

## **Parishioners in Nandi Hills Parish Kenya growing sustainable food**

Irish potato was introduced in Kenya many years ago from South America and Ireland. The Kenya Government put a parastatal named Agricultural Development Corporation (ADC – at Molo) to be in charge of developing certified seeds of the Potatoes for the farmers.

Nandi Hills Parish get certified potato seed from the ADC – Molo farm. One acre of land is giving the farmers 200 bags of potato which is sold at Kenya shillings (kshs) 2,000 per bag earning Kshs 400,000. This has greatly improved the lives of the Parishioners/farmers because of the increased incomes from the potatoes and food. Previously the Incomes of the Parishioners/farmers was very low because they were growing maize which used to produce only 20 bags of maize from one acre of land, sold at kshs 2,000 per bag to earn only kshs 40,000. Maize is grown once in a year while the potatoes take only 3 months to mature for harvesting. More and more Parishioners/farmers are now shifting to Potato growing because of the benefits (Income is increasing, Potato is providing wonderful food – eaten as boiled, roasted, mashed, crisps) consequently poverty is decreasing in the Parish.