

# Annual Report 2021



# **TABLE OF CONTENT:**

- I. About ICE
- II. Word from the Director
- III. Achieved results in the yearConservation of forests and critical ecosystems

Enhanced food sovereignty and community livelihoods

Building capacity of community groups and networks in advocacy

Research, documentation, and knowledge management

Institutional Development

- IV. Challenges, Lessons learnt and Recommendations
- V. Financial report
- VI. Appreciation



















#### WORD FROM THE DIRECTOR

2021 was an extremely engaging year for ICE as we channeled all our efforts towards to recovering the time lost during the COVID 19 pandemic.

The year kicked off at a high note with the main focus being improvement of community livelihoods through establishment of non-timber enterprises. There was a livelihood aspect in the various projects that were undertaken by ICE in a effort to support beneficiaries to recover from the losses incurred during the pandemic. This was also reflected in the policy work that the organization undertook in enhancement of policies and strategies on sustainable food systems.

During the year, ICE has focused on building synergies with diverse stakeholders and partners to strengthen the Natural Resource Management program. Various conservation activities were undertaken on-farm and in protected conserved areas. One thousand seven hundred and eighty-five (1785) agroforestry trees (avocado and macadamia) were planted by communities adjacent to vital ecosystems, communities were supported to establish non-timber enterprises like vegetable gardens along forest ecosystem as a means of strengthening participatory forest management. ICE achieved this with collaboration of community conservation groups and networks, stakeholders such as Kenya Forest Service (KFS) and local authorities.

On policy, ICE played the role of a key partner through technical and resource support to Kiambu, Muranga and Meru Counties in developing their agroecology and climate change policies. The process was quite consultative and helped creating a collaborative environment for policy development and implementation.

So much was achieved in 2021 as highlighted on in this annual report including development of ICE new strategic plan for the period 2022-2026.

I wish to appreciate your support in achieving our mandate and look forward to a 2022 filled will big wins and learning as we continue to serve our communities in accordance with our strategic plan.

Martin Mwenda Muriuki,

**Executive Director** 

#### INTRODUCTION

#### 1.1 About ICE

The Institute for Culture and Ecology (ICE) is a Kenyan non-governmental organization (NGO) that was established in 2006 under the NGO Coordination Act. ICE was established in response to a clear need in Kenya to promote culture's inherent and natural role in environmental and resource management.

ICE works with communities to rediscover the significance of local knowledge and naturally endowed resources/potentials in improving livelihoods and conserving the environment. As a result, communities can take control of their own development and break free from the cycle of poverty.

Nationally, regionally, and globally, ICE collaborates with like-minded organizations, institutions, and individuals.

#### 1.2 Purpose and Direction

**ICE Mandate:** To promote environmental conservation and natural resource management through buttressing traditional knowledge in community-based environmental and resource management initiatives and facilitating cultural-based learning that would lead to social and ecological wellbeing of the earth community.

**Vision:** Empowered communities living in healthy ecosystems.

**Mission:** To enhance resilience of ecological systems and community livelihoods using diverse knowledge systems.

**Core values;** In order to deliver on its mandate ICE is guided by the following principles:

- Respect for diversity: ICE accommodates diverse cultures as a way of promoting mutual respect and nurturing relationships.
- Equity: ICE believes in equal opportunities for all irrespective gender, religion and ability.
- ❖ Accountability: ICE embraces openness and responsibility in all its actions and activities.
- ❖ Professionalism: ICE upholds work ethics and diligence in its undertakings.

#### 1.3 ICE Target Beneficiaries

Small-scale farmers [including men and women], people with special needs (those with disabilities and HIV/AIDS), and youth in and out of school are the focus of ICE. ICE has been working in Kiambu, Machakos, Tharaka-Nithi, and Meru for the past twelve years on various projects. Over 10,000 families are served by the counties of Muranga, Embu, and Kilifi (61 percent women, 39 percent men). ICE will continue to expand and deepen its work in these counties, as well as expand into other counties where there is a need and potential.

# **Programmes Implementation**

ICE partners with like-minded organizations, institutions, county and national government departments, and individuals at national, regional, and global levels to gather diverse knowledge

systems and achieve effective implementation of innovative culture-based strategies, as well as undertake advocacy initiatives.

