47 counties in Kenya, 22 are classified as Arid and Semi-Arid Lands (ASALs) where over time the adverse impacts of climate change have increased the vulnerability of communities living in these counties. In an effort to build climate and livelihood resilience to conditions characterized by a reduction in tree cover, increased land degradation, erratic rainfall patterns, low crop production, drying water sources among others, World Vision introduced the Farmer Managed Natural Regeneration (FMNR) approach.

This publication records the experiences of participants who have implemented the FMNR approach through World Vision's CRIFSUP Project.

From their encounters, you will notice how this sustainable low-cost approach has a holistic impact on women, men, children and the community at large.

Additionally, the project trains participants on other complementary components to maximise on benefits achieved from practicing FMNR. These complementary components include: Savings for Transformation (S4T), Citizen Voice and Action (CVA), Local Value Chain Development (LVCD), Empowered Worldview (EWW), energy-saving technologies, soil and water conservation, and Climate-Smart Agriculture (CSA).

Daniel Makana
Project Manager, CRIFSUP
World Vision Kenya

World Vision is a Christian, relief, advocacy and development organisation that is committed to improving the well-being of children, families and communities in Kenya. For over 40 years, the organisation has served alongside the poor and oppressed in the country, as a demonstration of God's unconditional love for all people.

World Vision partners with communities, the Government, sponsors, donors and corporates to help the most vulnerable children overcome poverty and enjoy life in all its fullness. It implements sustainable development projects in education, health, child protection, food security, economic empowerment, as well as Water, Sanitation and Hygiene.

The organisation has a vast reach in Kenya. Its transformative development initiatives are spread across 37 counties, nationwide. World Vision serves all people regardless of religion, race, ethnicity or gender.

World Vision is implementing the Central Rift Farmer Managed Natural Regeneration Scale-Up Project (CRIFSUP) that aims to strengthen food security and livelihood resilience for smallholder farmers and pastoralists in Kenya by 2026 through FMNR and other restoration techniques.

CRIFSUP is being implemented in 4 counties: Baringo, Elgeyo Marakwet, Nakuru and West Pokot.

The project is funded by the Australian Department of Foreign Affairs and Trade (DFAT) through the Australian NGO Cooperation Program (ANCP).

CRIFSUP has three outcomes:

- Increase the area of land under restoration through FMNR
- Strengthen diversified livelihood options for smallholder farmers and pastoralists
- Enable and inclusive policy environment and structures that support the uptake of FMNR

Farmer Managed Natural Regeneration (FMNR) is a sustainable land restoration technique that depends on active management of bushlands, tree stumps and/or seeds that have self-germinated from the soil, allowing them to grow into productive trees. The FMNR approach provides a low-cost, low-risk method for restoration of degraded landscapes while supplying farmers with valuable economic, social and environmental benefits.

In FMNR, farmers take charge of pruning, fencing and managing their farmlands to encourage regeneration of tree stumps while preventing destruction by livestock or human activities.

CRIFSUP aims to achieve the following targets by 2026:





GLADYS BARGORET BARINGO COUNTY

Gladys Bargoret routinely starts her day by milking her goats before setting them free to browse for pasture within her farmland in Losekem Village, situated in Baringo County.

She claims that since the year 2020, they have received negligible amounts of rainfall, barely enough for a productive harvest.

Due to climate change, residents in the area are experiencing extreme heat, lack of pasture, food insecurity, drying up of water sources and livestock deaths. This is in turn affecting people's livelihoods.

Gladys' livestock however survived the prolonged drought that ravaged parts of Baringo County in 2023 as she had embraced the Farmer Managed Natural Regeneration (FMNR) approach.

The FMNR approach boosts the regrowth of indigenous trees from felled tree stumps, roots of previously cut trees or naturally occurring tree seedlings present in the soil.

Gladys is among other 628 smallholder farmers and pastoralists who were trained on the FMNR approach in 2018, through World Vision's Central Rift Farmer Managed Natural Regeneration Scale-Up Project (CRIFSUP) that is funded by the Australian Department of Foreign Affairs and Trade (DFAT).



"In the year 2000, before implementing FMNR, I lost 324 out of the 345 goats I had due to drought. We used to walk for 15 to 18 kilometres in search of water and pasture. Some livestock would die along the way," Gladys recalls.

"I am very happy that so far, none of my livestock has died, thanks to FMNR. They are healthy because they no longer have to go far to get fodder," Gladys adds.

In 2018, she enclosed one acre of her farmland, for use in practicing the FMNR approach. She has been gradually increasing it and now has six and a half acres dedicated to the approach.

Before embracing the FMNR approach, Gladys says that the enclosed area was

a dense thicket, creating a convenient hiding place for wild dogs that frequently preyed on her goats.

