

FARM STEW® News

An Abundance in Cuba

Your gifts to FARM STEW have stretched behind the iron curtain of Cuba! The Cuban people are no strangers to hardship and food scarcity, but the **restrictions and shortages of the pandemic had made things particularly difficult**. Arielle and his wife Adai, FARM STEW trainees and WYG Bible workers in Florencia, Cuba, decided to make a large sacrifice. They began to provide food for 65 families a week during the COVID-19 lockdowns and shortages by sharing the harvest from their FARM STEW garden and food from their purchased rations. The **communist authorities were baffled by Arielle and Adai's ability to feed so many people**, especially because it is illegal to buy food for any more people than just your family. The authorities decided to investigate the potential collusion.

"Where are you getting this food?" the communist official barked at Arielle and Adai while investigating their small home. Arielle naturally responded, "I am growing part of it, and the rest of it I am buying from you. Would you like to help?" The party official, taken aback by Arielle's response, was unsure of how to reply. He retorted, "That's our job to feed the people. That's not your job." Arielle boldly replied, "But you are not doing it, and there are

hungry people!" The official didn't have a response. Arielle offered to show the official his gardens where the food was being grown. The official saw that even though the land was small, **the intensive FARM STEW gardening was able to yield enough produce to provide for many other families**. To

Arielle and Adai's surprise, the official and the **local party government were very impressed**. The abundant FARM STEW gardens were more than enough to satisfy the authorities' curiosity.

Because you decided to stretch your giving, FARM STEW's message of abundant life in Jesus is reaching new hearts and stomachs!



FARM STEW Now in Bolivia

You have given FARM STEW the means to reach Bolivia! Not only that, **your gifts helped to print 1,000 new copies of the FARM STEW recipe manual in Spanish** to disseminate across Latin America! After experiencing FARM STEW training at HEART Village last August, the founders of Fundación Orión decided they needed to incorporate

FARM STEW into their ministry. As a result of our partnership in February this year, Fundación Orión hosted a month-long FARM STEW training intensive at their institute in Santa Cruz, Bolivia. Twenty young men and women from the surrounding villages attended and learned how to create/present life saving FARM STEW tools. Among the attendees' favorite activities were rainbow plates and tippy tap washing stations! Your support is preparing FARM STEW to share its recipe to families across South America with the help of our new amigos! **We hope you can join us and make new amigos** at the FARM STEW training in Florida this August. For more information check out our events page at: www.farmstew.org/news/events

Listen to our ministry partner in Cuba, Henry Stubbs, share this testimony and more!



The Power of an Elder's Testimony

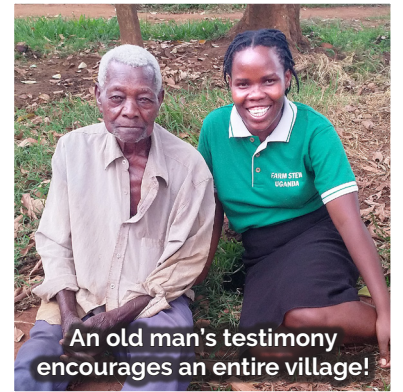
It was a warm Ugandan afternoon as FARM STEW trainers were leading a nutrition and cooking class in the Madhi-masu community. Trainers taught villagers how to make nutritious dishes and warned about foods that can shorten life like alcohol and sugar.

One community member, Mr. Mzee Yokaana, slowly stood up and began to speak to the assembled group. "I am 97 years old and from my youthful age I have been eating fruits and vegetables"(an oddity in modern Ugandan culture). He continued, "Consuming sugar and alcoholic drinks has been my last priority. I last took sugar with my tea or porridge when I was 17 years old, and this temperance has lengthened my life. **Now that I have learned how to make soya milk and the proper way of cooking food I will live even longer.**"

All these years Mr. Mzee followed the same

life-giving meal plan that FARM STEW teaches! His testimony of healthy eating and temperance not only encouraged the FARM STEW trainers but the entire community. The next several FARM STEW training sessions were packed with villagers because of Mr. Mzee's testimony!