#### **ICE Approaches**

In implementing of ICE programmes, the following are key approaches used;

- **❖** Capacity development
- ❖ Eco-cultural mapping and calendars
- **❖** Material support
- **❖** Learning exchanges
- Networking and partnerships

#### ACHIEVED RESULTS FOR THE YEAR

This report is a synthesis of outputs and outcomes from ICE work undertaken in the period January to December 2021. ICE activities in Kenya focused on working with target communities across seven counties to protect critical community ecosystems and promote ecologically sustainable agricultural practices.

#### Result 1: Conservation of 10,000 ha of forested areas and riparian ecosystem

#### 1.1. Production of tree seedlings and tree planting

A total of twenty-four thousand, three hundred and twenty-five (24,325) tree seedlings were established and planted during March-April and Oct-Nov rains on vital ecosystems (Uplands Forest, Rabai Kaya Forests, Kivaa Hill, Ntugi Hill, and Kiangombe Hill) distributed across five counties. The tree survival rate was 88%. ICE achieved this with collaboration of community conservation groups and networks; stakeholders such as Kenya Forest Service (KFS) among others. In addition, one thousand seven hundred and eighty-five (1785) agroforestry trees (avocado and macadamia) were planted by communities adjacent to vital ecosystems.

### 1.2 Awareness raised on environmental conservation

ICE supported three awareness campaigns on environmental conservation. The events brought together community members, CSOs, government departments and agencies and the media. Two events were featured on prime-time news bulleting in one of Kenya's main media television stations.

Links: https://youtu.be/5HIYkvZ5Cq0 and

 $\frac{https://www.youtube.com/watch?v=m5wsfyzs1ew\&feature=youtu.be\&fbclid=IwAR0J7Qac8IcnKaoDZoUhsBS5GHvFwHGqI8ZyyA9MWalgYQgLnk1qYCuY390.$ 

ICE held a walking workshop around Kivaa, a sacred hill in Machakos County, to raise awareness among communities about the importance of continuing activities aimed at restoring degraded ecosystems. This would go a long way towards increasing recognition of the use of indigenous and traditional knowledge in conservation as well as supporting the elders who have spearheaded conservation of the hill over the years. This event was featured in a prime news bulletin in one of the mainstream media. Link: <a href="https://www.youtube.com/watch?v=k-Bi45zeFtk">https://www.youtube.com/watch?v=k-Bi45zeFtk</a>.

These awareness campaigns and events were received directly by over twenty thousand (20,000) people through participation and on ICE social media platforms after posting clips of the media links.

Four banners were designed, printed and shared with community groups with messages on environmental conservation for use during community events in Kilifi County among the three target Kayas engaged by ICE.

#### 1.3. Capacity enhancement of community conservation groups

14 dialogues were held in Kilifi, Machakos, Meru, Embu, Muranga, Kiambu and Tharaka Nithi Counties on conservation through embracing of non-timber products and livelihood improvement. The dialogues also revolved around inter-generational, inter-gender and stakeholder engagement in conservation. They were aimed at increasing the participation of women and youth in conservation and ecosystems management. Hence, these two groups formed the main targets together with the elders. In addition, two community dialogues, ICE also assisted Uplands CFA in reviewing its expired forest management plan, a document that allows community and other stakeholders to participate in forest management in accordance with the law. The aim was to draw a clear plan on engagement of communities in partnering with the government and other stakeholders in management of vital ecosystems and enlighten them on policies in place that protect communities and stipulate their roles in the conservation of natural resources.

#### Link of Plan:

https://drive.google.com/file/d/1N7DBvJXT4KBTWyGKRd6sAg6Hz5orUnmi/view?usp=sharing).

# Uplands Documentary Link:

https://drive.google.com/file/d/19Ec1HycFOIU988p93ZuXuOdICy97sUws/view?usp=share\_link

# 1.4 Strengthened Community Ecological Governance (CEGs) systems

ICE supported dialogues of six Traditional Institutions of Governance (TIGs) aimed at strengthening Community Ecological Governance (CEG) in Natural Resource Management (NRM). These include; Thome wa Mukamba in Machakos County, Kianda kia Tharaka in Tharaka-Nithi County, Kiama kia ma in Kiambu County, and Kaya Fungo, Kaya Rabai and kaya Jibana in Kilifi County.

