

## Mission Partnership Migori prayer news June 2024

Dear Friends,

Today, I am bringing you hope in a time of climate emergency. We hear so much about the damage that erratic weather is causing but today, I can share with you the impact that our Amaranth project has been having in rural Migori, western Kenya.

### Amaranth: a climate resilient crop

Amaranth is a plant originating from South America, which produces edible leaves, and grain from the flowers when it matures. It's a versatile crop that is relatively resistant to drought and heavy rainfall, and gives good yields even under low soil fertility. Amaranth matures within 75 to 90 days, with the ability to harvest leaves in just 3 weeks of being planted.

The crop has a variety of uses:

- The leaves can be used in salads and stews.
- The stems and older leaves can be used as livestock feed.
- The wholegrains can be boiled, roasted, popped, and eaten.
- The grains can be milled into flour, which: without being blended with other flours can be used to make nutritious amaranth porridge; when blended with wheat flour can be used for home baking, making 'chapati' (flat bread), 'mandazi', doughnuts, and pancakes; when blended with maize or sorghum flour can be used to make 'ugali', a dense porridge.

### Achieving food security and improving health

Our Ripple Effect team in Kenya has been leading the training of participant farmers in Migori, teaching them how to grow and make the best use of their new amaranth crops. Our project participants' ability to harvest amaranth has helped them achieve food security and access a variety of nutrients that help improve their health.

One of our participant farmers in Migori, Florence is now supplying amaranth flour to the local school, to be used to make porridge for the children as part of a school feeding programme. She says that the children consuming the porridge, amongst the vegetables and bananas she provides, are very healthy. The climate resilience of the plant will allow Florence, like other participants, to continue harvesting throughout the next years and help those around her access healthy and substantial meals.



Florence and her husband Samuel  
in their amaranth garden.





Florence and her husband Samuel, standing with their children in front of their new home

We're excited about the potential of Amaranth and what it can achieve for the farmers we work with in rural Africa. You can read more about the Amaranth project [here](#).

**Please pray:**

- **Praise God for Florence and her family.** Thank him that their farm is flourishing due to their hard work and determination. Thank him that Amaranth has been such a successful crop and pray that it will continue to help transform lives in this community and beyond.
- **Thank God for the Ripple Effect team in Migori** who have been working on the Amaranth project. Pray that they will be encouraged by the results of the project and that they will continue to inspire others.
- **Pray for all families living on the front line of the climate crisis,** that they will be able to grow enough food to eat despite the erratic weather.

**Thank you and bless you for your continued support for the Women of Migori. This project will be coming to an end later this summer, after which you will hear about the Sustainable Futures for Kenya's Women and Young People project. You can hear more about both projects on 17 September.**

Ann Hatton, Community Manager

**[Sign up for our Harvest celebration: Tuesday 17 September, 2.00-3.30](#)**

**You will hear from Beatrice about the successes and challenges of the Women of Migori project and you will hear from Donnah about the Sustainable Futures for Kenya's Women and Young People project, which we hope you will go on to support. [Sign up here](#)**

If you have any questions, please do get in touch with me :

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