

REGREENING LIVES

The Impact of Farmer Managed Natural Regeneration in Kenya



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

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WORLD VISION

World Vision is a Christian, relief, advocacy and development organisation that is committed to improving the wellbeing 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.

CRIFSUP

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 an inclusive policy environment and structures that support the uptake of FMNR

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 lowcost, 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.

This photobook tells the story of how **Farmer Managed Natural Regeneration (FMNR)** is transforming the lives of communities across the Arid and Semi-Arid Lands (ASALs) of Baringo, Elgeyo Marakwet, West Pokot and Nakuru counties in Kenya.

Funded by the **Australian NGO Cooperation Program (ANCP)** and implemented by **World Vision Kenya** through the **Central Rift Farmer Managed Natural Regeneration Scale-Up Project (CRIFSUP)**, the initiative seeks to strengthen food security and build livelihood resilience among smallholder farmers and pastoralists through FMNR and other land restoration approaches.

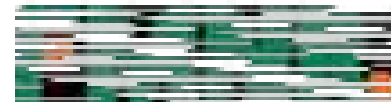
For many years, women, men, and children living in the Arid and Semi-Arid Lands (ASALs) have faced the harsh realities of climate change—little to no rainfall, dwindling crop yields, and the loss of livestock due to lack of pasture. Families struggle with child malnutrition caused by limited access to balanced diets, while women and girls walk long distances in search of firewood, and boys trek far in search of pasture for livestock.

FMNR is a low-cost, sustainable land restoration approach that involves regenerating and managing trees and shrubs from existing stumps, roots, and seeds. It helps combat poverty, improve food production, and strengthen resilience to climate extremes.

Farmers can implement FMNR without external inputs or expensive equipment, making it a highly scalable solution for restoring degraded land. Much of the world's degraded agricultural land was cleared using methods that leave roots intact in the ground, making FMNR an effective pathway for greening landscapes.

With the adoption of FMNR, communities are becoming healthier, more resilient, and better equipped to withstand climate-related shocks. They are now experiencing benefits that were once out of reach: increased crop yields, readily available firewood, improved biodiversity, higher and more diversified household incomes, expanded pasture and fodder production, healthier livestock, better nutrition, and more time for children to study.

CRIFSUP adopts a grassroots, farmer-to-farmer approach to encourage the widespread and sustainable uptake of FMNR at community level. The project works with Lead Farmers identified through local leadership structures and trained on FMNR, who then mentor at least 10 replicating farmers each. This model promotes knowledge sharing through FMNR demonstration plots and practical learning. Farmers use simple, locally available tools for pruning, water conservation, and protection or enrichment planting, including hoes, secateurs, knives, spades, sickles, machetes, and hacksaws.



Credits

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CRIFSUP Achievements:

1,110

Lead farmers trained on FMNR



10,055


Replicate farmers trained on FMNR by Lead Farmers



12,184

Hectares of land under restoration through FMNR



120 

Savings for Transformation (S4T) groups onboarded to the DreamSave application

86



Schools involved in FMNR practices through school environmental clubs, each comprising 20 students

80



Out-of-school youth supported to acquire artisanal skills including beekeeping, poultry farming and kitchen gardening



THE JOURNEY from degradation to...





REGENERATION...



Where Regeneration Begins

FMNR can be practiced by anyone, women, men, children and persons with disabilities. To support natural regeneration, farmers protect their land from livestock and human interference, often through simple fencing or controlled access. They then prune selected trees and shrubs to stimulate healthy growth. In addition, farmers practice thinning, removing less desirable species while retaining beneficial ones to reduce competition for nutrients and allow stronger plants to thrive.

