



THE TREE

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"The Tree" N'orupapura r'wamakuru orurikuhandikwa aba TIST Uganda, etagi rya the International Small Group and Tree planting program.

OKUKORA KWAITU

TIST n'ekigombe ekyehaireyo kwimutsya omutindo gwabahingi aba'hansi kirikubongyeramu amaani gokurwanisa okucwekyerezibwa kw'ebibara, okwejuna obwono nekyenda kitari kyaburijo.

EBIGYENDERERWA BYAITU

Omukunyananisa entunguka yentuura nokurundana orwoya orurungi orurukuruga omumiti. TIST nehweza abahingi abarikurenga 25,000, ebyokwerinda Sirimu, endiisa enungi yabomumaka nokucendeza yenku namakara.

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AMAKURU GO KWA KASHATU 2015.

MARCH 2015 NEWSLETTER.

EDITORS MESSAGE.

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

Ara.

OBUTUMWA BWA EDITA.

Eginshumi neibagara ry'ebihimba, ebicoori, omugusha nebindi bihingwa byaburimwa kamureebe ngumwa

yoomberamwahezaomubwirebuhikire

Obwo muteebirwe nokugumizamu nimubyara emitu yenzarwa nkoku twaikiriizeine omumishomo yaitu, okubaasa kushemeza obuhangwa bwensi yaitu.

Ara.

TRENCH GARDENS.

Adapted from Homestead gardening- Catholic Relief Services.

Households are encouraged to build and start using trench gardens in their homes. They can maximize potential benefit through sectional planting and staged harvests where they consume crops from one trench while crops in the other trench were still unripe.

Trench gardens can be used to grow common vegetables like spinach, carrots, dodo, and cabbages and can also allow larger crops such as tomatoes, egg plants, green beans and peppers.

Trench gardens are relatively easy to construct and emphasize the use of locally available resources. Steps in construction are as below;

- Collect stones, manure and tree leaves or grass.
- Use the spade to lay out 1metre by 2 meters (one spade length by two spade lengths) space for the trench garden.
- Dig a trench about 60 to 70cm deep (approximately as deep as the blade of the spade is long) in the 1meter by 2 meter

space, putting the soil aside to use later.

- Place a layer of soil and add dried grass or leaves.
- Add a layer of soil, then a thick layer of manure
- Surround the trench garden with stones to line the perimeter of the garden.

Benefits of trench gardens:

- Households are able to grow vegetables on a small piece of land, near and around their houses like spinach, cabbages, carrots, egg plants, tomatoes which are nutritious to their bodies and the surplus can be sold to increase on household income.
- **Soil enrichment:** Layers organic materials break down over time to become humus, adding nutrients to the soil. In addition, the use of natural fertilizers, such as manure and compost, helps to feed with vital nutrients.
- **Moisture retention in semi arid climate:** Layers of organic materials soak up and retain moisture, acting as sponge. Greater retention means that the garden requires water less frequently

and in smaller quantities.

- **Reducing dependence on external inputs:** All the materials used in construction should be sourced from the surrounding area. This decreases the cost of construction materials and the dependence on outside purchased or transported materials from long distances.

- Trench gardens are easy to construct, can be done by any one and anywhere in our communities whether in villages and in towns.

PEST CONTROL:

Adapted from Homestead gardening- Catholic Relief Services.

Through proper planning and crop management, farmers and gardeners can control the impact of pests on their crops and vegetables. While many farmers spend a lot of money on chemical pesticides, pests can also be controlled through low cost, natural methods, using organic pesticides and home remedies. Whether using crops management techniques or pesticides, prevention is the key to effective pest control.

Crop management strategies:

Proper crop management will help to prevent an infestation of insects and other pests from devastating the crops. A farmer

can reduce the vulnerability to pests and disease by diversifying the crops grown in the same space or between seasons. Good crop management for pest control is also good for soil management.

- Companion planting:**
 This is a way of controlling pests and reducing the risk of losing an entire garden to one type of the pest. Insects are attracted by certain plants but may be repelled by others. Sowing different plants in alternating rows reduces the risk of pests spreading throughout a garden. Some plants can be used to specifically for their pest resistant properties. Intercropping onions, garlic with other vegetables in the garden will help to repel insects or keep them from spreading.
- Intercropping:**
 Diversifying types of plants grown in a garden can help to contain pests and reduce the chance of them spreading throughout the garden.
- Crop rotation:** Mono cropping can exhaust the nutrients in the soil, weakening plant's natural immune systems and leaving them more susceptible to pests and disease. Alternating crops and periodically

leaving the plot fallow will help the soil and improve plant health resiliency.

