



TIST HABARI MOTOMOTO JULY 2026

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Photo 1: Mary's Grove, a TIST Farmer fro Chole Group, Kisarawe

In this newsletter, we are going to have three articles, one story and TIST Values;

- I. Sustainable Development Goals addressed in TIST
- II. Harvesting
- III. Guidelines on Restoration of Groves
- IV. A story from a TIST Farmer Mary Singo from Chole Group, Kisarawe
- V. TIST Values

I. Sustainable Development Goals addressed in TIST

The following are the sustainable development goals that TIST addresses.

- **No Poverty:** TIST provides cash income from carbon credits and sustainable development benefits.
- **Zero Hunger:** TIST promotes Conservation Farming to improve crop yields and planting fruit and nut trees as part of the tree planning program.
- **Good Health and Well-being:** TIST provides training in many health topics including HIV/AIDS, malaria, clean water, hygiene and indoor air pollution.
- **Gender Equality:** TIST creates an environment for gender equality whereby women are given the same opportunities as men. It is enforced by ensuring there is a gender balance in employment, leadership and representation.
- **Clean Water and Sanitation:** TIST provides training in clean water and hygiene. TIST also trains and encourages tree plant along water courses to reduce run-off and erosion.
- **Affordable and Clean Energy:** TIST trains in the building and use of more energy efficient cook stoves.
- **Climate Action:** TIST is a climate mitigation program.
- **Life on Land:** TIST provides biodiversity benefits by adding indigenous tree, fruit trees, nut trees and canopy. TIST Farmers are trained in biodiversity. TIST project areas provide linkage and buffers with high conservation value areas.

II. Harvesting:

Harvesting is the process of gathering, cutting, and threshing staple grasses like wheat, corn, rice, barley, and oats once they have matured. The primary goal is to collect the edible dry seeds (grains) with ideal moisture levels and separate them from the inedible stalks (chaff) for storage or processing

Effective post-harvest practices for cereals—such as maize, wheat, and sorghum—minimize grain loss, prevent mold, and stop pest infestations. Key steps include;

1. Harvesting

Timing: Harvest as soon as the crop reaches physiological maturity (e.g. a black layer forms at the base of maize/sorghum kernels). Delaying the harvest increases the risk of field rotting, livestock damage, and pest attacks.

Handling: Avoid dropping or damaging the grain while in the field to prevent mechanical injury that makes grains vulnerable to insects and mold.

2. Drying

Moisture Target: Cereal grains must be dried to a moisture content of 12% to 13% before storage.

Methodology: Use raised drying cribs, solar dryers, or flat surfaces (like tarpaulins) to avoid direct contact with the ground, which can cause contamination and rotting. Avoid over-drying, which can cause kernels to shatter and break.

3. Threshing and Winnowing

Processing: Separate the grain from the rest of the plant as gently as possible. Manual beating should be done carefully on a clean floor or using drums and sacks to minimize broken grains.

Cleaning: Use winnowing (tossing the grain in the wind or using a fan) to remove chaff, dirt, and light foreign objects.

4. Storage

Sanitation: Ensure storage facilities are thoroughly swept, cleaned, and repaired (seal any cracks in the walls or floors) before introducing new grains.

Pest Control: Apply approved grains protectants to control field insects, and use rat guards on storage structures.

Hermetic Storage: Store cereals in hermetically sealed, airtight containers (like metal silos or Purdue Improved Crop Storage/PICS bags) to naturally kill off pests and prevent moisture buildup without chemicals.

Monitoring: Routinely inspect stored grain every month for signs of heat, moisture, or insect damage.

III Guidelines on Restoration of Groves

Restoration of groves is very important because some Farmers their tree groves were marked inactive because they couldn't be accessed because of bush or any other reason. Some were mistakenly dropped due to technical problems.

We want to serve farmers restore their groves if they are genuinely keeping trees. Keep in mind that Restoration of these Groves will not include some groves that have been harvested.

Guideline in restoring old groves

A farmer should make such a request during the Cluster Meeting. He/she should explain why he/she wants that Grove be restored.

Cluster Servant if satisfied with the request, should visit that grove and make assessment of it. Check whether the grove is still intact with trees and take photos of the grove.

Cluster Servant should share photos of such Groves with member of TIST Leader or Desk Auditor.

Photos should be taken whether or not the Grove has trees. Even if it will not qualify to be restored, please continue to share photos.

