

# TIST

## Mpwapwa & Kongwa HABARI MOTO MOTO

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### JITEGEMEE SMALL GROUP – MKANANA

Jitegemee Group started in the year 2003. We decided to do this after we heard about TIST program from one of our group who had heard from the quantifiers. The group has 12 group members and in this group we are from different religions and beliefs. The group started in that year in order to improve the environment and to earn the money from planting trees.

The group started the task of making a nursery by using containers and plastic bag materials that were spread everywhere in town, since we had no polythene tubes. So by picking those waste plastic materials around we keep the city clean and at the same time we germinated our seedlings in them.



*Hapo juu ni wanakikundi waliokusanyika wakati wa Node ya Lupeta*

*In the above picture are the group members gathered during Lupeta Node Meeting.*

Every group member dug the holes in their own area and also at the group area after we had finished making the nursery. By digging holes early it will make it easier to transplant the seedlings as soon as the first rains come

Our group now has 99633 seedlings and we have already transplanted 2346 trees into the holes.

### KIKUNDI CHA JITEGEMEE-MKANANA

Kikundi cha Jitegemee kilianza mwaka 2003.

Tuliamua kujiunga baada ya kusikia kuhusu TIST kutoka kwenye mmoja wa wanavikundi ambaye alisikia kutoka kwa watakwimu (quantifier). Kikundi kina wanachama 12 na kinajumuisha watu kutoka imani na madhehebu tofauti. Kikundi kilianza mwaka huo huo ili kuendeleza mazingira na kupata fedha kutokana na kupanda miti.

Kikundi kilianza na jukumu la kuanzisha kitalu cha miti kwa kutumia viliba vya plastiki ambavyo vimetapakaa kila sehemu mijini, kipindi hicho tulikuwa hatuna viriba. Kwa kutumia mifuko hivyo iliyotumika mijini tuliweka pia mji safi, wakati huo huo tulisika miche kwenye mifuko hiyo.

Kila mwana kikundi alichimba mashimo kuzunguka eneo lake na pia kwenye eneo la kikundi baada ya kutengeneza kitalu cha miche. Kwa kuchimba mashimo mapema itarahisisha kupanda miche mapema mara tu mvua zinapoanza.

Kikundi chetu sasa kina miche 99633 pia tumeshapanda miche miti 2346 kwenye mashimo. Kila mwanakikundi anayo ekari moja ya Kilimo Hai. Kikundi tayari kimeshafungua akaunti benki, NMB Mpwapwa.

Tunawatakia wanavikundi wote heri ya Mwaka Mpya na pia tunahitaji kuhamasisha vikundi vingine popote pale walipo, kwenye huu mradi

Every group member also has one acre of conservation farming. The group has already opened its bank account at Mpwapwa NMB. We wish all groups happy new year and also would like to encourage other groups wherever they are, in this program to work hard on tree planting, as the results are always positive. God bless you all. Thank you.

## Manure Tea

Manure Tea is the colored water that manure has been steeped in. The nutrients from the manure dissolve into the water, making a concentrated Liquid Fertilizer.

### MAKE MANURE TEA FROM CHICKENS FOR YOUR CROPS

#### Overview

Plants need important chemicals like Nitrogen, Phosphorus, Potassium, and Zinc. Manure is a good source of this.

Manure can be made into a liquid fertilizer called "manure tea." It is not tea to drink! But it is good for the plants, and it can be used immediately.

Manure tea made from Chicken manure has enough of the important chemicals to help plants and is thought to be one of the best fertilizers you can use.

#### Making manure tea

Use any size container to make it. The following instructions use a 200-liters drum, but when it is done, you will have 1000 liters of manure tea.

Place 30kg (2 buckets full) of fresh manure in a bag that water can go through, like a maize sack. Place a large stone in with the manure so the sack can sink.

Tie the bag tight.

Place the sack in a 200-liter drum and fill the drum with water.

Cover the drum to reduce flies and odor.

Leave the drum to sit for 3 weeks.

Remove the sack.

