

FOR CHILDREN  
FOR CHANGE  
FOR LIFE

# VOICES OF CHANGE

FARMER MANAGED NATURAL REGENERATION (FMNR) NEWSLETTER

**Making connections for the whole child**

# WHO WE ARE

Founded in 1950, WorldVision is an international partnership of Christians serving children, their families and communities in conditions of poverty in nearly 100 countries, primarily through programmes of community development, disaster management and promotion of justice.

WorldVision began operations in Kenya in 1974. Its more than 800 committed development staff members work in 52 Development Programmes in 35 counties country-wide. Through valued partnerships, WorldVision Kenya supports communities to access the knowledge and resources needed to improve the well-being of children and overcome poverty.

WorldVision has four strategic goals regarding the well-being of children:

- Children enjoy good health.
- Children are educated for life.
- Children experience love of God and their neighbours, always being mindful that World Vision is a guest in cultures that hold many diverse beliefs.
- Children are cared for, protected and participating in the decisions that affect their lives.

WorldVision Kenya works with the most vulnerable children and communities regardless of religion, race, ethnicity or gender.

## Our Vision

Our vision for every child, life in all its fullness; our prayer for every heart, the will to make it so.

## Mission

WorldVision is an international partnership of Christians, whose mission is to follow our Lord and Saviour Jesus Christ, in working with the poor and oppressed to promote human transformation, seek justice and bear witness to the good news of the Kingdom of God.

## Our core Values

We are Christian  
We are committed to the poor  
We value people  
We are stewards  
We are partners  
We are responsive

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# ABOUT FARMER MANAGED NATURAL REGENERATION (FMNR)

FMNR is a rapid, low cost, easily replicated approach to restoring and improving agricultural, forested and pasture lands through reforestation and agroforestry. It is an approach by which a farmer takes a decision to regrow trees in his/her farm without planting new trees. FMNR is based on the systematic re-growth of existing trees or self-sown seeds, and is possible wherever there are living tree stumps with the ability to re-sprout or seeds in the soil that can germinate. When trees are cut down, most species' root system remains alive, underground. The underground forests are vast with millions of trees waiting to be regenerated.

**FMNR is the systematic regeneration of this underground forest. FMNR encourages natural tree re-growth by selecting, pruning and protecting naturally regenerating trees, and uses living rootstock making sprouting of tree stumps easier, making it cheaper than tree planting.** The approach has proved to have a great potential in restoring tree cover.

FMNR seeks to address;

- Conflicts over water and pasture
- Decreasing biodiversity
- Severe and recurrent drought leading to food and water shortage at household level
- Food insecurity and malnutrition
- Chronic or repeated disasters

The concept of FMNR is spread from farmer to farmer through trained farmers who act as FMNR extension agents. These community members train and do follow up of farmers in their villages triggering adoption as farmers 'believe their own'. In addition, the extension agents are equipped with advocacy skills. This approach has enabled farmers to have community dialogues in local level legislative and policy processes on matters of FMNR and Natural Resource Management (NRM). The communities can engage policy makers in different county forums and participate in legislation and budget processes in their respective Counties. All this has accelerated the adoption of FMNR.

Through FMNR, it is envisaged that large scale people-led environmental restoration will be achieved with participating communities and individuals benefiting through the impact of FMNR on poverty alleviation, enhanced food security, greater resilience to natural disasters, adaptation to climate change and decreased resource-based conflict.

FMNR publication is produced by World Vision Kenya FMNR project funded by DFAT (Department of Foreign Aid and Trade) and World Vision Australia.

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# Fast Facts

The transformation experienced by farmers and partners was confirmed through FMNR Mid-term evaluation findings conducted in 2016 compared to baseline survey findings conducted in 2013 at the inception of the project; Increased tree cover was evident across the three (3) ADPs. The number of trees increased from a median of nine (9) trees per acre at baseline survey (2013) to a median of **30 trees** per acre at Mid-term evaluation (2016). There was also a significant correlation between casual labour, livestock and livestock product as sources of livelihood and tree density. Households that had higher tree densities had higher income from livestock products and less income from casual labour compared to households with lower tree densities and less income from livestock products. This was due to increased grass and fodder for livestock from FMNR which led to increased household income from livestock products.

47%

Farmers practicing FMNR made an income from tree and non-tree products such as charcoal, firewood, fruits, medicine, pasture, bee-keeping. This was higher compared to the baseline where **31%** farmers reported making an income in 2013.

44.4%

Farmers practicing FMNR reported an increase in crop production as a result of growing crops with trees. These households attributed increased crop production to FMNR practices. This implies that FMNR can contribute to improved food security in areas that are heavily deforested and degraded.



76%

Farmers practicing FMNR are concerned about soil erosion control structures in their farms as compared to the low figure of **31.2%** at base line during the Mid-term evaluation in 2013. FMNR has positively influenced farmers to adopt best soil and water conservation methods.

Through FMNR, communities have diversified their sources of livelihood. During the Mid-term evaluation, only **25%** of the households sold a portion of the staple food to meet their family daily expenditures.

This proportion is significantly lower compared to **69%** during baseline.

Adoption of FMNR has improved household livelihoods. Households used to sell part of their main staple food to meet daily expenditure or pay school fees for their children. This implies that FMNR has a great potential to create food secure communities and contribute positively to the general household food security and well-being.