"After World Vision trained us on FMNR, I fenced my farm, thinned the thicket and pruned selected tree stumps. Thinning enabled me to reduce the dense population of mathenge trees [scientifically known as *Prosopis juliflora*] as well as make room for the healthy regeneration of other beneficial plant species like the acacia trees. Wild dogs no longer have a place to hide, meaning my goats are safe," Gladys says.

Despite many people viewing the mathenge trees as destructive, Gladys is using the invasive plant to her advantage, especially during dry seasons.



Thanks to the continuous pruning as well as the effective management of mathenge trees and acacia trees on her farm, Gladys is able to get firewood, shade, herbal medicine, fencing material and animal feed from her farm.

She usually mixes the mathenge tree pods with dried maize cobs to make fodder which supplements her livestock's diet.

"World Vision gave us a hay chopper that we use to grind livestock feed. This has really helped us. Once we dry and grind pasture, it gets a longer shelf-life and wastage is minimised. My livestock feeds on it and the surplus is stored for use during dry seasons," says Gladys.

The availability of diversified sources of nutrition has enabled Gladys to maintain healthy goats amid the escalating drought in the area.

During wet seasons when there is abundant animal feed, Gladys usually milks the goats and collects at least four litres daily. She sells two litres at 60 Kenyan Shillings (USD 0.41) per litre and leaves the rest for consumption at home.

When need arises, she also sells her goats depending on the age, size and demand. The price of a goat ranges between 2,000 to 4,000 Kenyan Shillings (USD 13.71 to 27.42). The cost can rise up to 6,000 Kenyan Shillings (USD 41.12) during festive seasons in Kenya.

Gladys also rears chicken. At the beginning of the year (2023), she sold 21 hens and made 15,100 Kenyan Shillings (USD 103.50). She now has 59 hens left.

Gladys uses the extra income received from these sales to pay her children's school fees and buy other household necessities.



Rainfall patterns are no longer predictable as a result of climate change in Baringo County just as in most parts of Kenya.

This has led to prolonged droughts that adversely affects communities.

The FMNR approach is increasingly building the resilience of communities against these detrimental effects of climate change, as illustrated by Gladys's story.

This is restoring hope among affected communities, as they are assured

of the sustained well-being of their families and survival of their livestock all year round.

"As long as there is money and food for my family and livestock, I am satisfied. So far, FMNR has made that possible," Gladys says. 🌱





REUBEN LAGAT
ELGEYO MARAKWET COUNTY

At Kapterit village in Elgeyo Marakwet County, resides Reuben, a 33-year-old farmer, with his wife Anita and their five-month-old baby.

Having relocated to the village in 2019, Reuben initially cleared the farm of indigenous trees, intending to replace them with exotic ones.

“However, this led to the land becoming bare, causing increased wind erosion and rapid soil drying, which destroyed my crops and mango trees. Additionally, fetching water for irrigation became costly. That was until I discovered the technique of restoring indigenous trees through World Vision,” Reuben explains.

In May 2022, he was among 1,000 lead farmers who received training on the Farmer Managed Natural Regeneration (FMNR) approach under World Vision’s Central Rift Farmer Managed Natural Regeneration Scale Up Project (CRIFSUP) that is funded by the Australian Government, through the Department of Foreign Affairs and Trade (DFAT).

He later imparted the knowledge to his wife Anita and embarked on embracing the FMNR approach in their home, so as to increase tree cover in their land.

“After the training, I realised my mistake of clearing the land and recognised the numerous benefits of indigenous trees. Even during droughts, they remain resilient. Utilising the skills gained, I fenced my farm, identified tree stumps of indigenous trees to

be regenerated and adopted proper pruning techniques,” he shares.

Reuben had prior knowledge of tree pruning but had been doing it incorrectly. He explains, “I used to prune from the upper side of the branch, downwards. Additionally, I would dispose or burn the pruned branches. Thanks to World Vision, I have gained enlightenment through the FMNR training. Sometimes we think we know, but we don’t.”

Pruning downwards can harm and hinder the regrowth of the pruned branches. The correct practice involves making an upward cut from underneath the branch. This aids faster tree recovery while reducing vulnerability to disease and insect damage at the cut area.



sources of nutrition. In addition to obtaining fodder from indigenous trees, the couple also utilises sugarcane leaves and bean pods as animal feed.

Nothing goes to waste on their farm, since plant residues serve as animal feed or organic fertiliser.

Consequently, their livestock thrives. Reuben and Anita own over 40 goats and sheep, which generate extra income when sold.

Goats are sold for 8,000 to 10,000 Kenyan shillings (USD 54.83 to 68.54), while sheep are sold for 5,000 Kenyan shillings (USD 34.27).

For livestock feeding, Reuben employs the cut-and-carry method and sometimes



tethers the animals to prevent them from damaging his crops as well as the regenerating tree stumps.