Cluster Servant will then give their report during the next Cluster meeting. If Cluster leaders recommend the Grove to be restored, Cluster Servant will take note of that Grove and forward the request to Technical person.

The Technical person will review it and have it restored back.

After the Grove is restored, a Cluster Servant will quantify that Grove. It is recommended that the entire Group Groves be re-quantified.

All TIST Farmers we are reminded to plant indigenous trees because they adapt to the climate very well as well as planting fruit, nut and other high beneficial trees for eating and selling.

IV. Thank you TIST for making me conserve the environment and get other benefits; I am happy to continue conserving the environment by continuing to plant more trees! – A TIST Farmer Mary Singo from Kisarawe.

I am a TIST farmer, my name is Mary Singo from the Kisarawe Cluster; a member of Chole Mission group with the TIST number 2024TZ224.

I first heard about TIST from three people; my supervising pastor, the Cluster Servant Sultan, and Champion named Mary in 2021. After I attended several TIST seminars I decided to join the Program.

I was impressed with TIST by several factors, including their core goal about environmental conservation through tree planting and the opportunity to do the carbon business. I am grateful to the TIST Champion and Cluster servants; since I joined TIST, they have continued to encourage me and my group members about planting trees, and I have been planting different types of trees on my farm every year. My farm covers five (5) acres and I have planted different types of trees, such as teak, mango, guava and lemon trees. I plan to continue planting more trees during the rainy season.

As a TIST farmer, I have gained many benefits for planting different types of trees;

The trees provide shade and fresh air, thus have improved soil fertility through fallen leaves that decompose into the ground.

I raise chickens, goats, and I run a small shop (genge) selling various food products such as tomatoes, onions, potatoes, salt etc. I got my capital from selling fruits from my farm.

I use gas stove as a clean energy source for cooking. The gas stove makes life easier because it reduces cooking time allowing me to attend to other tasks and enables me to cook without exposure to smoke which will damage my health.

Also my family and I are improving our health by eating the fruits, eggs and meat from the chickens and goats I raise. We also get manure from goats and chicken that boosts crop growth, and I also earn some income from selling livestock and the sales from my small shop.

Through the TIST program, I continue to learn and enjoy various aspects, including the rotational leadership system. In my group, leadership rotates monthly, while in my Cluster, it rotates after every four months. I am serving as a women representative leader in my Cluster.

As a member of the TIST family, I am familiar with our TIST values; I particularly embrace and practice the TIST value "We are Mutually Accountable to Each Other," as it ensures I always have productive work to do and remain responsible for achieving the goals I have set for myself.

The Best Practices that have led to my success as a TIST Farmer include hard working, sharing ideas with other livestock keepers on using natural methods to treat animal diseases, and raising seedlings for sale to other farmers who do not have them.

Thank you TIST for making me conserve the environment and get other benefits; I am happy to continue conserving the environment by continuing to plant more trees!

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Photo 2: Mary's goats



Photo 3: Mary's chicken



Photo 4: Mary, a TIST Farmer from Chole Group Kisarawe



Photo 5: Mary's goats

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TIST Values

As TIST Family we have our Values which most of TIST Small Groups know and practice. We always reflect on these Values and to ensure that we all are truly living by them. The success of TIST is based on the integrity and effort of individual members within TIST. What we can achieve depends on each of us following these Values;

Who are we?

- (i) We are Honest
- (ii) We are Accurate
- (iii) We are Transparent
- (iv) We are Servants to each other
- (v) We are Mutually Accountable to Each Other and
- (vi) We create Low Budget/ cost, yet we achieve Big Results

How we do things that other people can see

- 1) We are committed
- 2) We do our work in small groups
- 3) We seek and use the best way
- 4) We use our minds and hands.

What do we do?

- 1) We plant different species of trees for long -term
- 2) We find ways to improve our health
- 3) We practice Conservation Farming
- 4) We do other projects and businesses (sustainable agriculture, nurseries, citrus growing, dairy goats and farming, chickens, bee keeping, fishponds and fish keeping, silkworm farming etc.)
- 5) We sell carbon credits

What do we create?

- 1) We create team work - by doing things this way; we end up working as a team.
- 2) We create capacity - we create organization, strength, and a system that is strong.
- 3) We create enjoyment - we see results, we accomplish big things that we enjoy.
- 4) We create Big Results - In Conservation Farming and from other projects and business that we do.
- 5) We create Low Budget/Cost, yet we achieve big results.



