

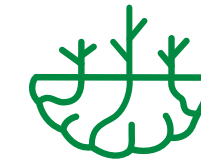
soil for life

Feed the mind. Feed the heart.



Annual Report 2015/16

Welcome to
SOIL FOR LIFE
Awesomeness up ahead



soil for life
Feed the mind. Feed the heart.

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Banking Details

Absa Bank

Account no: 4056855300

Branch: Wynberg

Branch Code: 632005

Swift Code: ABSAZAJJ

Auditors

Progressive Business Services (Pty) Ltd
1st Floor, Block B, Plum Park

25 Gabriel Road

Plumstead

T (021) 762 3525

Community Exchange System (CES)

Account no: CTTE 0088

For more info on CES

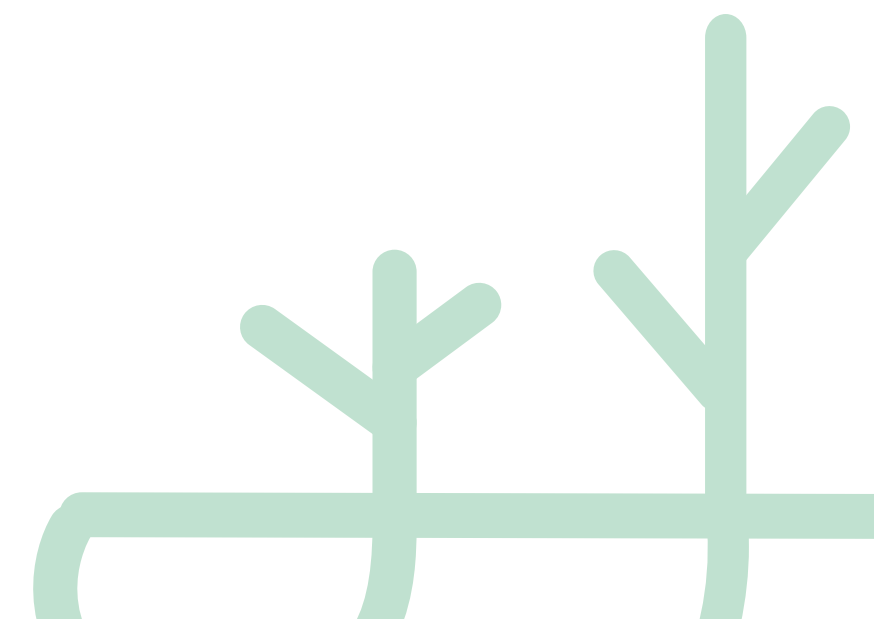
visit www.ces.org.za

Social media

Given Gain www.soilforlife.givengain.org

Twitter: @soilforlife

Facebook: www.facebook.com/soilforlife





As one of the people who received training in sustainable vegetable gardening from Soil for Life, I wish to express my sincere and heartfelt gratitude to Soil for Life, and to our trainer and mentor Mrs Fran Fredericks. You have provided me with the tools with which to grow organic and healthful vegetables, for myself as well as for others.

What is truly amazing about you teach is that it allows one to grow these vegetables at an absolutely low cost, by making use of what matter that we find in and around our homes, especially at this time when food prices are escalating at an alarming rate.

In my community many people come to our doors looking for food. Although we give whatever food we can spare, it normally takes the form of bread and not much else. It has long been my desire to be able to provide these people also with vegetables. For this reason I hope to produce enough vegetables to feed my family as well as their.

I have been growing flowers for fifty years. However, very early in my life I came to the conclusion

I went to a introduction Soil for Life meeting. At first I did not know what to expect but as the session goes on I became very excited. I had a big disappointment when the children ~~the~~ ^{took} my seed box over. I felt that I'm not going to do it again but then the encouragement of the class made me to start over again. I have limited space but with all the ideas I gain I begin to see a picture in my mind of what a person can do with container gardening. At first I had my own ideas of how to plant but as Fran explain why we had to do it a certain way I saw the

⊗ Sakhumzi Gqirha, 26 says he was one of the youngest people to be trained by the organisation. He said he was battling to find to find employment and no one in his family was working so he chose to use an open space at his home to plant.

I am able to put food on the table through the profit that I make from the garden and I produce fresh vegetables now. I don't see myself looking for a job, but I wish I can have a bigger space to expand the garden," he said.

