



Strong Harvest International
Part of the Community
2021 Annual Report



2021 Community Highlights



Esta is creating a better life for her family!

Esta loves caring for her family. Living in rural Tanzania in a traditional mud and dung home with no electricity or running water can make her job a challenge, but she has a determination and excitement about life that is contagious! Esta became a Strong Harvest Moringa Peer Educator in 2018 and has been growing moringa and using it for health and income ever since. Her trees are thriving, she is adding the nutritious leaves to her family's meals every day, and she is selling moringa products at the community's weekly marketplace.

Her knowledge of moringa became very important when her youngest child, Samweli, was born early with a low birth weight. She knew they had incubators at the hospital, but couldn't afford the long journey or the hospital costs. In the following weeks, Esta was struggling to produce enough breast milk. Then she remembered that moringa increases milk production, so she increased her daily intake. Her milk flowed and her baby grew and gained strength. Samweli is now a healthy, thriving three-year-old!

"Moringa has helped me, my family, and my community. Really, I love it!" -Esta

Esta takes good care of her trees because they are valuable to her - bringing not only health, but also income to her family through the sale of moringa powder and seeds.

We are grateful to be a part of her family's journey!



The family in front of their home (l to r) Samweli, Esta, Nasinyari, Sambeke, and Tobiko.



Esta with money she earned from selling seeds.



Education

Providing nutrition and moringa education in schools has become an important focal point for Strong Harvest. This year, we were able to teach in seven schools in three countries: the S. Oblige Primary School in India; the Kwaraa, Nekishomi, Bagara, Naretisho, and Matufa schools in Tanzania; and the Christian Education Primary School in Nicaragua (Lesly, our Field Rep in Nicaragua, is teaching the kids in the photo at left). This has allowed us not only to teach the children about basic nutrition and how moringa plays an important role in a healthy life, but also to reach the parents and surrounding community with this vital knowledge. By working in partnership with local schools, the work of Strong Harvest - to improve health, increase family income, and care for the environment - is becoming more and more a part of the community.



Health

Many of the people with whom we work live on high-starch diets, lacking in adequate protein and essential vitamins and minerals. When they add nutrient-dense moringa to their daily meals, their health visibly improves. In 2021, we received many reports from our Peer Educators and their families, sharing with us their experiences of better health through moringa. These changes include improved vision (vitamin A), increased strength (protein), enhanced energy and concentration (iron), healed skin conditions (vitamins A, C, E and other antioxidants), and increased breast milk production (moringa increases prolactin in nursing mothers - see Breastfeeding Medicine, Vol. 9, #6, 2014). Improved nutrition and health impact every area of life, from the ability to learn and work, to the joy that comes from feeling energetic and able to meet the challenges of each day!



Income

Lack of adequate income is a continuing problem in the countries in which we work. According to the World Bank (<https://data.worldbank.org/country/>), the percentage of those living in extreme poverty, defined as less than \$1.90 per day, is 24% in Togo, 49% in Tanzania, 3% in Nicaragua, and 23% in India. Providing viable, sustainable avenues for earning additional income is of utmost importance. In 2021, Strong Harvest trained 185 people in the making of moringa soap and skin ointment, and 375 people in the production of high-quality, nutritious moringa powder to sell in their local marketplace. Empowering people like Benedicte in Togo (at left, holding two bars of freshly made moringa soap) to improve their livelihood and quality of life, truly makes a difference.



Community Development

"Put in savings, take a loan, work your business, return the profit." That is the motto of the four Maasai Peer Educator Savings Groups in Tanzania. Part of the profit returned to the savings groups comes from the sale of moringa products at their local weekly market. One group, the Naitoti Women's Group, is providing loans to members to replace the grass roof on one home in each family compound with a metal roof and gutter to make a rain-catchment system. Strong Harvest then supplies the water storage tank. This small change produces big results: the women and children no longer need to walk nearly 20 kilometers round-trip to fetch water, allowing the women to concentrate their efforts on other family needs and the children to give more attention to their schooling. Yona and Eliza are very happy with the water tank in their family compound! (Photo L to R: Jeri and Rick Kemmer, Yona, Eliza, and Laata, our Field Rep)



Jeri and Magdalena in Tanzania

A Note from Our Other Founder

Usually, the notes from our founder come from Rick, who is the Executive Director and Co-founder of Strong Harvest. I am the other Co-founder, Rick's wife, Jeri. When we started Strong Harvest 10 years ago, I went into it with trepidation because I knew that running a non-profit meant fundraising 24/7. And I did not want to fundraise all the time; I wanted to work with people. In order to start Strong Harvest while keeping

our own household viable, I continued to work my full-time job so that Rick could take a very small salary from Strong Harvest. **Since then, he has been deeply involved in the day-to-day work** with our Field Reps, Peer Educators, and the families we impact around the world. And I, for the most part, have worked behind the scenes and hear about the joys and the tribulations second hand. But many times, the joys and sorrows pierce my heart and tears run down my cheeks.

When I met the Myanmar pastors over Zoom who were taking our Peer Educator training in the middle of a coup, their dedication to creating a better life for themselves and their communities astounded me, and tears of gratitude flowed. When I continually hear the stories of rural families in Togo growing and eating moringa, getting healthy, learning how to make moringa soap, starting small businesses, and changing their lives, tears of joy flow. And when I see the ravages of the drought on my friends among the Maasai tribe in Tanzania and hear that their moringa trees still have leaves and they still have a source of rich nutrition, gratitude mixes with the sorrow, and tears flow.

I did not know how deeply the work of Strong Harvest would impact my life. I still don't like fundraising, but God has blessed us with such faithful supporters that we have been able to participate in amazing work with amazing people and God just keeps showing all of us how much he loves us and how he has provided everything we need.

Our joy is in seeing how deeply a part of the community moringa is becoming as it is naturally shared from home to home, bringing with it sustainable, long-term change. We are forever grateful,

Jeri Kemmer

2021 Impact

375 New Peer Educators

were trained in Tanzania, Togo, Nicaragua, Myanmar, India, and the U.S. All learned how to grow moringa, use it to create a healthy diet, and make moringa products to increase family income.

740 Attendees at Intro Seminars

Many people have heard of moringa and want more information about how it can impact their lives. We introduce the moringa basics to large groups and from there, many go on to become Peer Educators.

987 Workshop Participants

Nearly 1,000 people attended continuing education or informational workshops to further their moringa knowledge and expand their moringa network.

139 Donors + 1,060 Volunteer Hrs

Thanks to our faithful donors and dedicated volunteers, Strong Harvest continues to bring positive change to families around the world!

Income

58% comes from individual donors, who believe in empowering families through the mission of Strong Harvest.

37% comes from organizations, such as public charities, churches, businesses, and misc. revenue.

5% comes from grants, foundations, and government entities.

Expenses

90% Program Funding our activities around the world, as well as home office program support.

7% Fundraising Sharing the news of Strong Harvest's work and inviting others to join us.

3% Administration The generous donation of office space and services from U.S. Digital keeps our administrative costs low.