Mix 4 buckets of the water with 1 bucket of solution to get 5 buckets of manure tea. This is also known as diluting the solution 4:1 (four buckets of water for each bucket of solution). The solution is very strong and MUST be diluted like this.

#### Applying manure tea

Apply the manure tea in the morning so the plants have all day to absorb it.

Pour it around the base of the plant. Do not pour it on the leaves, as that will waste the tea.

Apply manure tea as long as you have it, by this schedule: Leaf crops: One time every week; Fruit

kufanya kazi kwa juhudi kwa kupanda miti, matokeo yake kwa kawaida ni mazuri. Mungu awabariki wote. Asanteni.

## MBOLEA YA CHAI

Mbolea ya chai ni maji yenye rangi ambamo mbolea imechanganywa humo. Virutubisho kutoka kwenye mbolea vinayeyukia kwenye maji, kutengeneza mbolea yenye nguvu ya maji maji.

### KUTENGENEZA MBOLEA YA CHAI KUTOKANA NA KUKU KWA AJILI YA MAZAO

#### Kwa kifupi

Mimea huhitaji kemikali kama vile Nitrojeni, Phosphorasi, potasiam, na zink. Mbolea ni chanzo kizuri cha jambo hilo.

Mbolea inaweza kutengenezwa katika hali ya mbolea ya majimaji "Mbolea ya Chai". Si chai ya kunywa ! lakini ni nzuri kwa mimea na inaweza kutumika mara.

Mbolea ya chai itengenezwayo kutokana na mbolea ya kuku ina kemikali muhimu kusaidia mimea kukua na inafikiriwa kuwa ni moja kati ya mbolea bora za viwandani unazoweza kutumia.

#### Kutengeneza mbolea ya chai

Tumia chombo cha ukubwa wowote. Maelekezo yafuatayo yanatumika kwa pipa la lita 200, lakini mara inapokuwa tayari, utakuwa umepata lita 1000 za mbolea ya chai. Weka kilo 30 (Paketi 2 zilizojaa vizuri) za mbolea yenyewe katika mfuko ambao maji yanaweza kuingia, kama vile gunia la mahindi.

Weka jiwe kubwa pamoja na mbolea ili kwamba gunia liweze kuzama.

Funga gunia au mfuko ukaze vizuri.

Weka gunia katika pipa la lita 200 na kisha lijaze pipa hilo maji.

Funika pipa ili kupunguza inzi na halufu.

Liache pipa hivyo hivyo kwa muda usiopungua wiki 3.

Ondoa gunia

Changanya ndoo 4 za maji kwa ndoo 1 mbolea maji maji kupata ndoo 5 za mbolea ya chai. Hii pia inajulikana kama kuzimua mbolea ya majimaji kwa uwiano wa 4:1 (Ndoo nne kwa kila ndoo moja ya mbolea ya majimaji). Mbolea ya majimaji ina nguvu sana na inahitajika kuzimuliwa.

#### Jinsi ya kutumia mbolea ya chai.

Weka mbolea ya chai kwenye mimea yako wakati wa asubuhi ili kwamba mchana kutwa mimea iweze kufyonza mbolea hiyo.

Mimimia mbolea ya chai kuzunguka shina la mimea.

Usimimine mbolea hiyo kwenye majani, kwa kuwa hiyo ita sababisha kupotea kwa mbolea ya chai bure.

Tumia mbolea ya chai kwa muda wote utakao kuwa

crops: One time every Two weeks; Root crops and legumes: One application during the growing season. If you have drip irrigation systems: put the manure tea through the drip irrigation system in the morning, and water through the drip irrigation system in the afternoon.

### The group decides:

How much manure tea members want

How to share buckets to make the tea

If they want to try other manures like duck and goat manure to see if it works as well as chicken.

## TIST STATISTICS

Tist groups:

Tist trees:

Tist seedlings:

## SMALL GROUP BEST PRACTICES

Small groups are the foundation of the TIST program. Over one million new trees are alive and providing benefits because of the hard work of TIST small groups. More grain has come in at harvest because TIST small group members are using conservation farming best practices.