Trainers report that 50 homes in the village now have vegetable gardens and that Madhi-masu is now a Certified FARM STEW community. Mr. Mzee's inspiration and your generosity have honored an elder and transformed this community!



An old man's testimony encourages an entire village!

"He Said Grow" Equips Americans to Share the Recipe!

A story from Steven Conine, FARM STEW USA Volunteer



FARM STEW USA Launches -Microgreens and Much More!

What a week here in Paonia, Colorado! FARM STEW USA just completed the first ever "**He Said Grow**" training event! Leading up to our workshop, a few of the FS USA volunteers were becoming nervous because only two people had registered with only a week to remaining before the training would start. But right at the last minute, seven additional people signed up! It was so apparent that God brought just the right people for this event. Each morning, after devotions, training was offered on FARM STEW topics such as Attitude, Meals, Enterprise, and Temperance. In the afternoons, a practical gardening workshop was given covering topics on soil health, bed preparation, microgreens, seeding, harvesting, and hoop house assembly! Time was also given to **share thoughts and ideas**

of how to apply the FARM STEW principles in their local communities, which gave so much encouragement to the attendees. Each attendee expressed how **they were uniquely blessed and inspired to learn more about FARM STEW** and how they could be ambassadors for this practical message back home. One attendee named Caleb will launch very soon as a full time missionary with his family to Nicaragua to serve the native Miskito people. He said that one of his primary goals is to bring FARM STEW to the Miskito people so that he can **help them**



Learning in the hoop house!

improve their quality of life and build a relationship with them in order to effectively share Jesus! Caleb now

has the trainer's manual and practical training on how to be a FARM STEW Planter in Nicaragua! Participants Jamie and Dan hope to reach a local mobile home community and Faith plans to start a church garden. **Thanks to your prayers and support, FARM STEW will continue to equip and inspire people to share the recipe abroad and at home** to live a life of freedom and abundance!



Participants learn new ways to manage the soil

Wani's Life Transformed from Notorious to Noble

A story from Doreen, founder of FARM STEW South Sudan



Mr. Wani was notorious for grabbing food items from people in the market (and for being a serious alcoholic). He was feared even more by

the women selling vegetables, or making and selling food in simple shelters in the market. **Whenever he appeared in a place, everyone was sure something would be stolen.**

Thanks to your support, in early 2021, FARM STEW South Sudan started work in Yei County, teaching the recipe for abundant life. Wani was among the beneficiaries who registered to receive the training. Before, Wani never attended any community meetings. This made the rest of the beneficiaries wonder how he would learn. But all of that changed thanks to you and the FARM STEW trainers.

After six months, **Wani became a different human**, completely surprising his community. He attended all

the FARM STEW training sessions. As a result, Wani now has a kitchen garden producing four different types of vegetables and is growing four fruit trees around his home. Wani now has a clean latrine with a hand washing station outside. The land surrounding his home is clean due to his new FARM STEW rubbish pit. Consumption of alcohol and stealing people's things without fear were what made him notorious, but **now Wani does not steal, does not consume alcohol, and has become a hard working man.**

Recently trainers awarded Wani the certificate of the FARM STEW certified home. As Wani marched forward to receive his certificate the participants cheered him, ululating (a distinct African cheer) and clapping their hands. For the first time in a long while **Wani confessed that he felt treated like a human being who is able to contribute to the life of others.** "We all praise the Lord for what happened in Wani's life." Shared one neighbor.

The transformation of Wani's character from notorious to noble is nothing short of miraculous. It's in part because you said YES to stretching into these new communities. **Thank you again for believing that people, with help from God and FARM STEW trainers, have the power to change their own lives.**

Planting Seeds of Faith in Cuba

Early every Monday morning, Elizabeth Kreidler De Santa Cruz, FARM STEW's Foreign Operation Director, leads FARM STEW training on the Telegram app for over 50 World Youth Group (WYG) Bible workers. These **young men and women have left their jobs to spread the message of Jesus's second coming and plant churches across Cuba.** You have equipped them with the FARM STEW recipe to plant abundant life with the gospel of Jesus!

