



THE TREE

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TIST Uganda December 2012 News Letter

"The tree" n'orupapura rw'amakuru orurikuhandikwa aba TIST uganda itaagi rya The International Small Group and Tree Planting Program.

OKUKORA KWAITU

TIST n'ekigombe ekyehaireyo kwimutsya omutindo gw'abahingi aba hansi kirikubongyeramu amaani gokurwanisa okucwekyerezibwa kw'ebibira, okwenzuna obworo nekyanda kitari kyaburijjo.

EBIGYENDERERWA BYAITU

Omukunywanisa entunguuka yentuura n'okurundana orwoya orurungi orurikuru ga omumiti. Nokunyuyuta orwoya orube kuruga omu mwanya TIST nehweza abahingi abarikurenga 25,000, eby'okwerinda sirimu, endiisa enungi yab'omumaka nokucendeza enkoresa y'enku n'amakara.

PREFACE

Conservation farming promotes food production.

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EBIRY'OMUNDA

Okuhinga norinda orweezo.

Okuhinga emiti yebijuma neyamba oku kora bizinesi.

Okuhinga emiti nebimera hamwe nikigoba.

Okuba omwecumi okatuura n'amagara marungi.

DECEMBER 2012 NEWSLETTER

Editors message.

To TIST farmers

Thank you for planting trees in the year 2012 and receiving validators for carbon sale in the best way.

The focus for 2013 is M.M.M

Many TIST farmers

Many trees

Much money to farmers

God bless you as we start the New Year 2013

Ara.

OBUTUMWA BWA EDITA.

AMAKURU GWO KWEIKUMI NEBIRI.

Obutumwa bwa edita.

Abahingi bemiti aba TIST.

Mwebare kubyara emiti nokugirebereragye omwaka 2012 hamwe nokwakiiragye abashwijumi bemiti ahabwokuguza omwoya.

Omu 2013 amani katugate ahanyuguta ezi M.M.M.

Many TIST farmers- Abahingi baingi ba TIST

Many trees-Emiti mingi

Much money to TIST farmers-Esente nyingi ahaba TIST

CONSERVATION FARMING PROMOTES FOOD PRODUCTION.

It is very true: Conservation Farming improves food production. At first I had a problem of food in my family. We never had enough. When I started Conservation Farming, the food increased and now I have surplus to sell.

I grow green vegetables in my Conservation Farming holes that I sell in the neighboring markets. This has increased my savings, income and improved on my standard of living. I have been able to send my children to school.

I grow dodo, carrots, cabbages, eggplants, green pepper, cucumber, spinach, tomatoes and other vegetables in my Conservation Farming holes. I have benefited a lot from Conservation Farming. I encourage all other farmers to practice it because:

- ❖ In Conservation Farming works, you dig holes for the crops and fill the holes half full of good soil and manure or compost. The crops therefore get more nutrients than if they were planted in normal

soil. The holes help channel water to the crops, too.

- ❖ The extra nutrients help the seeds to grow into stronger plants with greater yields. The holes protect the seeds and you can weed around the holes with hurting the germinating plants.
- ❖ Farmers who use traditional farming methods will always not be certain that they will get any harvest. Most years the harvest is small and sometimes there is no harvest. Small Groups that use Conservation Farming best practices always seem to get some harvest, even in the worst years when rain fall is little or unreliable.

- ❖ In good years the harvest can be spectacular! Small groups who use Conservation Farming can see a large difference. Some groups in dry land areas have reported 2-5 times improvement in their crop yields.

I urge you therefore to take this serious and start practicing Conservation Farming. It improved my food production and it can also do it for you.

**By Arinaitwe Frank,
Nyabubare Mixed Farming.**

TREES BEAR FRUIT AND HELP START A BUSINESS

I am so grateful for TIST Uganda. TIST taught and trained me how to plant trees, especially fruit trees.

I planted Oranges, Mangoes, Avocados, Jackfruits, and Guavas in my farm, in my banana plantation, in my compound and along the paths to my home. The fruit trees grew well and are yielding so much. They have improved my diet, since fruits are good for our bodies.

I have benefited a lot from the surplus that I sell to the markets nearby. I get payment for my trees from TIST as well.

Furthermore, in addition to my fruit trees, I also have medicinal trees like the Fagara. I get medicine for my family and sell some of the leaves to people who have related sickness.

I have now started operating a shop in town because of TIST. The money I get from TIST as my tree incentive, and from the sale of fruits and medicinal products from trees I planted in TIST, contributed greatly to my startup capital for my shop.

I have now improved my living status, started educating my children in good schools, buying other plots of land where I can plant more fruit trees and I have an idea of building a better house for my family.

Great thanks to TIST Program. Together we can join hands. Learn from my testimony and let us develop ourselves. Tree planting is very useful in our lives. I encourage my fellow TIST members to take up this idea. You are sure to see a difference.