Starting and being a member of a small group has many benefits. You can share your talents, ideas and problems. You can work together to support each other and accomplish tasks. Small groups can accomplish great things.

**A TIST** small group is a community of 6-10 (not more than 12) people who gather together to improve their environment and their lives. The small groups plant trees for shade, fruit, nuts, and soil erosion control. They plant trees to improve the land, enable native grasses to grow again and provide many other benefits to group members and their families. The small groups implement conservation farming best practices to improve their yields at harvest. Small group members support one another, and help each other grow spiritually,

### What are the best practices for working together as a small group?

A small group should have not more than 12 members. If a group becomes too large, it becomes harder to work together – and it is no longer a *small* group! It is better to split into 2 groups when you have more than 12 people.

nayo, kwa ratiba hii: **mazao ya majani:** mara moja kwa kila wiki; **Mazao ya matunda:** Mara moja kwa kila baada ya wiki mbili, **mazao ya mizizi na mikunde kunde:** Hutmika mara moja wakati wa kipindi cha kukua. Kama utakuwa na mipira ya kumwagilia kwa njia ya matone: Weka mbolea ya chai kupitia umwagiliaji kwa njia ya matone wakati wa asubuhi, na mwagilia maji kwa njia ya matone wakati wa mchana.

### Kikundi kuamua:

Ni kiasi gani cha mbolea ya chai wanakikundi wanataka Ni jinsi gani ya kuchangia ndoo kutengeneza mbolea ya chai.

Kama wanataka kujaribu mbolea za aina nyingine kama vile bata na mbolea ya mbuzi kuona kama ina fanya kazi vizuri kama ile ya kuku.

## TAKWIMU YA TIST

Vikundi vya TIST :

Miti ya TIST :

Miche ya TIST :

## NJIA BORA KWA VIKUNDI VIDOGO

Vikundi vidogo ni msingi wa Mpango wa TIST. Zaidi ya miti milioni moja sasa iko hai na kutoa faida nyingi, hii ni kwa sababu ya kazi kubwa ya vikundi vidogo vya TIST. Mazao mengi yanapatikana katika mavuno kwa sababu vikundi vidogo vya TIST vinatumia njia bora za kutunza mazingira katika kilimo.

Kujiunga na kuwa mwanakikundi wa kikundi kidogo kuna faida nyingi sana. Mnaweza kushirikishana vipaji, mawazo na matatizo yenu. Mnaweza kufanya kazi pamoja na kumwinua kila mmoja wenu na kufanikisha kazi. Vikundi vidogo vinaweza kufanikisha vitu vingi vikubwa.

Kikundi kidogo cha **TIST** ni muungano wa watu 6 hadi 10 na sio zaidi ya 12 ambao wanaweza kuungana pamoja kwa kuinua hali ya maisha yao na mazingira yao kwa jumla. Vikundi vidogo vinapanda miti kwa ajili ya kivuli, matunda, mafuta ya mazao, na kuzuia mmomonyoko wa udongo. Wanapanda miti kurutubisha ardhi, kuwezesha mimea ya asili kuota tena na kuleta faida nyingine nyingi kwa kila mwanakikundi na familia zao. Vikundi vidogo vinatekeleza suala la kilimo bora cha kuhifadhi mazingira kwa ajili ya kuongeza idadi kubwa ya mazao katika kipindi cha mavuno. Vikundi vidogo vinategemeana na kusaidiana kila mmoja kukua kiroho.

### Zipi ni njia bora za kufanya kazi pamoja kama kikundi kidogo?

Kikundi kidogo ni lazima kisiwe na watu zaidi ya 12. Kama kikundi kitakuwa kikubwa sana, itakuwa ni vigumu kufanya kazi pamoja na hiki sio kikundi kidogo tena, kama kikundi kina watu zaidi ya 12, ni vizuri kukigawa katika vikundi 2.

Small groups meet at least once a week and sit in a small circle without a table.

