

Mazingira Bora

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tist Growing Trees
Growing Leaders

Newsletter March 2025

English Version

1. We are Honest
2. We are Accurate
3. We are Transparent
4. We are Servant to each other
5. We are Mutually Accountable to each other

www.tist.org

TIST is an innovative, time - tested, afforestation program led by the participants.



Ngarendare TIST Cluster meeting held on 28/02/2025. Next Cluster meeting will be held on 28/03/2025.

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Published by TIST-Kenya.

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Jennifer Wanja George's: My TIST Program Journey.

Prepared by Mary Gakenge.

I am Jennifer Wanja George, a dedicated farmer and member of the Murungurune Cluster under the Green Persher Small Group. I have been actively involved in the TIST program since 2014. I am confident to say I have embraced TIST program's teachings, implemented sustainable agricultural practices and making significant strides in environmental conservation and food security.

I first learned about the TIST program in 2014 when I attended one of TIST monthly Cluster meetings. Through consistent training and education, I gained valuable knowledge about sustainable farming, tree planting, and the benefits of carbon credit programs. By 2016, I met all the qualifications to become a full member, having sufficient land and the required number of trees in my farm to qualify for carbon business.

With the skills and knowledge gained from TIST, I transformed my farm into a model of sustainability. My commitment to environmental conservation and agricultural diversification has led to a self-sufficient farm that provides both food and income.

One of the key aspects of my farming journey is tree planting. I have successfully grown a variety of trees, including:

- **Fruit Trees:** Avocados, macadamia, apples, oranges, plums, strawberries, guavas, and chandras (as known in Kimeru).
- **Indigenous and Exotic Trees:** Pine, grevillea, podo, wattle tree, bottle brush, and mwiria (local Kimeru name).

The presence of fruit-bearing trees in my farm not only ensures food security but also contributes to a diversified source of income. In addition, these trees play a crucial role in environmental conservation by improving soil fertility, providing shade, and enhancing biodiversity.



Jennifer inspecting her thriving plum trees, a testament to her commitment to agroforestry.



Jennifer tending to her orange plants, highlighting the diversity of her fruit farming.



In addition to tree planting, I have ventured into livestock rearing, which further supports my farm’s sustainability. I do keep a variety of animals, including:

- **Cattle and Sheep:** Providing milk, meat, and manure for organic farming.
- **Poultry:** Chickens, turkeys, guinea fowls, and doves, which provide eggs and meat.
- **Rabbits and Fish:** Additional sources of protein and income.

By integrating livestock into my farming system, I ensure a steady supply of organic fertilizer, reducing dependence on synthetic inputs while improving soil health.



Jennifer inside her cattle shed, highlighting her dairy farming efforts.



Jennifer standing beside her fish ponds, showcasing her engagement in aquaculture.



A look at her guinea fowl and poultry farming setup.



Jennifer feeding her sheep, emphasizing her role in livestock farming.



Jennifer feeding her rabbits, showcasing her dedication to small livestock farming.



My farm is a diverse hub of agricultural productivity. I grow a wide range of crops, ensuring food security for my family and additional income through surplus sales. Some of the crops I cultivate include:

- **Staple Crops:** Maize, potatoes, sweet potatoes, and arrowroots.
- **Vegetables:** Sukuma wiki, spinach, cabbages, carrots, courgettes, and pumpkins.
- **Spices & Special Crops:** Export chilies, ordinary chilies, and strawberries.

My approach to farming ensures my family never faces food shortages. Moreover, by practicing crop rotation and mixed cropping, it enhances soil fertility and reduces the risk of pests and diseases.



Jennifer standing in her courgette plantation, showcasing her vegetable farming.



Jennifer tending to her arrowroot plants, demonstrating her commitment to root crop farming.



A section of her farm filled with healthy cabbages, reflecting her success in vegetable farming.



Jennifer inspecting her tall maize crops, reflecting her dedication to staple food production.



Jennifer standing next to her strawberry plants, highlighting her efforts in fruit cultivation.



Jennifer showcasing her biogas system, promoting sustainable energy use.

To minimize deforestation and reduce reliance on firewood and charcoal, I have adopted cleaner energy solutions, including:

- **Biogas System:** Utilizing animal waste to generate clean cooking gas, reducing dependency on firewood.
- **Energy-Saving Cookstoves (Jikokoa):** Enhancing fuel efficiency and lowering firewood consumption.

These measures have significantly reduced the cutting down of trees, preserving the environment while making my cooking processes more efficient and cost-effective.

I attribute my success to the knowledge and support provided by the TIST program. The program has empowered me with modern agricultural techniques. I have improved my farm's productivity and enhanced my family's quality of life. Additionally, the implementation of Conservation Farming techniques has resulted in increased crop yields compared to traditional farming methods. Furthermore, the TIST program has helped my Small Group access carbon credit benefits, giving us additional income while contributing to global climate change mitigation efforts.

I sincerely express my deep appreciation to the pioneers of the TIST program for their dedication to training farmers and promoting sustainable practices. Through TIST, I have been able to apply Best Practices in agroforestry, Conservation Farming, and energy efficiency, creating a farm that is productive, environmentally friendly, and financially sustainable.



Planting Trees in Dry Areas.

As TIST continues to expand both in high potential and dry areas, we face challenges in tree survival. In TIST we always develop and share Best Practices, and this has always helped us in the TIST family get good results.

Below are some Best Practices that we can try in tree planting in dry areas:

1. Site selection for your nursery is especially important in dry areas. Seedlings will need to be watered once or twice each day when they are young. Consider keeping the seedlings in a convenient area near your home so you can use household water for seedlings. Using a windbreak around the nursery will reduce water use, and provide shade to protect young seedlings.
2. Early Preparation: Prepare the holes for tree planting possibly 1 month before the onset of the rain, the hole will crack and this will help in easy water penetration when it rains. After the first downpour, plant the trees and fill in the hole starting with the topsoil and manure.
3. Try using rainwater harvesting techniques, like micro-basins, so that more water reaches trees. Trees may also better survive if planted near areas where water flows seasonally.
4. Mulching: Mulch after planting the trees. This will help in moisture retention as it reduces evaporation. Using a compost manure will add nutrients to soils, but rock mulching can also provide some benefit in rocky areas.
5. Agroforestry: Let us try to practice agroforestry. The survival rate of trees planted in farm areas is higher than those planted in grassland and bushy areas since trees are better cared for and on better soil.
6. Choose species that grow well in dry areas. Often indigenous species from the surrounding area are strong survivors. Some examples include *Melia*, *Acacia seyal*, and *Muuuku (Terminalia brownii)*.
7. Protect existing trees and allow them to regenerate. These established trees are strong, and can often survive difficult seasons if we protect them. They provide an important source of locally adapted seeds as well as shade and other services.
8. Raised seedbeds or sunken seedbeds can help. When we establish the raised seedbed, we get seedlings with strong roots, so their survival rate is high. It may also help to keep seedlings a bit longer in the nursery so they can grow bigger and stronger. However, a sunken seedbed may also be a good choice since it shelters the seedlings and reduces drying. In this case, be careful to turn seedlings frequently so roots don't grow into the ground below the tubes, damaging roots in transplanting.

Let's use the Best Practices we have, and develop and share with others so that we can achieve more results and help TIST grow in our areas.