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Picha 1: Shamba la miti la Mkulima wa TIST Mary Singo kutoka kikundi cha Chole Kisarawe

Katika jarida hili, tutakuwa na makala tatu, hadithi moja na Maadili ya TIST:

- (I) Malengo ya Maendeleo Endelevu yanayotekelezwa na TIST
- (II) Uvunaji
- (III) Miongozo ya kuhuisha Mashamba ya miti
- (IV) Hadithi kutoka kwa Mkulima wa TIST Mary Singo, Kikundi cha Chole, Kisarawe
- (V) Maadili ya TIST

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I. Malengo ya Maendeleo Endelevu yanayotekelezwa na TIST

Yafuatayo ni malengo ya maendeleo endelevu ambayo TIST inayatekeleza;

-Kutokomeza Umaskini: TIST hutoa mapato ya pesa taslimu kutokana na mauzo ya hewa ya kaboni kwa manufaa ya maendeleo endelevu.

-Kutokomeza Njaa: TIST inakuza Kilimo Hifadhi ili kuboresha mavuno ya mazao na kupanda miti ya matunda na karanga kama sehemu ya mpango wa upandaji miti.

-Afya Bora na Ustawi: TIST hutoa mafunzo katika mada nyingi za kiafya ikiwa ni pamoja na VVU/UKIMWI, malaria, maji safi, usafi na uchafuzi wa hewa ndani ya nyumba

-Usawa wa Kijinsia: TIST huunda mazingira ya usawa wa kijinsia ambapo wanawake wanapewa fursa sawa na wanaume. Inatekelezwa kwa kuhakikisha kuna usawa wa kijinsia katika ajira, uongozi na uwakilishi.

-Maji Safi na Usafi wa Mazingira: TIST hutoa mafunzo kuhusu maji safi na usafi wa mazingira. TIST pia hufundisha na kuhimiza upandaji wa miti kando ya njia za maji ili kupunguza mtiririko wa maji yenye kasi na mmomonyoko wa udongo.

-Nishati Safi na Nafuu: TIST hufundisha ujenzi na matumizi ya majiko ya kupikia yenye ufanisi zaidi wa nishati.

-Hatua Dhidi ya Mabadiliko ya Tabianchi: TIST ni mpango wa kukabiliana na hali ya hewa.

-Maisha ya Ardhi: TIST huwezesha manufaa kwa viumbe hai (bayoanuwai) kwa kupanda miti ya asili, miti ya matunda, miti jamii ya karanga na miti ya kivuli. Wakulima wa TIST wamefundishwa kuhusu viumbe hai. Maeneo ya mradi wa TIST hutoa uhusiano na vizuizi kwenye maeneo yenye thamani kubwa ya uhifadhi.

II. Uvunaji

Uvunaji ni mchakato wa kukusanya, kukata, na kupura nafaka kama vile ngano, mahindi, mpunga, shayiri, na oti baada ya kukomaa. Lengo kuu ni kukusanya mbegu kavu zinazoweza kuliwa (nafaka) zenye kiwango bora cha unyevu na kuzitenganisha na sehemu zisizoweza kuliwa (makapi) kwa ajili ya kuhifadhi au kusindika. Mbinu Bora za baada ya mavuno kwa mazao ya nafaka kama vile mahindi, ngano, na mtama; kupunguza upotevu wa nafaka, kuzuia ukungu, na kuzuia mashambulizi ya wadudu waharibifu. Zifuatazo ni hatua muhimu za kufuata:

1. Kuvuna

Zingatia Muda: Unatakiwa kuvuna mara tu mazao yanapokuwa yamekomaa. Kuchelewa kuvuna huongeza hatari ya mazao kuoza shambani, kuharibiwa na mifugo au mazao kushambuliwa na wadudu.