Our Vision

A healthy world, where people work in harmony to build healthy soils, grow nutritious food and heal the planet.

Our Mission

The earth is facing unprecedented environmental crises. Our hope for a healthy world rests on re-establishing the harmony between the earth and its people. Although South Africa is officially food secure, more than 14-million people regularly experience hunger (*Hidden Hunger in South Africa, Oxfam 2014).

Our approach, which has evolved since Soil for Life started in 2002, is to help people to create their own sustainable home food gardens, however limited their resources. We also teach people simple and achievable ways they can live a healthier life. It's been successful even in the most challenging environments. The benefits are numerous on many levels – for the individual home gardeners, their families and communities.

The Soil for Life Team

Board Members

Neal Sachs Chairman
Amy Beckett Treasurer
Pat Featherstone
Jo Fuller
Nancy Richards Secretary
Tozie Zokufa

Staff

Pat Featherstone Director
Jo Fuller
Tania Oosterhof
Julian Makaranga Feb '16
Sarah Beckett
Ryan Vermooten
Allan Titus Feb '16

Field Department

Louise Vaughan Field Area Manager
Sandi Lewis
Gugu Mazibuko
Simon Qashani
Fran Fredericks

Assistant Trainers

Nicola Maputa
Neliswa Adonis
Nosipho Mavuso
Zeblon Mayshaya
Benji Nkwankwa
Kenneth Williams
Bulelwa Stamp
Natasha Buttress
Benedict Nomga

Garden Centre

Prince Nyadimbo
Edward Zimunya
Simthembele Mqabashe
Dickson Symons
Edward Kennedy

Composting Team

Mike Somba
Pardon Murwira
Collins Kuyewawa
Patrick Davson

Housekeeping

Pienie Johnson
Sungeni Kabatsenga Feb '16

Volunteers

Natalie Nolte
Nailah Furnival
Springfield Girls' School
Haylee Dugmore
Luc, Daniel, Liam Yates:
Rondebosch Boys High School

Dalene Kapah
Nadav Kapah
Dawn Springer
Stefani Lungstenmann
Zac Connolly
Brigitta Lehman
Sergio Franco
Dirk (Ananta) Kaiser
Cyprien Pearson
Mellissa Katherine Wrapp
Jena Pruitt
Trazana Staples
Veronica Verlato

Volunteers Continued

Judith Ifenschmid
Jess Metcalfe
Nathan Taylor
Lana Rolfe
Mary Boyle
Dickson Symons
Lydia Martin
Kim De Jong
Hazel Myendeki
Anne Price

Interns

Matilde Tapie Glen intern
Nadja Koshibacz Glen intern
Katherine Carey
now employed as the Monitoring and Evaluation Co-ordinator
Avela Sogexe WESSA
now employed as the Shop assistant, Barista
Thembalani Maxonyane WESSA
Luyolo Tilayi WESSA

Chairperson's Report

AUGUST 2016

Soil for Life has now been operating for 14 years! Adolescence is a trying time for any being, and it seems the same applies to organisations such as ours.

Quite fittingly for a teenager, we have outgrown our original brand identity, and with the help of advertising agency Whitespace, have adopted a new logo which better encompasses who we are, and what we set out to do. Our new graphic (an inverted brain sprouting leaves), and logo 'Feed the mind, Feed the heart' pretty much sum up our ethos and how we go about our activities: Spreading knowledge, inspiring individuals, and leading change in communities. Everything starts with an idea, but the right information and intent can conquer the most overwhelming circumstances.



The world in which we function continues to become more and more challenging, with obstacles old and new appearing on all sides. In addition to the constant financial pressures we must meet in order to keep functioning, environmental factors such as the drought South Africa has been experiencing have a very direct effect on our key clients, the Home Gardeners whom we train. In order to address this, we must find ways to increase the water-holding capacity of the soil. In addition, the global phenomenon of climate change has led to extreme temperature fluctuations – scorching and drying of plants, and frost (seldom heard of in this part of the world) has taken its toll.

Add to that the human factor: Constantly working to ensure that our Home Gardeners stay with the program, whilst enlisting and educating new assistant trainers who can grow and maintain the number of Home Gardeners, and doing this with very limited resources.