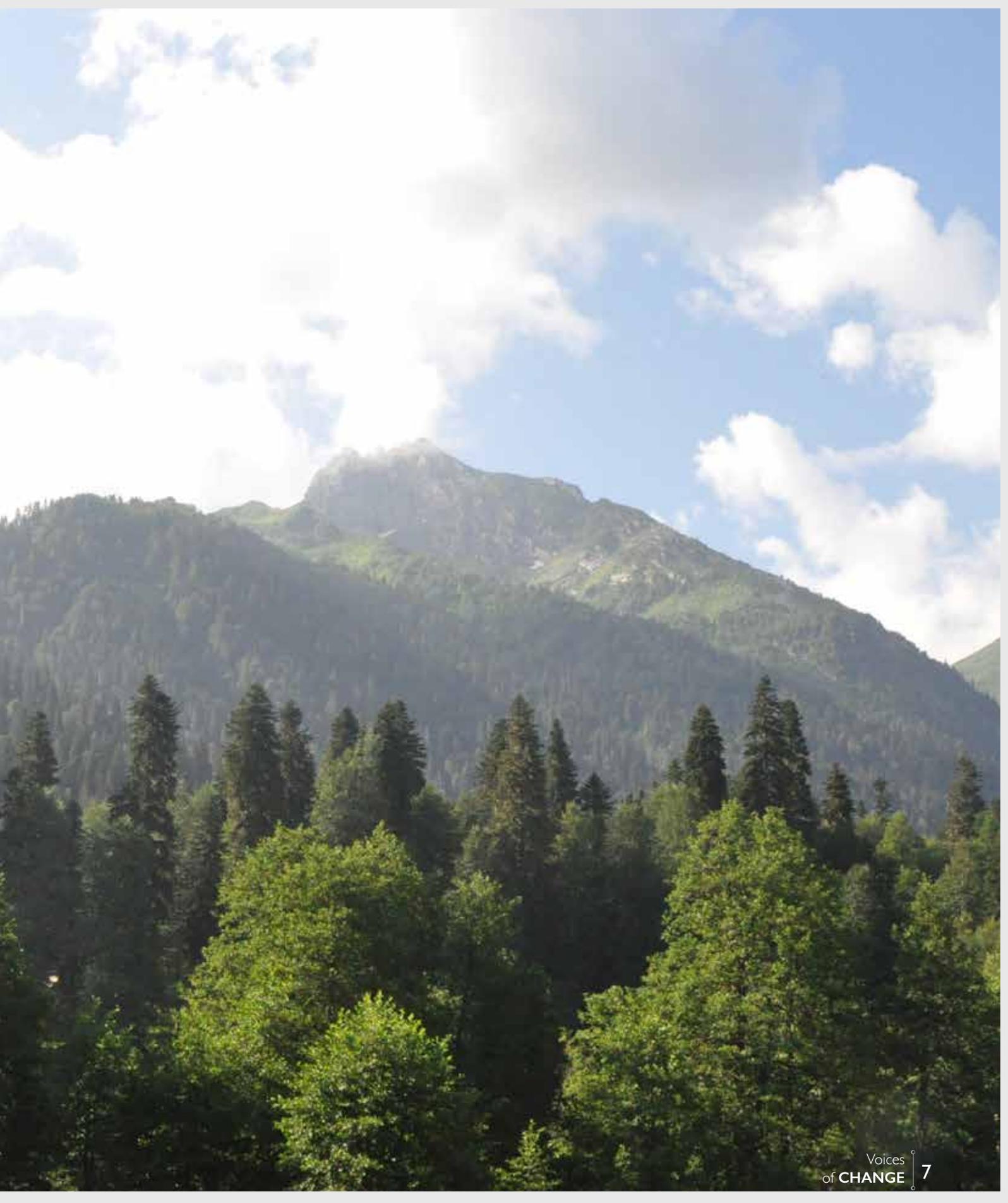
FMNR has improved access to firewood as many don't have to look for firewood as they now have it on their own farms.

91.3%

Farmers practicing FMNR reported to source firewood from their own land which is significantly higher compared to the baseline survey, where **76.4%** reported to source firewood from their own land. FMNR has enabled sustainable supply of firewood. Women and children have been relieved from the burden of walking long distances in search of firewood. Children can now have adequate time to study,

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# FOREWORD FROM THE OPERATIONS DIRECTOR



**Daniel Mwebi,**  
Operations Director,  
World Vision Kenya,  
2015

THERE IS NEED TO PROMOTE SUSTAINABLE LOW COST, COMMUNITY DRIVEN LAND MANAGEMENT PRACTICES TO ADDRESS THE CRISIS OF WIDESPREAD LAND AND ENVIRONMENTAL DEGRADATION.

Kenya is currently experiencing the negative social, economic and environmental impact of climate change and environmental degradation. Over 70 percent of natural disasters are related to extreme weather and climate. Pastoralists are experiencing a higher frequency of drought and conflict, over water and pasture. Unfavourable conditions for the production of staple food crops and less agricultural and food production exists. One of the major contributors to climate change is deforestation of forests and farmlands. Felling of trees and clearing land for agriculture with subsequent burning of cleared forest land is destroying live stumps which prohibits any future growth or possibility of tree regeneration.

With 80 percent of Kenya's population living on small- scale farming, and over two-thirds of its landmass in arid or semi-arid climate zones, and a population growing at a rate of over a million per year, forest cover has experienced a sharp decline in recent decades. Reduction of forest/tree cover has resulted in a number of adverse impacts including increased vulnerability due to decrease in crop yield, drying up of rivers, increase in market prices attributed to low crop productivity, displacement or migration, and drought. Seventy percent of households use biomass such as firewood and charcoal as a source of cooking energy. This has continued to accelerate deforestation and land degradation.

Kenya's economy is pegged on agriculture and rural communities which are dependent upon subsistence agriculture have little opportunity beyond farming to help meet their daily needs often at the expense of the environment.

There is need to promote sustainable low cost, community driven land management practices to address the crisis of widespread land and environmental degradation. In response to this, World Vision Kenya is promoting Farmer Managed Natural Regeneration(FMNR) as one of the priority interventions to address environmental degradation and enhance food security for household resilience. The project is piloted in three World Vision Area Development Programmes in Baringo and Nakuru Counties.

The FMNR model has been adopted by a growing number of farmers. FMNR is cheap to implement, and helps address their needs. This has resulted in a community championed movement, dubbed locally as '*environmental evangelism*'. Benefits reaped from FMNR have impacted households directly through increasing household income and food security, improving household resilience.

World Vision Kenya acknowledges DFAT (Australian Department of Foreign Aid and Trade), the sponsors of this initiative.

The '*Voices of Change*' magazine highlights testimonies from project beneficiaries including the Government. It shares our experiences with partners with a view to promote synergy and knowledge sharing on the FMNR model.

Thank you.

# MESSAGE FROM THE ASSOCIATE DIRECTOR, LIVELIHOODS & REESILIENCE



**Lawrence Kiguro,**  
Associate Director  
Livelihoods and  
Resilience,  
World Vision Kenya,  
2015

**FMNR IN PRINCIPLE  
ENTAILS ALLOWING  
EXISTING TREE STUMPS  
OR SELF-SOWN SEEDS TO  
RE-GROW INTO USABLE  
TREES BY PRUNING AND  
PROTECTING THEM.**

Agriculture is the largest contributor to Kenya's economy directly employing 64 percent of the population, yet it is predominantly rain-fed, making it highly vulnerable to climate change. Unsustainable agricultural production coupled with over reliance on natural resources has resulted in over-exploitation of these resources resulting in serious environmental degradation.

Kenya has experienced a series of cyclical droughts, and increased human and livestock disease incidences. This is attributed mainly to climate change. The cyclical occurrence and intensity of droughts has increased particularly in the Arid and Semi-Arid Lands (ASALs) which has an estimated 20 percent of Kenya's total population, and 80 percent of the total land area. Fifty percent of total livestock in ASALs experience droughts almost annually with an estimated two million people permanently on relief food.

To help secure a better future for every child, World Vision Kenya works with individuals and communities especially in the ASALs to sustainably manage the natural environment for improved resilience. This is achieved through transformational development models that are community based, sustainable and focused on the well being of children. Environmental restoration initiatives include the Farmer Managed Natural Regeneration (FMNR), soil erosion control interventions, Farm forestry including Agroforestry, and promotion of fuel efficient cook stoves.