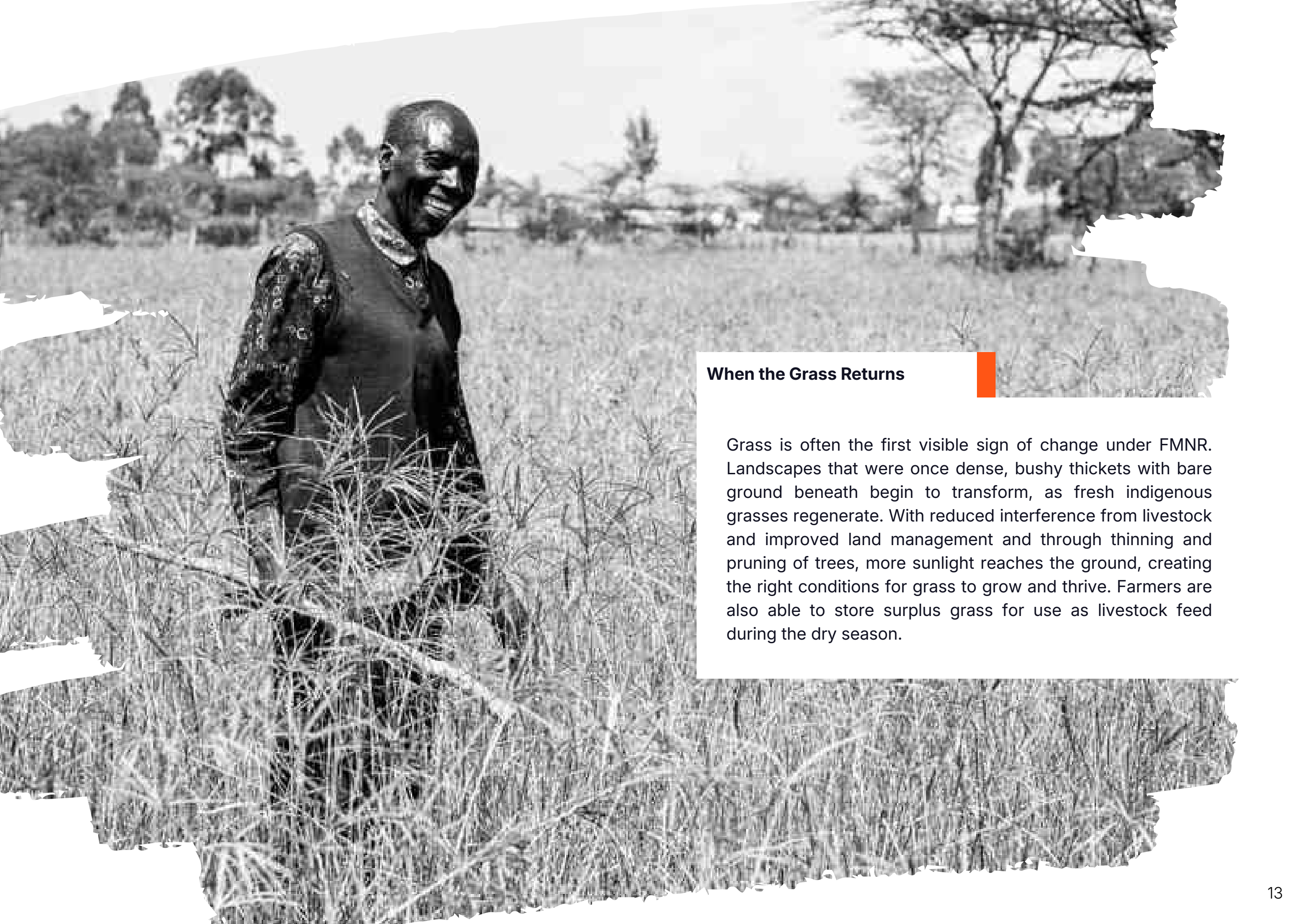


As long as there is money and food for my family and livestock, I am satisfied. So far, FMNR has made that possible.

Gladys Bargoret, Lead Farmer
Baringo County







When the Grass Returns

Grass is often the first visible sign of change under FMNR. Landscapes that were once dense, bushy thickets with bare ground beneath begin to transform, as fresh indigenous grasses regenerate. With reduced interference from livestock and improved land management and through thinning and pruning of trees, more sunlight reaches the ground, creating the right conditions for grass to grow and thrive. Farmers are also able to store surplus grass for use as livestock feed during the dry season.



After thinning and pruning, indigenous grass started growing in the spaces that were left. Now our cattle can get sufficient grass to feed on, unlike before when the farm was impassable. We even get surplus pasture to store.