Some of our challenges mirror those experienced in the world of commerce: Staff are more thinly spread, and need to perform a variety of functions due to a scarcity of resources and time.

Despite, or perhaps because of the multitude of challenges we face, we find ourselves becoming more resourceful, more inventive. We have found new efficiencies in our organic garden at the resource centre (specifically in the compost we produce and sell, for which the demand seems to know no limits), and new ways to unlock revenue. We have enlisted technology as a great tool for monitoring and assisting our home gardeners, through the use of a custom designed smartphone app one of our interns created, and with the donation from Rooftops Canada of phones for the field program, we hope to continue this trend.

Interestingly, our donors can and have been a source of inspiration and innovation.

Wesbank, one of our most consistent funders, have made the establishment of an Agri-hub one of the criteria for their continued support. This is a pioneer project in which a satellite SFL branch, consisting of a nursery, organic garden and resource centre, will be established within a community in order to further SFL's reach. We're in the planning stage of this project, but we feel that it has the potential to become one of our most potent contributions to the communities we serve.

We're incredibly fortunate to work with the people who dedicate their energies to Soil for Life, from the core staff, to the volunteers and interns, to the professionals who donate their time and expertise in order to assist us. It seems that in our teenage years, we have gathered a kind of momentum which, although not impervious to the bumps, curve balls and inclement weather we face, does carry us forward and allow us to keep developing, improving and growing. We thank you for your ongoing interest, involvement and support, and we intend to keep maturing as an organisation with great purpose and resilience.

Neal Sachs

Director's Report

SOIL. SOUL. SOCIETY.

We're changing the world one garden and one person at a time. We are changing the soil in which people grow their food, teaching them how to eat the food they plant (raw, fresh, mineral-rich, nutritious and safe) and re-directing their minds and hearts into powerfully positive thoughts and feelings. There are a number of small communities within the bigger ones where people learn to love one another, to communicate with one another, to barter, share and sell; where they learn to respect themselves and their innate creativity, resourcefulness and good values, and to respect all life forms. Most of all we are instilling in people a love of the soil and the countless life forms in it; the

*"We have so much to do together.
Let us do it in wisdom, love and joy."*

GARY ZUKAV

fact that we are all a part of the great web of life.

It is extraordinary to realise that we are 'soil' – we come from dust and we go back to dust! Our hearts, minds and bodies are made from that dust. Some people mistakenly call it 'dirt'! How little they hold themselves in esteem. They have not discovered that they are fully human, along with all other life forms, and that they have the potential of the divine in them, and they are not complete until they realise it within themselves.

2015 has been an exceptional year for the Home Food Gardening Programme (HFGP). We are very proud to end the year off with a new record of 753



new gardeners trained – 153 more people than we trained in 2014. 590 new gardens have been established and all of the gardeners have enjoyed harvests from their gardens – including spinach, spring onions, beetroot, Chinese cabbage, peas, climbing beans, bush beans, tomatoes, green peppers, broccoli, cabbage and brinjal. This means that approximately 3540 people are benefitting from having access to healthy nutritious vegetables – the active new home gardeners, their families, friends and neighbours.

325 (55%) of the active new gardeners have started mini-compost heaps and 519 (88%) have started nurseries at their homes. Over 20 of the gardeners have started generating an income as a result of their involvement in the HFGP.

The increase in number of new gardeners trained in 2015 is thanks largely to the Train-the-Trainer programme which has succeeded in getting more hands out in the field. Nine new assistant trainers were recruited and trained this year of which eight are actively involved in delivering training. Under the mentorship and management of SFL trainers, there are currently a total of eleven assistant trainers delivering training in communities. In addition to this programme increasing SFL's reach and impact, it has enabled the assistant trainers to generate income as a result of the stipends they receive for the groups they train. It has also served as a valuable training tool for increasing the mentoring and management skills of SFL's trainers. The 2015 assistant trainers have been the most



sustained group since the start of the Train-the-Trainer programme which means our selection and mentoring process is improving.

The HFGP has been delivered in 16 different areas in Cape Town including 8stelaan in Valhalla Park, which is a community with extremely high levels of gang violence. 8stelaan is a very vulnerable community which has received very little support with development due to the risks associated with working in this area coupled with very complex community dynamics. Since working in the community, Fran has built good relationships with community leaders and the 8stelaan group is one of the best that we trained in 2015 - attendance was excellent and participants were passionate about everything they were taught.