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Mkutano wa Nguzo wa Ngarenda TIST uliofanyika tarehe 28/02/2025. Mkutano ujao wa Kikundi utafanyika tarehe 28/03/2025.

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Jennifer Wanja George: Rugendo rwakwa na muradi jwa TIST.

Rugano rwandiki ni Mary Gakenge

Mbitagwa Jennifer Wanja George, murimi wiritaniritie na mumemba wa clasta ya Murungurune wa gakundi ka nini getagwa Green Persher Small Group. Ndanjiririe ngugi ya TIST kuuma mwaka wa 2014 nkinyagia nandi. Ndina inya nkiuga ati ningwatite kithomo kia muradi jwa TIST, ndathithia urimi bubwega na nandi iji ninkinyite makinya ja manene jegie kugiitira jaria jathiurunkite amwe na kwona biakuria bia kung'ana.

Ndamenyere mantu jegie muradi jwa TIST riambere ngwita mucemanio jwa o mweri mwaka wa 2014. Gukurukiira kithomo kia o mweri, nindagwatere uume bubwingi muno juegie urimi bubwega, uandi bwa miti, na nkinya baita kumania na wendia wa kaboni. Ngikinya mwaka jwa 2016, nindakinyanirie mendikithia jonthe ja gutuika mumemba wa muradi jwa TIST, niuntu bwakwithirua na muunda jwa kugana na miti iria yendekaga ndeene ya muunda jwakwa uria buumba kugaa baita ya biashara ya kaboni.

Amwe na uume na umenyo kuuma kiri TIST, nindagarurire muunda jwakwa juomba kutungamia nja yakwa kiri mantu jonthe. Kwiritaniria gwakwa kiri umenyeri wa mantu jaria jatuthiurukite na urimi wa imera nkurani nigutumite kurugamia mucii jwakwa na njira ya biakuria na mbeca cia mauthiro ma mucii.

Njira imwe itia mbikiirite muno kiri urimi bwaku ni uandi wa miti. Nibumbite kuanda miti ya mithemba imingi ja:-

- **Miti ya matunda:** Mabokando, makandamia, apple, machungwa, plum, strawberries, mapera machandara.
- **Miti ya kinduire na ya kigeni:** Mi pine, mikima, mipodo, mothanduku, bottle brush na mwiria.

Kwithirua uri na miti ya matunda ndeene ya muunda jukwa nikionereria kia biakuria bia kung'ana na nkinya njira ingi ya kwona mbeca. Na nkuruki, miti iji ni itethagiria kiri riera na jaria jathiurunkite ja kuthondeka muthetu, kureta mwigunyi ndeene ya muunda na kuthondeka jaria jathiurunkite.



Jennifer agitega miti yawe ya matunda ma plum, kionereria kia kwiritaniria kiri ngugi ya uandi wa miti amwe na urimi.



Jennifer akimenyerera miti ya machungwa, kionereria kia uandi wa miti ya matunda mithemba i mingi.



Amwe na uandi wa miti, Jennifer ari na urithi wa nyomoo, buria butethagiriria kiri urimi. Ndina ndithia mithemba i mingi ja:-

- **Ng’ombe na ng’ondu:** Ireta iria, nyama na nkinya mboleo ya muundene.
- **Urithi wa inyoni:** Nguku, mbata micinka, guinea, icia iria iretaga nkara na nyama.
- **Sungura na samaki:** Mpongeri ya nyama cia bata na nkima kureta mbeca.

Amwe na kugia na urithi na urimi wa imera ndeene ya muunda, nibuumbaga kugwata mboleo ya kienyeji ya kung’ana na kunyia bata wa fertilizer iri na dawa na kuthondeka muthetu jumuthongi.



Jennifer ari kiri ndithia ya ng’ombe, akionereria ngugi ya urithi wa ng’ombe ya iria.



Jennifer ari kiri urithi wa samaki, akionania uriti ngugi nkinya kiri ndithia cia ndujine.



Gutegeera urithi wa guinea fowl na urithi ungi wa mithemba ya unyoni kiri urimi.



Jennifer kiri ndithia ya ng’ondu, akionereria ngugi yawe ya urithi.



Jennifer akirithia sungura, akionereria urithi wa nyomoo iria nini.



Muunda jwakwa ni urimi bwa mithemba yonthe. Kuandi imera mithemba i mingi, gutigiira biakuria ti thina kiri nja yakwa na nkinya njira ya kuona mbeba nyuma ya wendia wa maketha jaria jatigari. Imwe cia imera ni:-

- **Imera iria twikagiira muno:** Mpempe, waru, ikwacii na nduma.
- **Matanda:** Sukuma wiki, spinachi, mpoga, karati, na marenge.
- **Imera cia mwanya:** Nchini cia gwikia nthiguru cia oome, nchini cia kawaida na nkinya strawberries.

Njira yakwa ya urimi ni gutiiga ati nja yakwa itikwaga biakuria bia kugana. Nkuruki, na njira ya kurima urimi bwa muthiurunko na kuanda imera inyingi amwe ni gutumaga muthetu jugatuika ju muthongi nkuruki na kunyia tu nyomoo twinyangia na mirimu.



Gacunji ka muunda wa mpoga, kwonania ngugi ya urimi bwa mithemba ya matanda.



Jennifer ari muundene jwa courgatte, akionaniria urimi bwa matanda.



Jennifer ari muundene jwa matuuma, akionania urimi bwa imera cia miiri.



Jennifer agitegeera urimi bwa mpempe inene, akionaniria kwirutaniria kiri urimi bwa biakuria.



Jennifer ari kiri urimi bwa strwberry, kionereria kia urimi bwa matunda.

Kiri kunyia gutema miti na kunyia utumiri u munene wa nku na makara, ninthurite njira injega jia kuruga ja:-

•**Biogas:** Utumiri wa kioro kia ndithia kurita mwaki jwa biogas, kunyia utumiri wa nku.

•**Mariko ja gutumira nku na makara ja makai (jikokoa):** Riko riri ritumagira makara ja makai na kunyia utumiri wa nku.

Njira iji ni inyiitie ugitangi wa miti na makiria kumenyeera jaria jatuthiurunkite na gutuma urugi bwatuika bubuthu na bukunyia mbeca.



Jennifer akionaniria biogas, gwikiira inya na kuonania njira injega ya kuona mwaki jwa kuruga.

Witi na mbere bubu bwakwa buumanitie na kithomo na utethio bwa muradi wa TIST. Muradi wa TIST ni utetheretie na njira injeru cia urimi. Maketha jakwa kuuma muundene ni jongerekete na gutethereria gwikara bwega kawa amemba a famili yakwa. Nkuruki, urimi bubwega bwa TIST ja bu kilimo hai kana (CF) nibwongereete maketha nkuruki ya njira cia au kabere cia urimi. TIST nkinya ni itetheretie gakundi gakwa kanini kugwata baita ya mbeca cia kaboni, na gutunenkerera mbeca ingi turi kiri njiri ya kurua na ugaruruku bwa riera.

Ninkwigua ndina nkatho inyingi muno kiri anjiriria a muradi jwa TIST, na kwirutaniria kwao kiri kuritana na gwikiira njira injega cia urimi. Gukurukiira TIST, nibumbite gutumira njira injega cia kuanda miti amwe na imera, urimi bwa kilimo hai (CF), mariko ja kumenyeera nku, kugia na muunda juri na maketha, kumenyeera jari jatuthiurunkite na nkinya kugwata mbeca..