# 1.5 Promotion of indigenous tree species for planting and utilization

ICE supported exchange learning between Uplands CFA and custodians of indigenous knowledge (IK) on promotion of indigenous tree species in Kiambu County. As a result, communities adjacent to Uplands Forest have embraced planting and protecting indigenous tree species. Most of these trees are beneficial to community's majority of which are valued for their high medicinal purposes. Indigenous tree species promoted include; Bamboo (*Murangi*), Podo, African olive (*Muiri*), African snowball (*Mukeu*), and Croton (*Mukinduri*). Over five thousand (5,000) of these indigenous tree species were planted during the year.

# Result 2: Enhanced Food, Seed Sovereignty and Community Livelihoods

#### 2.1. Increased diversification of farm produce

ICE held twelve trainings on livelihood diversification that included promotion of fodder production and small livestock keeping such as poultry, goats, and rabbits. The types of fodder promoted include: grasses (brachiaria, napier, boma rhodes, and maize stovers); and legumes (leucaena, calliandra, lucerne, desmodium, vetch, and sweet potato vines). A total of 538 beneficiary farmers were trained, among whom

71% were women. Monitoring reports indicated that over 60% of farmers trained have diversified their livelihoods, with some embracing three or more options.

# 2.2 Capacity enhancement on sustainable Agro-ecological farming practices

Four farmer exchange visits were undertaken to enhance farmers' knowledge of best Agro-ecological practices practiced in some established model farms and institutions across four target counties that include: Meru, Muranga, Embu, and Kiambu. In addition, ICE supported one community group in Kiambu County to establish a model Agro-ecological farm where farming demonstrations and experiments will be undertaken.

Throughout the year, 680 farmers received capacity building and training in Agro-ecological practices. Monitoring exercises and farm visits undertaken indicated that farmers have experienced increased yields through the application of practices promoted, resulting in a healthy quantity of food at household and community levels.

# 2.3 Capacity enhanced on post-harvest management

A training was held on making bio-fertilizers and biopesticides for 20 extension officers and lead farmers. In addition, 200 copies of fliers with information on producing bio-fertilizers and bio-pesticides were printed and shared with lead farmers and trainers of trainers to facilitate reaching out to other farmers on Agro-ecological farming practices.

#### 2.4 Households linked to markets for their produce

Two trainings were held targeting 10 community groups on Village Savings and Loans Associations (VSLAs) that involved record keeping, building a culture of saving and managing loans. The VSLA enabling groups were trained on how to upscale initiatives and purchase equipment using their savings to ease their farm activities. In addition, a training was held to build farmers' capacity on value addition to their farm produce with the aim of increasing incomes. Community-Based Organizations (CBOs) across ICE target counties were strengthened and sensitized to the need for group marketing. This has enabled farmers to undertake local market surveys for them to get the best market prices and avoid exploitation by middlemen.

#### 2.5 Water Harvesting Technologies and Techniques promoted

Held a training on water harvesting (practical construction of an earth pan) which is supplying water to 100 households. Support was provided to the group to construct water pans and provide liners.

#### **Result 3: Capacity enhanced on advocacy and networking**

# 3.1 Community Trained on basic advocacy and lobbying

Six capacity-building workshops were held in Kiambu, Meru, and Muranga Counties, targeting community groups and networks to enhance their capacity for basic lobbying. This helped them identify issues related to natural resources and food production to lobby for. The community was also encouraged to participate in and contribute to public forums on various county plans proposed by their respective local governments. ICE has continued to strengthen Kiambu County Ecosystem Multi-Stakeholders Network and Agroecology Multi-stakeholders' platform which comprise of diverse actors with a common goal of promoting healthy ecosystems and sustainable farming practices respectively. In addition, ICE worked with Kiambu and Murang'a Counties and facilitated the development of an Agroecology Policy for each county and are at

the executive level. This will be followed by public participation and stakeholder validation process culminating to launching of the policies for community adoption.