By Yasini Bilaali, Kanyinya Small Group.

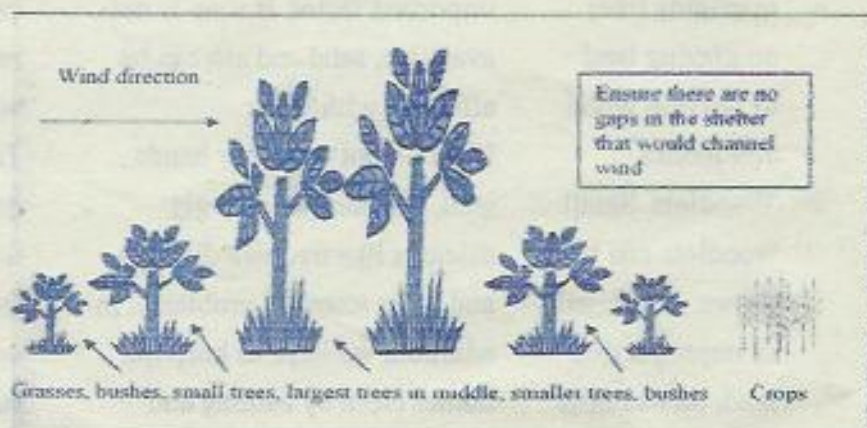
Farmers need to know the ways to improve soil fertility and crop yield through agroforestry.

This is the growing of trees and shrubs together with agricultural crops and livestock. There are many agro forestry practices and new techniques being discovered all the time. Some techniques are successful in one place and a failure in others. People need to try different techniques and share the best practices in training meetings. Here are some of the common methods of agroforestry you can try and ask your neighbors about:

- **Hedges.** This involves selecting tree species which can be placed in a line and which have benefits for the land. Hedges require little space, control erosion, and can produce fodder or leaves for mulch. They can provide privacy and help keep out animals. An example of hedging is to

plant a row of trees around the boundary. The best design includes a mixture of tall and short trees. If the hedge is too dense, or if you coppice the trees, they may not count for TIST, but they may still have real benefits for your land.

- **Alley cropping.** This involves establishing trees rows along fields, there may be a tree row, then two or three rows of crops, then another tree row, then crops. An example of this is planting alternating rows of maize and trees.
- **Windbreaks.** Planting wide strips of trees to provide a windbreak. This then protects crops from the oncoming wind. Plant large trees in the center small trees for the next two rows and low shrubs, bushes and grasses on the outside.



AGROFORESTRY: TREES AND CROPS TOGETHER FOR SUCCESS

- **Fallow cropping.** This is where farmers stop planting crops on a piece of land and let trees take over to help restore soil fertility. This is especially useful for parts of your fields where soil erodes easily when cultivated, as on steep hillsides or near rivers.
- **Inter-cropping.** This involves wide and even spacing of trees among food crops. Good trees are those that have light canopies and fix nitrogen. More on this next month.
- **Grazing area improvement;** managing trees on grazing land to provide wood and fodder.
- **Woodlots.** Small woodlots can be grown on unused or unproductive land, for example

woodlots planted on stony outcrops or in gullies. Woodlots can also be planted on cropland to serve as a windbreak, or they can be planted on fallow land.

**By Apollo Tushabemukama
Quantifier Bushenyi**

KEEPING CLEAN, STAYING HEALTHY

Throughout the day our hands get dirty and so we may get harmful germs on them. Germs can enter our bodies and make us sick. Hand washing is one of the best things we can do to stay healthy. We should wash our hands thoroughly with soap and water to kill the germs and stop us getting sick.

Important times of the day to wash our hands include before preparing food, after using the latrine and before eating.

Studies show that the action of rubbing the hands is the most important factor. If soap is not available, sand and ash can be effective with water.

If we do not wash our hands well, our families may get diseases like frequent diarrhea and other stomach problems. In addition, we have to keep our bodies clean by bathing and

washing our clothes and beddings regularly.

It is also important to dry our cooking and eating utensils after washing them because left over water can hold germs. We should use a clean cloth to dry utensils, or can make a simple rack out of wood to let the utensils dry in the sun.

Moreover, we should make sure we boil our drinking water and keep it in well-dried, clean containers.

Pests, like mice or rats, and insects, especially mosquitoes, also can spread disease. To keep these away, clear away leftover food over night and keep rubbish outside the house in a covered container or a rubbish pit. Always sweep houses and compounds to keep them clean.

It is also important to clear our compounds of any unwanted bushes or grasses, and remove rubbish that can hold stagnant water that provides breeding places for mosquitoes. Even a small bit of plastic can hold enough water for mosquitoes to breed. We should also remember to use mosquito nets when possible.

Together we can keep our homes, bodies and utensils clean to help our family members stay free of diseases. We are all encouraged to this for the better stay in our homes.

By Sarah Nankunda.