

Permaculture Network In Malawi

Issue # 55: Children

April – June 2007

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The Next Generation

There is a saying on the wall of the Department of Teacher Education Development (DTED) Office in Lilongwe that says:

“Teaching is not like filling a bucket, it is like starting a fire.”

If we want to change the world then we really need to look to our children. They are the future leaders, educators, scientists, health care providers, farmers, and parents. We don't want to just fill their minds with information, we want to ignite passion in them for learning. If we provide this type of “fuel,” then our children's desire to make the world a better place can become a reality.

Four years ago Stacia and I had our first child, Khalidwe. This event has changed our lives and the way that we view the world. We now have an even stronger determination to protect the earth and its natural resources so that Khalidwe and her friends can also benefit long into the future. We plant trees like papayas so that Khalidwe and her friends can eat fruits in one season. We also plant trees like baobab (mlambe) that may take 20 years to produce, so that Khalidwe and all of



her friends will be eating fruits for the rest of their lives.

Children are like sponges. They absorb everything that they see and hear around them. This is one of the reasons that young children can pick up new languages so easily. They also imitate what they see. That means that we are all role models for the children of the world. If our children continue to see us using poor land management practices, causing pollution, spraying harmful chemicals, and eating poor diets then it is very likely that they will continue to do the same. But, if we begin to be positive role models for our children we can begin to raise a whole generation of people who will be caring for the earth, caring for its people, and sharing the earth's resources fairly and sustainably.

Khalidwe is being raised this way. For her, Permaculture is not something that you go to school to learn and then come home and forget about: It is a way of life. Already at four years old she can tell you about the benefits of planting trees, harvesting water, making compost, mulching, and eating a variety of foods to stay healthy. And, her friends can show you how to do these things at their homes (often while trying to teach their parents).

Just imagine a whole generation of kids who could grow up living in homes and going to schools that are surrounded by year-round nutritious foods. A generation that plants trees rather than cutting them all down, and a generation that becomes healthy and wealthy from the wise use of natural resources rather than wasting them.

Permaculture is perfect for helping children to learn how to live sustainably in their world. It gives us easy and practical ways that children can help contribute to food production and the care of the earth. In this issue we will be looking at some of the activities that you can do with children as well as some of the Permaculture programmes that are currently working with youth. Enjoy! 🌍

Permaculture Network News

Let's Get Together! September 8-9, 2007

Are you interested in Permaculture? Then this meeting is for you!

Permaculture is growing fast in Malawi and it is time that we all get together to know each other. This meeting will look at Malawi's Permaculture history, what is currently happening in the country, and how we can move forward together towards a sustainable future. We will hear what happened in Brazil at the International Permaculture Convergence and Conference and discuss plans for the 2009 event which will partly be held in Malawi. We are sending meeting notices to everyone we can think of that has been trained in Permaculture or who has shown interest – so pass on this message!

All are welcome!

We have reserved Chongoni Lay Training Centre in Dedza for September 8th and 9th for a two-day meeting and have asked ReSCOPE (Regional Schools and Colleges of Permaculture) to facilitate the discussions.

All meals, snacks and lodging will be offered through Chongoni at 1,500mk/day. **All participants must fund their own expenses, including transport. No allowances will be provided.**

If you are interested in attending this two-day opportunity, fill in the enclosed registration form and return it to: Permaculture Network in Malawi Newsletter Editors, Nordins, Crossroads Post Dot Net x-124, Lilongwe. Or electronically at nordin@eomw.net

Note: The Permaculture Network in Malawi, through outside donations, will be able to offer financial assistance approximately 20 participants. If you absolutely can not fund yourself and feel that you have a situation that requires our consideration for assistance, please list this in the "additional comments" section and explain the circumstances.