Another wonderful experience this year was with a group that Simon worked with in Makhaza, Khayelitsha. When he started training there were 20 participants and by the third week this group had swelled to 45 people. At that point Simon decided to split the group as none of the participants wanted to wait until the New Year to receive training. One of our new assistant trainers, Benji, took over training the second group. Both groups were enthusiastic, attendance was high and the new gardeners are consistently implementing what they have been taught.

The field team continue to be responsible for all follow up and support visits. This year they have conducted over 1800 support visits with new home gardeners and 1000 with gardeners from previous years. This time consuming component of the HFGP continues to be central to its success.

This year SFL, in partnership with Star Fair Business Consultants, have worked with a group of 10 home gardeners in Khayelitsha to build their business skills and support them in setting up a business. The programme has been very successful and eight of the trainees will be setting up a group garden at a school in Makhaza in 2016. They have already measured, mapped and started laying out the garden and are inspired to work together to run the business.

Our Health and Wellbeing Programme has also grown from strength to strength this year. 151 individuals participated in 49 workshops held in four areas in Cape Town – Makhaza, Bishop Lavis, Driftsands, and Steenberg. 20 of SFL's field team also participated in health workshops hosted at SFL.

These sessions were invaluable in up-skilling and building the capacity and knowledge of the team, together with some very significant changes in the mindsets of the people who are taking part in the programme in the communities.

"I learned that together each on can achieve more. Life is about sharing, communication, respect and love. You can create something out of nothing."

BISHOP LAVIS

We are particularly excited that our mobile monitoring system has been rolled out and we are using this technology to track data in the field. Building the field team's capacity to use the mobile data gathering system has been challenging as they have really struggled to master using smart phones and computers for data gathering. Ryan (our database manager) spent a great deal of time training and supporting them to use this equipment. Progress has been slow but they are gradually becoming more skilled and confident and the system is proving to be very effective in improving SFL's monitoring and evaluation capabilities.

Rooftops Canada and Ryerson University facilitated a trip for two SFL staff members (Louise and Ryan) to visit Toronto. The purpose of the visit was to present the mobile data gathering app to various forums and identify potential areas where it might benefit work in Toronto. The visit proved to be a great success on all fronts. Louise and Ryan met with the Toronto Department of Health, Rooftops Canada, a number of non-profits doing urban agriculture and food security work, various

programmers and Ryerson University. Based on meetings with different organisations and researchers, it is clear that the app could really be useful in the Toronto context and potentially other parts of the world as well. At the end of the trip, SFL was invited

was very well received and many of the extension workers showed a real interest in the techniques that SFL uses to grow food and indicated interest in participating in our training. At the moment there is still not enough buy-in from the Department to accommodate this but they are definitely starting to move in the right direction.

This year the Department of Agriculture launched the Smart Agriculture for Climate Resilience (SmartAgri) project which is a collaborative initiative between the Western Cape Department of Agriculture; the Western Cape Department of Environmental Affairs & Development Planning, and the University of Cape Town's African Climate and Development Initiative. The SmartAgri project aims to create sustainable "climate smart" responses for increased resilience in agriculture. As part of this process the Department interviewed various stakeholders including SFL. They will be



producing a booklet in 2016 with a case study about SFL that will be distributed to the municipalities across the Western Cape, highlighting our efforts and processes.

SFL was extremely proud to be selected as the runner up in the Community for Climate Change category of the Mail & Guardian Greening the Future Award. In addition to the recognition of this award, SFL was also featured in the Greening the Future supplement to the Mail & Guardian.

"I now can do my own gardening and doing the gardening helped me through a difficult stage in my life. It's therapeutic to do gardening."

STEENBERG

There have been a number of challenges along the way, but there have also been many solutions.

Trying to make ends meet at the end of the day is the first. Apart from SFL's traditional fundraising programme we have generated additional income by increasing the number of workshops held, hiring out the Boomklas, increased educational activities for children, and hosted events such as Open Days and Eat for the Earth.

The second biggest challenge was making ourselves known to the public at large.

