



lets create

# Audacious



## THE AUDACIOUS AFRICA

## JOURNEY THROUGH 2023

**Dear Friend;**

*This edition of the Audacious Africa journey takes you through 2023 and the milestones we have recorded from walking and working with the communities and individuals we reached. We are indebted to many people, friends, family and funding partners who gave support in many ways. We stand firm because of their shoulders.*

**Thank you!**



# 2

**DISTRICTS OF  
OPERATION**

- NWOYA (Northern)
- MITYANA (Central)



# 200

**WOMEN REACHED**

*Small Scale Food Growers  
and engaged on issues of Environmental Justice.*



**Vision:**

*Flourishing  
and healthy  
Ugandan  
communities  
supported by  
diverse, healthy,  
indigenous  
foods and  
seeds.*



## Two districts of operation

Audacious Africa work was warmly received and launched in two communities in Nwoya (Northern Uganda) and Mityana (central Uganda) respectively. A total of 200 women reached all of whom are small scale food growers and engaged on issues of environmental justice as below;



The Second Audacious community of small scale food growers in Kisaana



Discussion on good food



The processor grinding millet among the Acoli



The Second Audacious community of small scale food growers in Kisaana





# Issues tackled

01

Women and local communities' leadership for food security through affirming the contribution of indigenous foods and seeds to food security and sovereignty.

02

Soil health- as an integral resource to food production - it matters what goes into the soil and land in the process of food production.

03

Old age wisdom on growing and preserving foods in a healthy and sustainable way. That different cultures and regions of Uganda poses knowledge about healthy food systems.

We documented stories from women of different generations. Their wisdom will bear on innovation for the protection of Ugandan food systems. Healthy diverse

foods produced from healthy living soil is integral to the health and wellbeing of communities. The leadership of Women

and local communities is the glue and driver of these food systems. Audacious Africa is committed to ensuring that.





# Voices from the women

## Movement building

"I am very thankful for this Audacious Team- we used to hear about food scarcity in Somalia, it sounded like we can never be in that situation- but by the look of things we are close to the Somalia situation. When I see how we eat and the foods produced from our gardens, the situation is very worrying"

Nabwami Florence



The Second Audacious community of small scale food growers in Kisaana



## Granaries

"Among the Acoli, once the seeds or crops were harvested from the gardens or field, it was put inside a small grass huts called "DERO" which is always created in the center for every household settings. This helps for both substances and commercial benefits for every household and to avoid being destroyed by pests, animals and to some extent thefts"

Amoro Rwot Scovia

## Indigenous varieties' decrease

"We are witnessing a steady decrease in indigenous varieties- we used to eat many nice varieties of cassava, sweet potatoes, yam, beans and fruits. Today a few of these is promoted through selective seed. This is affecting the amount of food we are able to grow and sustain. For example the new banana varieties have weak stems, they are unable to stand

strong rains and winds. It is easy to lose a whole plantation during the strong rains like it is this season. Because of this, things have changed, we now rely on our children to bring us food from Kampala. In our childhood days, it was a shame for a village person to eat posho and beans on a daily, today we almost have no option, and it's a shame"

Nakiganda Zulaika





## Community belonging and identity

"I have spent the bigger part of my years in this community. I remember that in my childhood, we used to grow a lot of food, in my community sharing and exchanging seeds was part of belonging and togetherness. If my neighbor liked my beans, I shared with her in exchange from her harvest of maize seeds.

When visiting a friend, it was normal to extend the visit to the garden. After the garden conversation, you were gifted with a sucker of a good banana variety, it could also be vines of yam or sweet potatoes. Those were good times.

Things have changed so much these days. Now, we get most of our seeds from the shops not as much from within the neighborhood, I don't like it. We are in the village, but it feels like everybody is on their own. We need to do something. We thank God for the Audacious People, they are helping us to bring back our good old days"

Teopista 56 year old



Food security discussions



Session on better food preservation

## Foods Preservation

"Acoli's used to apply ash on the seeds or Crops to avoid being destroyed by pests like weevils so they could last for a good period of times as they waited for a planting season.

For fruits like lemons Acoli's put under the local pots that has got good temperature and humidity to avoid it getting spoilt"

Aryemo Judith

Audacious Africa recognises that women and local communities have deep, historical and social knowledge for food sovereignty and security. We build on this collective memory to enable recognition of what is and what can be improved or strengthened.

As we move forward, we bear on these experiences and knowledge to protect the environment, and steward it in meaningful and sustainable ways.



Presentation on seed and fruit variety



Discussion on better food preservation





## Moving on

1. We will continue documenting women's and local communities' stories and practices among the different regions and cultures within Uganda. The Hey Foodie Book series about Ugandan foods targets children who are the next generation stewards of the environment.
2. Communities owned food and seed banks/ granaries for food security
3. Innovation on Water harvesting and preservation for sustainable irrigation
4. Soil health and regeneration as part of environmental stewardship
5. Community led Innovation on sustainable Energy recycling and forestation for climate adaptability



Dancing, singing and movement are part of movement building



Dancing, singing and movement are part of a bounty harvest



## Partner with us

1. Eat Ugandan food, talk about food with your children
2. Invite the Audacious Africa Team to a school in your community
3. Share your "staple" food story with us
4. Donate

The small and committed Audacious Africa team- this journey bears your name on it. Thank you