Gladys Cheboiywo, Lead Farmer
Elgeyo Marakwet County







Journeys No Longer Taken

Men and boys from agro-pastoral communities often walk long distances in search of pasture and water during the dry season, sometimes crossing borders and spending weeks away from their families. Along the way, weaker livestock are lost, while others are sold at very low prices. With the adoption of FMNR, livestock now have access to sufficient pasture closer to home, remaining healthier and more productive. They also benefit from shade provided by regenerated trees. As a result, households earn more stable income from the sale of livestock and their products.



I store surplus indigenous grass from my farm in preparation for the dry season. Even if drought struck today, I am confident my cattle would survive. My three dairy cows produce 18 litres of milk daily, enough for sale and my family's consumption.

Sally Chebii, Lead Farmer
Nakuru County







Fields of Plenty

Farmers are now harvesting higher yields from their crops, enabling them to access more balanced diets and diversify their livelihoods through sales. Trees provide shade that helps retain soil moisture during extreme heat, while pruned leaves decompose and enrich the soil, improving fertility. As a result, farmers are producing healthier crops and achieving more consistent harvests.



I used to sell livestock to pay school fees. Now, I earn steadily and haven't bought vegetables in two years. World Vision's training made me drought-resilient.

Julius Alimakori, Lead Farmer
West Pokot County

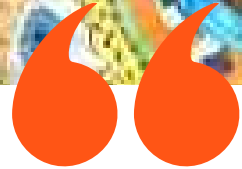






Firewood Within Reach

Firewood is an essential resource for rural households, yet in the past, women and girls often walked over two kilometres to collect it, an exhausting and sometimes unsafe task that left little time for other responsibilities or family life. With FMNR, families now have a sustainable source of firewood within their homesteads, improving safety, freeing up time for girls to study and allowing women to engage in farming, income-generating activities, and spend more time with their families.



As girls, we feel safer now because we can collect firewood within our homestead. Before, we walked long distances, facing the fear of being chased by herd boys or attacked by wild animals like snakes.

Dorothy Atodonyang',
West Pokot County







Cleaner Fires, Healthier Homes

Communities have also embraced improved energy-saving cookstoves that produce less smoke, improving health while using significantly less firewood. This reduces pressure on trees and lowers household expenses. Meals are prepared faster, saving time for other responsibilities and family life. In addition, women use pruned branches to produce briquettes—a sustainable source of fuel they use at home and sell for income. In some communities, cookstoves are further adapted using indigenous knowledge to double as chick brooders.



A bunch of firewood that I could consume within two days, I now use for one week.

Rose Kiptoo, Lead Farmer
Elgeyo Marakwet County







Growing More Than Crops

With surplus farm produce, households are diversifying their income by selling firewood, crops, honey, milk, livestock and pasture. Many save and invest through Savings for Transformation (S4T) groups, where members lend to one another to meet needs such as healthcare, education, and business development. Loans are repaid with interest, enabling members to grow their savings over time. The use of the DreamSave app further strengthens financial management by promoting transparency and accountability.



Now I save and spend money more wisely. I have been able to buy hens and sheep with the money I saved in S4T. I have also taught my family the value of saving money and how to do it. From their savings, my children have also purchased sheep.

Isaac Chelal, Lead Farmer
Nakuru County







Youth Rising

Youth are becoming more empowered and self-reliant. Beyond practicing FMNR, they are acquiring skills that enable them to diversify their income. Some have ventured into vegetable farming, poultry production, tree nurseries, and apiculture—where they train others, manage beehives for a fee, harvest honey, and construct beehives for sale. These opportunities are also drawing in other young people, reducing idleness and building a more productive and engaged community.



Beekeeping work has transformed my life in ways I never imagined. I no longer depend on casual jobs. I can feed my family, pay my son's school fees and save for the future.

Nathan Kipyego, Lead Farmer
Elgeyo Marakwet County







Voices That Carry

Through Citizen Voice and Action (CVA) groups, communities are now better equipped to advocate for improved services and hold duty bearers accountable. They are more informed about their rights and actively participate in decision-making processes that affect their lives. Their voices are increasingly being heard and considered. CVA groups are actively influencing better health, agriculture, environmental and education outcomes in their communities.