FMNR seeks to increase tree cover in farms with the aim of improving food security and climate resilience among small holder farmers. FMNR is low cost, provides quick results and is an

easily replicable method to restore and improve agricultural forested and pasture land. FMNR in principle, entails allowing existing tree stumps or self-sown seeds to re-grow into usable trees by pruning and protecting them. FMNR can be used where there are living tree stumps with the ability to sprout or existing seeds in the soil that can germinate.

FMNR is also an empowering form of social forestry. It gives individuals and communities the responsibility to care and nurture naturally occurring woody vegetation and rewards them with sustainable harvesting of wood and non-timber forest products. Natural regeneration of trees (which is generally faster and less expensive than conventional tree planting by use of seedlings) restores and builds natural assets for improved livelihoods and resilience.

The FMNR World Vision Kenya project is piloted in Mogotio, Kiambogoko and Wema Area Development Programs (ADPs) in Nakuru and Baringo Counties. The success stories presented in this newsletter are a testimony of ways FMNR contributes towards building climate resilience of households and communities. It is also an indicator of what FMNR can contribute towards the attainment of the UN Sustainable Development Goal (SDGs) number 15 as well as the Kenya Government's Vision 2030 to achieve 10 percent forest cover.

Thank you.



A teacher from Emarangishu Primary School trains children on FMNR

# FMNR IMPACTING SCHOOLS AND CHILDREN

The FMNR project trained school heads and patrons on FMNR concepts, who in turn, trained school children through FMNR clubs. Children's participation in FMNR has accelerated the adoption of FMNR in the community. Children have become FMNR ambassadors and agents of change in spreading FMNR in their schools and community. They participate in creating FMNR awareness through songs, poems, FMNR walks, demonstrations and marathons.

As a result increased knowledge and understanding of FMNR among children and the community has grown. Several schools have set aside land as FMNR learning sites for the schools and the community. The knowledge transfer from schools to homes, has increased the spread and acceptance of FMNR.

Community ownership of FMNR has also grown. Here are a few stories by students on the impact FMNR has had on their lives.

## FMNR a blessing to us



Story by Kibe,  
Wema ADP, Nakuru County.

FMNR has brought many blessings in our home. My family is getting a lot firewood from the pruned branches and from the trees in our FMNR site. We have enough firewood at home that can take us the whole term and I cannot therefore miss classes as I do not have to go to look for firewood from the forest, which is 5 kilometers away. I no longer come home as early as 2:00 pm to fetch firewood but stay in school until 4:00 pm studying.

Our two dairy cows used to produce four litres of milk per day but since practising FMNR they now produce 10 litres per day. I can now drink enough milk in the morning before going to school, I am happy because of this project.

## FMNR has enabled me have my own farm



Story by Moses,  
Kiambogoko ADP, Nakuru County

I learnt about FMNR from my father. I asked him to allocate me a piece of land and that is where I am practicing FMNR. Before FMNR, the part I was given had very few trees and it was bushy but now it has many trees and it has crops growing alongside the trees. I get firewood from this land which I take home. I also use the branches pruned to fence our farm and this has prevented the neighbours' goats from entering into our farm and eating our crops.

I will continue practicing FMNR even when I grow up and teach my brother and sisters.

### **FMNR has improved my marks in school**



Story by Collins,  
Mogotio ADP, Baringo County

My mother taught me about FMNR after attending an FMNR training taught by World Vision. Everyday after school my brother and I used to travel a kilometre away in search of firewood. We used to waste a lot of time and get tired thereafter that I doze off before doing my homework.

From the FMNR site, we now prune branches from trees for. For now I get enough time to study in the evening and even play with my younger brother. My school performance has also improved as this term I managed to improve to position 6 from position 13 out of 40 pupils last term. I attribute all this to FMNR. I have learnt that trees make our environment look beautiful and healthy as we get shade, wild fruits, and medicine from trees. I can only say, thank you FMNR.

### **FMNR has given me time to read**



Story by Peter,  
Kiambogoko ADP, Nakuru County

I started practising FMNR after seeing my father allowing the naturally growing trees to grow and pruning them on our farm. I got interested and assisted him as he pruned the trees and cleared the thorny bushes in our land.

I am very happy with the practice as I have realised I don't have to go in the evening after school to look for firewood, instead I can spend that time reading and doing my homework. The pasture on the farm has also increased making it possible for my brothers and sisters to look after our livestock at home instead of taking them far to graze. Now, we have more

time for play and do our homework and my school performance has greatly improved. I will continue telling my school mates about FMNR as I have experienced it myself.

### **FMNR has given me hope**



Story by Kibet,  
Wema ADP, Nakuru County

Our FMNR school patron trained us on how to manage and prune a tree. I went to share the same with my parents at home and they were happy. FMNR has now changed our home because many trees naturally grew and after pruning them, we got a lot of firewood for use. I don't go far anymore to fetch it, but I go to school early and come back after having enough studies. I also get to drink enough milk at home because our cows are producing more milk now compared to when FMNR was not there as a lot of grass grows on our FMNR site.

Now that I have enough food at home, I will work hard in my studies and ensure that I become someone useful in future. FMNR has given me hope and that of my family which is now better than before and I am grateful to World Vision for FMNR. God bless you World Vision.

### **Children as FMNR ambassadors**



Story by Sharon,  
Mogotio ADP, Baringo County

I am in standard eight and privileged to be secretary of the environmental club and one of the FMNR ambassadors in our school. The club started after our teacher attended FMNR training.

We used to cut all the trees in our compound and plant exotic trees which did not survive. When our club was formed and we were taught about FMNR, we allowed naturally growing trees and shrubs to grow in our school and got

firewood after pruning. We have also composed poems and songs on FMNR. In our home we practice FMNR and I no longer travel far in search of firewood. FMNR has taught me environmental conservation. I now have enough time to study for my exams at the end of the year and I am sure I will perform better.

FMNR is life and we must do it.

### **FMNR benefit in Emarangishu Primary School**



Story by Mr. Cheplegu Kigen,  
Teacher Emarangishu Primary School, Wema ADP, Nakuru County

FMNR has really changed our school for good since we began practising it. We began by setting aside a demonstration site for FMNR. Everyone in the school received knowledge from the demo site and a majority of our children and teachers are practising it in their homes. A lot of trees have grown naturally without planting. Currently the school is earning good income from selling what we get from the pruning of the trees where a bundle goes for about 100 Kenya shillings. So far the school has sold over 200 bundles, earning the school 20,000 Kenya shillings (200 USD).

I am also happy that after adopting FMNR, a lot of grass grew on the site and we managed to sell 100 bags to the nearest farmers earning us 15,000 Kenya shillings (150 USD). The money accrued from sale of the grass was used for school repairs including the school fence, chairs and tables. We are also happy the lives of many children have been improved both in school and their homes since they obtain food such as milk. Enrolment has also improved in our school since majority of our children no longer stay at home searching for food or going far to fetch firewood.