Tania Harrison from Whitespace has rebranded SFL – we have a new logo and website which perfectly encapsulate our work – Feed the mind. Feed the heart. A huge thank you to Tania, and to her colleague Charlotte Human, who worked on perfecting the website purely out of the goodness of their hearts. We salute them both, and the rest of their design team for the magnificent job they have done.

Cathy Williams and Megan Bosman from OnCourse Communication have taken on the Public Relations role, and what a significant difference there has been. They are fully involved in managing the website changes and the social and print media. The Grow to Live workshops are almost always booked

to capacity, and people are reading about us in newspapers and magazines. Well done to two marvellous women who have changed the way we think about ourselves. Growing food; growing people; growing communities has become Changing the world one garden and one person at a time. It's all about soil, soul, society in the end.

Our final 'feather in the cap' is that we have slowly but surely worked to putting together a mini Soil for Life in Zimbabwe. This is with huge thanks to Joseph Mhiza who has unrelenting pursued us for our training materials, has attended our Train-the-Trainer course, and headed back to Zimbabwe armed with manuals, seeds and a lot of new knowledge which he has implemented with great gusto. Thank you to Louise Du Toit for funding Prince's ticket to Harare to work with Joseph.

Our Seed-packing Parties and Open Gardens have been overwhelmingly well received by the public. This has not only boosted our funds but, more important, it has brought people together from many different communities to talk to each other and share something about themselves in our beautiful, energising surrounding.

There is also an increasing number of volunteers and interns who have assisted in so many different ways in the general day-to-day routines of gardens, composting, seed-packing, weeding, planting, cooking, sorting out papers, developing new ideas and much more. They are enabling us to use our limited resources to get on with the job of training people in our field programmes.

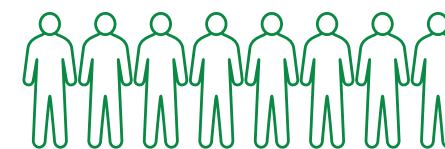
Thank you to them all.

And heartfelt thanks from me to:

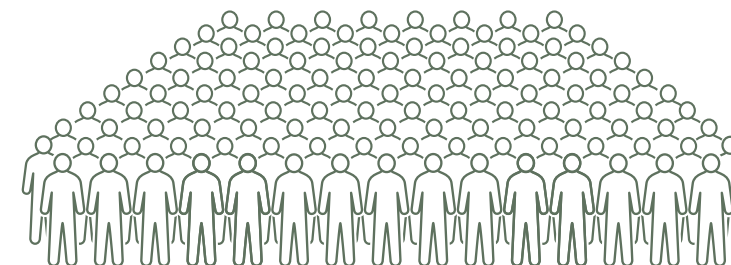
- The Board who have committed so much of their time and energy to our cause
- Our magnificent, passionate team who are deeply committed to the work they are doing. Rarely do you find a team as determined as this one. Doggedly determined to make the change that we all know is inevitable; that everyone in South Africa should be growing at least some of their own food. Imagine the benefits to household finances, to the general economy and to the health and well-being of our communities.

Pat Featherstone

We've been busy...



8 new assistant trainers



753 home gardeners trained
2,520 visits conducted



2 adhoc projects completed
130 people trained



47 health and wellbeing sessions
151 home gardeners attended in
4 communities



36 health workshops
20 field staff & trainers attended

Some of our success stories



Bulelwa in her magnificent garden in Mhakaza



Florence hard at work

BULELWA SMART

Bulelwa, smiling when she thinks about it, says that she has become a famous person. People recognise her on the street and ask for her expertise. The community in Mhakaza has moved together through the food garden programme that Bulelwa has recently directed as Assistant Trainer. She works with 15 participants who take part in the weekly workshop and she actively supports them as they get their gardens growing.

Speaking passionately about her own garden, she describes her life history which is one of moving back and forth between the Eastern Cape and Cape Town. Growing up in the Eastern Cape, she moved to Cape Town for the first time in 1992. In 2009, she sadly lost her husband which caused her return to the Eastern Cape. Desperately searching for work, Bulelwa returned to Cape Town in 2014 with the need to

care for her four children. At some point, her mother told her about the workshops that Soil for Life did in the community which offered a new opportunity. Building on family tradition in the Eastern Cape, Bulelwa rediscovered her love for plants.