# 3.2 Collaboration and partnership in advocacy among stakeholders enhanced

ICE facilitated establishment of two multi-stakeholders networks; 1) The County agroecology network and 2) County Ecosystem based civil society environmental advocacy network. The Kiambu agroecology multistakeholder platform acted as a vehicle for ICE and Kiambu County government to formulate an agroecology policy. During the policy development, ICE also organized and held lobby forums with policy makers to lobby for support of sustainable land use practices and agroecology in the target counties. This has led to initiating of development of related policies in Kiambu, Meru and Muranga which will aid in increasing practices promoted by ICE.

#### Result 4: Research, documentation, and knowledge management

# 4.1 Project findings and updates shared through ICE social media platforms

ICE has utilised its social media platforms to share information and updates on projects which has increased interactions with public and stakeholders.

ICE has also held two media talk shows in local radio stations to sensitize wider communities on environmental conservation and sustainable agricultural practices.

#### 4.2 Production of IEC materials

During the year, 400 information fliers were developed, printed and shared with target communities on biofertilizers and bio-pesticides production that aimed at building capacity of farmers on sustainable agricultural practices that are environmental friendly.

ICE 2020 annual report that highlighted key achievemnets, challenges and lessons learnt was also printed and shared with stakeholders and partners.

Link: https://docs.google.com/presentation/d/1kyv-q2U6MQelFX2tl28joCULdfh4X-SY/edit?usp=share link&ouid=114758838840186930629&rtpof=true&sd=true

#### **Result 5: Institutional Development**

#### 5.1 Capacity of ICE advisory board enhanced

In 2021, ICE recruited three staff, Advocacy, Gender and Communication officer, Monitoring and Evaluation Officer, and an Office Assistant. Within the year, there was a transition in ICE Advisory Board where two board members exited after their two three-year term period expired. The vacant board positions will be filled within the current year (2022). Further, a Fixed Asset Management policy and Sub-granting policy were developed within the year. The Anti-corruption, Ethics and Integrity policy was reviewed and updated. This has boosted ICE work in all thematic areas and will go a long way in attainment of strategic plan 2022-2026 goal.

#### 5.2 Capacity of ICE staff to deliver on ICE mandate enhanced

In 2021, the organisation focused on increasing the number of staff to enhance delivery of work as per the set standards through filling vacant positions left by staff who had exited the organisation. This led to enhanced performance of the organisation by timely delivery of work through having competent staff. The move also provided a platform for the organisation to seek out for opportunities to scale up on-going initiatives and also seek for new opportunities with current and new donors as the staff were able to handle the workload with ease. Within the year ICE staff (Project officer) and selected field contact persons attended a two-weeks training at ICIPE on push and pull technology, a system aimed at controlling pest attack on cereal crops. ICE staff have been training community members on application of the system. This has resulted to reduced cost in pest management and also increased yields as established from beneficiary testimonials. Further, the monitoring and evaluation officer attended a training organised by a network member in Nakuru that aimed at building capacity of network members on result-based monitoring and evaluation. The training came in handy in providing needed skills for development of M&E tools for ICE which are essential in ensuring effectiveness and efficiency of initiatives undertaken.

# **Result 6: Gender Equality**

In 2021, the issue of gender equality featured extensively in ICE work through inter-gender and intergenerational dialogues that we undertaken in all the 7 counties that ICE works in. The organization undertool projects that promoted the integration of women, men, and youth. ICE has been keen on engaging women who are critical players in environmental conservation and management considering their dependence on natural resources for food, fuel and shelter thus making them vulnerable to slight changes in the environment. In addition, ICE deliberately empowered women to engage in policy development having observed that few women participate in policy issues, yet they are the most vulnerable as they are highly dependent on environmental resources to earn a livelihood. ICE also engaged youth and elderly through inter-generational dialogues to ensure sustainability and also provide a platform for them to nurture and protect the environment and her resources.

Promotion of gender equality has been beneficial as it increased recognition of women in community and county levels whereby, women in ICE project areas are now confident to take up leadership in community associations that for a long time have been dominated by men. These include Community Forest Associations (CFAs), Water Resources Users Associations (WRUAs) and other community-based organizations. On the other hand, the organisation faced challenges at the initial start of the project as women did not believe they had the capacity to take leadership positions or had any role to play in environmental conservation. This was addressed by intense capacity building which bore fruit within the reporting period. Women are now leaders of various community groups e.g., Community Forest Associations and also actively engage in advocacy and lobbying initiatives especially concerning management of natural resources within their surroundings.