The groups develop a covenant together. This is an agreement among all the group members about how they will act, when they will meet and what they will do. The covenant should include working together as a small group and using small group best practices. To become a TIST group, small group members covenant to plant 1000 or more trees or seedlings and each member needs to have 1 acre or more planted using conservation farming. It is also good to covenant together to share best practices with other groups and to help each other when you have difficulties.

Each group has a leader and a co-leader. The leader is not a boss or a chairman. Leaders are servants to the other group members.

They serve the group by listening and helping members discuss and agree upon things. The co-leader keeps time for the meeting and helps the leader.

The group rotates the leader and co-leader every week. In this way everyone shares his or her gifts with the group and all group members learn how to be servant leaders. The meeting begins and ends with prayer and the group agrees at the beginning of each meeting on the tasks to be done and the schedule.

At the end of the meeting each group member gives kujengana to the leader (and sometimes the co-leader too). Kujengana is the word in the Bible for 'building up'. Each person says one positive, specific, honest statement about something the leader did or how the leader acted at that meeting. Each group member needs to say something and each comment needs to be different. Sometimes this is awkward at first. Be sure to stick with it. Kujengana is a blessing to each leader and the whole group learns how to be a servant leader. Everyone learns from kujengana!

## **TRANSPLANT YOUR SEEDLINGS AND PLANT YOUR MAIZE**

It is now raining almost everywhere in Mpwapwa Kongwa. We would like to remind everyone that now the best time to be transplanting your seedlings and planting your maize.

Remember that it is much better to plant your seedlings at the beginning of the rainy season. It means that your trees will get more water. When a tree gets more water it will live and become healthy.

## **TRANSPLANTING SEEDLINGS**

You should already have dug big deep holes ready for the seedlings. In these holes should be a good mixture of manure and topsoil that helps the seedlings grow stronger.

Vikundi vidogo hukutana angalau mara moja kwa wiki na kukaa katika duara dogo bila kuwa na meza. Vikundi huangalia mkataba/makubaliano yao pamoja. Haya ni makubaliano yao wanakikundi wote kuhusu watafanya vipi, watakutana lini na watafanya nini. Mkataba huu lazima uwe wa kufanya kazi pamoja kama kikundi kidogo na kutumia njia bora za vikundi vidogo. Kuwa kikundi kidogo cha TIST, lazima kuweka mkataba wa kila mwanakikundi lazima apande miti 1000 au zaidi au miche na kila mwakikundi lazima awe na shamba la ukubwa wa ekari 1 au zaidi lililopandwa kwa kutumia Kilimo Hai, Pia ni lazima kuwekeana mkataba wa kushirikishana njia bora za vikundi vingine na kusaidiana kama kikundi kimoja kitapata matatizo.

Kila kikundi kina mwezeshaji na mwezeshaji mwenza. Mwezeshaji sio mkuu wa kikundi au mwenyekiti. Mwezeshaji ni mtumwa kwa wanakikundi wengine. Atawasaidia wanakikundi kwa kuwasikiliza na kuwasaidia kujadiliana na kukubaliana katika maamuzi yao. Mwezeshaji mwenza anatumia muda katika kikao na kumasaidia mwezeshaji. Kikundi kinafanya mzunguko kwa mwezeshaji na mwezeshaji mwenza kila wiki. Kwa njia hii kila mmoja atashirikisha kipawa chake katika kikundi na kila mwanakikundi atajua ni kwa jinsi gani unakuwa kiongozi mtumwa. Kikao kinaanza na kumaliza kwa sala na kikundi kinakubaliana mwanzo wa kikao ni kazi gani zifanyike na ratiba yake.

