

FARM STEW's recipe for abundant life includes "ingredients" that lead to health and well-being for poor families and vulnerable people.



FARMING

Faithfulness to principles revealed in God's word and observed in nature.



SANITATION

Around our homes, with our food, and in personal hygiene.



ATTITUDE

Choice to live God's way, to be disciplined and to have a positive outlook.



TEMPERANCE

Moderation in good things, abstaining from things that are harmful.



REST

Nightly and weekly for our bodies and also not disturbing the soil and covering it.



ENTERPRISE

Provide opportunities to pursue sustainable food and income.



MEALS

Plant-based, whole foods diet using mostly what the family can grow themselves.



WATER

Fresh, abundant, detoxifying, for grains, legumes, and for our bodies.

FARM STEW trains local Christians to educate their own communities through gardening, healthful cooking, obtaining clean water, better sanitation, and inspiring enterprise.

They conduct hands-on classes, sharing practical skills that equip people to help themselves.

Together with supportive friends like you, we've trained over 210,000 participants in 800 villages in Africa and beyond.



To learn more or to make a donation go to: www.farmstew.org or mail to:



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