“Through the FMNR training, I have learned the importance of preparedness and taking necessary measures for the future. I joined an S4T [Savings for Transformation] group, which has allowed us to save and increase our finances. I can also provide for my family’s current needs and secure a better future for my son,” Reuben notes.

Initially sceptical about FMNR, Reuben’s perception changed after a visit to Joyce Wanyama’s farm in Emsea village, who is an FMNR champion

facilitated by World Vision. Witnessing her achievements, Reuben was inspired to implement the approach and he has never looked back.

His wife Anita is equally passionate and committed to FMNR due to the impact it has made in their lives, which has also strengthened the couple’s relationship.

Reuben and his family are among the many people that are increasingly benefitting from CRIFSUP initiatives that are aimed at strengthening food security and the livelihood resilience for at least 11,000 households by 2026 through the FMNR approach as well as other land restoration techniques. 🌱



“I derive many benefits from pruning these trees. The pruned parts decay and enrich the soil with humus, thus improving fertility. They also serve as mulch, which retain soil moisture for my crops and prevent them from drying. Moreover, the trees provide fodder, shade and firewood,” he highlights.

Anita, Reuben’s wife, no longer needs to trek approximately four kilometres to collect firewood.

“The increased tree cover in our compound, resulting from FMNR, has made firewood readily available. I now have spare time for other tasks within the homestead,” she says.

Reuben and Anita practice FMNR on an eighth of an acre in their farmland.

They have gone further to ensure that they have trees spread across their entire compound. They note that they have experienced an increase in crop yields since they began practicing FMNR.

As such, they grow the following crops for both home consumption and income generation: sweet potatoes, spider plant, cassava, sugarcane, kale, beans, pawpaw, mangoes, spinach, bananas, oranges and avocados.

These nutritious foods offer their family a balanced diet and diverse



JOYCE WANYAMA
ELGEYO MARAKWET COUNTY

Joyce Wanyama, a farmer in her early 50s lives with her husband, Edward and four-year old granddaughter, Blessing in Emsea village, which is situated in Kenya's Elgeyo Marakwet County. The family's love for farming and fruits made them relocate from Kitale to the area in 2014.

"We moved here after discovering that there were fruit trees that could do well in this area compared to Kitale where we used to live before," she says.

Joyce explains that since their interest was in farming, they cleared all the vegetation including beneficial shrubs on their two-acre plot of land that was majorly filled with an invasive weed, Lantana camara, which is commonly known as the Spanish flag. What was left behind was bare, degraded land with deep gullies.

"At the time, we didn't know that we were causing more damage. Also, I later came to realise that we were residing in an area affected by lightning and strong winds that frequently swept away our roofs," Joyce recalls.

Elgeyo Marakwet County is among the Arid and Semi-Arid (ASAL) areas in Kenya where the livelihoods of communities are threatened due to land degradation and the impacts of climate change that cause drought, flash floods and landslides in the area.

World Vision, through the Central Rift Farmer Managed Natural Regeneration Scale-Up Project (CRIFSUP) has been building the resilience of communities to these climate-induced disasters through initiatives that boost their food security and improve their livelihoods.

The focus has been on a low-cost reforestation technique known as the Farmer Managed Natural Regeneration (FMNR) that is helping communities to restore degraded lands and solve some of the key environmental challenges they are facing.

Joyce is among the 629 lead farmers that were trained on the FMNR approach by World Vision.

She then cascaded the knowledge to her husband. Thereafter, they joined hands and began implementing the FMNR approach on their farmland. Six years down the line, there is undeniable joy on Joyce's face as she talks about the approach.

"FMNR has truly changed our lives. Our mindset towards taking care of the environment has changed because we know and have experienced the benefits of trees in this homestead. Our roofs are no longer carried away by strong winds. The trees act as wind breakers," she says.

Joyce, who occasionally prunes the trees in their farmland, says that they provide sufficient firewood for cooking all year round.





Previously she would walk for at least 14 kilometres to and fro, in search of firewood. This was time consuming and she always got home tired not having enough time to spend with her family.

Apart from firewood, she now enjoys more benefits that come with the indigenous Acacia trees such as increased soil fertility that has increased her crop yields.

Joyce grows a variety of drought tolerant crops such as beans, groundnuts, sorghum, green grams, traditional vegetables among others.

These healthy nutritious crops are both for the family's consumption and for sale, which boosts their household income. Additionally, their farmland produces high yields of fodder and pasture that is enough for their livestock and for sale.

In the year 2022, Baringo was among the many counties in Kenya that experienced prolonged drought.

When many were suffering, with increased livestock deaths and food shortage, Joyce's family was well prepared. She had stored surplus hay for her livestock in preparation for the dry season.