Mwisho wa kila kikao wanakikundi humjenga mwezeshaji (na wakati mwingine kwa mwezeshaji mwenza pia). Kujengana ni neno katika Biblia kwa ajili ya kumjenga. Kila mwanakikundi atasema neno moja lililomfurahisha, maalum, ni kauli ya uaminifu kuhusu kitu ambacho mwezeshaji amekifanya au ni kwa vipi mwezeshaji ameweza kufanikisha kikao hiki hadi mwisho. Kila mwanakikundi anapaswa kusema kitu chochote ambacho mwezeshaji amefanya na lazima kiwe tofauti na alichosema mwanakikundi mwenzake. Wakati mwingine hii ni inaweza kuwa yenye kufedhehesha kwa mwanzoni. Kuwa na uhakika katika kusisitiza hilo. Kujengana ni kutoa baraka kwa kila mwezeshaji na kikundi kizima kujifunza ni kwa vipi unapaswa kuwa kiongozi mtumwa. Kila mtu atajifunza kutokana na Kujengana.

## **KUPANDIKIZA MICHE YAKO NA KUPANDA MAHINDI YAKO**

Ni kipindi cha mvua sasa sehemu zote za Mpwapwa na Kongwa. Tunapenda kuwakumbusha kuwa ni wakati mzuri na bora kwa kila mtu kupandikiza miche na kupanda mahindi.

Kumbuka kuwa ni vizuri zaidi kupanda miche yako katika kipindi hiki cha mvua za mwanzo. Hii ina maana kwamba miti yako itapata maji mengi. Kama miti itapata maji mengi itapona na kuwa na afya.

## **KUPANDIKIZA MICHE**

Unapaswa kuwa tayari umekwisha chimba mashimo kwa vipimo kwa ajili ya kupandikiza miche. Katika mashimo hayo lazima yawe na mchanganyo mzuri wa mbolea na udongo wa juu kwa ajili ya kusaidia mmea kukua vizuri.

Start transplanting the strongest seedlings first. Be careful when you are moving the seedlings from nurseries to the holes. Prepare a vessel like a box or bucket, put the seedling in it and then take the bucket to the where you will be planting.

If your seedling is in a plastic tube, put it in the hole with the plastic tube still around it. Shake the plastic tube gently and then remove it very slowly without disturbing the compact soil that holds the roots of the tree. It is good to have the soil damp so it will stay around the seedling roots while transplanting. The removed plastic tubes can be collected and stored so they can be used again.

It is easier to remove the plastic bags from around the seedlings if the seedlings have been watered first. Pull the soil to the side and place the seedling into the hole. Put the seedling carefully into the hole. Pack the soil and manure mix around the seedling making sure it is surrounded by the rich soil mix. Leave a few centimeters or about 6 inches at the top to gather water.

Be sure to water the seedling after it is planted.

## **AFTER TRANSPLANTING**

Put sticks leaning around the seedlings so that people see them and do not step on them. Put thorn bush and needle branches around planting areas to keep animals away. Remove all weeds around base of trees every 2-3 weeks. Water the seedlings once per week if there is no steady rain.

### ***Planting Maize and Sorghum***

Conservation farming makes a very big difference in how much grain your fields will produce at harvest. When you use conservation farming best practices on your land, it will become more and more fertile and produce more and more grain. The holes protect the seeds and collect water. By mixing manure in the soil, the seeds will be fertilized and grow much better. By not burning the stover after harvest, more nutrients go into the soil and weeds are suppressed. By weeding around the holes, fewer weeds will grow each year.

In order to be a TIST group, each small group member must have 1 acre of conservation farming. It really is that important!

By now the holes should already have been dug. They should be dug well before the rains. If your small group has not dug its holes, do so right away. The holes need to be oblong. They should be between 15cm wide, 35cm long and 15cm deep. It is important that the holes be this size.

Plant the maize seeds after the first heavy rains. The soil should be moist. Fill the hole with a manure and soil mixture leaving a space of 5cm from the top of the hole. This helps the plant become strong.

Anza kwa kupandikiza mbegu zenye afya kwanza, kuwa mwangalifu unapohamisha miche kutoka kwenye kitalu hadi kwenye shimo. Andaa chombo kama box au ndoo, weka miche ndani yake na beba ndoo au box hadi sehemu ile ambayo umeandaa kwa ajili ya kupanda miti yako.