Uandi miti ndene ya ntuura injumu.

Ouria TIST igwita na mbele gutamba ndene ya ntuura irina kanya gakathongi na injumu, nitugutirimana na magerio jamaingi kiri gutuura kwa miti. Ndene ya TIST nituthithagia na kugaana mitire imiega buru ya kuthithia mantu, na bubu nibututethagia batwi ndene ya nja ya TIST rionthe kwona maciara jamathongi.

Aja ni mitire imwe iria miega buru iria tuumba kugeria kiri uandi miti ndene ya ntuura injumu:

1. Utaari bwa antu a gwika munanda jwaku burina bata mono ndene ya ntuura injumu. Miti igetie gwikirwa ruuji rimwe kana jairi o ntuku riria inyii. Thugania gwika miti antu aria gukuiriteie nja nikenda ugatumira ruuji ruria rugutumirwa nja gwikira miti. Kunyiyia ruugo akui na munanda gugatethia kunyiyia utumiri bwa ruuji na kua miti iminini kirundu.
2. Kuthuranira kurio: Thurania marinya ja kuanda miti kwombika mweri jumwe mbele ya mbura, kirinya gikaunika na bubu bugatethiakuuthioa gutonya kwa ruuji riria gukaura. Nyuma ya ngai ya mbele anda miti na ujurie kirinya ukiambagiria na muthetu jwa iguru riu mboleo.
3. Geria gutumira njira cia kugwatia ruuji rwa ngai nikenda ruuji rurwingi rukinyira miti. Miti ikoomba gutuura yaandwa akui na aria ruuji rwithagirwa ruriku rionthe.
4. Gukunikira muthetu: Gukunikira muthetu warikia kuanda miti. Bubu bugatethua gwika ruuji niuntu nikunyiagia gukamatwa ni riuu. Gutumira mboleo ya imera gukoongera

nutrienti muthetune indi gukunikira na maiga kinya ku no kulete baita guntune kuria kurina maiga jamaingi.

5. Kuungania imera na miti: Tugerieni kungania imera na miti. Miti iria iandagwa muundene niyo yuumbaga gutuura nkuruki ya iria iri ithakene niuntu nimenyagirwa na iri muthetune jumwega nkuruki.
6. Taara mithemba iria igakura bwega ndene ya ntuura injumu. Miti ya gintwirekuuma kiri ntuura iria ithiurukite niumbaga gutuura. Mng'uanano imwe ni *Melia*, *Acacia seyal*, na *Muuuku (Terminalia brownii)*.
7. Menyeera miti iria irio na umitikirie iciarane. Miti iji irio irina inya na niumbaga gukurukira mbura injumu twamikaria. Niejanaga kiumo kia bata kia mbeu cia gintwire amwe na kirundu na mantu jangi.
8. Minanda itiritie kana injiri no itethie. Riria twambia minanda itithitue, nituonaga miti irina miti imiriku na kwou igatuura. No itethie kinya gwika miti munandene igita riraja nikenda inenea nkuruki na igia inya. Indi minanda ya kwinjira no ithirwe iri imiega niuntu nikunikagira miti na ikanyia kuuma. Aja, menyeera kugaruria miti o nyuma ya igita nikenda miri itigakure itonya muthetune rungu rwa mubuko, na kwou igitaria miiri igita ria kuthamia.

Tutumireni mitire iria miega buru iria turinayo, na tuthithie na kugaana na bangi nikenda tukinyira maciara jamaingi na tutethia TIST gukura ndene ya ntuura cietu.

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**TIST clusta ya Ngarendare mari mucemano-ini wao mweri 28/02/2025.
Mucemano ucio ungi wa clasta ugakorwo mweri 28/03/2025.**

Inside: ✓ Jennifer Wanja George's: Rugendo rwakwa na Program cia TIST. Page 2

✓ Uhandi wa miti kundu kumu. Page 6

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Jennifer Wanja George's: Rugendo rwakwa na Program cia TIST.

Rugano ruru ruhaririirio ni Mary Gakenge.

Nii Jennifer Wanja George, murimi wirutaire na mumemba wa Murungurune clasta rungu rwa Green Persher Small Group. Ngoretwo ndi murumiriri woma wa program cia TIST kuma mwaka-ini wa 2014. Ndi na uma kuga ati ni himbiirie githomo na program cia TIST na kurima ta uria tuthomithitio na kugitira maria maturigiciirie oro hamwe na irio ciagutuigana.

Ndamenyire uhoru wa TIST mwaka-ini wa 2014 riria ndathire mucemano wa TIST clasta wa oro mweri. Thutha wa guthomithio, ngigia na ugi muingi wa kurima, kuhanda miti na niundu ucio guteithika na carbon credit programs. Mwaka-ini wa 2016, ngikinyanira gukorwo ndi mumemba mukinyaniru, na gukorwo ndi na mugunda mwega na ndi na miti maingi mugunda-ini wakwa ngi hituka kuruta biacara ya carbon.

Ngihuthira ugi uria ndarutire TIST, ngigarura mugunda wakwa gukorwo uri wa kirorerwa. Kwirutira gwakwa hari kumenyerera maria maturigiciirie na urimi utumite ndirugamirire mugunda-ini na irio na mbeca.

Undu umwe thiini wa thabari ya urimi wakwa ni kuhanda miti. Ni hotete kuhanda miti ya mithemba maingi ta:

- **Miti ya matunda:** Makondobia, macadamia, apples, machungwa, njamu, strawberries, guavas, na chandras.
- **Miti ya kiunduire:** Pine, grevillea, podo, wattle tree, bottle brush, ma mwiria.

Gukorwo ho kwa miti ya matunda mugunda-ini wakwa to gutuhe irio no ni njira imwe ya gutuhe mbeca. Hamwe na uguo, miti ino ni iteithagia umenyereeri wa tiri oro hamwe na kunuria tiri, kuhe tiri kiruru na kumenyerera maria maturigiciirie.



Jennifer agithurima miti yake ya njamu, uira wake wa kwirutira kuhanda mithema ya miti.



Jennifer agithondekerera miti yake ya machungwa, akionania warie wa urimi wa matunda.



Hamwe na kuhanda miti, ni nyingirite thiini wa uriithia wa mahiu, iria citeithagia mugunda wakwa na kwirugamirira. Ni njigite mahiu ta:

- **Ngombe na mburi:** Cituheaga iria, nyama na thumu uria tuhuthagira na urimi.
- **Nguku:** Nguku, mbata, ndutura, iria cituheaga matumbi na nyama.
- **Mbuku na thamaki:** Cituheaga protein twaria na mbeca.

Niguo tutukanie mahiu urimi-ini witu, ndigagirira ati ni twatumira organic fertilizer, niguo tukanyihia kuhuthira bataraita cia chemical riria turanuria tiri.



Jennifer thiini wa kiugu, akionania urimi wake wa ngombe ciake cia iria.



Jennifer arugamite hakuhi na haria akuragiria thamaki, akionania kwirutira gwake hari kurima indo cia mai-ini.



Akionania mbata na urimi wa nguku.