We expect the school enrolment to rise over time. We plan to introduce school feeding program to utilize the firewood

we obtain from pruning so that we can improve the well-being of our children. As the head teacher of the school, I will continue supporting FMNR until everyone is transformed in our society especially on matters of food security and conservation of the environment.

Many thanks to World Vision Kenya for their support and love in improving the living standards of our children and those for our community.

### FMNR benefits in Kong'asis Primary School



Story by Mr Njeru Head Teacher, Kong'asis Primary School, Kiambogoko ADP, Nakuru County.

Early last year I wanted to clear this field by uprooting all the trees and stumps and converting it into a playing ground. But, after I and teachers from my school underwent the FMNR training, we decided to set the field aside as an FMNR learning and demonstration site, an idea that was supported by the school committee.

Now the trees have really grown and we are seeing sprouting of many new tree seedlings that were not there before. This has improved the aesthetic image of the school as this area is usually very dry and devoid of vegetation. Having a forest in school is setting a good example not only for the children and teachers but also for the entire neighbouring community.

I WILL CONTINUE PRACTICING FMNR EVEN WHEN I GROW UP AND TEACH MY SIBLINGS

The site is well maintained as the school's environmental club members regularly manage the site by pruning the trees and clearing the bush. The site usually attracts a lot of parents who visit the school and some have adopted the project in their

homes. This is one of the factors that has contributed to the increased number of FMNR adoption within World Vision's programme areas. Parents get information on FMNR from their children who already have practical knowledge and skills on how to implement the project from the school farm.

### FMNR benefit in Legetetwet Primary School



Story by Mr Dickson Changwony, Head Teacher, Legetetwet Primary School, Mogotio ADP, Baringo County

I learnt about FMNR through a sensitization meeting of head teachers by World Vision. I had non-economical shrubs growing on the school compound and was planning to slash them to make the compound tidy. I once tried to plant exotic tree species in the school but none survived because of the harsh weather conditions in our locality.

One teacher from our school was also trained by World Vision as the environmental patron. The club was formed and they embarked on pruning bushy indigenous trees and managing the naturally sprouting tree seedlings on our compound. Now, we harvest firewood from pruned branches for our school. This, saved us half the money we used to buy firewood during the term. We now use the savings to support the school feeding program.

Grass also grew on the FMNR site three months into the project and the school management leased out the grass to farmers and we received 3,000 Kenya shillings from the site. We used the money to repair desks and buy revision papers for the pupils.

Our school has become an FMNR learning site where farmers come and learn from it. We are proud as a school. FMNR is real.



A child carrying a bundle of firewood on her head to their home.

File photo | World Vision



Florence Moraa (centre) an FMNR extension agent talking to farmers during an exchange field visit.

# FMNR EMPOWERING WOMEN

The FMNR concept has empowered women. The project has involved both women and men as extension agents. In the communities where FMNR is being practised, women are perceived to be implementers and not leaders.

In the FMNR project in Kenya, things were done differently. The project emphasized women involvement from the start. Women were chosen by the community to be trained as Training of Trainers (ToTs) which was a new trend. This has led to attitude change as women are now being given other leadership roles as FMNR extension agents, something that was unheard of initially in the community.

Most women depended on their husbands for financial support, but through FMNR, they are now able to earn some income from sale of firewood, milk and kitchen gardening, empowering them economically and transforming their families.

## FMNR has earned me money



Story by Cynthia Morogo, Kasururei village, Wema ADP, Nakuru County.

FMNR has brought great benefits in my village. I began practising FMNR after being trained and chosen as an agent. I realized that it is cheap and easy to practice. I started by setting aside some area in my compound. After some time, many trees grew. New species of trees emerged. I managed the trees through pruning as trained. From the pruning I managed to get a lot of firewood and I no longer have to travel far to fetch firewood. I managed to sell 100 bundles of firewood at 100 Kenya shillings each, earning me 10,000 Kenya shillings (100USD) which I spent on my family needs.

Pasture in my farm has increased and this has increased milk production from my three cows from nine litres to 20 litres. I sell a litre of milk at 50 Kenya shillings thus

fetching 30,000 Kenya shillings (300 USD) per month, giving me more income to spend on my other household needs.

FMNR has earned me money.

## FMNR, my income generating activity



Story by Florence Moraa, Saimo village, Kiambogoko ADP, Nakuru County.

Before I started practicing FMNR, my I used to go to Eburu forest to gather firewood but the forest has been closed. FMNR came to our rescue. Through managing the naturally emerging tree seedlings on my farm I now have a lot of wood from the pruning and this has saved me a lot of time. I don't have to travel long distances to fetch firewood. I now have time to carry out other tasks including kitchen gardening where I plant a variety of vegetables. I have enough vegetables for my family and this has improved my family's diet and

health. After learning about conservation agriculture techniques through FMNR, my life was never the same again. I used a quarter of an acre to grow vegetables using conservation agriculture technique I gained. I used grass from the hills near my home as mulch and grew the vegetables. This has resulted in the production of very healthy vegetables and people come all the way from Morop with bicycles to buy my vegetables. I have a ready market at Kongasis shopping centre. I usually make 150 Kenya shillings (1.5USD) on a bad day and 400 Kenya shillings (4USD) on a good day.

My life and my family's has totally changed for the better. I now have enough money to buy all my household goods, medicine as well as afford some things such as nice shoes that was a dream before FMNR. I did not have time for all this before FMNR!

Thank you FMNR for the knowledge.

### **More money in my pocket through FMNR**



Story by Nancy Kemboi,  
Ngusero village, Mogotio ADP,  
Baringo County.

As a proud farmer, for many years, I was unable to maintain or maximize milk production from my cows because of inadequate pasture. I cut all trees on my farm but the grass grew only during rainy season and dried up immediately after the rains. Luck came knocking on my door when I was chosen as an FMNR agent by my community and later trained on FMNR principles. After surveying my farm, I found regenerating tree stumps, seeds and roots. I allowed them to grow and managed them through pruning.

From my two - acre piece of land, I got firewood, enough for three months. The grass growing under the trees is a lot. My cows which used to produce 10 litres of milk per day now produce 32 litres which I sell to Mogotio Farmers Cooperative

society. I earned 27,000 Kenya shillings (272 USD), money that I have never held in my hands!

Last year (2014) Mogotio cooperative society awarded me a milk cooler for being the most consistent supplier of milk. FMNR is my power and secret to constant milk supply.

After becoming an agent in my community, I now believe that women can also lead. They chose me as the point person for training and issues affecting women. They call me 'mama county' (Mother of the County).

FMNR has built my leadership skills.