"For over four months, we were affected by drought. It was so severe that even if you had money, you couldn't get vegetables at the market. Some families were forced to make tamarind juice and eat with ugali [maize meal]. However, the case was different in my home, thanks to FMNR," Joyce says.

The family had drought resistant crops such as the black night shade, chaya and pigeon peas that they ate during the tough times. As an avid FMNR champion, Joyce boasts of her family's good health thanks to eating a balanced diet.

They have mature pawpaw and mango trees and have now started growing passion and orange fruits.

Blessing their granddaughter, enjoys eating mangoes. It is her favourite resting and playing spot when she comes back home from school.

"At first, I doubted whether the tiny shrubs would turn into anything beneficial even with the pruning and

management as we had been taught. But now see, we have enough to feed us, our livestock and to sell for income. Had it not been for the training I received from World Vision on the FMNR approach, none of this would be in existence. Thank you, World Vision," says Joyce.

By the end of 2021, the CRIFSUP project had reached a population of at least 33,000 men, women and children who benefitted from FMNR after the first implementation phase of the project.

Now in its second phase, the project aims to improve the lives of 55,000 people by 2026 across Baringo, Elgeyo Marakwet, Nakuru and West Pokot Counties through the FMNR approach as well as other restoration techniques. 🌱





LAZARUS KIMOSOP ELGEYO MARAKWET COUNTY

The trees in Lazarus' compound shield you from the intensity of the blazing mid-day sun that shines relentlessly on one's forehead. A soothing breeze under the shade that his family and neighbours relish is thanks to them practicing the Farmer Managed Natural Regeneration (FMNR) approach, which is implemented by World Vision.

"This land had no trees. It was unbearable to stand outside because of the scorching sun. Thanks to World Vision training us on FMNR, we have now nurtured regenerated trees that provide shade for my family and livestock, even during the dry season. At times, my neighbours request to host ceremonies in this compound because of the shade," Lazarus states.

Lazarus hails from Elgeyo Marakwet, one of the 29 Arid and Semi-Arid Land (ASAL) counties in Kenya that frequently experience prolonged drought as a result of the damning effects of climate change.

Due to such environmental conditions, farmers are subjected to unhealthy and low crop yield that does not meet the consumption demands of their families and livestock, thereby affecting their livelihoods.

More areas are gradually becoming characterised by the drying up of water sources, dwindling farm produce, disappearance of some important indigenous species due to their over-exploitation, as well as unpredictable weather patterns.

In an effort to mitigate these impacts, farmers like Lazarus have adopted the

easy and low-cost FMNR approach that has built their resilience to climate change and food insecurity caused by global warming.

In 2018, after receiving training on the FMNR approach and other complementary components through the World Vision's Central Rift Farmer Managed Natural Regeneration Scale-Up Project (CRIFSUP), Lazarus enclosed one acre of his farmland to allow indigenous trees to regenerate and protect them from damage by livestock.

For a man who was accustomed to unsustainable farming practices such as the slash-and-burn method to prepare his land for the planting season, Lazarus now talks of increased soil fertility and higher yields after practicing the FMNR approach.

"My cows are healthier and produce more milk since they no longer have to travel far to get pasture. The pasture yields in my farm have increased and i

get enough to feed my livestock all year round. I get at least ten litres of milk a day. I usually sell five litres and the rest is consumed at home," he says.

In 2022, when the county experienced drought, Lazarus recalls that some of his neighbours resorted to selling their livestock at a throwaway price before they became emaciated due to lack of pasture. However, he had enough to feed his livestock as they awaited the rains.

Lazarus boasts of a myriad of benefits from the regenerated trees in his FMNR farmland. He says that the trees provide fodder for livestock, firewood, herbal medicine for treating coughs and wild berries that the family eats to supplement some of their nutritional needs.

To complement the benefits that he is reaping as a result of the FMNR approach, Lazarus has also grown tree tomatoes, avocados, bananas and other drought resistant crops such as sorghum, sweet potatoes and cassava

that are healthy foods, which provide necessary nutrients for his family. At times, he uses leaves from the banana and avocado trees to feed his livestock.

"The FMNR approach on its own has economic, social and environmental benefits. However, in our programming, we encourage communities to implement complementary components in order to boost the gains achieved from FMNR. Some of these components include the use of energy-saving technologies and planting fruit tree seedlings as Lazarus has done," says Mathew Korir, the CRIFSUP Project Officer in Elgeyo Marakwet County, Kenya.

"We trained our farmers on the use of energy-saving cookstoves that reduce the pressure put on trees since they consume minimal firewood. Compared to the traditional cookstoves, the current one produces less smoke thus reducing the risks of respiratory illnesses," Mathew adds.



Lazarus' family would previously spend 150 Kenyan Shillings (USD 1.03) on a bunch of firewood that lasted for only two days.