Jennifer akihe mburi ciake irio, akionania kwirutira gwake hari urimi wa mahiu.



Jennifer akihe mbuku irio, akionania wirutiri wake urimi-ini mahiu maria manini.



Mugunda wakwa ni mutukanio wa maundu mothe ma urimi. Nguragia mimera ya mithemba maingi, niguo gukorwo na irio cia kuigana mucii wakwa oro hamwe na kugia na mbeba ndendia matigari. Mimera iria nguragia ni ta:

- **Irio cia kuria:** Mbembe, waru, ngwaci na nduma.
- **Mboga:** Mathukuma, spinach, mboga, karati, courgetees na mirenge.
- **Spices & Special Crops:** Export chilies, ordinary chilies, and strawberries.



Jennifer arugamite mugunda-ini wa courgette, kuonania urimi wake wa mboga.

Urimi-ini wakwa ndiendaga gukorwo ati mucii wakwa ni waga irio. Hamwe na uguo, niundu wa gutukania urimi wakwa oro hamwe na gucenjania mimera, itumaga tiri ukanura na kunyihia tutambi na mirimu.



Jennifer akirima mugunda-ini wake wa nduma, akionania wirutiri wake wa urimi irio iria cikura rungu rwa tiri.



Gichunji kia mugunda wakwa uria handite mboga, kionereria kia urimi wa mboga.



Jennifer agithurima mbembe ciake ndaihu, kuonania wirutiri wake wa kurima irio cia kuria.



Jennifer arugamite hakuhi na mimera ya ndare, akionania wirutiri wake wa kurima matunda.

Niundu wa kunyihia gutema miti na uhuthiri wa ngu na makara, huthagira urugari mutheru, (clean energy) ta:

- **Biogas System:** Kuhuthira mai ma mahiu guthondeka gas ya kuruga, niguu kunyihia uhuthiri wa ngu.
- **Energy-Saving Cookstoves (Jikokoa):** Mwaki mwega na kunyihia uhuthiri muingi wa ngu.

Maundu maya ni manyihagia utemi wa miti, kumenyerera maria maturigiciirie oro hamwe na gutuma urugi ukorwo utari ha hathara.



Jennifer arugamite hakuhi na biogas, kuonania uhuthiri mwega wa energy.

Kugacira gwakwa niundu wa ugi na kunyitirirwo ni program cia TIST. Program ici cinjikirite hinya na kumenya urimi wa kiiriu. Ni ngacirithitie maciaro ma mugunda wakwa na kuhaicia family yakwa gikiro kingi. Hamwe na uguo, kurima urimi wa Conservation Farming Techniques ni yongereire maciaro muno gukira urimi wa kienyeji. Hamwe na uguo program cia TIST ni citeithitie ngurubu nini kuingira biacara cia carbon credit benefits, na gutuhe mbeca riria cituteithagia hamwe na ucenjia wa riera.

Ndi na gikenyo kiingi kuri ambiriria a program cia TIST niundu wa wirutiri wanyu guthomithia arimi na kugacirithia urimi mwega. Thiini wa TIST, ni hotete kuhanda miti, kurima kiiriu na kuhuthira urugari wa biogas na guthondeka mugunda uri na umithio, riera riagiririu, na kugia na mbeca.



Uhandi wa miti kundu kumu.



TIST igithiaga na-mbere na gukura miena yothe iria yaraga na yumaga, nitukoragwo na mathina ma gukuria miti. Thiini wa TIST tukuragia na tugatwarithia mitaratara miega, na njira ino niituteithitie thiini wa TIST kugia na maciaro mega.

Ino ni imwe ya mitaratara ya kurumirira gukuria miti kundu kumu:

1. Guchagura handu hega ha ha nathari ya miti. Mimera niiribatara kuheo maai riita I kana maita 2 hari o muthenya riria iri minini. Cagura kuhanda mimera hakuhi na mucii niguo uhuthire maai manyumba gutiriria mimera. Ukihuthira indo ciakugitira ruhuho guthiururukiria nathari yaku nigukunyahia uhuthiri wa maai na kuhe mimera kiiruru.
2. Uhariria wa tene: hariria marima ma kuhandira miti muno mweri I mbere ya mbura, iria nirigwatuka na uteithie maai kuingira tiiri-ini wega mbura yaura.
3. Geria gutega maai ma mbura niguo maai maingi makinyire miti. Miti noikure wega riria yahandwo kuria maai mageraga.
4. Ikira mahuti mugundaini niguo maige ugonyu tiiri-ini.

5. Hamda miti mugundaini wa irio. Riria wahanda miti mugunda-ini niikuraga wega tondu niiramenyererwo hamwe na irio iria iri mugunda.

6. Cagura mithemba ya miti iria ikuraga wega na riuu. Muno miti ya ki-nduire niyo miega. Kwa muhiano Melia, Acacia, na Muuku (Terminalia brownii).

7. Menyerera miti iria iri kuo na umihotihie gutherema. Miti ino mikuru iri na hinya, na noiikare gwa kahinda karaihu twamimenyerera. Niiheanaga kihumo kia mbegu cia kuhanda.

8. Tuta njoe iguru nociteithie. Riria twathondeka tuta njoe iguru, nitugiaga na mimera iri na miri iri na hinya na irakura wega. Noiteithie kuiga mimera iri na hinya thiini wa nathari niguo ikure iri minene na ikure na uraihu munene. No ona kuri o uguo tuta njoe iguru noikorwo iri njega tondu niitumaga mimera ndigakue na ihenya. Niundu wa uguo, menyerera na ugarure mimera niguo miri ndigakinye thi.

Reke tuhuthire mitaratara miega na tukurania na tuthomithanie na nitukwigwatira maundu manene thiini wa TIST.

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Ndani ya gazetti: ✓ Jennifer Wanja George's: Safari Yangu ya Mpango wa TIST. Uku. 2
✓ Kupanda miti katika maeneo kavu. Uku. 6

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Jennifer Wanja George's: Safari Yangu ya Mpango wa TIST.

Imeandaliwa na Mary Gakenge.

Mimi ni Jennifer Wanja George, mkulima aliyejitolea na mwanachama wa Nguzo ya Murungurune chini ya Kikundi Kidogo cha Green Persher. Nimeshiriki kikamilifu katika mpango wa TIST tangu 2014. Nina uhakika kusema nimekubali mafundisho ya programu ya TIST, nimetekeleza mazoea ya kilimo endelevu na kupiga hatua kubwa katika uhifadhi wa mazingira na usalama wa chakula.

Nilijifunza kuhusu mpango wa TIST mwaka wa 2014 nilipohudhuria mojawapo ya mikutano ya kila mwezi ya TIST ya Nguzo. Kupitia mafunzo na elimu thabiti, nilipata maarifa muhimu kuhusu kilimo endelevu, upandaji miti, na manufaa ya programu za mikopo ya kaboni. Kufikia 2016, nilitimiza sifa zote za kuwa mwanachama kamili, kuwa na ardhi ya kutosha na idadi inayohitajika ya miti katika shamba langu ili kufuzu kwa biashara ya kaboni.

Kwa ujuzi na maarifa niliyopata kutoka kwa TIST, nilibadilisha shamba langu kuwa kielelezo cha uendelevu. Kujitolea kwangu kwa uhifadhi wa mazingira na kilimo mseto kumesababisha shamba la kujitegemea ambalo hutoa chakula na mapato.