### **Now, I am a recognised leader**



Story by Peninah Changwony,  
Kenet village, Mogotio ADP,  
Baringo County

I learnt about FMNR during a community meeting convened by our chief. The farmers in attendance from my village chose me as their FMNR extension agent. I was happy that the community trusted a woman as their leader. After the training, I practised FMNR on my farm and after some time I harvested firewood from my farm.

My husband was pleased when he saw the pruned trees from my farm. I have been training and providing extension services on FMNR to farmers free of charge. Due to my hard work and leadership skills gained from FMNR training, I was chosen by my community to represent them in the water committee and county government forums on development.

I always get an opportunity to talk about FMNR during our local chief's meetings. I am now happy that FMNR has opened the eyes of my community to invest in women leadership.

### **FMNR has given us hope**



Story by Hanna Terer,  
Chebinyiny Village, Wema ADP,  
Nakuru County

Charcoal production was the only hope and source of livelihood for me before FMNR was introduced in our village. My farm was completely bare and rocky as I had cut almost all the trees for charcoal production.

Things started changing after I stopped charcoal production and began practicing FMNR by taking care of the young sprouting tree stumps. Within a short time, more trees began to grow from the bare ground and grass grew on my farm making it sufficient for my goats.

More shrubs that were fodder also regenerated in my farm and I could see my goats browsing on them. Initially I didn't see any need for keeping a dairy cow as pasture was a problem, but now I am looking forward to buying a dairy cow. I have enough pasture.

After practising FMNR I decided to quit charcoal production and concentrate on goat rearing since I have fodder. The goats have now increased from three up to seven.

I thank God for FMNR for giving us success and hope for our children.

### **FMNR is life**



Story by Immaculate Jepkorir,  
Rocks Village, Wema ADP,  
Nakuru County

FMNR was introduced in our area three years ago and I was selected to be among the first FMNR extension agents representing Rocks Village. After attending the first training on FMNR, I thought it was almost impossible to practise FMNR in my village. It was so rocky and I thought no trees could grow. After attending

several trainings I decided to try it as the only thing I was required to do was to manage naturally growing trees.

I surveyed my farm and discovered that there were tree stumps regenerating that had been destroyed through charcoal production. This gave me hope that my farm had potential to regenerate young trees again. I immediately started managing the small regenerating trees and stopped slashing and burning as we used to do. I also taught my children on the importance of FMNR. With time, my farm started looking different, a lot of trees sprouted, and a lot of grass grew.

Things have completely changed for good. Increased pasture has enabled my cows to graze within the compound. Initially my cows produced a total of three litres but now they produce eight litres. Now my family has enough milk for consumption and sale where I earn a total of 200 Kenya shillings (2USD) per day. Besides milk production, I also harvest enough firewood from pruning giving my children ample time to collect firewood around our compound. They are also able to do homework in good time. I am also harvesting traditional herbs on my farm after some medicinal shrubs regenerated.

With all these benefits, my family is rejoicing on what FMNR has done for us. It has changed our lives and I will preach it everywhere I go until everyone adopts FMNR in our village.

### FMNR, expanded my source of income



Story by Mirriam Lagat, Ngata Village, Kiambogoko ADP, Nakuru County.

I learnt about FMNR from the FMNR extension agent in charge of my area

After that, I decided to set aside half an acre of my farm for FMNR. My main concern was firewood and I was also keen on environmental conservation after most of the trees in my area were cut

down. I wanted my farm to be different from others and through FMNR I have realised my dream.

I never expected the trees to grow fast but, with care and protection I can now boast of a small forest on my own farm. I started taking care of the sprouting trees and with time I noticed that there were different species of trees on the farm. I regularly prune the trees from which I get firewood for my household. From this my children have more time to study as they don't travel far to look for firewood.

After pruning the trees I noticed that grass is now growing fast. I am happy now that even during this dry season, my cows have enough pasture. I also use firewood pruned from my farm in a food kiosk that I run in Kongasis centre. Before FMNR, I used to spend 200 Kenya shillings (2USD) daily to buy firewood for cooking but now with the firewood from my farm, I spend half the amount. This has increased my profits and enabled me to expand my food kiosk.

I am thankful for the great knowledge that I got on FMNR!



A woman winces in pain caused by the heavy stack of firewood she is carrying.

File Photo | World Vision.



FMNR extension agents during a Trainer of Trainer event.

# FMNR IMPACTING HOUSEHOLDS

The FMNR project model uses a bottom-up approach to roll out the concept at the grass root level. Farmers are trained as extension agents and are responsible for training other farmers in their villages on FMNR techniques. The extension agents are regarded as *'catalysts of change'*. The farmer to farmer method has spread as farmers only trust their own as carriers of the message.

The FMNR model has been picked up very fast by farmers. It is low cost, and adaptable to farmers situations and needs. The approach has proved to have a great potential in restoring tree cover on farms. Through the regeneration of trees from the *'underground forest'*, that is tree stumps, roots and seeds in the soil, degraded lands are being restored.

FMNR has increased farmers supply of a wide range of products that farming households can consume or sell including food, medicine and fodder. Some farmers have started realizing increased

crop production unlike before, directly impacting households, and transforming lives.

## Increased harvest through FMNR



Story by Mr. Ogendi, Cypress Village, Kiambogoko ADP, Nakuru County.

I made a mistake by removing all the local trees on my farm. I wanted to plant only exotic trees. I am happy I set aside a part of my land for FMNR. I am now seeing the fruits of my decision. I now have an all-year round supply of firewood from branches pruned from trees on my FMNR site. The demand for firewood has also gone beyond my own needs. I get orders from neighbours especially during wet season and also during local ceremonies where firewood is used for cooking. I sell a bundle (head load) of firewood at 500 Kenya shillings (5USD), money which I wouldn't have gotten if I hadn't left the trees to grow.

With enough firewood on my farm, the most relieved person is my wife.

Due to the extra time at hand, my wife has more time to tend to the vegetable garden where she grows *managu*, a local vegetable, which she sells to buy household items like salt and sugar. Because my farm is on a hill, it used not to be very productive due to soil erosion. It used to be very bad at times that I could only manage to harvest eight up to 12 bags of beans but, now I can boast of harvesting up to 30 bags of beans. I attribute this achievement to FMNR. Out of the 30 bags, I sold 20 bags of beans at 800 Kenya shillings per bag (770USD) while the remainder I kept for my household consumption. I used to have problems paying my children's school fees but the money I got was enough to pay the fees for my children in both secondary and primary schools.

### FMNR has restored my degraded land



Story by Aron Bowen,  
Chemasis Village, Wema ADP,  
Nakuru County.

FMNR is a wonderful project. Before introduction of the project in my village, most areas were degraded and the vegetation cover was very low due to massive destruction on vegetation for charcoal production. As the FMNR chairman in my area, I decided to lead by example by practising FMNR on my farm that had little vegetation cover. After receiving training on FMNR, I surveyed my farm and realised that it had young shoots of indigenous trees growing, I allowed them to grow instead of uprooting them as I used to do before.