Permaculture Network Committee Contacts

This committee is still 'interim' (temporary) until there is some sort of organization for our organization!
Thank you, Stacia Nordin, Newsletter co-editor

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Fun For Kids...Identifying Your Food Customs

Reproduced with permission from "How to Teach Nutrition to Kids" by Connie Liakos Evers, MS, RD

We all learn to eat when we are very small children and we don't usually have much choice in the matter since we eat what our parents feed us. These eating patterns usually follow us throughout the rest of our lives. If parents teach their children to eat a well-balanced variety of good foods, then those children are much more likely to get a good start in life, develop properly, and be healthier than children who are taught to eat the same foods over and over every day. Our culture helps to determine what and how we eat. The following is a questionnaire that your family can fill out with your children to start a discussion about what good nutrition really means. Take some time to help your children answer the following questions and then see if some of the answers surprise you or if there are changes that you might want to make to the meals that you are currently eating.

Everyone grows up with different food customs.

The following questions will help you to identify your family's unique food culture.

1. Name and describe all the people in your family.
2. Does your family eat together? How often? Which meals?
3. Who decides what your family eats? Who shops? Who cooks? Who cleans up the mess?
4. Are there foods that your family especially likes to eat? Name and describe them.
5. What is your favorite food? Who makes this food? How often?
6. Are there special foods that your family eats on holidays or during religious celebrations?
7. Does your family sometimes eat foods that originated in another country? Name and describe them.
8. Describe a meal or celebration with food that was especially fun or meaningful to you.
9. Is there anything about your family's eating habits that you wish you could change? Describe the changes.
10. Fill in the blank: One tradition that I would like my family to begin is to _____.
(Examples: eat breakfast together on Sundays, allow the kids to plan the menu once a week, try new foods once a week, etc.)
11. Any other questions that you discovered as you answered these? Keep asking different questions and don't stop, ever!

Now that you've started thinking about your eating habits (also called a 'diet'), what do you think of your answers. Are you eating from all of Malawi's 6 food groups every day? (Fruits, Vegetables, Staples, Legumes & Nuts, Animal Foods, and Fats). Do you enjoy your meals?

If not, start making a plan with your family so that next time you answer these questions, the answer will be yes! 🌍

Reduce - Reuse - Repair - Recycle: Children

Reduce: The world's growing population is one of the major reasons for environmental degradation and depleting our natural resources. From a paper presented for publication to *Population and Development Review* it says, "According to the World Bank and the United Nations, from 1 to 2 billion humans are now malnourished, indicating a combination of insufficient [types of] food, low incomes, and inadequate distribution of food. This is the largest number of hungry humans ever recorded in history. In China, about 80 million are now malnourished and hungry. Based on current rates of increase, the world population is projected to double from roughly 6 billion to more than 12 billion in less than 50 years. As the world population expands, the food problem will become increasingly severe, conceivably with the numbers of malnourished reaching 3 billion." We need to plan our families wisely to ensure that we have the resources to give to our children and that they will have the natural resources remaining to give to their children.

Reuse: Children grow really, really fast, but their clothes don't! Clothes can be reused by other children to save the space we need to grow cotton and other fibres. There are a lot of things that children in Malawi already reuse to help the environment – many of these skills that kids already have can be spread to other uses as well. Old plastic bags, like rice bags, can be made into school bags for children to carry their books, bottle cap 'counting aids' and pencils to school. Handles and straps for these bags can be made by cutting old plastic into strips and braiding them together. Old plastic bags also make great stuffing for dolls, stuffed animals, and other children's toys. Just make sure the plastic is washed and dried thoroughly before using, community groups can even make these toys as an income generating activity. How many types of vehicles and toys have you seen kids make by reusing old wire? If you have a problem with chickens in your garden scratching up your vegetables try having the children make wire "baskets" to place over the plants. These wire baskets protect the young seedlings. Kids can make a business out of selling them to gardeners and they are easily repaired year after year if needed.

Repair: Thinking of having a family or adding to the family that you have? Think again about the need to reduce our population. Why not take in a child that doesn't have a family? It can help to repair the family that the child has lost and



Or, how about teaching kids to repair a 'broken' animal such as an unhealthy cat or dog? Children and their parents in Malawi are great at repairing just about anything! – old shoes turn into new shoes, holes in clothes, bicycles, chairs, etc. Things made out of wood, metal, grass and other such local materials are easy to repair, but things made from a plastic mold, like a plastic basin are hard to repair.