It is also key to note that in the recent past, there is need to empower men to actively participate in community development activities that ICE is involved in and should not be viewed as women activities. This requires consistent capacity building among men not to shy away from interacting with women for overall community empowerment and promotion of healthy ecosystems for all.

The issues of gender equality are usually discussed and taken into account during community forums, trainings and stakeholder forums and in election/appointment of community groups leaders, with reference being made to the Constitution of Kenya 2010 Article 27 which stipulates that in election or appointment of members to leadership positions no more than 2/3 of positions should go to one gender.

This emphasis of gender equality has led to increased social harmony in community groups and has led to greater achievements in environmental conservation and livelihoods improvement initiatives undertaken

#### CHALLENGES, LESSONS LEARNT AND RECOMMENDATIONS

#### **Challenges**

→ The emergence of the COVID-19 pandemic affected the implementation of ICE activities according to the year's work plan, resulting in the implementation of fewer activities and a lower beneficiary target.

To counter some of these challenges and achieve ICE objectives, the management reviewed the plan on undertaking activities to realize results adhering to Ministry of Health guidelines to curb the spread of COVID-19 and minimize exposure of local communities to the virus. Some of the interventions include:

- > Utilizing social media platforms for continuous communication between ICE and stakeholders
- > Engaging field contact persons and facilitating continuous capacity enhancement for them to support communities in replication of initiatives ICE promotes.
- > Strengthening collaboration with line government departments and agencies to engage the extension officers on the ground to reach to ICE target beneficiaries.
- > Encouraging peer to peer learning among community groups on best practices.
- There is a high demand for upscaling and out scaling initiatives from the wider community in the ICE target project areas and others. However, the available resources did not allow the inclusion of many community groups. To remedy this, ICE is mapping new and negotiating with potential funding partners to support her in upscaling and out scaling her initiatives to reach out to wider community members. ICE is also encouraging the direct beneficiaries to share new knowledge and skills gained with their neighbors.

#### **Lessons learnt and recommendations**

♣ Stakeholders' engagement is critical in implementing a community project. This has led to support of initiatives from the national and county government departments such as Kenya Forest Service and Agriculture, Water, Environment, Energy and Natural Resources, as well as linking the officers and the local community members. ICE is committed to strengthening partnerships with relevant stakeholders in the project areas, which is in line with the thematic Programme 4 under the 2022-2026 strategic plan.

#### **CHANGE STORIES**

#### **Story One**

# AGROECOLOGICAL FARMING PRACTICES FUEL ENHANCED YIELDS AND RESILIENCE FOR FARMERS

#### A Beacon of Health: Community-Led Organic Herb Farming Addresses Health Challenges

In a world where the excessive use of synthetic chemicals and fertilizers, combined with the unpredictable shifts in climate, casts shadows of health concerns over communities, a glimmer of hope emerges. Meet the Kamburu Community Health Volunteers from the Kihenjo Ward in Kiambu County. This dedicated group of twenty-four individuals has delved into the realm of organic herbal farming, cultivating a variety of herbs such as mint, thyme, oregano, rosemary, marjoram, and sage. With over eight years of experience as community health volunteers, they identified gaps in health within their community and sought to address them through innovative agricultural practices centered around nourishing the body and the environment.

# A Holistic Approach to Well-being

The ailments that afflicted their community ranged from stubborn respiratory infections to gastrointestinal discomfort, high blood pressure, and diabetes. Exhaustive trips to conventional medical facilities and the reliance on pharmaceutical remedies yielded limited results, both financially and in terms of well-being. This predicament prompted the group to explore alternative paths to bolstering immunity and finding cures for prevalent health conditions. Mzee Peter Wango, an herbalist among them, recounts, "After pursuing countless medical avenues without relief, we embarked on a journey to discover natural ways to enhance our bodies' defenses and offer remedies for our community."

#### The Rise of Herbal Healing

Enter the realm of herbal farming, a realm that proved to be an ideal solution for strengthening immunity, promoting healing, and even generating economic gains through sales. Since 2019, the Kamburu Community Health Volunteers have embraced herbal farming, employing agroecological methods that rely on organic inputs. This approach not only ensures the safety of the herbs for consumption but also provides relief for a myriad of health issues.