We have raised community awareness on environmental policies, secured funding for demarcating water catchment areas, and supported action plans that have significantly reduced burning along the escarpments.

Nicholas Kiprono, Chairperson Soy North CVA Group
Elgeyo Marakwet County







Stronger Together

Working together on FMNR farms, alongside training in Gender Transformative Approaches (GTA), has strengthened household relationships. Women feel more valued as their voices are included in decision-making, while shared responsibilities ease the burden of work. Couples are achieving more together, economically and socially, leading to stronger, more harmonious families marked by greater cooperation, respect and wellbeing.



I used to hide from visitors because of shame. Now, I'm proud of our home. I even invite neighbours over for tea. There's more love, more laughter, and even our children are more active in church.

Monica Chepkogei, Lead Farmer
Elgeyo Marakwet County







The Future in Their Hands

Children are now able to experience life in all its fullness. They are healthier and happier, with access to more balanced diets and increased time with their families. With school fees more affordable, they are able to stay in school and dedicate more time to their studies, improving their performance. They are also actively engaged in environmental conservation through school clubs and learning at home, growing into the next generation of climate stewards.



Practicing FMNR has saved me more time that I used to spend going to fetch firewood. I get more time to study and performance has improved. I love that now we can spend time with my mum having girl talk conversations.

Michelle Chebet,
Elgeyo Marakwet County







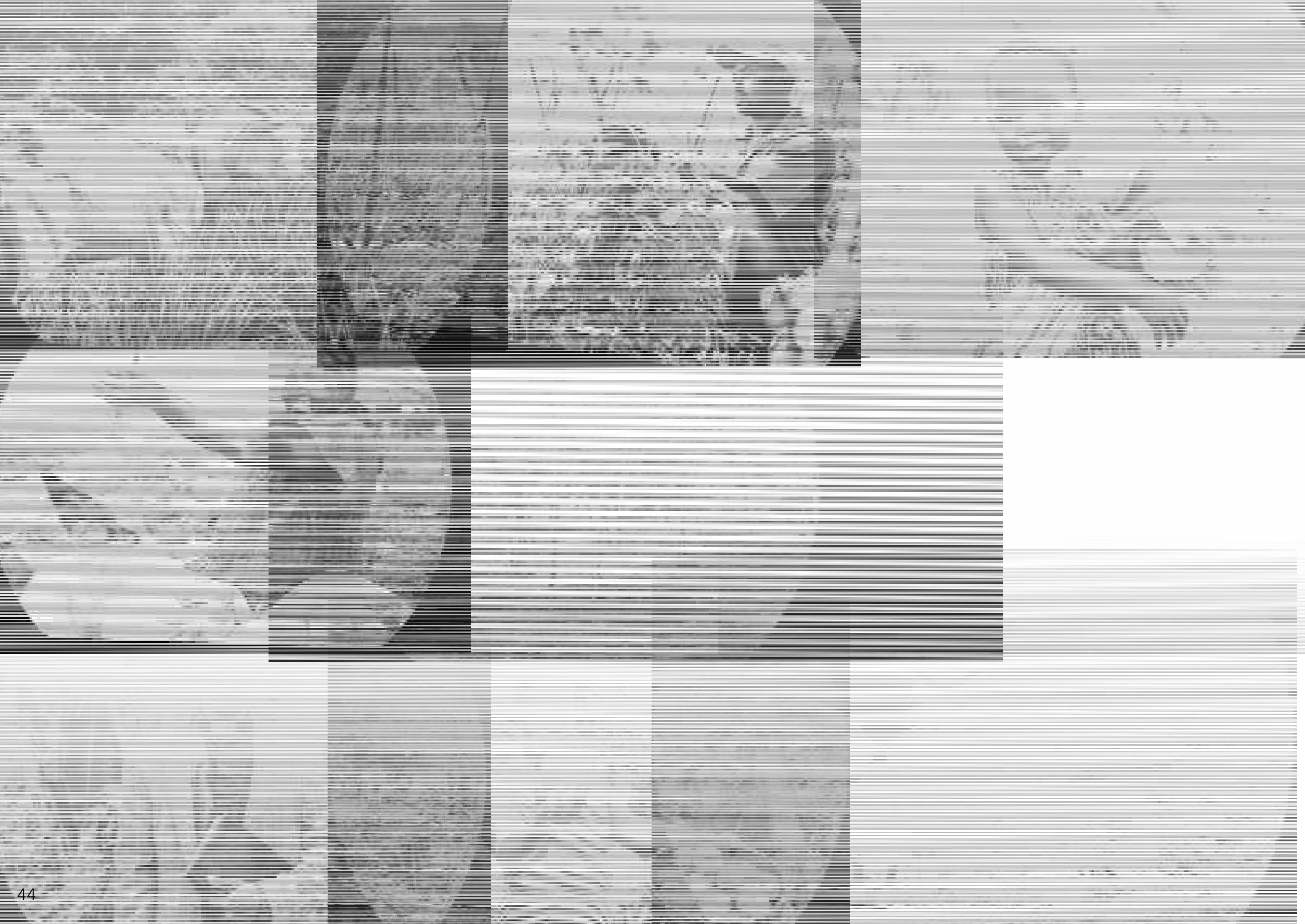
Everything is Connected



In the Farmer Managed Natural Regeneration (FMNR) system, one act of protection sets off a chain of life. Farmers shelter their land, trees regenerate and branches offer shade for crops while roots anchor the soil. Pruned leaves return as nutrients, livestock waste becomes fertilizer and the land grows more fertile with every passing season.

From that restored earth, everything else follows. Food security strengthens, surplus fills the market and income steadies the household. Children thrive, diets improve and families flourish.

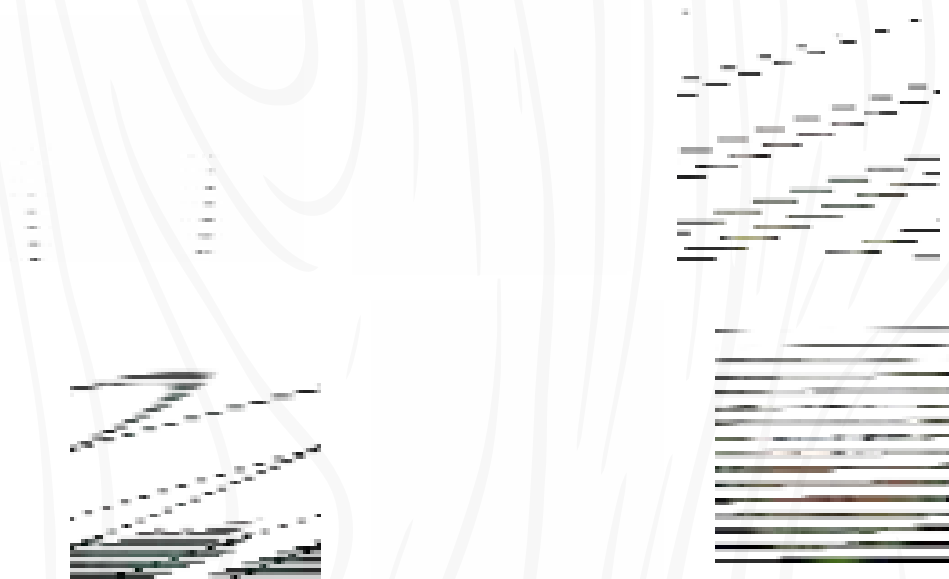
What emerges is a continuous cycle — land restoring people, people restoring land — driving economic, social and environmental transformation all at once.



ACKNOWLEDGEMENTS

This work was made possible through the dedication of World Vision staff, partners and local leaders who supported communities in restoring their land and livelihoods. Most importantly, we honor the farmers, families, schools and communities whose resilience and commitment to change continue to transform landscapes and lives.