Think about a wooden chair versus a plastic chair, if the leg breaks on the chair, which one can you repair easier?

Recycle: Old tires can easily be recycled into playground equipment for schools and other areas. An old tire hung from a tree branch makes a great swing, old tires buried in the ground can make a fun tunnel to crawl through or a fort to play in. Old tires can even be tied together and hung from a swing set frame to make a climbing wall for children. 🌍

Mouse Trap:

A mouse looked through the crack in the wall to see the farmer and his wife open a package. "What food might this contain?" The mouse wondered - he was devastated to discover it was a mousetrap. Retreating to the farmyard, the mouse proclaimed the warning. "There is a mousetrap in the house! There is a mousetrap in the house!"

The chicken clucked and scratched, raised her head and said, "Mr. Mouse, I can tell this is a grave concern to you but it is of no consequence to me. I cannot be bothered by it."

The mouse turned to the pig and told him, "There is a mousetrap in the house! There is a mousetrap in the house!" The pig sympathized, but said, "I am so very sorry, Mr. Mouse, but there is nothing I can do about it but pray. Be assured you are in my prayers."

The mouse turned to the cow and said, "There is a mousetrap in the house! There is a mousetrap in the house!" The cow said, "Wow, Mr. Mouse. I'm sorry for you, but it's no skin off my nose."

So, the mouse returned to the house, head down and dejected, to face the farmer's mousetrap-- alone.


That very night a sound was heard throughout the house -- like the sound of a mousetrap catching its prey. The farmer's wife rushed to see what was caught. In the darkness, she did not see it was a venomous snake whose tail the trap had caught. The snake bit the farmer's wife.

The farmer rushed her to the hospital and she returned home with a fever. Everyone knows you treat a fever with fresh chicken soup, so the farmer took his hatchet to the farmyard for the soup's main ingredient.

But his wife's sickness continued, so friends and neighbours came to sit with her around the clock. To feed them, the farmer butchered the pig.

The farmer's wife did not get well; she died. So many people came for her funeral the farmer had the cow slaughtered to provide enough meat for all of them.

The mouse looked upon it all from his crack in the wall with great sadness.

So, the next time you hear someone is facing a problem and think it doesn't concern you, remember - when one of us is threatened, we are all at risk. We are all involved in this journey called life. We must keep an eye out for one another and make an extra effort to encourage one another. Each of us is a vital thread in another person's tapestry; our lives are woven together for a reason. 

~ This story came to the editors from e-mail, the original source was not listed ~

What do soul music, wireless technology, and provocative advertising have to do with changing the food system? Find out in REAP/SOW www.reapsow.org, a new youth-driven magazine for the sustainable food movement! REAP/SOW is a creative space for youthful thinkers and doers working to build a healthier, more sustainable food system. Read about:

- Ten young leaders who are changing the food system
- A theater troupe that promotes local food
- A review of "Grub: Ideas for an Urban Organic Kitchen"

We want young people to contribute their own art, songs, recipes, farm techniques, thoughts, writing, etc. to: www.reapsow.org

Permaculture explained by the kids

Howard Zamula, age 14, says:

“Permaculture is the caring of trees and grasses, and Permaculture is good because we plant fruits and vegetables. It helps to avoid cutting down of trees and the making of bush fires. In the same word, we learned about the making of compost, how to avoid soil erosion, and not to sweep the grounds because when we sweep the top soil is washed away with the heavy rain. If the soil is washed away and the trees are cut down then there is no rain and no food and the place becomes a desert. At the end of the year many people can die because of hunger. Permaculture tells us not to cut down trees carelessly because when we cut down trees the rain will not come again forever. So Permaculture is the caring of trees and grasses, not to cut down trees, not to cause bush fires, and not to sweep our lands, and planting many fruits and vegetables.”