They are now able to save that money as well as sell firewood to gain more income for household use. Additionally, they have more time to spend as a family because firewood is readily available and it takes a short time to prepare food with the energy-saving cookstove.

"I am grateful to World Vision for imparting me with the knowledge on FMNR. I hope that it can be extended to more farmers out there. To me, FMNR means a lot. But most importantly, it means having enough firewood, milk and shade," Lazarus says.

Through the FMNR practice and by leveraging on the benefits of indigenous trees, farmers like Lazarus can meet their household needs, despite the economic challenges caused by climate change. 🌿





NANCY KEMBOI
BARINGO COUNTY

Nancy is a smallholder farmer living in Ngusero village in Baringo County. This is an area where rainfall patterns are gradually becoming erratic due to the impacts of climate change.

This has resulted in perennial droughts that lead to insufficient food, pasture, and water for communities and their livestock. In such extreme climatic conditions, livestock are emaciated, and some even die.

However, Nancy has been able to withstand all these challenges.

During periods of severe drought, her livestock may become weak, but none of them die. She attributes this to practicing the Farmer Managed Natural Regeneration (FMNR) approach.



As a smallholder farmer, the practice, which she began in 2015 after being trained by World Vision, has strengthened her household food security and resilience to climate change.

For nearly a decade, the FMNR approach has cushioned her against the severe effects of climate change.

"I am grateful to World Vision for training us on FMNR. Before practicing the approach, this land was bare. The soil was eroded, and we used to walk for long distances to get firewood. Now, with the regenerated trees, we have a beautiful environment, shade, herbal medicine, fresh air, soothing sounds of birds chirping, increased pasture yields, and fodder from trees," Nancy says.

In preparation for the dry season, Nancy usually harvests surplus pasture. She then dries and grinds it, and proceeds to store the pasture for use during the dry season.

During long dry spells or in times of drought, the pasture may be depleted. In such situations, Nancy usually uses the leaves and barks of trees on her farm to supplement the animal feed. The over 30 species of regenerated acacia trees on her farm, as well as other tree species, offer a diversified source of nutrition for her livestock.





The trees have also provided a favourable environment for apiculture (beekeeping) to thrive, thus enabling Nancy to gain extra household income from selling honey. From these proceeds, she can buy additional animal feed for her livestock in the dry season.

“The FMNR approach gave me a sense of financial independence since I don’t have to constantly rely on my husband to provide money. Our relationship has also improved. As a family, we are happier.”

Nancy was also trained in other beneficial activities that complement the FMNR approach. They include growing drought-resistant crops, water harvesting, using energy-saving cookstoves and improved financial literacy through World Vision’s Savings for Transformation (S4T) model.

Nancy’s story is a clear indication of how the practice of FMNR can cater for the needs of communities by providing food, firewood, pasture or income for purchasing other commodities.

As an FMNR champion, Nancy’s farm is a learning site that is frequented by guests from far and wide who come to learn from her successes in implementing the FMNR approach.

In March 2023, she hosted guests from 11 countries who represent the first cohort of World Vision staff that has been trained on the organisation’s Regreening Communities Project Model.

This is a community-led environmental restoration project model. It provides opportunities for communities to actively restore and protect their landscapes using various regreening approaches such as planting trees or reviving already existing ones through the FMNR approach.

Through such initiatives, World Vision continues to live up to its commitment to improve the lives of vulnerable children and communities living in fragile contexts. 🌱





SAMSON ATODONYANG'S WEST POKOT COUNTY

The name Samson Atodonyang is renowned to the community in Senetwo location, situated in Chepareria ward, West Pokot County in Kenya.

Samson, 47, is a role model to many who feel challenged by the fact that he is abled differently, yet he has done so much in his homestead and in the community at large.

Being a climate action advocate, his passion, resilience and love for conserving the environment is unmatched.

At the tender age of seven, Samson suffered from Poliomyelitis (polio) which led to disability in the legs as his lower limbs became weak. He uses his arms to aid in mobility.

Despite this challenge, Samson efficiently serves in various leadership positions in Senetwo, demonstrating the true definition of the adage "disability is not inability".

One out of his many leadership roles is being the chairperson of farmers selected by World Vision in Senetwo location, with the aim of building their resilience to drought and other environmental challenges.

Senetwo location is one of the areas in West Pokot County that is prone to

drought due to the impacts of climate change.

The semi-arid county whose inhabitants are majorly agro-pastoralists, receives between 550mm to 850mm of annual rainfall coupled up with irregular rainfall patterns.

This is very little rainfall, barely enough to sustain crop yield production that meets the area's agricultural demand. As a result, it has gravely affected the livelihoods of these communities.

In such adverse climatic conditions, Persons with Disabilities (PWDs) are among the most vulnerable groups.