“When I am not at home, I am getting messages from my child, mother or father saying that there are people looking for me because of the garden.”

BULELWA SMART

Last year in September (2015), she started to cultivate her own garden using all the principles she learnt from Soil for Life. “I was crazy for that time”, she explains. Since then, she has put tremendous efforts into the garden, resulting into a little agricultural paradise full of spinach, kale, lettuce and much more. She openly states the love that she has

developed for her work and her garden. There are plans to expand the garden, but she faces the same as problem as many other urban farmers in the city of Cape Town. The issue of access to land is one of the major problems in the city which refrains further development of more urban agricultural spaces.

However, Bulelwa underlines another urging issue which has risen in Cape Town over the last few years. Throughout the country, South Africans increasingly have to deal with rising food prices which especially aggravate the situation in the socio-economically weakest parts of the city. ‘I loved to plant. I loved to grow veggies because I don’t have enough money to buy veggies’, Bulelwa says. This also explains the difficulty of having access to healthy food around the communities. ‘I noticed that veggies that we are buying at the shops are not like from the garden’, highlighting the benefits that she gains from her food garden.

FLORENCE RUKA

Florence currently lives in Makhaza with her two children. She was born in 1967 and grew up in the Eastern Cape, coming to Cape Town with her mother when she was twelve years old. She dropped out of school in grade 8 after becoming sick. She was, however able to return to high school and eventually attend Stanford Business College in Cape Town. Florence suffered from severe asthma and her condition continued to inhibit her education. Forced to abstain from excessive physical activity, she spent a significant amount of time at home. In order to occupy her time, Florence decided that establishing a backyard garden would be a beneficial and relaxing activity that would also improve her health and joined Soil for

Life’s Home Gardener training program after a neighbor told her about the opportunity.

‘I told myself, I must do something about my life to make garden, to plant something, to make the kids food for the table.’

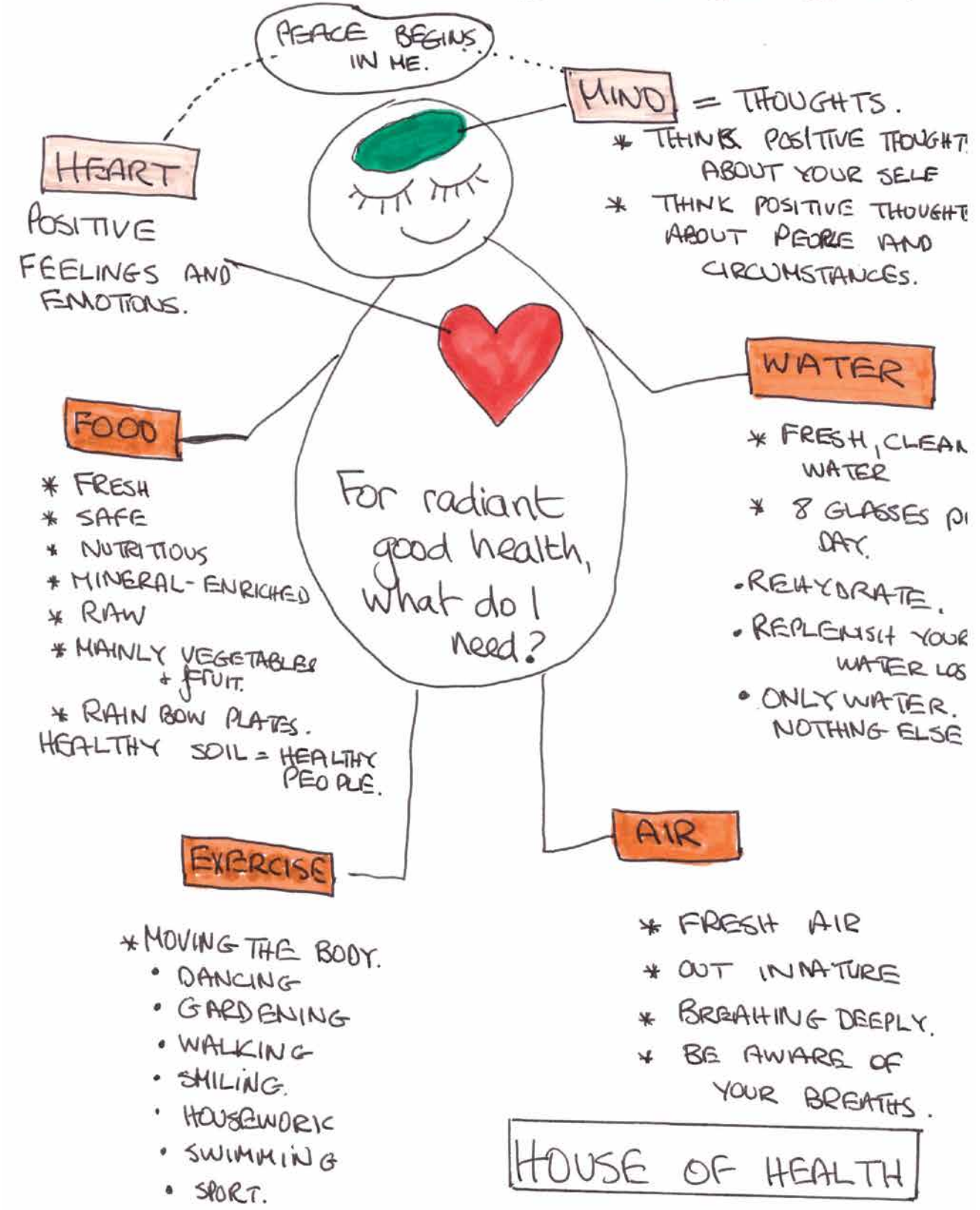
Florence had minimal experience with gardening but Soil for Life gave her the skills she needed to start her garden, such as proper planting techniques. Florence also now uses a rainwater catchment system to irrigate her garden. These techniques have contributed to the success of her garden.