Hardwell Kaniye, age 13, says,


“Permaculture is gaining recognition at all levels. Some of the activities that are happening are:

- Allowing the grass to grow
- Cutting the grass and making compost manure
- Avoid over-sweeping the ground
- Keeping bees in big boxes
- Making cages to protect small trees
- Keeping fish and frogs in ponds
- Making nurseries for trees
- Making compost from animal faeces and giving it to the trees
- Cutting grass and mulching the trees
- Making paper briquettes as firewood

Nancy Kanthumba, age 14, says,

“Permaculture is a permanent agriculture and it’s our culture. Permaculture is important because:

- It is a source of food
- It is a source of money for income
- No fertilizer to use
- Soil fertility
- It is a source of manure
- It is cheap since it doesn’t require fertilizers
- Less work
- It is good because you can use a small piece of land but you can harvest more yield for a whole year

The food that Permaculture can have are: sweet potatoes, matowo (African bubblegum), pumpkin leaves, chidede (roselle), mwamuna aligone (quickweed), bonongwe (amaranth), luni (cat’s whiskers), masawo, chisoso (blackjack), maye (monkey orange), African meat, and pumpkin seeds. Also, trees are part of Permaculture because trees are important for farming and also bring shade for plants”. 

Theme for the next issue: Organic

Send in YOUR contributions to the next newsletter to:

Amayi & Abambo Nordin, Permaculture Network Newsletter Editors

Crossroads PDN x-124, Lilongwe

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Children in the Wilderness

Camp motivated Billy to go back to school

This is Billy Sikweya's home. Billy is an orphan who stays with his grandmother. There are 2 grand children staying at this home. Billy is in class 4 of the primary school. He lives in Njahito village in Liwonde. Billy attended a one week camp session at Mvuu in November 2006. During this time he had dropped school but after the camp he was motivated to go back to school and now he is very active at his school.




Billy received a seed pack during permaculture lessons at the camp which had a variety of seedlings. When he returned home he established his garden around his home and planted some seedlings. Behind him is one of the crops he planted (Chidede) which is a kind of hibiscus plant. This plant is very good for making juice as well as home made tea. It is very nutritious. The plant did very well and the family is able to make juice from it. During the camp children in November and January, Chidede was one of the food on the camp menu.



Children were having Chidede tea as well as Chidede juice made from this crop. Billy said he wants to keep some more seed from this harvest so that next year he can have a bigger garden than this one.

This is one of the crops which people used to plant long time ago but these days the seeds are very scarce. Some do not even know that they can make juice out of it. In some areas they look at this plant as flowers. Few people knew they could also make juice out of this plant. Billy's neighbours have asked him to give them the seed so that they can also plant in their own gardens next year after learning how good the crop is.

Editor's note: Staff from CITW attended a 3-day Permaculture workshop at the Nordin's Never Ending Food home in Chitedze. Hope Thornton, an intern with Never Ending Food, then worked with CITW staff to integrate permaculture into their Camp curriculum. For more information contact: CITW@malawi.net or nordin@eomw.net 

The “Permaculture News” Nkhata Bay

Brought to you by PBS Reporter, Isaac Siska, Nkhata Bay District, School Permaculture Programme and branch news editor Caroline Wilkins.

You are tuned to the Permaculture Broadcasting Service (PBS). The time is fast approaching a “Better Meal”, which is far more beneficial than the “Current Meal”.

The Headlines

- His Excellency “The Sustainable School Food and Nutrition Programme” informed the country that the nutrients our bodies need to stay healthy ultimately come from the soil.
- The Anti-sweeping Interim Chairperson, Mrs. Resource Recycle is to sue her opposers.
- Two Prominent MPs have joined the Permaculture Future Vision Party (PFVP).

Now, here’s the news in detail:

His Excellency “The Sustainable School Food and Nutrition Programme” has encouraged all schools in the country to practice Permaculture. This, he says, will help to achieve better health and food security for the pupils, teachers, and communities. He also claimed that nutrients essential to all human beings and animals are sourced from the soil, but only, he said, if good farming practices are followed that make the soil rich in plant nutrients that will supply the nutrients to humans in return.

Speaking earlier today at a meeting held at Banana Circle Park, the PEA of the pilot schools in the area, Mrs. Guild, said that she supported the move and is bound, along with seven of her family members: Protect, Support, Dig, Climb, Cover, Nitrogen Fix, and Food Provider, to improve the soil and all of the environment.