Zingatia utunzaji mzuri wa mazao: Hakikisha mazao hayadondoki au kuharibika yakiwa shambani ili kuzuia uwezekano wa mazao na miundo mbinu ya kuhifadhi nafaka kuwa katika hatari ya kushambuliwa na wadudu au ukungu

1. Kukausha

Zingatia unyevunyevu unaotakiwa; Mazao ya nafaka yanatakiwa kukaushwa kwa kuzingatia kiwango cha 12% hadi 13% cha unyevunyevu kabla ya kuhifadhi

Mbinu: Tumia vichanja vya kukaushia, vikaushio vya jua, au tumia maturubai kwenye eneo la tambarare ili kuepuka mazao kugusana moja kwa moja na ardhi, ambayo inaweza kusababisha mazao kuchafuka na kuoza. Epuka kukausha kupita kiasi ambacho kinaweza kusababisha mbegu kupasuka na kuvunjika.

2. Kupura na Kupepeta

Kupiga: Tenganisha taratibu nafaka kutoka kwenye mmea(mfano tetenganisha mbegu za mahindi kutoka kwenye gunzi). Ukipiga kwa mikono unapaswa kuwa mwangalifu. Unaweza pia kutumia kupigia kwenye sakafu safi au kwa kutumia magunia/maturubai ili kupunguza kuvunjika kwa nafaka.

Usafi: Tumia ungo kupepeta au kurusha nafaka kwenye upepo ili kuondoa makapi, uchafu, na vitu vyepesi visivyotakiwa.

3. Uhifadhi

Usafi wa Mazingira: Hakikisha vifaa vya kuhifadhi nafaka vimefagiliwa, kusafishwa, na kutengenezwa vizuri (ziba nyufa zozote kwenye kuta au sakafu) kabla ya kuingiza nafaka mpya.

Udhibiti wa Wadudu: Tumia kinga zilizoidhinishwa ili kuzuia panya na wadudu wa shambani kwenye eneo la kuhifadhi nafaka.

Uhifadhi wa Mazingira: Hifadhi nafaka kwenye vyombo vilivyofungwa vizuri, visivyopitisha hewa (kama vile maghala ya chuma au mifuko ya Uhifadhi wa Mazao Iliyoboreshwa ya Purdue/PICS) ili kuua wadudu kwa njia ya asili na kuzuia unyevu bila kutumia kemikali.

Ufuatiliaji: Kagua nafaka zilizohifadhiwa kila mwezi ili kuona kama kuna dalili za joto kali, unyevu, au uharibifu wa wadudu

III. Miongozo ya kuhuisha Mashamba ya miti

Kuhuishwa kwa mashamba ni muhimu sana kwa sababu baadhi ya Wakulima mashamba yao ya miti yaliwekwa alama kuwa hayapo hai na kwa sababu hayakuweza kufikiwa kwa kuwa yalikuwa na vichaka/machafu au sababu nyingine na baadhi yaliondolewa kimakosa kutokana na matatizo ya kiufundi. Tunataka kuwahudumia wakulima kuhuisha mashamba yao ikiwa watatunza miti kwa dhati. Kumbuka kwamba uhuishaji wa Mashamba haya hautajumuisha baadhi ya mashamba ambayo miti imevunwa.

Mwongozo wa kuhuisha mashamba ya zamani
Mkulima anatakiwa kutuma ombi la kuhuishiwa shamba wakati wa Mkutano wa Klasta. Anapaswa kueleza kwa nini anataka shamba hilo lirejeshwe.

Mtumishi wa Klasta/Mtakwimu akiridhika na ombi, atembelee shamba hilo na kulifanyia tathmini. Ataagalia ikiwa shamba bado liko na miti na atapiga picha za shamba hilo.

Mtumishi wa Klasta/Mtakwimu anapaswa kutuma picha za mashamba hayo kwa viongozi wa TIST au Mkaguzi (Desk Auditor).

Picha zinapaswa kuchukuliwa kama shamba lina miti au la. Hata kama halitastahili kuhuishwa, Mtumishi wa Klasta anapaswa kuendelea kutuma picha.

Kisha Mtumishi wa Klasta/Mtakwimu atatoa ripoti yake wakati wa mkutano wa Klasta unaofuata. Ikiwa viongozi wa Klasta wanapendekeza shamba kurejeshwa, Mtumishi wa Klasta atazingatia shamba hilo na kupeleka ombi hilo kwa Mtaalamu wa TEHAMA.

Mtaalamu wa TEHAMA ataipitia na kuirejesha.

Baada ya shamba kurejeshwa, Mtumishi wa Klasta/Mtakwimu atakagua shamba hilo.

Inapendekezwa kwamba Mashamba yote ya Kikundi yakaguliwe upya.