At the end of the calls, Elizabeth always leaves room for discussion and questions. One of the first things the Bible workers asked for was seeds! Vegetable seeds are



hard to find in Cuba, but **God always finds a way to equip His workers.** Three of the Bible workers on the call spontaneously volunteered to distribute seeds from the small amount they had collected on

their land. The WYG workers have now planted seeds in their FARM STEW gardens so that they can grow food and soon distribute more seeds in their work across Cuba.

YOU stretched your giving and provided FARM STEW with the ability to host these calls, and God handled the results. For that FARM STEW says thank you!

Want to experience FARM STEW intensive training? To learn more about FARM STEW and HEART Village's 3-day training scan here:



Yei for More Boreholes!



You have helped FARM STEW stretch into the parched lands of South Sudan. How?

When a community decides to band together and create a safe village for their families by meeting FARM STEW community standards, they become a FARM STEW certified community. Because of your generous gifts, FARM STEW honors their united commitment by **rewarding them with a borehole** so they can have an even more abundant life! Pictured is the third borehole that has been installed in Yei. That means three FARM STEW villages, affecting over 1,000 people, **now have access to safe drinking water that gives life to their bodies and gardens.**

When a borehole is established in a village, exciting celebrations with food and singing begin! It really is quite the event! **Thank you for giving our brothers and sisters life-restoring water.** Even though you didn't get to join their party, you can still share the joy!

How Can Ant Hills and Sweet Potato Leaves Save Lives?

Have you ever heard of a rocket stove? Neither have many in rural sub-Saharan Africa. However, these little stoves can turn their world upside down because of your generous support! Typical cooking fires create plumes of smoke that fill the lungs of the mothers and their young children, who are often nestled on their backs. This smoke can cause dangerous respiratory problems, especially in babies. It's so bad that **3.5 million children die each year from acute respiratory illnesses (ARI), often triggered by smoke.**

What is the solution? Low-cost rocket stoves!

Using soil from termite mounds, Daniel Ibanda, FARM STEW Uganda's country director, helped to design these stoves with readily available materials. Using soil from termite mounds, a sticky concrete-like mud is formed and carefully molded into a stove shape around a few bricks. Then, a sweet potato leaf slurry is used to coat and cure it. When finished, **it creates a safe cookstove that both prepares food and directs harmful smoke away from the lungs of mothers and children.**

In February, Daniel Ibanda led a cookstove building workshop during the FARM STEW training event in Juba, South Sudan. Thank you for getting this new addition to the FARM STEW message out to the staff who work with the least of these. **Scan to watch rocket stove training video:**



Your gifts can be sent to: P.O. Box 291 • Princeton, IL 61356
Learn more or give online at: www.farmstew.org
If you have questions, call us at 815-200-4925

FARM STEW '22 Year of Stretch

God is inviting us, individually and as a FARM STEW family, to *"enlarge the place of your tent, stretch your tent curtains wide, do not hold back; lengthen your cords, strengthen your stakes. For you shall expand to the right and to the left,"* and He promised that as a result, *"your descendants will inherit the nations..."* Isaiah 54:2-3



Amazing things are happening because you are answering the call to stretch. A few weeks ago I was at the international FARM STEW Training of Trainers event held in Juba, South Sudan with 40 FARM STEW staff and partners from 7 different countries. We learned together and shared stories of how God is changing communities through YOUR generosity.

I'm now on a flight to the Philippines to expand the recipe of abundant life to former rebels! **Thousands of former rebels have been baptized** into the Seventh-day Adventist Church and are wanting to become productive Filipino citizens. **Praise God that we, in partnership with Adventist World Radio (AWR), have the opportunity to equip them with the FARM STEW recipe** to help their transition. More stories to come soon!

Thank you for making FARM STEW '22 the year of stretch and answering God's call to *"not hold back"*. We are beyond blessed by your commitment and excitement for sharing the recipe of abundant life with the world!

A stylized, handwritten signature in black ink, likely belonging to Joy, the author of the letter.