The Anti-sweeping Party’s interim Chairperson, Mrs. Resource Recycle, has stated that she intends to sue her opponents in court if they continue to sweep their surroundings. “It clearly states under Chapter 28, Section 3(i) of the Party’s Constitution that, “It is a must to say NO to sweeping (the natural environment)”.

Two Prominent MPs have defected to the Permaculture Future Vision Party (PFVP). The two MPs, The Honourable Bare Soil, and the Honourable Current Meal declared their intention to join the PFVP saying the party’s leadership is strong and its target is to improve the lives of soil and people respectively.


The death of Professor Run Off was announced last night. Until his death, Professor Run Off was facing charges of robbery and assault against soil and its nutrients. Prof. Run Off has left behind his wife, Mrs. Gully, and their only son, Poor Soil. His burial will take place at the 4 S’s (Stop, Spread, Sink, Shade) Point.

The Ministry of Education in conjunction with the Ministry of Agriculture have confirmed the outbreak of Permaculture in 40 Primary Schools around the country. Reports indicated that no deaths have occurred, so far, and in fact the Permaculture virus seems to be keeping the people immune to other diseases.

Sports News

Water Management and Soil Management Strikers have drawn one all in their Zonal Designs Trophy. Both teams demonstrated great skill, especially with regards to defensive skills. The goal keepers had to deal with heavy downpours from the Strikers, which they did admirably, preventing a landslide victory, but ensuring a stable and secure result.

Thobwa has just joined the Staples Bullets.

To end the news, a look again at the headlines...This is Reporter Isaac Siska, signing off. 

From the Members:

©© Seeing with the Eyes of Permaculture ©©

by June Walker

Editors note: This is a superb article to discuss with the children around you!

Whenever we put on a pair of glasses the way our eyes see things around us is changed. Sunglasses reduce the light and colour we can see. Reading glasses help us to see the small print, distance glasses help us to see much further than before. Immediately we notice the differences in how we see everything.

Permaculture takes longer for us to see the truth of how things are around us, the differences often take some time before we see clearly with the 'eyes of Permaculture' and no longer with our old eyesight. Since you read the very detailed articles in these newsletters, what changes have you noticed with your 'Eyes of Permaculture'. I find that, at last, I am seeing them in many places all over Malawi as people gain confidence in opening their eyes and acting on what they see.

So how did Permaculture arise? When our ancestors practised shifting cultivation for millennia, what signs indicated to them that they had found good land to move their people to? Does anyone still know these indicators which we should be teaching today? New methods of agriculture were introduced from the temperate climates of the northern hemisphere to the tropical climates of the southern hemisphere over the past century probably with the best of intentions but the impending disasters were not foreseen. It was only in the past 40 years that Bill Mollison and David Holmgren realised what had gone wrong with their land in different parts of Australia and began to develop their own Permaculture eyesight to see what was really happening to their land by using imported farming methods then set about designing solutions to these problems.

In Malawi there was often very strong opposition at village level by agricultural extension workers who felt challenged by ideas and information coming out from those who had not had the 'agricultural education' their own livelihood depended upon. It has taken 12 years of quiet demonstration by whoever was willing to listen and try for themselves, that we work out solutions to our problems when we seek and study the natural ways of Permaculture and apply them to our lives.

Now information is becoming widely available nationally with the spread of 'Growing and Eating More Using Less' and the ANAMED publications. Shortly the 14 posters showing the full Permaculture Design Course, Holistic Design for Sustainable Living, will be printed, so the information on how to GROW YOUR FOOD AND HEAL YOURSELF will be presented to local NGOs and CBOs at MOET, Mangochi Orphan Education and Training in August. Here is a prayer which says it all for us.

That truth has been inscribed into my heart
and into the heart of every human being,
there to be read and revered,
thanks be to you, O God.
That there are ways of seeing
and sensitivities of knowing
hidden deep in the palace of the soul,
waiting to be discovered,
ready to be set free thanks be to you.