A lot of trees have naturally grown and the tree cover has increased tremendously. My land is no longer as bare as before. I am happy that most of my neighbours have adopted FMNR. The nearby school, Chemasis Primary School was not left behind; I managed to work together with the school FMNR patron on the possibility of adopting the project and I am happy the school is now practising FMNR.

The FMNR site on my farm has given me a number of benefits including the use of branches for fencing and firewood. More grass has grown and my milk production has increased from nine up to 15 litres per day from my three dairy cows.

Through FMNR, different tree species that had disappeared have started sprouting. FMNR has increased vegetation cover and I am happy about it.

### From a casual laborer to an employer



Story by Jonathan Lagat,  
Ngubereti Village, Mogotio  
ADP, Baringo County.

As a farmer, I used to seek for casual work to get money to buy food for my family. Though I had cattle on my farm, they were producing very little milk, just enough for home consumption. When I learnt about FMNR, I decided to adopt it. This was my turning point. On my two acre FMNR farm, I harvested grass that was sufficient for my livestock and sold the surplus, which was 50 bags of ground grass at a cost of 500 Kenya shillings per bag. It earned me a total of 25,000 Kenya shillings (252USD). Milk production from my two cows has increased from two up to nine litres per day. I sell seven litres to Mogotio Cooperative Society on a daily basis, earning me 210 Kenya shillings (2USD) per day.

Now, I earn enough money to cater for my family's basic needs. I have managed to employ one casual labourer to assist me since I cannot manage the amount of workload that has increased on my farm. I attribute all of this to FMNR.

My wife has also benefited from firewood from pruned branches. She used to spend an average of three hours a day travelling in search of firewood but she has now dedicated the time to other economic activities. She has a kitchen garden which she grows vegetables for consumption and sale to neighbours and a nearby school, earning 300 Kenya shillings (3USD) per day.

FMNR has become my life changer.

### FMNR has reforested my once barren land!



Story by Kennedy Mogaka,  
Kiambogoko ADP, Nakuru  
County.

From the time I got this farm, I always planted trees but their survival rate was very minimal. During droughts I used to go fetch water a kilometre away to irrigate the trees. This was tiresome for both my wife and I as we also had to fetch water for livestock and domestic use. We had to prioritize water usage and trees were the last priority. As a result the trees dried up.

I attended FMNR training and that is when I realised the mistake I had been making. I used to cut and destroy all the shrubs in my farm as I prepared to plant crops or other trees. I never thought that the shrubs and stumps can actually grow to become trees given time and protection. Now I have a forest of indigenous trees, thanks to FMNR.

I DECIDED TO LEAD BY EXAMPLE BY PRACTISING FMNR ON MY FARM THAT HAD LITTLE VEGETATION COVER.

The FMNR project could not have come at an appropriate time as now. The introduction of the project was at a time when the Eburu government forest was being fenced off stopping us from getting firewood. Now my wife gets firewood directly from our farm. This has given us more time to concentrate on a tree nursery which we have started as an income generating activity.

Right now I have different varieties of tree and fruit seedlings which I sell to other farmers. I sell a seedling for 10 Kenya shillings. So far, I have been able to sell more than 5000 seedlings to schools,

groups and other farmers from my village. I have earned over 50,000 Kenya shillings (500USD). I used some of the money to buy school uniforms and pay school fees for my children, something that was a challenge before the introduction of FMNR.

Under the FMNR project, we were trained on the need to have alternative livelihood options so that we do not cut trees until they are mature for the intended use. I was trained on modern bee-keeping and I now have beehives on my farm. In a good season when there are good rains and many flowers, I harvest and sell between eight up to nine kilograms of honey at 800 Kenya shillings per kilogram.

I am very thankful for FMNR as I would still be where I was three years ago.

### Increased yields at reduced cost



Story by Elijah Oyaro, Olesirwa Village, Kiambogoko ADP, Nakuru County

After learning about FMNR, I decided to practice it together with crops on my four acre piece of land. It's now two years and the benefits are so many. Before, there was a lot of erosion as I had chopped off most of the trees in preparation for planting. After two years of practicing FMNR the tree stumps on my farm have sprouted and through FMNR knowledge I let them grow and manage them through pruning.

Other trees have also emerged naturally, increasing the number of trees on my farm. The trees have improved my farm. I used to apply 50 kilograms of fertilizer on my four acre farm, but now I apply 25 kilograms. This, has saved me a lot of money. The production on my farm has also increased, I used to harvest five bags of maize but now I am getting seven bags of maize. I can comfortably feed my children.

My wife no longer has to go to the forest and spend more than six hours to look for firewood. She now has enough firewood within the compound. This has made it possible for her to expand her vegetable garden. The trees I left in between the vegetables provide shade especially during the dry season.

Before FMNR we used to cut down all the trees and uproot the stumps with the belief that we are creating space to grow crops. FMNR has changed my mind.

### More milk production through FMNR



Story by Nelson Morogo, Emarangishu Village, Wema ADP, Nakuru county

I began taking care of naturally growing trees in my farm when I received training on FMNR. Initially I had little grass growing on my farm. After a short while, grass and different tree species began to grow. This was an encouragement to me making me love FMNR with all my heart. I managed to harvest about 100 bags of grass at the beginning and sold some at 100 Kenya shillings per bag. The remaining ones I dried and stored them for future use during the dry season. Before FMNR, my three dairy cows produced only 10 liters of milk but after practicing FMNR I milked 30 litres from the same cows. I supply my milk to the Kamarus Dairy and Cooperative Society who have recognized my hard work through increased milk production. Due to increased pasture, I am really happy and look forward to increasing the number of dairy cows.

My wife and children no longer walk long distances in search of firewood since it is available within the compound. My granddaughters get enough time to study and play. My wife sells excess firewood to nearby school and households. A bundle of firewood is sold from between 50 Kenya shillings to 100 Kenya shillings (1USD). Other benefits from FMNR is that I have started bee-keeping due to increased flowers on trees on farm.

### FMNR is a gift to my family



Story by Titus Songonyo, Chepsilangwa Village, Mogotio ADP, Baringo County

My farm had no trees. I used clear and burn all vegetation. so that I can plough and plant crops. I used to lease land for my cows to graze. Since I started practising FMNR, things have changed. I now have enough grass growing on my farm. I have even harvested grass and stored for the dry seasons. The pruned indigenous acacias on our farm have grown very fast and now the vegetation cover has increased.

As a family we have managed to harvest more pasture for our dairy cows. We have experienced increased milk production from our four cows, from four up to seven litres per cow. I increased the number of cows due to increased pasture from four cows up to 16 cows.

I love FMNR and I will continue practising it and share the same knowledge and experience with my neighbours.

