



THE TREE

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The Tree* Norupapura rwamakuru
orurikuhandikwa aba TIST Uganda, etagi
rya the International Small Group and Tree
planting program.

OKUKORA KWAITU

TIST nekigombe ekyehaireyo kwimutsya
omutindo gwabahingi aba hansi
kinkubongyeramu amaani gokurwanisa
okuowekyerezebwa kw'ebibara, okwejuna
obwoho nekyenda kitari kyaburijo.

EBIGYENDERERWA BYAITU

Omukunyaranyisa entunguka yentuura
nokurundana orwoya orurungi
orurukuruga omumiti. TIST nehweza
abahingi abarikurenga 25,000/
ebyokwerinda Sitrini, endiisa erungi
yabomumaka nokucendeza yeku
namakara.

PREFACE

- Nutrition Matters!
- Conservation farming promotes food production
- Trees bear fruit and help start a business
- Agroforestry: Trees and crops together for success

EBIROMUNDA

- Endya Nungi
- Okuhinga norinda orweezo, nikukanyisa ebyokurya.
- Emiti yabijuma nekuyamba kukora bizingai.
- Okubya emitu hamwe nebihingwa nekyomugasho.

EIHURURE RYO KWIKUMI 2014

EDITORS MESSAGE.

It is now maize, beans, sorghum and other annual crops planting season. Make sure planting is done timely. On top keep in mind planting indigenous trees of different species as agreed in our trainings to clean our environment.

Ara.

OBUTUMWA BWA EDITA.

Egi nshumi nebyaara ryebihimba, ebicoori, omugusha nebindi bihingwa bya buri mwaka mureebe ngu mwabyaara mwaheza omubwire buhikire.

Obwo muteebirwe nokugumizamu nimubyara emiti yenzarwa nkoku twaikirii zeine omumishomo yaitu kushemeza obuhangwa bwensi yaitu.

Ara.

NUTRITION MATTERS!



To stay healthy, our bodies need plenty of good food. The food we eat has to fill many needs. First, it must help build, repair and protect the different part of our bodies. To do all of this we need to eat a combination of foods every day.

GO FOODS = energy (such as fats, olives, coconut, nuts, oil, honey and seeds)

GROW FOODS = protein body builders (such as beans, lentils, walnuts, cashews, eggs milk, chicken and fish)

GLOW FOODS = protective vitamins and minerals (such as green leafy plants, tomatoes, pumpkin, sweet potato, mangoes, oranges)

MAIN FOODS = cheap sources of energy (such as wheat, maize, rice, cassava, banana and plantains)

Courtesy of: Where There Are No Doctors

CONSERVATION FARMING PROMOTES FOOD PRODUCTION

It is very true - Conservation Farming improves food production! I used to have a problem of not enough food for my family. When I started Conservation Farming through TIST, the food supply increased and now I have surplus to sell.

I grow green vegetables, such as dodo, carrots, cabbages, eggplants, green pepper, cucumber, spinach, tomatoes and other vegetables in my Conservation Farming holes. The extra food my family does not eat, allows excess for me to sell in the

neighboring markets. This has increased my savings, income and improved my standard of living. I have been able to send my children to school.

Conservation Farming has brought many benefits to my me and my family and encourage all other farmers to practice it because:

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

- ❖ 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 without hurting the germinating plants.

- ❖ Conservation Farming Best Practices - When using traditional farming methods, farmers are not always certain they will get any harvest. Most years the harvest is small and sometimes there is no harvest. Small Groups that use TIST Best Practices always seem to get some harvest, even in the worst years when rainfall is little or unreliable.

- ❖ In good years the harvest can be spectacular! Small Groups who use Conservation Farming can see a large difference, and some Small 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: Joyce Murungi, Trainer-Bushenyi

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. Oranges, Mangoes, Avocados, Jackfruits, and Guavas are the trees I planted on my farm, my banana plantation, 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 and also receive payment for my trees from TIST as well. Furthermore, in addition to my fruit trees, I also have medicinal trees like the Fagara. They provide medicine for my family and I am able to sell some of the leaves to people who have related sickness.