Open my senses to wisdom's inner promptings
that I may give voice to what I hear in my soul
and be changed for the healing of the world,
that I may listen for truth in every living soul
and be changed for the well-being of the world.

By J. Philip Newell - Soul of the Eternal

Reprinted with permission from the author

From the members, continued....



Permaculture Children by Leo Kuwani



Most children are welcoming the Permaculture ethics and principles. Some children in Phalombe (for example at Chitekesa, Khngoloni, Maliro, and Namikango) have witnessed the results of Permaculture.

The children have dug swales, pits, trenches, and banana circles to harvest water and conserve the soil. The children made no-dig beds in September 2006 and planted pigeon peas, egg plants, beans, cucumbers, maize, tumeric, pawpaws, pumpkins, garlic, yams, lemon grass, and other herbs and pest-protecting plants. They were practicing companion planting or interplanting with many elements as each element assists each other. By Novemeber, some of the plants started maturing. The pupils tasted the crops. They have planted some trees to name a few bwemba, mbawa, monkey fruits, masambamfumu.

One of the teacher's houses which was getting a lot of heat because it is facing to the west and few glasses were attracting a lot of heat. This side was planted to climbing beans. As a result, the teacher is now enjoying a very cool and fresh air and the beans too.

As children like a lot of activities, the children like the Permaculture designs. Permaculture involves a lot of activities as if you are playing, enjoying the fresh air and in the end you are enjoying the results of Permaculture as if you are in a Garden of Eden.

Why not join the Permaculture Network and contact the nearest person for advice and start a little to begin with. Welcome to the Network!



Dry season FIRES by Nelson Moyo



It is always amazing to see that Permaculture groups are increasing. This is true civilization and development. I am happy that we can have food throughout the year as long as we go nature's way. Simple condition, easy to follow but often neglected.

Dry season is there now. Time for our grass, trees and wild animals to be terrorized. Look in the gardens as the sun is going down – FIRES. I pray for understanding as we teach people on good environmental management. I have been going through winding gullies pushed by heavy waters during past 3 months.

Now is always the time to start! Develop designs to fix these gullies!

Sustainable School Food & Nutrition

In 1999 the Ministry of Education (MoE) officially began a “School Feeding” programme to decrease absenteeism and to reduce drop-out rates. Currently the programme only provides service to about 600 of the 5,200 primary schools. Almost every school is completely dependent upon outside resources to run the programme. In a 2003 survey of “School Feeding” programmes:

92 percent of the schools surveyed stated they are unable to continue if donors pulled out.¹

The name itself, School Feeding, indicates the dependency within the programme. Schools that have been a part of the programme then ‘dropped’ are keenly aware of this problem and will be happy to learn that there is a local solution when we all work together!

This brief article will focus on the process of developing this programme, in future additions we may highlight achievements and challenges. For this information go visit one of the schools listed!



In January 2006 MoE began to develop a school food programme that would benefit all schools and be able to be completely run by the MoE and communities. A National Working Group of 19 people from all levels (headquarters, divisions, districts, schools and communities) worked together to explore current programmes around the world and learn from lessons already taking place in Malawi.

By July 2006 the Sustainable Food and Nutrition Programme was developed and taken to District Executive Committees for feedback. The idea was enthusiastically received. Older people commented that this idea is not a new one, school gardens are something that used to happen in schools when they were children but faded away over the years. The difference between the past and the current programme is that it is integrated throughout the school system (school, community and agriculture extension) and across almost every subject.

The main activities are:

- Increasing knowledge and skills in order to sustainably design and implement gardens, orchards and food programmes at the schools. Each school selects a community member, agricultural extension worker and teacher to be trained as Permaculture Facilitators, then their role is to assure that the programme is integrated into the whole school. In Permaculture fashion, knowledge sharing and continual learning by all is encouraged.
- Integrating lessons of sustainable nutrition, hygiene, sanitation, health, gender, HIV, economics, agriculture and the environment in a new, improved way of thinking and acting sustainably in all we do. Permaculture is integrated into lessons, practical activities and manual work. Changes to the national curriculum are being worked on with the Malawi Institute of Education.