"It is challenging to be a person with disability especially during the dry

season because you constantly have to rely on other people to help you when searching for water or pasture for your animals which becomes costly. This is something that you could have otherwise done on your own if not for the disability," Samson says.

Samson is however in a better position to cope with such environmental challenges.

In May 2022, Samson among 209 other smallholder farmers and pastoralists in Chepareria, West Pokot County, were trained on the Farmer Managed Natural Regeneration (FMNR) approach through World Vision's Central Rift Farmer Managed Natural Regeneration Scale-Up Project (CRIFSUP).



The approach will enable these communities to rehabilitate degraded land and improve their livelihoods.

After the training on FMNR, Samson immediately enclosed three more acres of his farmland to encourage natural regeneration of indigenous species. He was upbeat about implementing the approach as he was already familiar with some aspects of FMNR.

"Thanks to World Vision's FMNR training, I am now aware of the things I was doing wrong. I have learnt the proper pruning techniques, the importance of using the pruned branches as organic manure instead

of burning them as we used to and the importance of protecting young regenerating stumps from being damaged by livestock.

In addition to the increased grass cover, we are now reaping greater benefits as a result of implementing the correct practice," Samson states..

Through income gained from selling their farm produce, Samson and his wife Pauline have been able to effortlessly support and educate their seven children, three of whom are in college. They have embraced working together to attain maximum benefits from FMNR to sustain their livelihood.

"I enjoy sharing duties with my husband in the farm. It has improved our relationship. We achieve better results when we combine our knowledge, strengths and unique skills. He taught me about FMNR and now I assist in managing the trees in instances that he can't due to his disability," Pauline mentions.

Having trees that provide firewood a stone's throw away from the house has enabled Pauline to focus on other income-generating activities such as tending to her kitchen garden and poultry farming. Their children get more time to study instead of searching for firewood.

"I used to spend at least five hours when fetching firewood but now, within 30 minutes, I can gather firewood and prepare food for my family early enough," Pauline remarks.

In September 2022, Samson and Pauline sold firewood worth 4,500 Kenyan shillings (USD 30.82). They used the money to finance the academic needs for their school-going children.

Pauline says that as parents, they now get spare time to spend with their children that nurtures their bond. Additionally, they use indigenous tree extracts as herbal medicine to cure the children from coughs, flu and stomach aches.



"Growing up, there were lots of trees, wild food and fruits in abundance. There was enough for us and our livestock to eat. If only we can restore that...our lives would change," Samson hopes.

"I encourage people with disability [who have land, however small] to adopt FMNR because it offers a sustainable solution and will cater for most of their needs. They should not dwell on their disability but rather focus on their goal," he adds.

"I appreciate the follow-up visits conducted by World Vision staff. Their encouragement and guidance gives us hope and the morale to keep striving for the best," Samson says.

Samson looks forward to harvesting his regenerated *Terminalia brownii*

trees, locally known as Koloswo, upon maturity and selling them as timber.

"Samson is one among many others who are experiencing the social, economic and environmental benefits of implementing FMNR, which has contributed to the holistic well-being of their families and children," says Daniel Makana, World Vision's CRIFSUP Project Manager in Kenya.

World Vision's CRIFSUP project, seeks to ensure that it takes into consideration the participation of women, men, boys, girls, including Persons with Disabilities (PWDs).

The project is also encouraging joint participation of men and women in FMNR activities and decision-making at the household level to enable women's

voices count on matters pertaining income generation, family welfare and utilisation of household resources.

CRIFSUP is promoting gender equitable relations in communities we work in. Considering that we are in a patriarchal society, this will develop the ability of women to equally influence decisions in their homes as men do.

When husbands and wives work together, families tend to realise more gains. 🌿



MUSA CHELELGO NAKURU COUNTY

“For years I struggled to get a job but after World Vision trained us on FMNR [Farmer Managed Natural Regeneration] in 2013, I implemented the approach on my farmland. Now I can say, I am proudly self-employed and able to sustainably provide for my family. Everything I need is on this farm,” says Musa Chelelgo.

In just a span of two years post-adopting FMNR, Musa started to see the fruits of his labour, putting an end to his persistent quest for work.

Residing in Kiambogo, Nakuru County with his wife, affectionately referred to as Mama Rono, and their children, Musa is not only a farmer but a fervent advocate for FMNR. He has diligently divided his farm into multiple sections, utilising FMNR alongside other innovative techniques such as holistic pasture production and Climate Smart Agriculture.

His one and a half acre of FMNR land boasts regenerated trees, offering picturesque views and a refreshing environment, much to Musa’s delight, especially with the morning serenades of birds serving as a daily wake-up call for his children’s school preparations.



The transformation is evident: what were once feeble shrubs now stand tall as Acacia trees, offering shade and comfort to both the family and their livestock.

