

# Fortify a Farmer

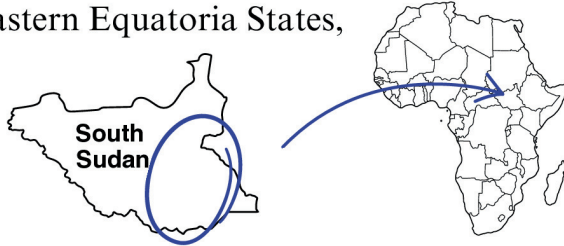


Your gift of **Seeds and Tools** helps families GROW veggies, so children GROW healthy and strong, and extra veg can be sold to GROW income!



*Your Gift of Grace delivered in:*

Jonglei and Eastern Equatoria States,  
South Sudan



<b>What you give</b>	<ul style="list-style-type: none"><li>• Veggie Seeds</li><li>• PLUS Farm Tools, like Hoe, Spade and Fork</li></ul>
<b>Why your help is needed</b>	<ul style="list-style-type: none"><li>• Jonglei State is the least-developed region of Africa</li><li>• Conflict, flooding and drought are ongoing</li><li>• Millions of South Sudanese have had to flee their homes</li><li>• Many remain displaced, and many are also returning home to rebuild their lives and their country</li><li>• Yet there is nothing there for them - all destroyed by war, floods, drought</li><li>• Families struggle to survive, with no reliable sources of income, and very little to eat</li><li>• Women often forced to work dangerous jobs like making charcoal, which means being alone in a forest and at risk of attack</li></ul>



*“When LWF came, I was already digging my field. They felt excited by my hard work. They then supplied me with seeds and tools.*

*I was able to cultivate and my harvest was great. My family had enough food to eat until today. I had surplus that I was able to sell to cover other needs like sugar and milk for my children.*

*I am very proud that children cannot go hungry. It feels good to see your family healthy.*

*I am grateful to those who support me. Through your support we are back to our normal way of life which is farming. May God bless you!”*

Majok, South Sudan



## CASE STUDY

### “Our lives have improved a lot!”

“My name is Rebecca Awak Aguer Agang.

I live with my children and my husband. My husband is old-aged, and cannot work. Two of my children are sick with a fainting condition.

I struggle to provide for my family through farming.

**It becomes hard when a member of my family falls sick, because I cannot afford medicine.**

We are healed only by the grace of God.

**My only way of feeding our family and earning money is farming.**

However, we’ve been hit by widespread floods that have lasted for four years. We’ve been surviving on food assistance from humanitarian organisations.

Then, last year, we were put into a group of 15 people to cultivate a plot of land next to a pool of water. LWF provided us with seeds and installed a solar pump to irrigate our crops.

**We planted okra, lady finger and onion. We had a successful harvest and sold what we grew.**

When everything was out of the garden, we sat down and divided the money among ourselves.

**The money I got from the farm helped me support my family. I was able to buy family necessities such as soap and oil.**

We are now preparing our farm to plant again.

The challenge now is that this piece of land is too small for 15 people. We hope to expand if we get enough seeds this time around.

We are grateful for the support. Throughout the year, we are now able to grow vegetables. This has supplemented our feeding a lot and we also got money from it.

**I am grateful for the support you have given us. Our lives have improved a lot. May God bless you all!”**

All photos: LWF South Sudan/Achuoth Deng



### How your gift GROWS

- Healthy veggies to eat
- Extra crop brings income
- Other needs met e.g. medicine
- Women protected from risky jobs
- Pride from seeing family healthy
- Families grow stronger and continue to rebuild lives

*Thank you!*

