

The “EET with Joy” Instruction Manual

Foundations for Farming [FfF] Isaiah 58 Revolution:

We can feed our family - and our community - and our nation - using FfF principles for ZERO dollars!



This maize crop was planted and weeded using only badzas (hoes)

E

for Excellent standards (we can be the best farmer in the world with just a badza).

E

for Efficiency – zero wastage – we use open-pollinated varieties (OPVs) of seed and use the bush to make compost and mulch.

T

for Time – we organise all farming operations to be done on time.

WITH JOY - we do all farming operations with joy and excitement for a good harvest and to bless others.

“The joy of the Lord is your strength” - Nehemiah 8:10



*(Left) Open-pollinated maize seed can be saved and replanted each year
(Right) Home-made compost is used to fertilise the crops*

Method:

1. We use open-pollinated varieties of seed which can be kept from one year to the next.
2. We use compost which we can make in the winter to fertilise the crop.
3. We use precisely measured badza holes in straight lines ("holing out") and have no ploughing costs.



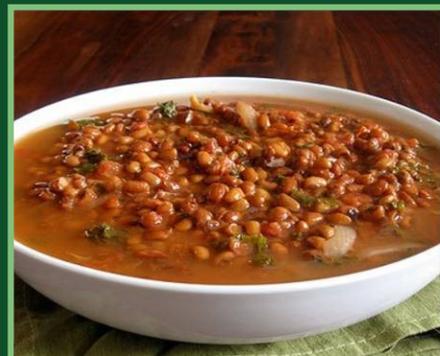
"Holing out": After careful measuring, holes are dug by hand at regular intervals

4. We use mulch to protect our crop from drought and our soil from erosion.



A covering of mulch retains the moisture of the soil and protects it from soil erosion

5. We have a crop rotation with a bean or legume to improve the soil and give a protein relish.



Weeding cowpeas, a legume rotation crop, adds nitrogen to the soil and provides a tasty protein meal

6. We bless our neighbours by giving them open-pollinated seed for their next crop.



The EET with Joy Fff Farming Calendar:



May-July: Ensure fields are weed free and mulched after previous harvest and throughout winter. Protect the mulch from fire and livestock. Also use this time to make compost from leaves and grass in the bush. Contact Fff for details of how to make this.



June/July: Plan your field. Remember, we get a much bigger harvest by farming a small field excellently than farming a large field below standard. Mark out your field with permanent pegs.



The rows are 75cm apart and must run across the slope. 2 kg of seed will plant a field 39m by 16m [one sixteenth of a hectare to feed your family for a year (20 bags)].



August/September: Using string or wire with 60cm markers, we can dig planting stations 60cm apart in the row.



October: We then put a minimum of one large jam tin of compost in each planting hole.



November: We carefully plant 3 maize seeds per hole immediately after the first planting rain or with 2 litres of water in each hole by 25 November. Don't be late!



December: 3 weeks after emergence, we thin to 2 plants per hole. This is also the time to top dress with chicken manure soup. Contact Fff for details of how to make this.



January-April: Continue weeding diligently. Collect green compost material for next year.



May: We harvest crops with great joy and thanksgiving to God; we select the best seed from the middle of the crop for next year; we bless our neighbours by giving them some seed and our knowledge. [Luke 6:38]

Benefits:

We do not need to rely on donors. We do not need to rely on finding money to plant crops. If we work hard and are organised in the "EET with Joy FfF Revolution", we can feed our families and communities for ZERO dollars!



This is a 'before and after' study of the rundown crop failure on a farmer's field near the Foundations for Farming Headquarters Training Centre in Glenforest before being prepared and planted using FforF conservation agriculture methods;

(Right): The same piece of land four months later with a thriving maize crop

Open-pollinated seed (OPV) is what has fed the world for thousands of years. It was only in the middle of the last century that hybrid varieties of seed started to be developed and farmers are now tied into buying hybrid varieties each year. With OPV it is possible to get average yields of 6 tons of maize from a hectare.

One of the biggest factors in maize yield is being able to plant on time. This is because we have to make best use of day-length hours and the rain. Planting late means less day-length hours for the plant to grow in. It also increases the risk of an early cut off to the rain during the vital grain filling stage at the end of the growing of the crop. With OPV maize we can plant on time [by 25 November] because we have selected the seed from last year and are able to plant that.



Selecting the right seed is important. Always go to the middle of the crop where there won't have been much cross-pollination with other crops. Choose the biggest cobs on the most disease free and strongest plants to select for next year's crop.

With OPV seed we can bless our neighbours with a gift of seed from our fields. Jesus commanded: "Freely you have received, freely give." Matthew 10:8. He promised: "Give and it will be given to you." Luke 6:38. He stated: "It is more blessed to give than to receive." Acts 20:35

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