Moja ya vipengele muhimu vya safari yangu ya kilimo ni upandaji miti. Nimefanikiwa kukuza aina mbalimbali za miti, ikiwa ni pamoja na:

- **Miti ya Matunda:** Parachichi, makadamia, tufaha, michungwa, squash, jordgubbar, mipera, na chandra (kama inavyojulikana huko Kimeru).
- **Miti ya Asilia na ya Kigeni:** Misonobari, grevillea, podo, mti wa mkuyu, brashi ya chupa, na mwiria (jina la Kimeru la karibu).

Uwepo wa miti inayozaa matunda katika shamba langu sio tu kwamba unahakikisha usalama wa chakula lakini pia huchangia katika vyanzo mbalimbali vya mapato. Kwa kuongezea, miti hii ina jukumu muhimu katika uhifadhi wa mazingira kwa kuboresha rutuba ya udongo, kutoa kivuli, na kuimarisha viumbe hai.



Jennifer akikagua miti yake ya plum inayostawi, uthibitisho wa kujitolea kwake katika kilimo mseto.



Jennifer akitunza mimea yake ya michungwa, akiangazia utofauti wa kilimo chake cha matunda.



Mbali na upandaji miti, nimejitosa katika ufugaji wa mifugo, ambao unasaidia zaidi uendelevu wa shamba langu. Mimi hufuga wanyama mbalimbali, wakiwemo:

- **Ngombe na Kondoo:** Kutoa maziwa, nyama na samadi kwa ajili ya kilimo hai.
- **Kuku:** Kuku, bata mzinga, ndege aina ya Guinea, na njiwa ambao hutoa mayai na nyama.
- **Sungura na Samaki:** Vyanzo vya ziada vya protini na mapato.

Kwa kuunganisha mifugo katika mfumo wangu wa kilimo, ninahakikisha ugavi wa kutosha wa mbolea-hai, kupunguza utegemezi wa pembejeo za syntetisk huku nikiboresha afya ya udongo.



Jennifer akiwa amesimama kando ya mabwawa yake ya samaki, akionyesha ushiriki wake katika ufugaji wa samaki.



Jennifer akiwalisha kondoo wake, akisisitiza nafasi yake katika ufugaji.



Jennifer ndani ya zizi lake la ng'ombe, akiangazia juhudi zake za ufugaji wa ng'ombe.



Mtazamo wa ufugaji wake wa Guinea ndege na ufugaji wa kuku.



Jennifer akiwalisha sungura wake, akionyesha kujitolea kwake katika ufugaji mdogo wa mifugo.



Shamba langu ni kitovu tofauti cha tija ya kilimo. Ninalima aina mbalimbali za mazao, nikihakikisha usalama wa chakula kwa familia yangu na mapato ya ziada kupitia mauzo ya ziada. Baadhi ya mazao ninayolima ni pamoja na:

- **Mazao Kuu:** Mahindi, viazi, viazi vitamu na mizizi ya mshale.
- **Mboga:** Sukuma wiki, mchicha, kabichi, karoti, korido, na maboga.
- **Viungo na Mazao Maalum:** Hamisha pilipili, pilipili za kawaida na jordgubbar.

Mtazamo wangu wa ukulima unahakikisha familia yangu haikabiliwi na uhaba wa chakula. Zaidi ya hayo, kwa kufanya mzunguko wa mazao na kupanda mazao mchanganyiko, huongeza rutuba ya udongo na kupunguza hatari ya wadudu na magonjwa.



Jennifer akiwa amesimama kwenye shamba lake la korodani, akionyesha kilimo chake cha mboga.



Jennifer akitunza mimea yake ya mshale, akionyesha kujitolea kwake katika kilimo cha mazao ya mizizi.



Sehemu ya shamba lake iliyojaa kabichi zenye afya, inayoonyesha mafanikio yake katika kilimo cha mboga.



Jennifer akikagua mazao yake marefu ya mahindi, akionyesha kujitolea kwake katika uzalishaji wa chakula kikuu.



Jennifer akiwa amesimama kando ya mimea yake ya sitroberi, akiangazia juhudi zake katika kilimo cha matunda.

Ili kupunguza ukataji miti na kupunguza utegemezi wa kuni na mkaa, nimechukua suluhu za nishati safi, zikiwemo:

- **Mfumo wa Biogesi:** Kutumia taka za wanyama kuzalisha gesi safi ya kupikia, kupunguza utegemezi wa kuni.
- **Majiko ya Kuokoa Nishati (Jikokoa):** Kuimarisha ufanisi wa mafuta na kupunguza matumizi ya kuni.

Hatua hizi zimepunguza kwa kiasi kikubwa ukataji wa miti, kuhifadhi mazingira huku zikifanya mchakato wangu wa kupika kuwa mzuri zaidi na wa gharama nafuu.



Jennifer akionyesha mfumo wake wa gesi asilia, kuhimiza matumizi endelevu ya nishati.

Ninahusisha mafanikio yangu na maarifa na usaidizi unaotolewa na mpango wa TIST. Mpango huo umeniwezesha kwa mbinu za kisasa za kilimo. Nimeboresha uzalishaji wa shamba langu na kuimarisha ubora wa maisha ya familia yangu. Zaidi ya hayo, utekelezaji wa mbinu za Kilimo Hifadhi umesababisha ongezeko la mavuno ya mazao ikilinganishwa na mbinu za kilimo asilia. Zaidi ya hayo, mpango wa TIST umesaidia Kikundi changu Kidogo kupata manufaa ya mkopo wa kaboni, na kutupa mapato ya ziada huku tukichangia juhudi za kukabiliana na mabadiliko ya tabianchi duniani.

Ninatoa shukrani zangu za dhati kwa waanzilishi wa programu ya TIST kwa kujitolea kwao kutoa mafunzo kwa wakulima na kukuza mazoea endelevu. Kupitia TIST, nimeweza kutumia Mbinu Bora katika kilimo mseto, Kilimo Hifadhi, na ufanisi wa nishati, kuunda shamba lenye tija, rafiki wa mazingira, na endelevu kifedha.



Kupanda miti katika maeneo kavu.

Jinsi TIST inavyoendelea kutamba katika maeneo yaliyo na uwezo mkuu na makavu, inakumbana na changamoto katika kuishi kwa miti. Katika TIST sisi huanzisha na kugawana mazoezi au njia bora za kufanya mambo, na hili limetusaidia kila wakati katika familia ya TIST kupata matokeo mazuri.

Hapa chini ni njia chache bora tunazoweza kujaribu tunapopanda miti katika maeneo kavu:

1. Uteuzi wa mahali pa kuanzisha kitalu chako. Miche itahitaji kuwekewa maji mara moja au mbili kila siku ikiwa michanga. Fikiria kuweka miche yako karibu na nyumba ili uweze kutumia maji yanayotumika nyumbani kuimwagia. Kutumia miti ya kupunguza upepo kutapunguza matumizi ya maji na itaipa miche yako michanga kivuli.
2. Maandalizi ya mapema: Andaa mashimo ya kupanda miti mwezi mmoja kabla ya mvua kuanza ikiwezekana, shimo litapasukapasuka na ili litasaidia maji kuingia udongoni kwa urahisi kunaponyesha. Mvua wa kwanza ukishaanguka, panda miti na ujaze shimo kwanza na udongo wa juu halafu mbolea.
3. Jaribu kutumia njia za kushika maji ya mvua ili maji mengi zaidi yaweze kufikia miti. Miti pia itaweza kuishi ukiipanda karibu na maji yaliyopo kila msimu.
4. Kufunika ardhi: Funika ardhi baada ya kupanda miti. Hili litasaidia kuzuia kupotea kwa maji kwa sababu kunapunguza kubebwa kwa maji na jua. Kutumia boji kutaongeza virutubisho udongoni, lakini

kufunika kwa mawe pia kwaweza kuleta faida zingine katika maeneo yenye mawe.