Wakulima wote wa TIST tunakumbushwa kupanda miti ya asili kwa sababu inastahimili mabadiliko ya tabia nchi na hali ya hewa kwenye maeneo yetu. Pia tupande miti mingine ya matunda na mingine ya karanga faida kubwa kwa ajili ya chakula na kuuza

IV. Asante TIST kwa kunisaidia kutunza mazingira na kupata faida nyingine, ninafurahia kuendelea kutunza mazingira kwa kupanda miti zaidi! Mkulima Marry Singo kutoka Kisarawe

Mimi ni Mkulima wa TIST jina langu ni Mary Singo natokea Klasta ya Kisarawe, Kikundi cha Chole Mission, chenye namba ya TIST 2024TZ224

Mwaka 2021 ilikuwa ni mara yangu ya kwanza kusikia habari za TIST. Nilipata habari za mradi huu kutoka kwa watu watatu tofauti; mchungaji wangu mwangalizi, Mtumishi wa Klasta Sultani, na (Champion) Mhamasishaji wa Mradi wa TIST jina lake Mary. Baada ya kuhudhuria semina mbalimbali za TIST na kuridhika na maelezo niliyopatiwa niliamua kujiunga.

Nilivutiwa na mambo mengi ambayo yalinifanya nijiunge na TIST ikiwemo kutunza mazingira kwa njia ya kupanda miti pamoja na kufanya biashara ya kaboni kupitia miti yangu ninayopanda. Nawashukuru wahamasishaji wa mradi tangu nimejiunga TIST wameendelea kunihamasisha pamoja na wanakikundi wenzangu kuhusu upandaji miti, nami nimekuwa nikipanda miti mbalimbali kwenye shamba langu kila mwaka. Shamba langu lina ekari tano (5) lenye aina mbalimbali ya miti iliyo hai kama vile mitiki, miembe, mipera na milimao. Nina mpango wa kuendelea kupanda miti ya aina mbalimbali wakati wa msimu wa mvua.

Nikiwa ndani ya TIST kama Mkulima, nimeweza kupata faida nyingine nyingi kwa kupanda miti ya aina mbalimbali shambani kwangu. Faida hizi ni kama ifuatavyo;

Miti inanipa kivuli, hewa safi na imeongeza rutuba shambani kutokana na majani yanayoanguka na kuoza kwenye udongo.

Kuuza matunda kumenisaidia kupata mradi wa kufuga kuku na mbuzi, pamoja na biashara ya genge lenye bidhaa mbalimbali za kupika mfano nyanya, vitunguu, viazi, chumvi nk.

Kutokana na semina mbalimbali kuhusu nishati safi, ninatumia jiko la gesi kama nishati safi kwa ajili ya kupikia. Jiko hili linarahisisha maisha kwani natumia muda mfupi kupika na kupata muda wa kufanya kazi nyingine za maendeleo na za kijamii, lakini pia napika bila kupata athari ya moshi kwa afya yangu.

Mimi na familia yangu tunaboresha afya zetu kwa kula matunda kutoka shambani, mayai na nyama kutoka kwenye kuku na mbuzi ninaofuga. Pia tunapata mbolea ambayo inasaidia kukuza mazao shambani wakati wa kilimo na tunapata kipato kutokana na mauzo ya mifugo pamoja na mauzo ya vitu vya kwenye genge.

Pia kwenye mradi wa TIST ninaendelea kujifunza na kufurahia mambo mbalimbali ikiwemo masuala ya uongozi ambao ni wa mzunguko. Kwenye kikundi changu uongozi unabadilika kila mwezi na kwenye Klasta yangu uongozi unabadilika kila baada ya miezi minne. Kwa sasa mimi ni kiongozi mwakilishi wa wanawake kwenye Klasta yangu.