Musa’s aspiration of having his own mini-forest has become a reality through FMNR. Comparing to the blue gum trees he previously cultivated, he acknowledges receiving far greater benefits from the revived native Acacia trees.

“From these Acacia trees, my wife gets firewood hence having spare time to tend to the vegetable garden. Furthermore, our children get enough time to rest, study and complete assignments instead of going to fetch firewood after school!” Musa explains.





The seeds too, become another source of income when sold.

The thriving livestock, another testament to Musa's diligence, further boosts the family's income. With a herd of 40 sheep and milk-yielding cows, the farm's returns are multifaceted.

Given the periodic droughts in the region, the family's foresight is evident in their water reservoir, capturing rainwater for irrigation. This aids the growth of an array of produce including bananas, cassava, oranges, avocados, and vegetables.

Mama Rono adds her perspective, "Before learning about FMNR I didn't see the need for trees. I would have easily opted to clear the farm and plant crops instead but now I am seeing the economic benefits of these trees. We have to protect them."

Musa's success story underlines the vast potential FMNR offers in providing sustainable, diverse income avenues for families, empowering them to face rising living costs and the challenges posed by climate change. 🌿

This firewood not only serves household needs but also generates an added income. Through this, Musa has managed to fund the education of his eldest son, Peter, in college, with his other three children attending secondary school.

Moreover, the blossoming trees attract bees to Musa's apiary, resulting in a bountiful honey harvest. The couple's venture into apiculture brings additional income, selling 1 kilogram of honey for 1,000 Kenyan shillings (USD 6.85). Their initial harvest alone produced a remarkable 20 kilograms.

World Vision's comprehensive training also equipped Musa with skills in pasture management. He now cultivates Boma Rhodes grass on a dedicated acre, providing ample feed for his livestock and storing surplus.





RUTH JEROTICH BARINGO COUNTY

The Farmer Managed Natural Regeneration (FMNR) approach is a simple, low-cost, sustainable method of restoring degraded landscapes by pruning and managing existing indigenous tree stumps. The FMNR approach has proved to offer social, economic and environmental solutions for vulnerable communities impacted by climate change.

Ruth Jerotich, an FMNR youth champion in her early twenties, is famous for her activism on climate change. Together with her seven siblings, they live in Baringo County in Kenya, where the livelihoods of most communities are affected due to unusually persistent drought.

“Because of climate change we have lost animals, crops, rivers dry up, people move from place to place looking for pasture and even some die because of famine,” Ruth says.

Since being trained about the FMNR approach by World Vision in 2018, Ruth has made it a lifelong mission to fight climate change and reverse land degradation in her community through FMNR.

She has witnessed her efforts of training school children, youth and adults bear fruit. Ruth was selected to be a lead farmer during a baraza where they were sensitized on FMNR.

That is when she developed the passion to advocate for restoration. She saw FMNR as an opportunity to deal with the environmental challenges her community was facing.

As a lead farmer in World Vision’s Central Rift Farmer Managed Natural Regeneration Scale-Up Project (CRIFSUP), Ruth was expected to train ten other farmers on FMNR. Commendably, she trained fifteen farmers who practice the FMNR technique in their farmlands to date. Ruth continues to work with the youth in her community to create awareness on FMNR and environmental conservation.

The introduction of FMNR in her community, has led to increased tree cover, reduced deforestation thereby reduced soil erosion and recharged water sources.

She has also witnessed mindset change among community members who used to cut down trees, now on the forefront regenerating indigenous trees using the FMNR approach.

“I have practiced FMNR and taught my community about it for over five years now. Farmers and pastoralists have adopted the technique since it is easy and cheap. We have more fodder and pasture for livestock. We have more

trees thus women and girls take less than five minutes to access firewood,” Ruth says.

Women and girls could previously walk for over three hours to fetch firewood that at times ended up not being used due to lack of food.

“Thanks to World Vision, we learnt how to plant drought resistant crops and fruit trees such as oranges and mangoes. Now there is enough food for children,” Ruth states.

Ruth believes that increased tree cover will help the world tackle the adverse effects of climate change and that FMNR is among the solutions to make this possible. She is optimistic that children in her community will be able to enjoy all the benefits that a healthy environment has to offer.

Ruth maintains an FMNR demo site where people can learn and have a practical experience of implementing the approach. Ruth is not only reaching her local community with the knowledge on FMNR.

She has extensively used her voice to reach a wider audience on social media, podcasts and even had an opportunity to represent young youth activists in Kenya during the Conference of Parties (COP26) forum in 2021 as well as the UN Food Systems Summit in 2023.


“Youth can play an important role in fighting climate change by raising



awareness and changing attitudes. We can be role models and champion grassroot movements like FMNR to train people on how to protect the environment,” she says.