5. Kilimo mseto: Tujaribu kilimo mseto. Kiwango cha kuishi cha miti iliyopandwa katika mashamba ni juu zaidi ya iliyopandwa misituni na vichakani kwa sababu itatunzwa na ipo katika udongo bora.
6. Chagua aina inayokua vizuri katika maeneo kavu. Mara nyingi miti ya kiasili iliyotoka eneo linalozingira huweza kuishi san asana. Mifano ni *Melia*, *Acacia seyal*, na *Muuuku (Terminalia brownii)*.
7. Linda miti iliyopo na uiruhusu kuzaa. Miti hii iliyopo ni yenye nguvu na yaweza kuishi katika misimu iliyo na ugumu tunapoilinda. Inatupa chanzo la mbegu zilizozea eneo hilo pamoja na kivuli na vinginevyo.
8. Vitalu vilivyoinuka vyaweza kusaidia. Tunapoanzisha vitalu hivi, tunapata miche yenye mizizi yenye nguvu kwa hivyo itaishi. Vinaweza pia kusaidia kuweka miche kwa muda mrefu zaidi katika kitalu ili iwe mikubwa na yenye nguvu. Hata hivyo, vitalu vilivyochimbiwa vyaweza kuwa chaguo nzuri kwa sababu vinafunikia miche na vinapunguza kufa. Hapa, kuwa mwangalifu na ugeuze miche kila baada ya wakati Fulani ili mizizi isimee na kuingia udongoni.

Tutumieni njia bora zaidi tulizonazo, na tutengeze na kugawana na wengine ili tuweze kufikia matokeo mengi na kusaidia TIST kukua katika maeneo yetu.

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Wumbano wa Ngwatano ya TIST Ngarendare matuku 28/02/2025. Wumbano ungi ni matuku 28/03/2025.

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Jennifer Wanja George's: Kyalo kyakwa na walanio wa TIST.

Iseuvitw'e ni Mary Gakenge.

Nitawa Jeniffer Wanja George, muimi wiyumitye na memba wa ngwatanio ya Murungurune ungu wa kakundi kanini ketawa Green Persher. Ninithiitwe ni muimi ungu wa walanio wa TIST kuma mwaka wa 2014. Nina ukumbau kwasya ningwatiliile movundisyo na momanyisyo ma TIST, ninikite nima ya kwikala na kuete movinduku nthini wa kusuvia mawithyululuko na usuvio wa Liu.

Ninamanyie iulu wa walanio wa TIST mwaka wa 2014 yila navikie wumbanoni umwe wa mwai wa ngwatanio ya TIST. Kwa kumanyiw'a kaingi kiatianisyo na kusomethw'a ninakwatie umanyi wa nima ya kwikala, kuvanda miti vaita wa nzeve itavisaa. Kuvika mwaka wa 2016 ninavitukithiw'e na kutwikithya memba itina wa kwithiwa na kitheka kianu kya uvanda miti na miti ila yianiie muundani wakwa kuvitukithw'a kwa viasala wa nzeve itavisaa.

Nundu wa utonyi na ui ula nakwatie kuma kwa TIST ni nivinduite muunda wakwa kwa nima ya kwikala.

Kwiyumya kwkwa kwa kusuvia mawithyululuko, nima ya kusuvia nitumite nithiwa ni muimi witonya kwa liu na ukwati.

Nzia uimwe ya kyalo kyakwa kya nima ni uvandi wa miti. Nina miti mithemba kivathukanio mbandite ila nita:

- **Miti ya Matunda:** Ikolovea/ivatakato, Ngandania, apple, misungwa, plums, ndae, ivela na chandras (undu wisikie na Kimeru).
- **Miti nya kimbene na miti yakuka:** Pine, Grevillea, Podo, wattle, bottle brush na Mwiria (isyitwa ya kimeru)

Kwithiwa nina miti ya matunda ikusyaa ninengete useseei wa liu na kunenga vandu va kumya ukwati. Kwongeleela miti niyailasya mawithyululuko na kusuvia muthanga nakwailya unou wa muthanga, kuete muunyi na kwailya muthanga kwa tusamu tula twikalaa muthangani.



Jennifer aisisya miti yake ya Plum undu iendee ta ukusi wa kwiyumya kwake kuvanda miti.



Jennifer aseuvya miti yake ya misungwa, niyonanitye undu wina miti kivathukany'o ya matunda uimini wake.



Kwongeleela uvandini wa miti, ninithasya indo ila indeeasya kwailya na kululumiiya nima yakwa. Niniithasya indo mithemba ino:

- **Ngombe na Malondu/mamaa:** Ninengae yiia, nyama na vuu ula ndumiaa muundani.
- **Mbaa Nguku:** Niniithitye nguku, mbata, mbaa na mavui ila inengae matumbi na nyama.
- **Mbuku na Makuyu:** Kwongeleela nyama na ukwati.

Kwa kuvulania nima ya indo kundethetye kwithiwa na vuu kila ivinda na kuseuvya kwailya muthanga wakwa.



Jenniffer e kyuuni kyake kya ngombe na kwonania utatiwake nimani ya indo sya yiia.



Jeniffer aungeme utee wa iia yake ya makuyu nakwonania nima yake ya makuyu.



Asyaisye mbaa syake nimani yake ya nguku.



Jennifer aiithya malondu/mamaa make.



Jennifer ainenga mbuku syake liu.



Muunda wakwa wina nima nmithamba kivathukanio. Niniimaa mithemba kivathukanio ya mimea na kuikiithya nina liu kwa musyi wakwa na ukwati wakwa uyaila nundu ninithooasya ila syavituka ila ngutumia. Mimea ila nivandaa nivamwe na:-

- **Liu wa kila ivinda:** Mbemba, maluu, makwasi na matuma.
- **Mboka:** Sukuma, spinach, makovisi, kaloti, ngongyeti na malenge.
- **Spices na mimea yi mwanya:** Ndulu sya kuma nza, ndulu ya kuu kwitu na ndae.

Woni wakwa iulu wa nima nikuikiithya musyi wakwa ndunethiwa na unyivu wa liu. Ingi kwa kwina nima ya kuvulany'a, kuvinduany'a nundu niolaa tusamu na uwau ulawanangaa mimea.



Jennifer aungeme muundani wake wa ngongyeti.



Jennifer ayiimia matuma make, kwonania kwiyumya kwake uimini.



Kisio kya muumnda kuyusie makovisi.



Jennifer aisisya muunda wake wa mbemba, kwiyumya kwake kw liu w kila muthenya.



Jennifer aungeme utee wa muunda wake wa ndae. kwonania uimi wake wa matunda.