Partners



Project Team

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GEOFFREY ORINA | TITUS KIMONO | CEPHAS PTOO | BETTY KANDAGOR | MARY WAMBUI | MAUREEN KIPRUTO
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YOUR COMMITMENT

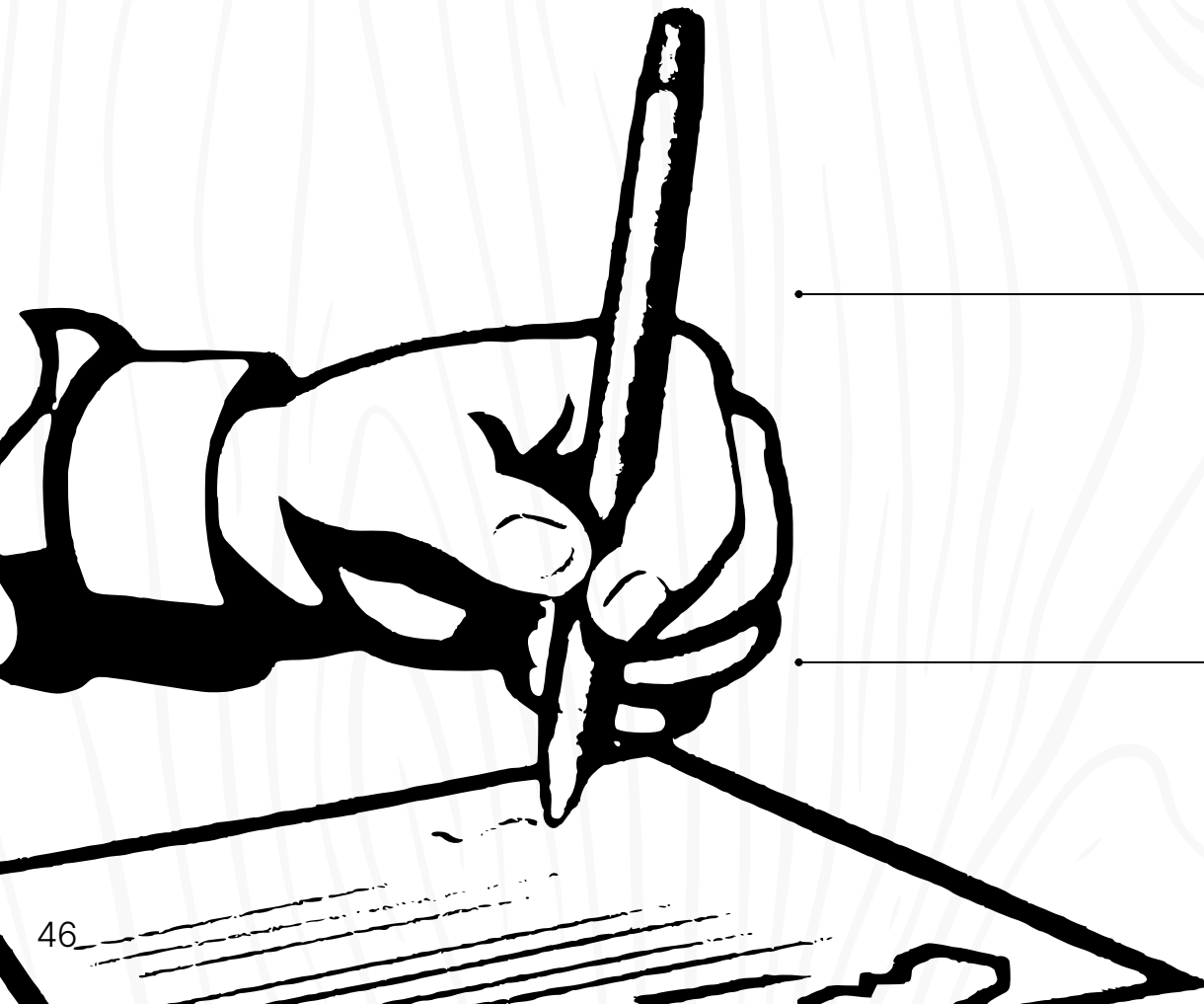
Restore the land. Transform lives.

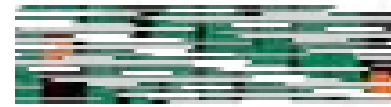
Together, we can build resilient communities and a more sustainable future.

I commit to being a climate action advocate for a better, cleaner, safer, and more sustainable future.

Name:

Signature:





SCAN

this QR code for FMNR stories



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