#### **Overcoming Obstacles**

Their journey into herbal farming, however, was not without challenges. David Wathika, a group member, recalls, "The initial years were a struggle, as we ventured into this uncharted territory without prior experience or guidance." This sentiment is echoed by Gabriel Mbugua, the group's

chairman, who cites inexperience in herb cultivation, water scarcity, inconsistent production, a lack of market access, and the persistence of invasive weeds as hurdles they had to surmount. Despite these obstacles, their unwavering determination and resilience have yielded progress. They have become well-versed in the art of herbal farming and are now poised to embrace commercial agriculture.

#### **Empowerment through Partnership**

In 2019, the group received support from ICE, which enabled them to construct a 50,000-liter earth dam for rainwater harvesting and irrigation. Additionally, ICE assisted in establishing a solar dryer, extending the shelf life of the herbs. The organization's commitment to capacity building equipped the group with knowledge of agroecological practices, including the creation of biopesticides and organic fertilizers from locally available materials. These resources play a pivotal role in warding off stubborn pests and diseases, while also ensuring fertile grounds for optimal production. The implementation of such practices has led to a reduction of production costs by more than half.

#### **Charting a Path Forward**

Looking ahead, the Kamburu Health Volunteers are resolute in expanding their herbal cultivation. Each member aims to establish herb gardens on their individual plots, amplifying production volumes. The group has taken on the role of educators, training fellow community members in the art of herbal gardening for personal and commercial use. Encouragingly, the community's embrace of herbal farming has been significant, instilling confidence that sustainable supply can be maintained. Gabriel Mbugua reflects, "We are on the cusp of scaling up, reaching more markets and more people. Our path is now illuminated by the potential of this farming endeavor."

In a world where health and environmental concerns loom large, the Kamburu Community Health Volunteers stand as torchbearers, exemplifying the transformative power of agroecological practices and herbal cultivation. Their story serves as an inspiring testament to the resilience of the human spirit and the remarkable outcomes that can be achieved through community-driven initiatives.

Ends...

**Story Two** 

Communities cut cost of farm inputs courtesy of agroecology farming practices

David Wathika is a happy farmer since he embarked on organic farming, the farmer from Kihenjo Ward, Kiambu County says his cost of farm inputs has reduced by 70 percent. He also notes that the fertility of his farm and general soil health has highly increased. This he attributes to the use of bio pesticides and organic fertilizer. "I don't buy any farm inputs from the agro-vets. Everything I use in my farm is made using locally available materials," he says

For the past five years, David has been applying agro-ecological farming practices which include conservation tillage, organic manure, nitrogen fixing plants, biological pest control, rain-water harvesting and crop diversification. This he says has cushioned him against the use of harmful chemicals and fertilizers as well as helped his farm to heal from the previous damage caused by use of conventional farm inputs.

In his half acre farm, David has planted a variety of crops among them kales, spinach, maize, herbs and fruit trees which are all organically produced. Through this, he mentions that he is able to ensure he has produce to sell all year round. This has improved his livelihood and that of his family remarkably. David is a fulltime farmer and has managed to educate his children, feed his family with heathy balanced meals and improve his living standards which he attributes to the savings he makes by making his own bio pesticides and organic fertilizer.

"I make biofertilizer using animal manure, leaves, weeds, fruits, vegetables and kitchen leftovers. Institute for Culture and Ecology (ICE) has trained us on mixing of the materials and the required duration to ensure that the fertilizer is suitable for use," David explains. He also adds that he uses indigenous knowledge to make biopesticides using plants and other locally available materials. "I make biopesticides by mixing animal urine, soap, water and leaves of native plants with repellent taste. In addition, I intercrop spring onions and rosemary with other crops to act as insect repellants due to their smell," David explains.

Mary Muthoni, a farmer from Kamahai Ward, Lari Sub-county, Kiambu shares similar sentiments on the reduction of farm inputs cost resulting from the use of bio-fertilizers and bio-pesticides. She says she has been practicing agroecological farming for the past five years and has experienced a huge difference in the cost of production. "For the past five years, I have been gradually switching to agroecological farming and the difference in the cost of farm inputs has been remarkable. I am able to make eighty percent (80%) savings as the only cost incurred is labour cost. I source all materials for biofertilizer and biopesticides locally," Mary says.