Nikana kuola kutumia ngu na kwananga miti na makaa niseuvitye nzia nzau ya mwaki mutheu ila ni:

- **Biogas** : Nditumia vuu wa indo ninitonyete useuvya nzeve ya kuaa theu ila itumite niola utumiku wa ngu.
- **liko ya kusuvia mwaki (Jikokoa):** Ninayiiko yii yila kwa vanene yitumiaa ngu nini na mwaki mwianu wa utumia.

Utumiiuu wa nzia ii ili sya yiiko ya kusuvia mwaki na biogas nindethetye vanene kusuvia miti nundu ngu nitumia nini na kuola kuthokoaniya nzeve kumana na syuki na kusuvia uima wa mwii wa andu ma musyi wakwa.



Jennifer ayonany'a biogas yake.

Nikonania kwithiwa nitonyethetw'e kuvikia mwolooto wakwa nikukwatwa mbau ni walanio wa TIST. Walanio uu numbikiite vinya kumanya nzia sya kimunthi sya uimi. Ninongelete ngetha na ngailya thayu wa andu ma nyumba yakwa. Kwongeleela nima ya kusuvia (CF) nitumite ngwata ngetha kwa wingi kute nzia sya tene sya kuima. Kwongeleela, walanio na mwolooto wa tist nutumite ngwata utethyo kakundini kakwa kwa nzia ya uta nzeve itavisaa (carbon credits) na kunenga ukwati niendee na kwailya movinduku ma nzeve.

Ninamuvea munene na waw'o kwa ambiliilya ma TIST na kwiyumya kwoo kumanyisya aimi nzia sya meko makutua. Kwisila tist nindatite kwika nima na kwia mititu, nima ya kusuvia (CF), mwaki wi mituki, kuseuvya muunda wina wumi na ueti, mawithyululuko maseo mena unyanya na kwithiwa na ukwati wa mbesa utonya kwikala.



Kuvanda miti isioni ila nyumu.

Oundu TIST iendee kwiana isioni ila itembunu na ila mbumu, now'o kuendee kwithiwa na uito wa miti kwikala. Nthini wa TIST nitwianasya na kumanyiana iulu wa nzia nzeo, na uu nututethetye ta musyi wa TIST kukwata ueti museo.

Vaa ve nzia imwe nzeo tutonya utata kutumia tuivanda miti isioni mbumu

1. Kisio kya kivuio. kivuio nikyaile ungithwa keli kwa muthenya, Sisyawikie kivuio vakuvi vandu utonya kungithya na kiw'u kila uutumia vu musyi. Uitumia kusia nzeve niikuola utumiku wa kiw'u na uimanthia muunyi kusuvia miti isu minini.
2. Inza maima tene ta mwai umwe mbee wa mbua kwambiia, yiima yii niyikwatuka na na kutuma kiw'u kilika na nthi. itina wa mbua ya mbee kua vanda miti na uyususya yiima na muthanga wa yiulu na vuu.
3. Tata utumie nzia ya uketha kiw'u kya mbua ta tutila na kuikiithya kiw'u nikyavikia miti. Miti ingi noyikale nakwika nesa ethiwa yandandwa vala kiw'u kisilaa.
4. Kwikia muunyi ungu kana matu. kii nikitetheasya kwia kimeu na kuola kukuwa kwa kiw'u ni nzeve. Kutumia vuu wa yiima nikwongeleela unou wa muthanga na ingi ithiwa vai matu ona ivia noyitumike kuvwika muthanga.
5. Ingi tutate uvanda miti miundani nundu muti uvanditwe muundani withiawa na ivuso inene ya kwikala kwi ula uvanditwe kithekani nundu vaa muundani nusuviawa na muthanga wavo nimuseo.
6. Nzakua mithemba ya miti ila yikaa nesa isioni nyumu kuma mawithyululukoni. Ngelekany'o ni Melia, musemei, Muuku (terminalia brownii)
7. Nzuvia miti ila yivo noimieka iendee na kusyaana. Miti ino yithiawa yi milumu na kaingi nivitukaa mawumu othe ala yeethiana namo. Yithiawa yi ya vata kunengane mbeu na ninenganae muunyi na moseo angi.
8. Ivuio syi kitandani nitethasya. Yila twavua itandani nitukwataa mbeu yina mii milumu na niyithiawa itonya kwikala na kumiisya. Ingi noitetheesye miti kwikala kivuioni ikaneneva na kwithiwa na vinya. Ingi kitanga kii ethiwa nikiliku nokisiie sua na kiw'u kuthi na mituki. Ingi ithiwa uivindua miti yikivuioni kusuvia mii ndikamee ilike na muthangani ungu na kwanangika ivinda ya kumithamya kuma kivuioni.

Ekai tutumie nzia nzeo ila twinasyo, twiane na kumanyiany'a ithyotho tuvikie ukwati museo na kutethye TIST kwiana isioni situ.

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Mkutano wa Nguzo wa Ngarenda TIST uliofanyika tarehe 28/02/2025. Mkutano ujao wa Kikundi utafanyika tarehe 28/03/2025.

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Jennifer Wanja George: Baanbab Tetutienyun nebo TIST.

Kobun Mary Gakenge.

Ane ko Jennifer Wanja George, temindet ne kiim ako membayatab Isasametab Murungurune nemii katuiyetab Green Persher Small Group. Kiatebi en tetutietab TIST kong’eteen keniytab 2014. Atinye kayanet neo amwa ale kiatach kanetutikab tetutietab TIST, kiayai temisiet ne tesetai ako atesetai en ribetab itondab emeet ak ribetab amitwakik.

kianai akobo TIST en keniytab 2014 ye kinawe agenge en tuiyosiekab Isasamet chebo arawet. Kobun kanetisiet, ko kianai akobo temisiet ne tesetai, minsetab ketik, ak kelchinoikab aldaetab koristo. En 2016, ko kianyuru mokutik tugul aik membayat ak atindoi mbaret ak koitetab ketik che kimoche en mbarenyun che imuktewon anyor mungaretab koristo.

En ng’omnotet ak naet ne kianyuru en TIST, ko kiawal mbarenyun koik korokutietab mbaret ne tesetai. Tokinenyun nebo ribetab itondab emeet ak temisiet ne baraa ko kikomuktewan koik mbaret ne mororu kiy ne konu amitwikik ak rabisiek.

aagenge en tuguk chebo tokinetab bandaab temisiet ko minsetab ketik. Kiamuch amin ketik che terterchin kou:

- **Ketikab logoek:** Avocado, macadamia, apples, machungwek, plums, taikamamik, maberek, ak chandras (en kutitrab Meruek).
- **Ketikab kipgaa ak chebo chumbek:** Chesarur, sebesebe, septet, kiragachek, bottle brush, ak mobeet.

Mitunetab ketik che yie logoek en mbarenyun ko konon kamugetab anyoor amitwokik, ak anyoru kora rabisiek kobun komoswek che chang’. Kora, ketichu ko konu kelchinet en ribetab itondab emeet amun itoltole ng’ung’unyek, konu urweet, ak kotoreti en terchinosiekab emeet.



Jennifer kochigili ketikchik chebo logoekab plums, koborunetab tokinetab gee nebo temisietab ketik.