Through TIST incentive payments for trees, I have now been able to save and start operating a shop in town. The money I get from TIST for planting trees, and from the sale of fruits and medicinal products from trees, have 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 the TIST Program!

Together we can join hands and 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.

AGROFORESTRY: TREES AND CROPS TOGETHER FOR SUCCESS

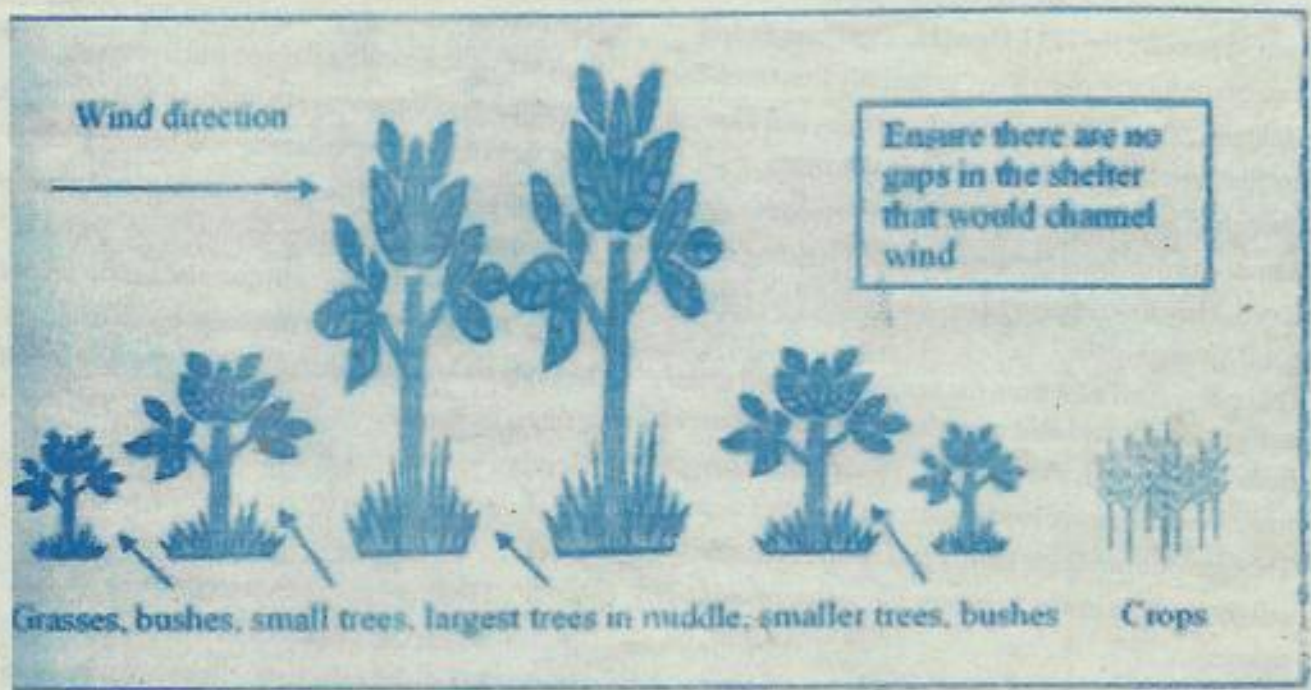
Agroforestry is the growing of trees and shrubs together with agricultural crops and livestock.

Knowledge of these ways to improve soil fertility and crop yield through agroforestry will help farmers.

There are many Agroforestry practices and new techniques being discovered all the time. Some techniques are successful in one place and a failure in others. People will find it helpful to try different techniques and then share the Best Practices in TIST training meetings.

Here are some of the common methods of agroforestry you can try and ask your neighbors about:

- **Hedges** - involves selecting tree species which can be placed in a line and also 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** - 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** - plant wide strips of trees to provide a windbreak. This will protect 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.



- **Fallow cropping** - 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** - involves wide and even spacing of trees among food crops. Good trees are those that have light canopies and fix nitrogen.
- **Grazing area improvement** - by 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