06 Jan	Start developing
06 Jul	PS approved
06 Sep	Facilitators selected
06 Oct	28 trained. ~ 3 per Zone
06 Nov	Permaculture consultants work with individual schools 2 times a month
07 Jan	National meetings suggest school based trainings
07 Feb	More facilitators selected
07 M-M	145 trained ~ 3 per School
07 Jun	Permaculture consultants work with individual school 1 time a month

This is a very exciting and ambitious programme that the Government is undertaking, and it is currently being piloted until August 2008 in 8 of the 27 districts n 40 primary schools. The ideas are already spreading on their own to schools, homes and offices – the response is very encouraging!

continued on next page...

¹ Menezes, L. The importance of food aid for education: A study about the impact of the School Feeding Programme of the Malawi-German Basic Education Programme in selected pilot schools. Apr-Sep 2003. p 51.

...continued from previous page.

Pilot Sites: The table on the right lists the pilot schools. They were selected through a sensitization process which stressed that there would be no handouts or inputs or incentives, that the incentive was improved food and nutrition security and an improved environment. It was also stressed that the school itself would need to organize itself to get all the planning, implementation and monitoring done. No one would do it for them. Only technical knowledge and skills would be given.

Schools that were not interested in this goal, or who had other critical problems at their schools were encouraged not to apply!

It sounds a bit harsh, but with the level of dependency throughout Malawi, it was important to identify those who are truly interested, not those who were looking for allowances.

Sustainability Principles: Sustainability is part of two words: (1) "Sustain" means to continue, to keep going, forever; (2) "Able" means being possible – that the process is continually renewed. In order for the programme to be sustainable, the following principles are important:

- participatory process
- commitment from all key partners at all levels
- clear understanding all the concepts and technologies
- using & sharing locally available resources
- flexible and adaptable
- messages are integrated with other key messages.

Funding: To encourage sustainability, the emphasis is on low-input strategies that every school or community in Malawi can replicate using their own resources and without the need for additional outside funding. The responsibility for the long-term support for the project lies directly with MoE through integration of the ideas into the teacher and agricultural training systems.

The development phases are supported by GTZ for training, technical advisors, and Permaculture consultants. It is expected that schools will need 1 and a half years of technical guidance to take them through a full cycle of seasons and back into the next one.

Stacia Nordin, RD (Registered Dietitian) *MoE School Health and Nutrition Technical Advisor*, courtesy of GTZ²

Permaculture Pilot Schools		
Feel free to contact any of them for more information!		
District	Zone	Schools
1. Karonga	1. Lupaso	1. Lupaso 2. Malungo 3. Chinsebe 4. Masoko 5. Kasoba
2. NkhataBay	2. Ching'oma	6. Ching'oma 7. Sanga 8. Chipuzumumba 9. Chilala 10. Maula
3. Lilongwe	3. Malikha	11. Nankhonde 12. Chimwa 13. Malikha 14. Mataka 2 15. Chimwasongwe
4. Dedza	4. Maonde	16. Maonde 17. Lobi 18. Chiphe 19. Chimwankhuku
	5. Chimbiya	20. Mphunzi
5. Zomba	6. Songani	21. Songani 22. Mpungulira 23. Namingazi
	7. Nsondole	24. Nsondole 25. Katamba
6. Thyolo	8. Thunga	26. Thunga 27. Namaona 28. Chithebe 29. Wilson 30. Nkaombe
7. Mulanje	9. Ulongwe	31. Ulongwe Model 32. Chisitu FP 33. Mulanje CCAP 34. Nalipiri JP 35. Ngolowera JP
8. Nsanje	10. Nyamadzere	36. Nyamadzere 37. Chikunkha 38. Nsanje Catholic
	11. Phanga	39. Mthawira 40. Phanga

² German Technical Cooperation, a development company owned by the German Government. See www.gtz.de