Jennifer kosemberchin machungwekchik, kobor minsetab logoek che terterchin.



Ingetesi minsetab ketik, ko kianaam baetab kiyagik, che choton ko toretan en tesetab mbarenyun. Kiabai kiyagik che terterchin cheu:

- **Tuga ak kechirek:** Konu chego ak banyek, ak keturek chebo katoltoletab mbar.
- **Chesilenik:** Ingogenik, chebogilgil, sorotik, tugul ko konu mayainik ak banyek.
- **Kiplegok ak ingirenik:** Choton ko tese protein ak rabisiek.

Kinotesi kiyagik and mbarenyun ko kiageer ale anyoru kotoltoleiweek, aiste che atingee tuguk chebunu komoswek alak ak amuch arib chametabgee nebo ng'ung'unyek.



Jennifer en kotab tuga, koboru ribsetab kiyagik chebo chego.



Jennifer kotonone en tabanutab tabitab injirenik, kobooru temisietab beek



Kereetab tergeginik ak oleuu ribsetab chesilenik/ taritik.



Jennifer koboe kechirek, kokimite baetab kiyagik.



Jennifer koboe kiplegok, kokimite tokiynetabgee nebo ribetab kiyagik.



Mbarenyun kou kabungut nebo rurutikab amitwokik. Amine minutik che terterchin, che ageere ale mi ribsetab amitwokik en konyun ak anyoru rabisiek kobunaldaetab tuguk che tesotik. Alak en minutik che amine ko:

- **Amitwikik chebo kotugul:** Bandek, piasinik, robwonik, ak mogo.
- **Ingwek:** Sukuma wiki, spinach, cabbage, carrot, courgettes ak monosiek (mogobek).
- **Ingwek chekionyinyeenak alak:** Pilipilik chebendi bitoniin, pilipiliik, ak taikamamik.

Tokiynenyun ko ageer ale mororu amitwakik en konyun. Kora, oloon kawalawal tuguk che amine en mbarenyun ko konu kotoltolit ng'ung'unyat ak kogirinda mionwokik ak kutik.



Jennifer kotonone en mbaretab courgette, koborunetab minsetab ingwek



Jennifer kosemberchin mogo koborunetab tokinetabgee nebo minsetab minutik chebo tigitik.



Kebbettab mbarenyin ne nyitaat cabbages, koboru tounenet en minsetab ingwek.



Jennifer kochigili bandekyik che tororen, koborunetab minsetab amitwokik chebo kotugul.



Jennifer kotonone en minutikyik chebo taikamamik, koboru kogiletab gee en minsetab logoek.

Asi kimuuch kichuchuch baretab osnosiek ak kichuchuch magetab neseek ak kwenik, ko kiamuch anaam boisetab kimnatosiek che tilileen, kou:

- **Biogas System:** Kiboisien ng'ototookab kiyagik asikenyor gasit ne kikwonng'seen, ak koisto boisetab kwenik.
- **Jikosiek che ribe maat.** Lumtaetab boisetab nemie nebo kimnatosiek ak kachuchugetab boisetab kwenik.

Kokwoutichuko kikonde ng'wony tilelatb ketik, ribsetab itondab emeet ak koyai chobetab amitwokik konyumnyumit ak koik rahisi.



Jennifer koboru biogass chechik, konoo taa boisetab kimnatosiek.

Amwae ale kabelisienyun ko bunu naet ak toreteet koyoob tetutietab TIST. Tetutioni ko kikogonon kimnateet anyor musognotetab temisiet ne leel. Kiamuch ates rurtikab mbarenyun ak chametab gee nebo konyun. Kora, ko lumtaetab Temisietab Ribetab Emeet ko kikoityi kenyor rurutik che chang' ingekeerchin ak temisietab kipгаа. Kora, ko tetutietab TIST ko kikotoreet katuienyun ne Ming'in konyorchigee kelchinoikab aldaetab koristo ak kokoneech rabisiek che tesotik ak ketes ribetab atebeetab emeet en ng'wony tugul.

Amwae kongoi missing en biik che taa chebo TIST en tokinenyuan bo gee kanetisietab temik ak konde taa boisetab tuguk cheimuche keteseen taa. En tetutietab TIST ko kiamuchayai temisietab Ortinwek che Miachen en temisietab ketik, Temisietab Ribetab Emeet, ak boisetab kimantosiek en chepchepindo, ak kotoo mbaret ne mi barak rurutik, ne ribe itondab emeet ako ribe kora rabisiek.



Minet AB'ketik en emet ne ya'mat.

Kotese ta TIST kotese tai en ole yamaat ak ole moginyorunen bek, Kiger komi yomutyet en sobet 'ab ketik. En TIST Kogibche kila ak kila practices che impya, ak kigo toretch niton en family nenyon nebo TIST kenyorun wolutik cheyachen.

Che isubu ko oratinwek che kimuche keboishen en emotinwek che yomyotin:

1. Lewenet 'ab ole ichoben nursery neng'unget ko kit nebo maana. Seedlings koyoche kinde bek yon kagemin. Imuche imin seedlings en ole negit ak kaa asi konyumnyumit kondeet 'ab bek. Kora kimuche iboishen windbreak en kaa koter korito komabar seedlings.
2. Preparation ne taa: Chob keringoik 'ab ketik en arawet ageng'e kotomo koit robwek, Toreti inoniton keringoik kochut pek .Yon kagoit robta neta imin ketik .Min ketik ak ikonaam ngungunyek chebo barak kosibu mbolea.
3. Yom iboishen oret 'ab harvesting bek 'ab robta, kou negarims ak micro-basins, Asi koitchi ketit beek chechang'. Kora ketik kosobtos zaidi en ole neg'it ak bek.
4. Mulching:mulchen ketik yon karimiin . inoniton kobose komoib asista anan ko koristo, beek . Kora yon kogiboishen mbolea che compost kotese rurutik, Lakini en ole miten koik kimuche keboishen rock mulching .
5. Agro forestry: ongeyom kinetge , ak keyai agro forestry . Ketik che kagimin en imbarenik kotinye nafasi newon koechegitun kosir che minotin en ole miten osnoshek ak suswek angamun riboksek komye ago nyoru ng'ung'unyek che kororon.
6. Chaguan species cherutu en korotinwek che yomyotin. Sanasan ketik chebo komosoton che indeginous ko choton che yechegitun kosir igo.Ketik cheu *Melia*, *Acacia seyal*, ak *Muuuku (Terminalia brownii)*.
7. Rib ketik che miten en inguni ak itoret icheget koregenereten . Ketichuton kogimen , ago ichek komuche kosobcho ogot en betushek che momiten robwek. Konu ichek seeds che kimuche kenyor en oret ne nyumnyum ak uronok.
8. Raised seedbeds anan ko sunken seedbeds komuche kotoret. Yon kogichob seedbed ne kitogos ,kenyoru seedlings che kimen , so ingunon kosobtos. Kora kotoreti seedlings koyechegitun en petit agoik che kimen . lakini seedbed ne sunken komuche kora kogararan angamun tere asista komabar seedlings . En komositon ibwaat iwisowisi seedlings asi mochut tigitik ngweny, tun kowechok yon kisibto.

Ongeboishen practice che kitinye, ak keendelezan oratinwechuton asi kenyorun rurutik ak koyet TIST en komoswechok.