

Meet Priscillah and pray for the work of Ripple Effect

**RIPPLE
EFFECT**

It starts on an African farm



“Now I can grow all the food my family needs... better nutrition is making my family stronger.”

Priscillah, Ripple Effect farmer, Kenya

Meet Priscillah

My Name's Priscillah, and I live in West Pokot, Kenya with my husband Dixon, five children and two grandchildren. Not long ago, life was very difficult for us. **The challenges we faced were the unreliable climate, and we didn't know how to cope with it. We didn't have the knowledge or access to a good variety of seeds. We also didn't know how to plan our land or where to put what. We didn't understand that there was potential to get so much income from what we had.**

Through Ripple Effect's training, I learned how to plan my land better, improve my soil, and manage water more effectively. Today, everything has changed.

Now I grow a wide variety of crops, including sweet potatoes, peas, legumes, and avocados. My land is carefully organised so that I can have continuous harvests throughout the year. I like growing nuts as it helps me meet the six food categories. Growing a variety of crops has improved my soil and strengthened my family's nutrition. Sweet potatoes are now a daily staple in our home, and I make sure that everything from the harvest is used so nothing goes to waste.

With irrigation from a nearby river and improved composting techniques, I am able to grow vegetables even during the dry season, when food used to be scarce.

This improved harvest has changed our family life. We now eat a wider variety of nutritious foods, and my children are healthier and better nourished.

Our income has also increased through the sale of surplus produce, helping us meet our essential needs. We don't have any financial constraints these days.

My husband Dixon has also seen the change. He recognises both the improved harvest and my growing confidence and leadership. Together, we are building a more secure future from our land.

£100 could provide banana seedlings helping to improve harvests and strengthen food security through training and ongoing support.



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Prayer Pointers

- **Pray for families facing climate challenges.** Ask God to provide resilience, wisdom and sustainable ways to grow food despite changing weather patterns.
- **Pray for women farmers.** Pray for confidence, opportunity and leadership for women like Priscillah as they support their families and communities.
- **Pray for healthy harvests.** Pray for access to water, healthy soil and successful harvests that provide nutritious food year-round.
- **Pray for lasting transformation.** Pray that families trained through Ripple Effect will continue to grow in confidence, income and long-term security.

**MAKING
RIPPLES**

Sign up for Ripple Effect's monthly email to receive stories from our farming families, fundraising opportunities for your church, prayer updates and event invitations. **Sign up today: rippleeffect.org/making-ripples**