Mary says before she switched to organic farming, the cost of pesticides and fertilizers was very high which resulted to perennial losses. "All my profit was ploughed back to purchase of fertilizers and pesticides. It was very frustrating. At some point I thought of quitting farming but unfortunately, I didn't have any other alternative to venture into. I was devastated," she laments. Mary further notes that her fortunes changed when a friend introduced her to ICE. "I started accompanying my friend to the ICE trainings and since then I have never looked back. I drew an

exit strategy from conventional farming by converting my farm into completely organic a portion at a time. This helped me to learn and improve on organic farming. My farm practice is now purely organic," she says excitedly.

She makes biopesticides using different plants, chilli and rabbit urine. All the plant materials are soaked for two weeks after which they are sieved and rabbit urine added to them after which they are ready for use. This concoction Mary says is useful in preventing cold shock caused by frost, extreme effects from the sun and pests. Once the plants are sprayed, Mary says they are given an allowance of one week before harvesting.

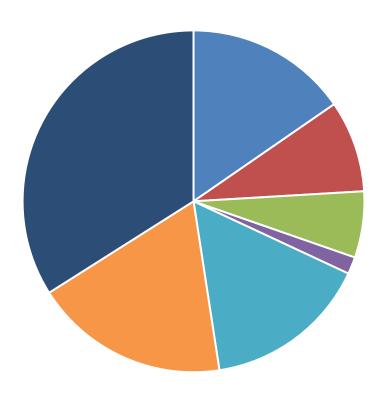
True to her words, despite the scotching sun and extreme cold weather at night, her crops look very healthy. She has ventured into organic vegetable farming where she has planted kales, spinach, cabbages, carrots, fruit trees, bananas, arrowroots, sweet potatoes, sugarcane and irish potatoes. Her farm is an ideal agroecological farm. About market for her produce, she says she has not experienced challenges in marketing since she has already built a market base and has farmers who specifically consume her products as they are organically produced. However, Mary notes that there is need to undertake consumer sensitization campaigns to educate them on the advantages of consuming organically grown foods.

A parting shot from Mary to other farmers, "I wish to advise them to embrace organic farming because it is very beneficial especially in terms of reduced cost of inputs as well as the health benefits related to consumption of organic foods."

Ends...

# FINANCIAL REPORT





- Objective 1: Natural Resource Management
- Objective 2: Food Sovereignity and Community Livelihoods
- Objective 3: Advocacy and Networking
- Objective 4: Research, Documentation and Knowledge management
- Objective 5: Institutional Development
- Project Administration and Monitoring
- Office Administration

#### APPRECIATION

Sincere appreciation to our funding partners and all other partners for supporting us in transforming many lives in 2021. The support and enthusiasm have helped in fulfilling the ICE mission of supporting the livelihoods of communities in Kenya to sustainably improve their quality of life. Together, we will continue to touch and positively impact the lives of these communities. ICE appreciates the support of the national and county governments of Meru, Machakos, Embu, Muranga, Kiambu, Tharaka-Nithi, and Kilifi for providing an enabling environment to operate in.

Special thanks go to the community members who participated in the implementation of all ICE projects and ensured the achievement of maximum results.

#### **ICE PARTNERS**

- ❖ African Biodiversity Network (ABN)
- ❖ Biodiversity and Biosafety Association of Kenya (BIBA)
- Biovision Foundation
- **❖** Both Ends
- Coady International Institute
- Compass Africa
- ❖ Participatory Ecological Land Use Management Kenya (PELUM-K)
- Swedish Society for Nature Conservation (SSNC)
- ❖ UNDP Small Grant Programme /Global Environment Facility (SGP/GEF)

Thank You! Asante Sana!

#### **CONTACT ADDRESS:**

Institute for Culture and Ecology (ICE)
Garden Estate, Nairobi.
P.O. Box 6270-01000 Thika, Kenya

Tel: +254 (0) 20 202 9338; Cell: +254 (0) 723 684 523

Email: info@icekenya.org

Institute for Culture and Ecology

ICE Kenya

@ICEKenyaorg Website: <a href="www.icekenya.org">www.icekenya.org</a>