Kama miche yako ipo kwenye viriba vya plastiki, weka katika shimo miche hiyo ukiwa na kiriba chake, tikisa kiriba polepole na kitoe taratibu pasipo kuharibu udongo ulioshikana na kushika mizizi ya miti. Ni vizuri kuwa na udongo wenye unyevunyevu kwa hiyo udongo utabaki kuzunguka mizizi ya mche wakati wa kupanda. Viriba vilivyotolewa vinaweza kukusanywa na kutunzwa kwa ajili ya matumizi ya baadaye.

Ni rahisi kutoa viriba kwenye miche ikiwa miche hiyo itakuwa imemwagiliwa kwanza. Vuta udongo upande mmoja na weka mche kwenye shimo.

Weka mche kwa uangalifu kwenye shimo. Weka udongo na mbolea kuzunguka mche hakikisha unazungukwa na udongo wenye rutuba. Acha sentimeta chache au kiasi cha inchi 6 juu ili kuifadhi maji. Hakikisha kuwa unamwagilia miche baada ya kupandikiza.

## **BAADA YA KUPANDA**

Weka vijiti kuzunguka mche ili watu waone wasije kukanyaga miche. Weka vichaka vya miba kuzunguka eneo ulipopanda kuzuia wanyama waharibifu. Ondoa magugu kuzunguka miti kila baada ya wiki 2-3. Mwangalilia miche kila wiki kama hakuna mvua za kutosha.

### ***Upandaji wa Mahindi na Mtama.***

Kilimo Hai kinafanya mabadiliko makubwa ni mazao kiasi gani shamba lako litatoa Mavuno. Wakati unatumia Njia Bora za Kilimo Hai kwenye shamba lako, litakuwa zaidi na zaidi lenye rutuba na kutoa mazao mengi na zaidi. Mashimo yanalinda mbegu na kukusanya maji kwa kuchanganya mbolea kwenye udongo, mbegu zitarutubishwa na kukua vizuri zaidi. Kwa kutoyachoma masalia baada ya kuvuna, virutubisho vingi vitaenda kwenye udongo na utazuia kuota kwa magugu, kwa kuondoa/kulima kuzunguka mashimo magugu machache yataota kila mwaka.

Ili kuwa kikundi cha TIST kila mwanakikundi lazima awe na ekari moja ya kilimo hai. Hii muhimu sana!

Kwa sasa mashimo lazima yawe tayari yameshachimbwa, lazima yawe yamechimbwa vizuri kabla ya mvua kuanza. Kama kikundi chako hakijachimba mashimo, fanya hivyo mara kwa mara. Shimo linatakiwa liwe la mstatili. Linatakiwa liwe na upana kati ya sentimita 15, urefu wa sentimita 35 na kina cha sentimita 15 ni muhimu sana mashimo kuwa na vipimo hivi.

Panda mbegu za mahindi baada ya mvua kubwa kuanza kunyesha. Udongo utakuwa na unyevu nyevu, Jaza mbolea iliyochanganywa na udongo kwenye

Soak the seeds in some water for a minimum of 6 hours before planting them. This speeds up germination and means that more will survive. When you plant the maize seeds, plant 4 seeds in the soil across the hole. Cover them with 2.5cm of rich soil and manure mixture. After planting, the soil in the hole should be about 2.5cm below the surface of the field. It should never be more than this. Clods should always be broken up so the soil makes good contact with the seed

If you are planting sorghum, plant 5-6 seeds at each end of the planting hole after a good shower of rain. Cover the seeds with 2.5 cm of the rich soil and manure mixture.

With a space at the top of the hole, water will be harvested and get to the plant when the rains come. The rains will not just run off the land taking the goodness from the soil with it. If there is a slope, put the extra soil on the downhill side of the hole to collect the water.

Weed around the holes regularly. You can use the holes next year and each year there will be fewer and fewer weeds.

