



How trainings by Green to Grow are changing lives in rural Nandi

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A few years ago, Mary Koech was struggling to make a living from growing coffee. Today, she is a hopeful woman who now sees the economic potential in sustainable coffee farming. Mary has been growing coffee for years, together with other annual crops such as maize as she lacked the technical knowledge necessary to grow coffee successfully.

“For a start, it was a real struggle for me to convince my husband that we could plant coffee in a portion of our farm. He was against the idea saying that coffee causes loss of soil fertility, yet it has no economic value.” - Mary Koech

This is a struggle not only known to Mary but also to many farmers residing in rural Nandi-which for years is known to be a tea-producing region.

Another challenge was that despite growing coffee, Mary had no technical knowledge on how to space her coffee trees, pest control methods, pruning techniques and other agricultural methods she could adopt, to increase coffee production.

This discouraged Mary from coffee farming until she met one of the beneficiaries of the Etimos Foundation led Green to Grow project- Ms. Rosebella Langat.

“The training sessions by the Green to Grow project were very intense and beneficial. For me, coffee farming is a passion and I am happy to disseminate knowledge on sustainable coffee farming to community members who like me, are passionate about coffee - especially women. I feel privileged to be part of this project since 2019 and for this reason, I use every opportunity I get to sensitize community members on how their livelihoods can change for the better, as a result of farming this perennial crop.”-
Rosebella Langat

In addition, Rosebella also uses her interaction with the farmers to encourage domestic coffee consumption.

“In December 2019, I received my first payment from coffee farming! This was very encouraging, and I plan to expand my coffee farm this year, adopting the traditional farming methods that we learnt from Rosebella. I know this will be a big boost for my family as we can use the revenue we make from coffee sales to improve our lives!”-
Mary Koech

Green to Grow is happy to see its interventions reaching beyond direct project beneficiaries but also impacting livelihoods of the communities where these beneficiaries reside in.

This project is funded by the European Union through the Switch Africa Green Programme. It is implemented by a consortium of organisations led by Etimos Foundation in partnership with; Kenya National Chambers of Commerce and Industry (KNCCI), Stockholm Environment Institute (SEI), E4impact Foundation, Tangaza University College (TUC), Jomo Kenyatta University of Agriculture and Technology (JKUAT), SEFEA Consulting, and Cassa Padana.