FMNR offers a sustainable solution for vulnerable communities in need of food, fuelwood and water. Children have more time to study and play as they don’t have to walk for long distances to collect water or firewood. Communities practicing FMNR are now climate resilient and are able to access food for their families and livestock even in the extreme dry conditions faced in Baringo County.

“Before, a lot of children were malnourished because there was not enough food,” Ruth recalls.

Ruth believes that increased tree cover will help the world tackle the adverse effects of climate change and that FMNR is among the solutions to make this possible. She is optimistic that children in her community will be able to enjoy all the benefits that a healthy environment has to offer. 







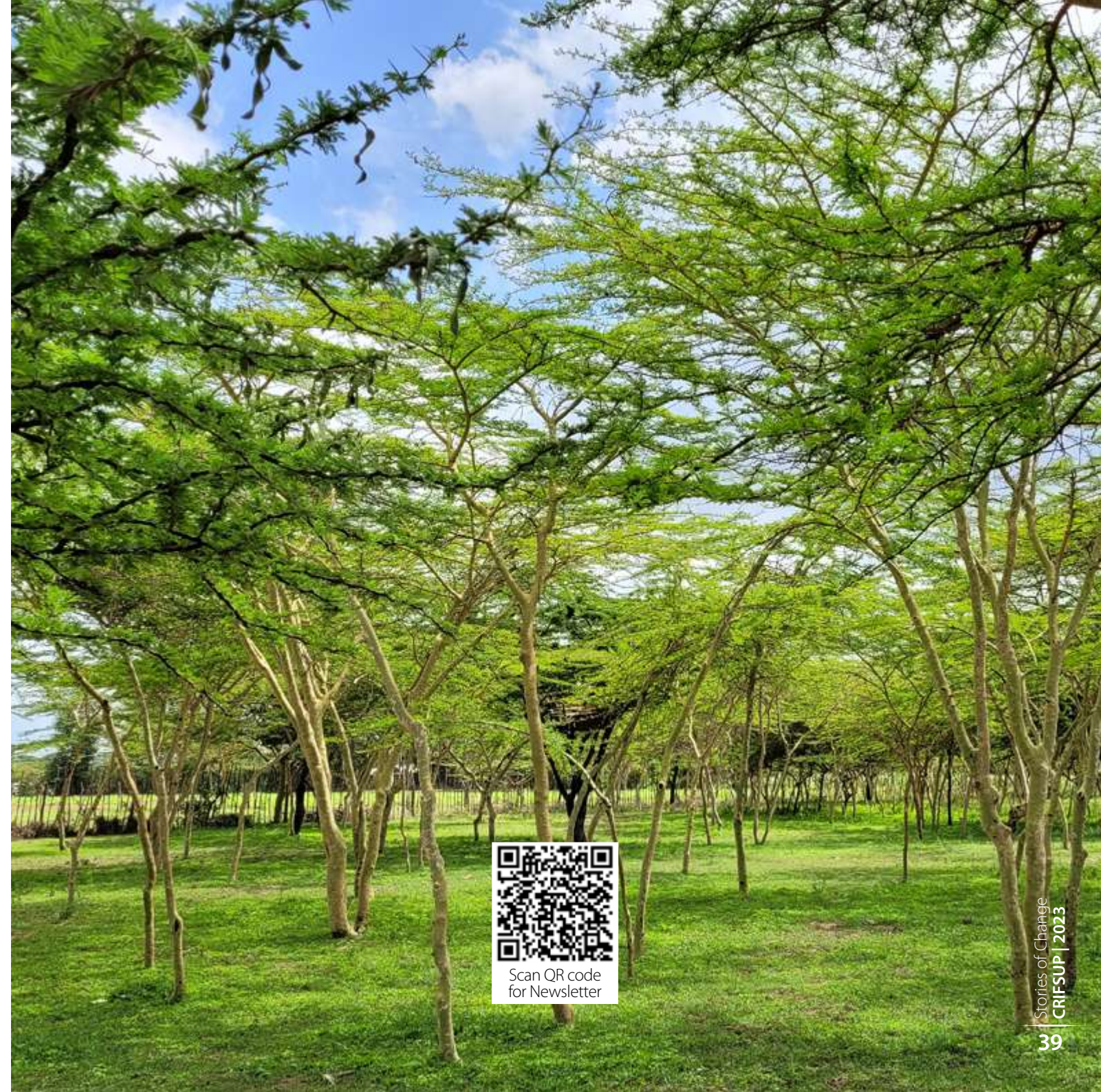
The Central Rift Farmer Managed Natural Regeneration Scale-Up Project (CRIFSUP) aims to strengthen food security and livelihood resilience for smallholder farmers and pastoralists in Kenya by 2026 through FMNR and other restoration techniques.

We appreciate the support of our donor and partners in realizing the goal of this project:



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