

## Zennah Muhumuza



### **About Zennah**

*Zennah is a very enthusiastic farmer from Mubende in Central Uganda. She lives on a nine acre farm with her husband and six of her children. She also takes care of three orphans and one disabled widow. Before joining Send a Cow, Zennah could only grow food for her own family such as maize, passion fruits, bananas and beans.*

### **Zennah and Send a Cow**

Zennah joined Send a Cow in 2004 and received training in sustainable organic agriculture. Before then, her land had become barren (unable to grow anything well) and her crop production was low. After joining Send a Cow she received a cow which produced a heifer calf. In July 2008, Zennah received the prize for the best Send a Cow farmer in



Uganda because of her excellent work in growing food in a sustainable way. She is now a peer farmer trainer, which means that she is committed to train and teach other farmers the skills that she has learnt.

### **Food security**

Zannah continues to keep livestock which includes goats, running a dairy cow unit and a 'Village Bull Scheme' which makes money for her. This bull serves cows for other farmers in the community. Zannah also grows vegetables, maize, beans, cassava, coffee, eucalyptus trees and fruits such as passion fruits, oranges and mangoes. She also keeps chickens which provide eggs.

### **Sustainable Development**

Zannah and her children now have enough food plus more to share with their neighbours. The money she gets from selling her farm produce has given them money to buy clothes, medicine, books and school uniforms for her children. All her children go to school and they are all looking forward to the new brick house that the family is building so that they can move from their current mud house.



Zannah enjoys music and drama, listening to the radio (news), reading newspapers and making hand crafts. Now Zannah 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!