Florence suffered from high blood pressure in addition to asthma and says that since establishing her garden, her blood pressure has decreased and her health has improved overall. Florence has two

children and her garden helps to feed them as well. Her kids love the garden so much that they beg her to allow them to eat raw carrots right out of the ground every day. Additionally, rising food prices in South Africa make shopping at large grocery stores unaffordable for many people, including Florence, but her garden has grown large enough that she is able to shop minimally at markets now.

The establishment of her garden benefits not only Florence and her children, but her community as well. Her garden was so successful and prosperous that she often shares her produce with her neighbors or people who have nothing to eat. Her friends have encouraged Florence to sell her vegetables for a profit due to the large amount she is producing, which she hopes to do in the near future.

YOUR BODY = YOUR HOUSE = YOUR TEMPLE.



DETAILED INCOME STATEMENT		
Figures in Rands	2015	2016
Revenue		
Funding Received	2,627,360	2,915,301
Miscellaneous other revenue	468,798	556,623
Total	3,096,158	3,471,924
Cost of Sales		
Purchases	160,650	197,704
Gross Profit	2,935,508	3,471,294
Other Income		
Interest Received	101,131	71,738
Profit Pre Operating Expenses	3,036,639	3,345,958

Operating Expenses		
Accounting & Auditing Fees	81,633	87,906
Bank Charges	14,149	15,439
Cleaning	35,022	44,764
Computer Expenses	11,043	4,362
Depreciation, amortization and impairment	33,195	33,195
Electricity and water	10,651	10,110
Employee costs	1,867,880	2,186,958
Entertainment	3,457	610
Fundraising Expenses	71,966	71,659
General Expenses	8,233	12,139
Insurance	24,312	29,885
Motor Vehicle Expenses	89,307	82,841
Postage	442	613
Printing and Stationery	48,547	35,983
Project costs	519,287	538,525
Repairs and maintainance	25,385	28,597
Rental	60,000	48,428
Security	12,724	7,736
Subscriptions	2,935	0
Telephone and fax	61,546	51,423
Training	23,329	148,687
Travel-local	28,203	30,711
Total Operating Expenses	3,033,246	3,470,571
Operating loss/profit per year	3,393	-124,613

Financial Review

Last year was one of incredible growth for Soil for Life – both out in communities and at our Resource Centre. To keep up with this growth it was necessary to bring more trainers and assistant trainers into the Soil for Life family. Even though grants and donations remained steady and the Resource Centre continued to generate income, this was not quite enough to counter increased staff costs resulting in a relatively small operating loss. Our Reserve Fund provided a welcome buffer in covering this deficit.