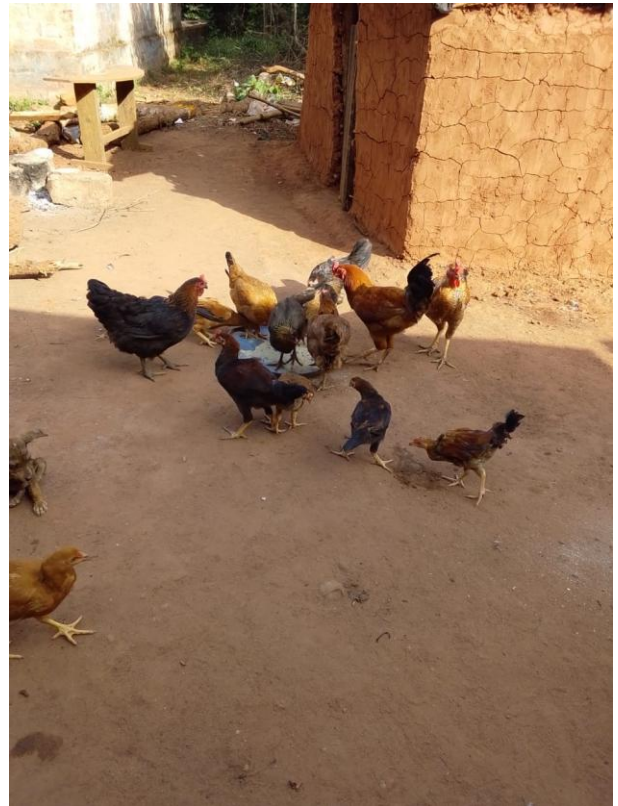
Kama mwana familia ya TIST ninafahamu Maadili yetu ya TIST, mimi ninafurahia na kutekeleza “Sisi ni wawajibikaji” kwa sababu inanifanya muda wote niwe na kazi ya kufanya na kuwajibika ili kutimiza malengo yangu niliyojipangia

Mbinu Bora nilizotumia hadi kufikia mafanikio yangu nikiwa ndani ya TIST ni Kufanya kazi kwa bidii, ninatoa mawazo kwa wakulima wengine wanaofuga kutumia njia za asili kutibu magonjwa ya mifugo, ninaotesha miche na kuwauzia wakulima wengine ambao hawana.

Asante TIST imenisaidia kutunza mazingira na kupata faida nyingine, ninafurahia kuendelea kutunza mazingira kwa kupanda miti zaidi!



Picha 2: Mkulima wa TIST Mary Singo kutoka kikundi cha Chole Kisarawe



Picha 4: Kuku wa Mary

Picha 3: Mbuzi wa Mary wakichunga



Picha 5: Baadhi ya mbuzi wa Mary wakiwa

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MAADILI YA TIST

Kama Familia ya TIST tuna Maadili yetu ambayo wengi wa Wanavikundi Vidogo vya TIST wanayajua na kuyatekeleza. Daima tunatafakari juu ya Maadili haya na kuhakikisha kwamba sote tunaishi kulingana nayo. Mafanikio ya TIST yanatokana na uadilifu na juhudi za wanachama binafsi ndani ya TIST. Tunachoweza kufikia inategemea kila mmoja wetu kufuata Maadili haya;

Sisi ni Nani?

- 1) Sisi ni waaminifu.
- 2) Sisi tunatoa taarifa sahihi.
- 3) Sisi ni wawazi
- 4) Sisi tunatumikiana.
- 5) Sisi ni wawajibikaji
- 6) Bajeti Ndogo, Matokeo Makubwa

Jinsi tunavyofanya mambo ambayo watu wengine wanaweza kuona

- 1) Sisi tunajitolea.
- 2) Tunafanya kazi zetu katika vikundi vidogovidogo
- 3) Tunatafuta na kutumia njia bora
- 4) Tunatumia akili na mikono yetu.

Tunachofanya

- 1) Tunapanda aina mbalimbali za miti itakayodumu kwa muda mrefu.
- 2) Tunafanya mambo kuboresha afya zetu.
- 3) Tunafanya Kilimo Hai.
- 4) Tunafanya miradi na biashara zingine.
- 5) Tunafanya biashara ya hewa ya kaboni.

Tunafanya.

- 1) Tunaunda kazi ya timu—kwa kufanya mambo kwa njia hii; tunaishia kufanya kazi kama timu.
- 2) Tunajenga Uwezo-tunaunda shirika, nguvu, na mfumo ambao ni imara.
- 3) Tunafanya mambo yanayotufurahisha-tunaona matokeo, tunatimiza mambo makubwa ambayo tunafurahia
- 4) Tunafanya mambo yanayoleta matokeo makubwa-matokeo makubwa ya upandaji miti. matokeo makubwa katika Kilimo Hai na matokeo makubwa kutokana na miradi na biashara zingine tunazofanya.
- 5) Tunatumia gharama ndogo za Utawala, lakini tunapata matokeo makubwa.