- Weeding:** If a garden is overgrown with weeds, insects can spread to other plants more easily. Weeds also compete with crops for nutrients and moisture, weakening the natural immune system of the crops and leaving them more susceptible to pests and disease.
- Keeping the garden clean:** Clearing out fallen and rotting fruit will help to keep away animals and insects that may be harmful to crops. Also avoid throwing food scraps especially meat directly to the garden.

Organic pesticides.

Used in conjunction with good crop management practices, organic pesticides can help protect crops from insect infestations. The solutions described in the table below are effective against most harmful insects and worms including aphids, grasshoppers, and worms.

Remedy	Materials	Preparation	Application
Garlic & Paraffin	-Garlic cloves -Two table spoons of paraffin One litre of cold Water Liquid soap	Cut garlic into small pieces Mix garlic & paraffin into half a litre water Add the remaining water to the mixture	Add 5 table spoons mixture into 10 litres of water & stir thoroughly Spray directly on leaves & stem Repeat when necessary
Onion & garlic	Onion - Garlic - water	-Chop onion & garlic Mix with 5 liters of water Stir and leave for 24 hours	Spray directly on leaves & stem repeat when necessary

THE TIST VALUES

Rev. Enoch Tumwebaze.

To begin, we want to remind you about the TIST Values. They are the foundation and heart of the TIST Program. Without them, the program and the work that we do will not thrive.

Understanding TIST values will help all the TIST participants have a better understanding of: Who we are, how we do things that other people can see; what we do and what we create. This is how we can contribute to the well-being of our families and our communities and to sustainability the TIST program;

Who We Are

- 1) We are honest.
- 2) We are accurate.

- 3) We are transparent
- 4) We are servants to each other.
- 5) We are mutually accountable to each other.

How We Do Things that other people can see

- 1) We are volunteers.
- 2) We do the work ourselves in Small Groups
- 3) We develop and use best practices
- 4) We use our head and hands.

What We Do

- 1) We plant a variety of trees for the long-term.
- 2) We find ways to improve our health.
- 3) We practice Conservation Farming.
- 4) We do other projects and businesses.
- 5) We sell carbon credits.
- 6) We use energy saving cook stoves

What We Create.

This is different from what we do. When we have these values and as we live and do business the way on projects, we create something that was not there before.

These include;

- 1) We create Team Work—by doing things this way; we end up working like a team.

2) We create Capacity—we create organization, strength, and a system that is strong.

3) We create Enjoyment—we see results, we accomplish big things and enjoy this achievement and success.

4) We create Big Results—Big results in planting trees. Big results in Conservation Farming and from other projects and business that we do.

5) We create Low Administrative costs, yet we achieve big results.

Let's look at some examples of how living the TIST values help us succeed.

Imagine that you know that a member of your group plans to cut their TIST trees despite the promise to keep them for 30 years. Your group receives payment for the trees. When auditors come to the grove, however, they find that there are no trees when we reported that there were thousands! They don't believe TIST's data. They believe we are not honest or accurate, and do not want to do business with us. TIST cannot sell carbon offsets and so fails. Farmers who are honest suffer. Can you see how important honesty, accuracy, and mutual accountability are to TIST? If you know this, and hide it, it hurts everyone in TIST in Uganda and around the world.

Imagine, instead, that your Small Group meets weekly, and covenants to plant 500 trees on each member's farm this year. You create a schedule and plan, perhaps sharing work for a group nursery, and to prepare land for tree planting, taking turns on each farm. You keep your word to each other, and have a successful planting season. One member sees another member has not prepared holes even though time for planting is coming near. She asks the member, and learns that the member has been tending a sick child and fallen behind. She works with other group members to help this member prepare his land. The entire group benefits when they qualify for tree payment.

What kind of group do you want to be? How can living by the TIST values help you succeed?

If there are things that are confusing or that you do not understand about the TIST Values, please ask questions so we can serve you better. If you have stories of how TIST values have helped you and your group succeeds, please share with your trainer so that we can share with others in the newsletter!