We are confident that next years' fundraising efforts plus the new income generating activities that are planned for the Resource Centre will cover both the full operating budget and allow us to add to the Reserve Fund as well.



Thank you. Thank you. Thank you...
to all our donors, partners & friends

We deeply appreciate your enthusiastic and passionate support for the work that we are doing in the communities in, and around, Cape Town.

Your donations have made the world a better place for many people. Your generosity of spirit has warmed the hearts of many families who are going to bed at night with a full stomach, a feeling of satisfaction at a job well done, and a life, and soul, full of purpose.

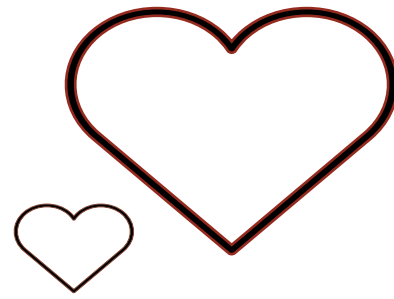
*Changing the world one garden
one person at a time*

LIFECHANGERS
MY SCHOOL
NUTRIPICK
AFRISAN TOILETS
SHIREEN WITTEN
(TURFHALL PRIMARY SCHOOL)
JOHN-CLIVE SQUIBBS
M GOULD-VERSCHOY GIVEN GAIN
CONSTANTIABERG GARDEN CLUB
M GOULD-VERSCHOY E WILSON
STAR FAIR BUSINESS CONSULTANTS

FRANCIS NAUGHTON CONSTANTIABERG GARDEN CLUB
SHIREEN WITTEN STAR FAIR BUSINESS CONSULTANTS
(TURFHALL PRIMARY SCHOOL) JANEY MULLER E WHEELER
FERN CAMERON HELEN MILLSON ELMARIE MALEK
ERIKA ALLISON GILLIAN MUDIE GROWBAGS
JO MAXWELL JOHN-CLIVE SQUIBBS D LA TROBE ASHLEIGH NEWTON
(CLAREMONT ROTARY CLUB) S AND B LANGE INTERACTIVE AFRICA
ANNETTE FATTI M GOULD-VERSCHOY
LOUISE DU TOIT CHRISTINE CORNICK
MANUELA KACINARI SIMUNYA PLANTScape
JONATHON JOSHUA (REGGIE MAYMAN)
M BERMAN E WHEELER AFRISAN TOILETS
E WILSON HELEN MILLSON NUTRIPICK
GIVEN GAIN FERN CAMERON JO FULLER
NEW ERA INTERACTIVE AFRICA LOUISE DU TOIT
ASHLEIGH NEWTON
D LA TROBE
JOHN-CLIVE SQUIBBS
MIKO COFFEE
(SUSAN NORTJE)



How can you help Soil for Life change the world one garden at a time?



- ♥ Become a food gardener. Attend one of our courses. Encourage family & friends to do the same.
- ♥ Use your organic waste to build a healthy soil. This is the most effective ways to offset your carbon footprint.
- ♥ Volunteer
- ♥ Join the seed-packing parties that we have during the year. You'll make new friends, and help us to do a pretty vital job – getting 11 800 seed-packs ready for the annual intake of food gardening trainees
- ♥ Attend our events
- ♥ Buy your seeds, seedlings, compost, herbs and veggies from our nursery.
- ♥ Visit our garden and training centre in Constantia – we'd love to welcome you.
- ♥ Hire our 'green' venue
- ♥ Like our Facebook page, follow @SoilforLife on Instagram and Twitter
- ♥ Donate money – we rely on donations to fund our community programmes and training. Every little bit counts.



Many thanks to Zip Print for helping with the print

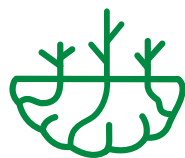


Association not for gain (Section 21 Company)
Registration no: 2002/020596/08
NPO registration no: 028-256
PBO no: 930 003743
VAT Registration no: 462 023 134

Director: Neal Sachs, Tozie Zokufa, Amy Beckett, Nancy Richards, J Fuller, P Featherstone



We can change the world – one person and one food garden at a time.
We know that. You have the power to create the change with us.



soil for life
Feed the mind. Feed the heart.