

# Strong Harvest International 2019 Annual Report



## Improving Livelihoods

Our Field Representative in Togo, Jean, and his wife Olga, always incorporate moringa soap and ointment making in their Peer Educator trainings, giving families an opportunity for additional income.

# 2019 in Review

# Improving Livelihoods

Empowering Families to Create New Streams of Health & Income



## Introductory Seminars

**640** people attended seminars introducing them to the easily accessible power of moringa. People are hungry to learn how to better provide for themselves and their families and often, those who attend an introductory session go on to become Moringa Peer Educators.



## Continuing Education

**159** Peer Educators came back together in Continuing Education Workshops led by our Field Representatives. They shared their successes, challenges, recipes, and other ways they are using moringa. They also encouraged one another and learned new skills, such as planting for erosion control and soap and ointment making.



## Enriching Partnerships

**5** partnerships were deepened through our continued work together. In Nicaragua, **Ometepe Bilingual School** worked with us to provide Peer Educator training for their community. Grants from **Kuli Kuli Foods** and **Rotary** funded international Peer Educator trainings. **Advisicon** supported our technology needs through free trainings and **U.S. Digital** continued to shower us with office space, conference rooms, a supportive community, and so much more! Most importantly, **individuals, churches, and businesses** continued to faithfully support our work!



## Countries Impacted

**22** countries count Strong Harvest Moringa Peer Educators among their citizens and the good news of moringa just keeps spreading as they share their skills and knowledge!



## Peer Educators

**407** people in **20** new groups were trained as Moringa Peer Educators, bringing our worldwide total to **1,828**. These new Peer Educators now have the tools to improve their health, increase their family income, and protect their land. AND they're trained and ready to share this capacity-building knowledge.



## Home Visits

**74** Peer Educators welcomed Strong Harvest staff and Field Reps into their homes to share stories of how moringa has positively impacted their lives. We were able to provide one-on-one help and encouragement, as well as learn from their experiences. We are so blessed to be able to build deeper relationships and stronger bonds with our Peer Educators.



## Moringa Seed Distribution

**16,210** seeds were distributed to our new Peer Educators, bringing our total seed distribution to **53,310** since 2012. Each Peer Educator receives a packet of at least 30 seeds to get started and the group leader receives 200 seeds to share in the community. Once their trees are growing, Peer Educators have their own "seed factories" and are able to plant more trees and share them with their families, friends, and neighbors, making moringa available to an ever-growing number of families.



## Volunteer Hours

**1,741** hours were given by our passionate volunteers as they traveled and trained with us, kept our office running, and put on an awesome fundraising dinner and auction!

## A Pathway out of Poverty in Burkina Faso

Before receiving Strong Harvest Moringa Training in 2015, Yaya says that he was the poorest man in his community. As of 2019, his moringa business is thriving, his family is reaping the benefits, and he is sharing the wealth. See what Yaya has to say:

**Business:** I employ 10 women in my moringa business and they are all very happy to have work every day.

**Family:** My family and I are now safe from poverty and disease. I was able to build a new cement block house since our old house, that was made of mud, collapsed.

**Giving back:** I use my Strong Harvest manual to teach people about moringa and I've also been invited by other organizations to give lectures about its virtues. This is all thanks to the training I received from Strong Harvest!



Yaya (left) at his moringa kiosk in Bobo-Dioulasso, Burkina Faso

## New Hope among the Maasai in Tanzania

Ester, who lives in Armame, Tanzania, attended Strong Harvest moringa training in 2019. Even though Ester cannot read or write, she was able to easily learn about moringa and put it to use, and her family is already experiencing positive changes. Ester shared the following with us:



Ester (standing) and her family processing their moringa.

**Income:** I'm bringing income into our home through drying moringa leaves and crushing them into a nutritious powder to sell.

**Health:** The overall health of my family has improved. We have less sickness and our anemia and skin problems have been healed since we started eating moringa. It has even helped me to produce more milk for my baby.

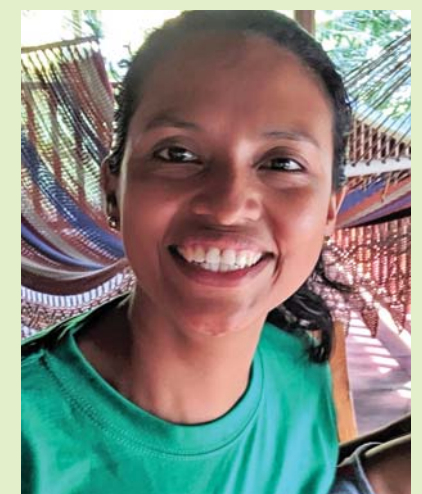
**Community:** We should help people to fight disease and poverty by continuing to spread the knowledge of moringa through Peer Education!

## Beginning Again in Nicaragua

After a year of political and economic unrest in 2018, Nicaraguans were eager to start again. Strong Harvest staff and a team of hardy volunteers traveled to the remote island of Ometepe in July 2019 to provide Moringa Peer Educator training in the community of Mérida.

**New opportunities:** Our new Peer Educators are grateful to have moringa as a source of health and income that is local and sustainable.

**Paying it forward:** Yoisis (pictured at right), who attended our training in Mérida, is the director of Glowing Torch School. She is excited to be able to teach the children all about moringa, ensuring that the next generation understands and uses this incredible resource that grows right in their own backyards.



# Moringa Power Tools

## Health

Moringa leaves are rich in:

- Vitamins, minerals, and protein
- Antioxidants and anti-inflammatory properties
- Phytonutrients
- Milk-producing enzymes

## Income

Moringa products can easily be made and sold in the local market:

- Fresh leaves and dried leaf powder
- Seeds and saplings
- Nutrient-rich oil
- Soap and ointments for hair and skin

## Environment

Moringa improves the environment by providing:

- Erosion control to retain topsoil
- Reforestation
- Increased biodiversity
- Habitat for birds and pollinators

## Our 2019 Funding

### Where our funds came from:

**58%** - Individual donors

**24%** - Grants & bequests

**18%** - Public Charities, Churches, & Businesses

### How they were used:

**92%** - Program activities around the world

**5%** - Administration - keeping the lights on

**3%** - Fundraising - keeping us going

## Get Involved!



### GIVE

Donations keep us going! Please consider a monthly or a one-time gift. You can even start a Strong Harvest Fundraiser - pledge your birthday or create a challenge with friends. Need ideas?

Go to [www.strongharvest.org/fundraise](http://www.strongharvest.org/fundraise)



### SHARE

Get connected and share Strong Harvest with friends and family.

[facebook.com/strongharvest](https://facebook.com/strongharvest)

[instagram.com/strongharvest](https://instagram.com/strongharvest)

[twitter.com/StrongHarvest](https://twitter.com/StrongHarvest)



### TRAIN

We provide training for individuals and organizations, both for their own knowledge and so they are prepared to teach others about moringa's life-changing benefits.



### VOLUNTEER

Share your time and talents! Travel with us as part of an international training team or become a local or online volunteer.