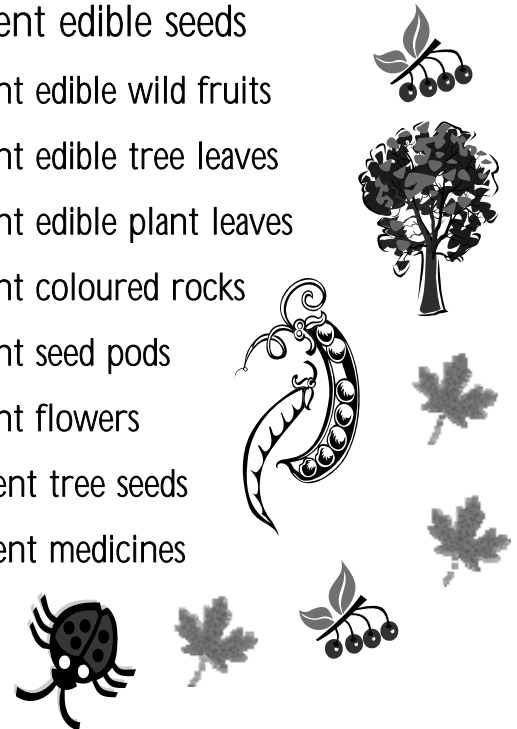
More Fun for the Kids... A Scavenger Hunt

A scavenger hunt is a great way to get kids of all ages (we've even used it with adults who loved it!) to begin to explore all of the diversity that is found in nature. It can be done on an individual basis or with teams, in a contest format or just for the fun of it. The more people that are involved the more fun it can become. You can even think of some Permaculture prizes to give to the participants such as packets of local seeds, tree seedlings, or hand-made "awards" drawn on recycled paper.

A scavenger hunt usually provides the participants or teams with a list of items that they need to find. The person or team that can find the most things on the list within a given amount of time is declared the "winner". The nice thing about a scavenger hunt is that you can adapt it to whatever you want to teach. For instance, if you want to teach about seeds you could have people try to find as many different coloured seeds as possible, or seeds that can stick to your clothes, large seeds, small seeds, edible seeds, tree seeds or flower seeds, the possibilities are only limited by your imagination.

The following is an example of a scavenger hunt that we often use in our Permaculture Courses:

- 5 different edible seeds
- 5 different edible wild fruits
- 5 different edible tree leaves
- 5 different edible plant leaves
- 5 different coloured rocks
- 5 different seed pods
- 5 different flowers
- 10 different tree seeds
- 10 different medicines
- 1 insect



Permaculture Network Membership Form

See the reverse side of this page for details about joining the network

Name	
Mailing Address	
Physical Address	
Phone(s) / Fax	
E-mail	
Occupation / Interests	

Mail this form and your payment to:
Permaculture Network in Malawi, Administrative Secretary
 Patterson Majonanga, MOET, Box 328, Mangochi.
 08-873-270. 01-580-063. moetmwcharity@yahoo.co.uk



Permaculture Network in Malawi

Newsletter Editors, Kristof & Stacia Nordin
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Place Stamps Here

To:

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To attend the
National Permaculture
Meeting
From 8-9 Sep in Dedza
Don't delay to register!**

* If your mailing label includes *“Payment Due!”*
please send your membership fee for the years written on your label.

Permaculture = Permanent Culture
Designing a sustainable world 

Join the Permaculture Network in Malawi !

See reverse side for membership form

The Permaculture Network in Malawi began in 1994. The network strives to bring information to members through the newsletter and make connections between members in Malawi and around the world. Advocacy, promotion and information are our strengths

- **Membership Fees:** 400 mk for the calendar year.
- **Donations:** If you are able to pay more it allows us to sponsor people who can't afford the fees, to copy additional materials, and to take on more extensive projects.
- **Sponsorship:** If you can't afford the fees, or can only afford part of the fees, write us explaining why you are unable to pay, how you will use the newsletter, and what you are doing with Permaculture. You need to continue to write to us at least once a year.
- **Payments: NEW system!** Malawi Kwacha check or postal order (from any country) or Malawian postal stamps. **Send payments to:**

Permaculture Network in Malawi, Administrative Secretary

Patterson Majonanga, MOET, Box 328, Mangochi.

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