#### REQUIREMENTS OF BEING A TIST GROUP

- 1) Have at least 1000 trees per group;
- 2) one acre of conservation farming per group member;
- 3) submit small group monthly reports as often as possible;
- 4) transfer the GHG sequestration rights to UMET for the payments received;
- 5) use small group best practices and work together to develop and share with other groups best practices in all areas of your lives

## Node meetings

Week of the Month	Day	Area	Wiki la mwezi	Siku	Kituo
1 <sup>st</sup> Week	Tuesday	Kibakwe	Wiki la kwanza	Jumanne	Kibakwe
1 <sup>st</sup> Week	Wednesday	Pwaga	Wiki la kwanza	Jumatano	Pwaga
1 <sup>st</sup> Week	Friday	Mima	Wiki la kwanza	Ijumaa	Mima
1 <sup>st</sup> Week	Saturday	Mkanana	Wiki la kwanza	Jumamosi	Mkanana
2 <sup>nd</sup> Week	Monday	Mkoka	Wiki la pili	Jumatatu	Mkoka
2 <sup>nd</sup> Week	Saturday	Kanisa Kuu	Wiki la pili	Jumamosi	Kanisa Kuu
4 <sup>th</sup> Week	Monday	Kisokwe	Wiki la nne	Jumatatu	Kisokwe
4 <sup>th</sup> Week	Tuesday	Lupeta	Wiki la nne	Jumanne	Lupeta
4 <sup>th</sup> Week	Wednesday	Chamkoloma	Wiki la nne	Jumatano	Chamkoloma
4 <sup>th</sup> Week	Thursday	Tubugwe	Wiki la nne	Alhamisi	Tubugwe
4 <sup>th</sup> Week	Friday	M/Bondeni	Wiki la nne	Ijumaa	Mlali Bondeni

shimo na acha sentimita 5 kwenda juu. Hii itasaidia mmea kuwa wenye nguvu.

Loweka mbegu kwenye maji kwa masaa yasiyozidi 6 kabla ya kupanda. Hii itarahisisha mmea kuota haraka na kwa maana hiyo mimea mingi itapona na kukua. Unapopanda mbegu za mahindi, panda mbegu 4 katika shimo kila pande. Fukia kwa udongo wenye rutuba na mbolea kwa sentimita 2.5. Baada ya kupanda udongo katika shimo unatakiwa kama sentimita 2.5 chini ya ardhi. Haitakiwi kuwa zaidi ya hapa, mrundikano wa udongo unatakiwa kuvunjwa vunjwa ili uweze kushikamana na mbegu vizuri.

Kama unapanda mtama panda mbegu 5 hadi 6 katika kila kona ya shimo baada ya mvua nyingi kunyesha. Fukia mbegu kwa udongo wenye rutuba na mbolea kwa sentimita 2.5.

Kwa kuacha nafasi juu ya shimo, maji yatafunwa na kubaki katika mmea pindi mvua itakaponyesha. Maji ya mvua hayatapitiliza na kuchukua rutuba iliyopo juu ya ardhi. Kama kuna mtelemko weka udongo sehemu ya chini ya shimo kuzuia maji yasiyapitilize.

Palilia kuzunguka shimo kama kawaida. Unaweza kutumia mashimo hayo mwaka unaofuata na kila baada ya mwaka kutakuwa na magugu machache.

#### MAHITAJI KWA KUWA KIKUNDI CHA TIST.

- 1) Kuwa na miti isiyopungua 1000 kwa kikundi;
- 2) Ekari moja ya shamba la Kilimo Hai kwa kila mwanakikundi;
- 3) Kuwasilisha fomu za ripoti ya mwezi kama kawaida na inavyowezekana
- 4) Kuhamisha haki za kusafisha hewa taka GHG kwenda UMET kwa malipo kiliyopata;
- 5) Kutumia njia bora za vikundi vidogo na kufanya kazi pamoja kuendeleza na kushirikishana na vikundi vingine njia bora ulizoziona na kuzitumia katika jamii inayokuzunguka.

#### MIKUTANO KATIKA VITUO MAALUM