

NUTRITIONAL AND MEDICINAL GARDENS PROJECT

PHOTO REPORT

Project duration: 5/2019 – 4/2020

Practical Permaculture Institute Zanzibar (PPIZ)
Msim Farm, Shakani Zanzibar
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First Meeting With Community Leaders and CHVs



This photo was taken in July 2019 at PPIZ during the introduction meeting to community leaders and community health volunteers (CHVs) about NMG project. They also received an introduction training from Said Suleiman on natural medicine. The meeting took place for 4 hours.

Shakani Clinic



Shakani was the first clinic to visit and work with. This photo was taken in September 2019 when the project team first visited the clinic. Shakani was the pilot clinic located in the West B district. NMG team worked together with some of the clinic staffs to realize the project.

Medicinal Plants Training



This photo was taken in October 2019 during the first NMG clinic training. Said Suleiman the herbalist is the one who conducted this medicinal training to 31 women who attend Shakani clinic, CHVs and Shakani nurses. On the photo he is teaching how to prepare herbal juice using coriander leaves, mint, ginger and rosemary to relax the body from tension and pain.

Permaculture Training



Permaculture training for 31 Shakani women was conducted with John Laizer, PPIZ Farm Manager. The training took place in October 2019 at the PPIZ facility.

Implementation of a Garden



This is the implementation of Shakani demonstration garden in November 2019. Ramla who is the Health Officer of Shakani clinic was one of the pregnant women who participated fully in the implementation and in the photo she was planting on the freshly prepared garden beds. At the garden local vegetables and medicinal plants such as aloe vera and iodine plants were planted. Together with trees like papaya and moringa.

SHAKANI DEMONSTRATION GARDEN

BEFORE



AFTER



This is the before and after photo of Shakani demonstration garden. The before photo was taken in October 2019 and after January 2020. Esther the woman on the photo is a PPIZ gardener who supports the women of Shakani to maintain their garden.

KISAUNI CLINIC



The front photo of Kisauni clinic was taken in November 2019 when NMG team held a first meeting with the 7 staffs that work in the clinic. This clinic attends an average of 50 patients a day among them are pregnant women and mothers with children. Kisauni is the second clinic to benefit from the NMG project.

Medicinal Plants Training



Said Suleiman facilitating the medicinal plants training to the Kisauni women. 26 women participated in the project. This training took place at PPIZ.

Permaculture Training



Kisauni women during a permaculture training which was facilitated by John Laizer (PPIZ Farm Manager and Emmanuel (PPIZ Gardener) at PPIZ.

Implementation of a Garden



On the photo are participants from Kisauni health clinic working hard to implement a demonstration garden at the clinic. The garden is planted with local vegetables and medicinal plants, spices and fruit trees.

KISAUNI DEMONSTRATION GARDEN

BEFORE



AFTER



Kisauni demonstration garden before anything was done in February 2020 and March 2020 after the women and NMG/PPIZ team implemented a garden and planted on the beds. What covers the beds is mulch to retain the moisture and protect the soil nutrients from direct sunlight.

Kombeni Clinic



Kombeni health clinic was the third clinic to benefit from NMG. That is the welcoming board at the clinic that indicates the services they offer which mostly include pregnant women, mothers and children services. This is one of the clinic that does deliveries of babies.

Permaculture Training



This was the training for Kombeni women which took place at PPIZ, 29 women received the training these women were CHVs and the targeted group (Pregnant women and mothers)

Medicinal Plants Training

This medicinal training for Kombeni women took place at PPIZ. Said facilitated it and on the photo the women were making a herbal tea which is a mixture of plant roots, that are used for fertility.



Implementation of Garden



This photo was taken in March 2020 at Kombeni clinic demonstration garden implementation, these women participated in the project. The raised beds are created because they are easy to maintain and they last longer up to 3 years with fertility without the need to dig the soil again.

Implementation of Garden



This was the implementation of Kombeni demonstration garden at the health clinic. On the photo is a woman who participated in the project working together with PPIZ gardener and a male CHV who supported the group very well.

KOMBENI DEMONSTRATION GARDEN

BEFORE



AFTER



This is a demonstration garden for Kombeni Health Clinic which was implemented in March 2020. The women are some of the project participants. Local vegetables and medicinal plants were planted at the garden (turmeric, ginger, mnavu and chaya)

Chukwani Medicinal Plants Training



This was the last training for the NMG project which included 24 women from Chukwani health clinic. Said facilitated this training where he taught them different local medicinal plants to use for different healing purposes. The training took place in March 2020 at PPIZ and at Chukwani clinic.

Chukwani Women Posing After Permaculture Class



This photo was taken at PPIZ with the women, nurses and CHVs from Chukwani Health Clinic finishing their permaculture class in March 2020. On this photo are some of the women who participated in this training.

Home Garden Support



This photo was taken in Kisauni area in April 2020 where these two beneficiaries of the project farm together. Their garden was not in a good condition and Emmanuel (the guy on the photo) who is a PPIZ gardener worked with them to improve it using permaculture techniques.

Follow-up Survey



This survey took place in January 2020 next to Shakani clinic to the women from Shakani. On the photo is the project officer Agness (on the left) interviewing Nasra who participated in the project to know what were the benefits of the project to her and what to improve.

NMG Representation on a TV Program



This was a project officer of NMG Agness at Zanzibar cable TV in a morning live program. She was explaining about the NMG project and how it benefitted the community of West B district. The program was aired in March 2020.

Chukwani Nurse Happily Participating in Planting



This photo was taken in April 2020 at Chukwani clinic garden implementation. The nurse was happy to support the women and PPIZ team to implement a garden at the clinic since it is not common to have such activities at the health clinics.

Helping hand from a little participant



This photo was taken in February 2020 at PPIZ during permaculture training. The girl is a child of one of the women participated in this training. Here she was helping to carry this pipe that was used to make a sack garden demonstration. Participants were allowed to bring their children to join them during trainings.

Latifa's first time gardening experience



This photo was taken on Kisauni's garden implementation. Latifa was one of the mothers who took part in the project. She was very happy to do gardening for the first time ever in her life. She said if not for the project probably she was never going to be on the farm/garden doing the muddy works.

Planting a cinnamon tree together



These two women from Kisauni clinic decided to plant a cinnamon tree together at the clinic demonstration garden as their memory of taking part in the NMG project. Cinnamon is widely used on the islands as a spice for food and tea, but more important is its traditional medicinal usage to lower the effects of diabetes and heart diseases. To preserve and spread this knowledge is the goal of this project.