### Gold from a degraded hill



Story by David Korir, Kenet village, Mogotio ADP, Baringo County

I bought this hilly land 10 years ago from my neighbour who thought it had no value since it was highly degraded. I worked on the farm but gained little from it due to its low productivity.

After I learnt about FMNR, my energy was renewed. I pruned the trees and managed the stumps and seedlings on the farm. I used most of the pruned branches to fence my farm. From the five acres, I harvested grass which I stored and fed my 12 cows for four months during the dry spell. This amazed my neighbour who sold the land to me.

When other farmers were destroying trees by cutting them as fodder for their cattle, I was feeding mine with grass. My two bulls fetched a good price when I sold them since they were fat. You see I have built a store for the grass. Now, I want to acquire more dairy cows.

FMNR has changed the once useless land to a land of great potential. The value of my farm has tripled, since FMNR.

### Better yields through FMNR



Story by Musa Chehelgo,  
Kongasis Village, Kiambogoko  
ADP, Nakuru County.

Before I carried out FMNR, the farm was very bushy and uneconomical. I never let my cows graze in it because of dangerous snakes and thorns that could harm the livestock. There was no grass on the farm because of weeds. After learning about FMNR, I pruned the existing trees, managed wild seedlings and tree stumps, and cleared shrubs. Transformation happened immediately on my land. Trees and grass grew and to my amazement, even the poisonous snakes disappeared. I can now comfortably get pasture for my cows. The cows no longer have to go far to my other farms for pasture especially during the rainy season. This, has seen milk production rise from four litres to 10 litres per day earning me a total of 400 Kenya shillings (4USD) per day.

The trees on my farm also provide my family with enough firewood for household use as well as sale to neighbours. Before I started practising FMNR, my wife used to walk more than four kilometres away to look for firewood but now she gets firewood from the pruned trees right on the farm. This has saved my wife and children more time to concentrate on working in the farm and on school work. I have observed improved yields from my quarter acre piece of land under FMNR compared with other a one-half an acre of land.

I attribute increased household income to the FMNR knowledge I adopted. I can now pay school fees for my children on time, courtesy of FMNR.

### FMNR has earned me income in old age



Story by Grace from  
Ngubereti, Mogotio ADP,  
Baringo County.

The FMNR project has enlightened me. The land you see under trees on my farm was not like this before. I used to hire casual labourers to cut the trees with the hope that grass will grow, but it was all in vain.

**ALTHOUGH I AM 79 YEAR OLD, I AM PRACTISING FMNR. FMNR CAN BE DONE BY EVERYONE NO MATTER THE AGE.**

When I learnt about FMNR, I adopted it. After, clearing shrubs to release tree seedlings and manage tree stumps, I got firewood, grass for my livestock. As a result, milk production increased from four litres per cow to an average of seven litres per cow, thus a total of 35 litres of milk per day from five cows. I sell 35 litres of milk per day at 40 Kenya shillings per litre to Ngubereti Secondary School earning me 1,400 Kenya shillings (14USD) per day. I use the proceeds to do a number of things including fencing my farm. Though I am 79 year old, I am practising FMNR. FMNR can be done by everyone no matter the age.

I thank God for FMNR, it has brought me many visitors even from very far countries to see the success of my work through FMNR.



Increased fodder for a farmers livestock, thanks to FMNR.  
File photo | World Vision



Hon. Benjamin Cheboi, Governor Baringo County visiting the FMNR stand during a FMNR field day.

## PARTNERSHIPS

Partnership with national and county government (*Chiefs and Department of Agriculture, Livestock and Environment*) and other stakeholders during implementation has contributed immensely to the success of the FMNR project in Kenya.

Members of the national and county government have been trained as state FMNR extension agents at the grass root level to promote the concept of FMNR. The FMNR model compliments the Nakuru County Climate Change Action Plan and other government policies like the ten percent vegetation cover on farms under Vision 2030 and the UN Sustainable Goals.

Collaboration with the county government has seen FMNR incorporated in to county policies including the Baringo County Natural Resource Sectoral Plan and the Nakuru Climate Change Action Plan. As a result of public engagements, FMNR has been recognised at national and international forums such as Nakuru

County Climate Change Action Plan and Caux Dialogue conference on Land and Security in Switzerland where the Deputy Governor for Baringo County participated and presented how farmers and county governments are benefiting from the low cost approach of FMNR.

The FMNR approach was also presented by the County Government of Baringo during the 2014 National Disaster Risk Reduction Symposium held in Marigat where FMNR was featured as a disaster risk reduction intervention.

### *FMNR is a practical concept*



Dr. N.T Maara, Chief Officer, Ministry of Environment and Natural Resources Nakuru County

The FMNR project is a great intervention and as a community driven project, it's highly attainable. It encourages the regeneration of naturally growing trees hence its easily acceptable by

the community. It is environmentally sustainable and economically viable because it needs low input as compared to other afforestation projects. The social and economic value is easily recognized by the community increasing adoption. As a county government, we have a mandate to contribute towards the attainment of the 10% forest cover as stipulated in the Country's vision 2030 and FMNR is one of the models that would enable us attain this vision. The 4th Schedule on distribution of functions between the National government and the County Governments gives the County government the task of implementing policies on natural resources and environmental conservation such as forestry.

Hence, more focus will be put into extension services and FMNR being an afforestation and reforestation initiative will be taken as a model /case study for extension services for Nakuru County. Farmers don't have the resources in terms

of finances and time to look for and care for seedlings. FMNR gives the farmers more time to spend on other income generating activities as it involves minimal labour and time thus making it successful.

After the implementation of the-transition implementation Programme (TIP) by the National government, the County government can set aside some amount of money to partner with World Vision to create awareness and sensitization programmes in areas that have not been covered yet. The TIP gives the County government the mandate to fully handle the extension service that was once done by the National government.

### **FMNR, the best solution to food insecurity**



Story by Collins Kipchumba,  
Sub-County Agricultural  
Officer, Elementaita division,  
Nakuru County

One of the mandates of the Ministry of Agriculture is improved food security and FMNR has come in to complement our efforts to ensure that the community are food secure. The project compliments the ministry and government's policy that calls for every farmer to set aside 10% of their land for trees. The Ministry of Agriculture also has cross-cutting themes that FMNR addresses and these include themes related to soil erosion, deforestation, animal fodder and climate related disasters.

FMNR complements our policy on Agroforestry especially for smallholder farmers. It involves taking care of the naturally regenerating trees from the stumps, roots and seeds. The number of farmers visiting my office to enquire about FMNR and the effects of indigenous trees on farms has increased in the recent past which is a good sign that FMNR has been accepted by local farmers. In the short time the project has been implemented, I have observed a number of positive changes in the larger Kiambogoko area. In addition there has been reduced soil

erosion and surface run-off especially as a result of increased vegetation cover. There is increased tree cover on farms and farmers are using the pruned branches for wood fuel this has saved women and children from travelling long distances looking for firewood.

