

Aminah Nalweyiso



About Aminah

Aminah Nalweyiso is 52 and proud to be a successful Ugandan farmer! Her grown-up children are all educated and happily employed, and Aminah herself works as a farmer trainer. She is also a local councillor in her home town of Masaka in Central Uganda.

Aminah and Send a Cow

Ten years ago, Aminah could not afford school fees for all her five children at once, and worried daily about how to feed them. She had lost her job as a cashier, and her family was breaking down due to extreme poverty. By the time she joined her Send a Cow group, called Bulimuttaka (ask Aminah how to pronounce this), she was very lonely and poor. Aminah was also far too shy to speak in front of people.

Through the Send a Cow group Aminah learnt about sustainable farming, and that she did not need expensive chemical fertilisers – which she could never afford – to grow food on her three acres of land. She discovered how techniques such as keyhole gardens, bag gardens, and composting could lead to bumper harvests.

Food Production and Security



In September 1999, she was given a cow, which she named 'Hope', and quickly learned how to care for her. Hope's manure boosted Aminah's crops and soon the family had enough to eat, plus extra crops to share with neighbours or to sell.

Sustainable Development

By selling milk, vegetables and, eventually, calves, Aminah has been able to improve her family's standard of living dramatically. She has invested in chicken farming, built a more spacious home, and got all her children through school and higher education.

“My family is happier after joining Send a Cow,” she says. “Our life has greatly improved due to better household income, education, and nutrition.”



Her relationship with her husband has also improved. He is now involved in family life once more and although he now recognises the benefits it has brought, and respects her independence.

In the community

Aminah's achievements have really boosted her confidence. She is now a representative of her community on various local official bodies, and works as a 'Peer Farmer' – showing other poor farmers how to use the gardening skills that have transformed her life.



Now Aminah has a new challenge – her second trip outside Uganda, to participate in the Grow it Global project. With her great English, and excellent farming knowledge, she will be a joy to meet!