### **FMNR contributing to increased forest / tree cover**



Story by Kiborek  
Joshua, Agricultural Dept  
Mogotio Sub County, Baringo  
County

FMNR is a fundamental concept that works in arid and semiarid areas to combat food insecurity. In line with the Ministry of Agriculture policies, FMNR has aided in our achievement of 10 percent forest cover per household. I can confidently report that 50 percent of the farmers in Mogotio are attaining the requirements of this policy.

FMNR is a form of conservation agriculture. Soil cover has improved with reduced water run-off. Although tree planting has been emphasized in the past, FMNR is an easy and low cost approach to increasing the vegetation cover at farm level. Before FMNR, land fertility had been deteriorating due to poor farming methods. FMNR has come with extra knowledge on conservation agriculture. The future of our farmers is promising as they embark on environmental conservation.

FMNR is a working idea.

### **FMNR, a working concept**



Story by Caroline Lentupuru,  
Former CEC Environment,  
Baringo County

FMNR is a good and cheap concept with quick gains to the farmers. As the County Government, we are receptive to ideas that can make our environment change and mitigate climate change. I have

adopted FMNR on my own land, after attending the stake-holder's forum.

It is fascinating to see indigenous trees grow naturally and fast without planting them since they are adaptable to the local climatic conditions. This concept can be done by everybody men, women and children. FMNR has come at our time of need, when climate change is evident.

FMNR has potential for healing our county. Let us embrace it!

### **FMNR a boost to livestock production**



Story by Belphin Nyanja,  
Livestock and Production  
Officer Mogotio Sub-  
County, Baringo County

A majority of farmers in Mogotio are pastoralists and depend on cattle rearing for their livelihood. Decreasing pastures has been a challenge, but not anymore. FMNR has become a miraculous concept that has increased pasture at the household level. Farmers have adopted and reported increase in pastures. The old way of clearing all trees on the farm to allow growth of pasture is outdated. The FMNR concept has come in place as the most appropriate method of increasing pasture production. Now farmers can even harvest naturally growing grass from a FMNR site and sell the grass. FMNR has also increased the household income through increased milk production.

THE FMNR CONCEPT HAS COME IN PLACE AS THE MOST APPROPRIATE METHOD OF INCREASING PASTURE PRODUCTION.

FMNR is the way to go for livestock farmers.



School pupils participating in one of the FMNR classes.

# IMPACT OF FMNR ON CHILD WELL-BEING ASPIRATIONS

Children will enjoy good health through increased and diversified farm and livestock productivity contributing to the nourishment of children. The consumption of a balanced diet will boost children's immune system and reduce their vulnerability to infection.

Through increased firewood production children are relieved from the burden of collecting firewood, and as a result have adequate time to read; and through increased income parents are able cater for the education needs of their children.

Through increased household income, children will be protected and cared for. They will have more time with their parents as they don't have to walk long distances in search of firewood and pasture. Through FMNR, children will experience the love of God and their neighbours as the effects of environmental disasters will be reduced and they will be nurtured as environmental stewards at an early age.

## REMARKS FROM FMNR PROJECT STAFF

### FMNR regenerating lives



Caroline Njiru,  
FMNR Kenya, Project Manager

Deforestation has accelerated climate change effects in our country. This, has increased vulnerability of communities as most households depend on the already degraded environment to meet their needs. Deforestation is a major mover of resource based conflicts. FMNR is an idea whose time has come. In the wake of finding working solutions that can help the communities mitigate and adapt to a changing climate, FMNR offers the community a working solution within their reach. FMNR is a cost effective and simple approach. With its quick wins, the concept is not only regenerating trees but now regenerating lives as it is restoring hope among communities. With long term adoption and spread in more areas

FMNR will impact, household income, food security, education, health and nutrition, improving family resilience and contributing to improved child well-being.

### I am motivated by FMNR champions



Ivan Kiptui,  
Community Mobilizer FMNR  
project, Mogotio ADP

FMNR project has triggered celebrations in families who have adopted it. FMNR has contributed to the increase of grass in pasture lands. Women have been empowered to speak about development without fear of intimidation from men who are originally the land owners. The success of FMNR is attributed to the volunteer community agents and constant follow up I make to the farmers. My fulfilment in achieving my career is motivated by farmers who report

increased milk production translating to increased household income. Children now smile proudly as their parents can pay school fees and buy them books. Women smile as firewood is at their door steps. I enjoy seeing the community being transformed by FMNR concept bringing them together to achieve climate change resilience and improved food security.

### Nature is our treasure, help save it



Geoffrey Yator, FMNR Community Mobiliser, Kiambogoko ADP.

FMNR as a farmer led initiative gives the farmer the choice on how to best manage the trees on his farm depending on his need. As a low cost intervention, it can be practised by all farmers regardless of age and financial ability.

FMNR enhances conservation of the environment, water catchment, biodiversity, and soil resources, while at the same time contributing significantly to the livelihoods of communities. It is due to this fact that it enhances people's attached value to forest ecosystems and the need to protect them; which in turn results in their desire to increase forest cover on their farms.

In a small way we can be committed into changing the world through interventions such as FMNR that start from a small scale and grow into a global movement. The only way forward, if we are going to improve the quality of the environment, is to get everybody involved.

A well known saying, 'We won't have a society if we destroy the environment', is applicable. It is therefore our duty to ensure that the environment is conserved and sustainably managed.

### FMNR Transforms Lives



Kangwony Kemboi Ben, FMNR Community Mobilizer, WEMA ADP

The earth is not only the common heritage of all humankind but also the ultimate source of life. By over-exploiting its resources we are undermining the very basis of our own lives. All around, signs abound of the destruction caused by human activity and of the degradation of nature.

Therefore, the protection and conservation of the environment is not a question of morality or ethics but a question of our survival. How we respond to this challenge will affect not only this generation but also many generations to come. Because of the growth in the population, a large number of trees are cut for fuel and reclaim land for cultivation, bushes are cleared in preparation for planting and forest fires is wreaking havoc in an already bad situation.

We all have a special responsibility towards the environment. If we do not address unsustainable utilization of forest products, if we do not ease the pressure on the natural resources upon which we depend, then our efforts to address the challenge of climate change and improved rural development will be significantly hampered. Hence FMNR as a low cost and easily replicable intervention is ideal to addressing the issue of deforestation both on small scale and eventually on a larger scale.

By combining all our efforts in addressing climate change, we are accelerating the reversal of harm we have done to the environment and ensuring that all its functions are restored. Therefore interventions such as FMNR that are community driven and need low input should be fully embraced and exploited by all.



Nimrod inspecting an Environmental Club site in their school in Mogotio ADP, Kenya.



A farmer inspects beehives in his FMNR site.

*File photo | World Vision*





Nancy Soti Kemboi, a change agent and role model inspecting bee-hives in a project site - Mogotio ADP, Baringo County Kenya.





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