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FARM STEW Sharing the Recipe Book - MASTER Script

Page 1: Jesus

Jesus desires that ALL people will have abundant life, (John 10:10).

"I am come that they might have life and that they might have it more abundantly." John 10:10

This is the key verse and vision of FARM STEW.

Ask: Does anyone know the first half of this verse?

"The thief cometh not, but for to steal, and to kill, and to destroy".

We can see that the great controversy is wrapped up in this one verse.

We have an enemy that wants to kill, steal, and destroy, but Jesus came that we might have life abundantly! FARM STEW is on the side of Jesus, promoting improved life now and eternal life.

Page 2: Map 1 out of 3

When people ask, "Why Africa?" our response is simple. It is home to the world's largest concentration of malnourished children. One in three African children are severely malnourished, 65 million in total!

Tragically, five children under the age of five die EVERY minute in Africa.

It is a needy starting place in developing a ministry designed to serve the world.

Page 3: Why should we care?

Our response to the suffering of children is a mirror of our love for Jesus Himself. We are given the opportunity to reflect His love. This is Phionah one of the original FARM STEW trainers with a severely malnourished child who actually is 9 years old.

Page 4: Goat and Sheep

Ask: What does Jesus say?

What you have done for the least of these, "you have done unto Me," says Jesus.

In Matthew 25, there is a parable about when the Son of Man comes; He separates the sheep from the goats. He goes through a list of things that the goats, the unrighteous, did not do, and things that the sheep, the righteous, did do. Many of you are familiar with this parable. We want to be sheep like those in verses 37-40, who naturally served the hungry, thirsty, stranger, sick, and imprisoned. In so doing, they did not even realize that they were caring for Jesus.

Page 5: Help without hurting

We must help with the Hippocratic oath in mind, “First, do no harm.” So often Instead of true help, the poor are trained to become dependent. Rather FARM STEW is committed to “teach them to support themselves. This will be true help. The needy must be placed in positions where they can help themselves.”

Our role as outsiders is to be part of placing the needy in a position to help themselves. The picture is from one of the homes we’ve worked with in the refugee camps. The people have a small area of land given to them. Many feel that they can do nothing with such a small area. Through FS we encourage the people to use even a small area to grow food.

Ask: does anyone know what crop this is?

This is a small area of soybeans. They grow very well there! Do you see the tippy tap and latrine in the center background also? Those are all parts of being a Certified FARM STEW Home.

Page 6: FS Letters

We are equipping African families and vulnerable people to live abundantly, physically and spiritually!

Families trained by FARM STEW are equipped with the skills to prevent hunger, disease, and poverty. They are educated in the “recipe of abundant life” and introduced to the true Source of abundant life, Jesus. This recipe includes **eight ingredients:**

- Farming: Faithfulness to principles revealed in God’s word and observed in nature
- Attitude: Choice to live God’s way, to be disciplined and to have a positive outlook
- Rest: Nightly and weekly for our bodies and promoting soil health
- Meals: Plant-based, whole foods diet using what the family can grow themselves
- Sanitation: Around our homes, with our food, and in personal hygiene.
- Temperance: Moderation in good things, abstaining from things that are harmful
- Enterprise: Provide opportunities to pursue sustainable food and income
- Water: Fresh, in abundance, detoxifying, for grains and legumes, as well as bodies

Page 7: Bible Answers

We go to the Bible for guidance.

Ask: Can you guess what book this FARM STEW trainee is reading from?

Genesis! We always start at the beginning where the God, the Master Gardener, formed us and told us to garden. FARM STEW is an effort to get back to paradise! There is so much relevant content from the Bible for each of our eight areas of focus. We believe the Bible is not only the inspired source of Truth but can also be a great motivator of positive behavior change. Rural Africans, especially, are often more likely to listen to the ancient, sacred text rather than modern or imported ideas.

Page 8: Blue Zones

FARM STEW also relies on well-researched science. By examining the contributing factors leading to global hotspots of health and longevity, we developed FARM STEW, a recipe for abundant life. This Venn Diagram shows Sardinia, Italy, Okinawa, Japan, and Loma Linda, California. These are three of the five “Blue Zones.” By focusing on the characteristics these

cultures have in common, we promote ideas and behaviors that are proven to work.

Discuss: Spend some time looking at the characteristics, especially those **in red**, and connect them to the letters of FARM. For example, the “**Plant based, Legumes**, High Soy, Whole Grains” is what we teach in **Meals**. “**Social Engagement, Family**, Healthy Social Circle, Likability”, we teach in **Attitude**. “**No smoking**, no alcohol,” we teach in **Temperance**. (Point out that the benefit of the Italian dark red, “High polyphenol wine” comes from the dark, naturally occurring color, not the alcohol. Finally, “**constant activity** and gardening” are required to succeed in **Farming**. We also love elevating the status of women so that they can be “strong women” for their families.

Page 9: Parents taught

There is dignity in being able to raise your children with the things they need to thrive. Food, shelter, health, and education are the basics. FARM STEW is committed to help the parents to learn themselves and also to teach their children. We believe this honors God and His intended role for parents.

Page 10: Training of Trainers

FARM STEW is a training-of-the-trainer program. So far (July 2019) we’ve developed 22 African Trainers with skills in nutrition, agriculture and child survival. We’ve conducted more than 1,600 training days and have trained on average 38 people per event. This totals over 60,000 people-training-days (although many of these people have been trained more than one day).

Page 11: Before and After*

It’s girls like Nakato, (**on the left**) with her with big hopeful eyes and skinny little arms that reveal malnutrition is more than statistics. The children in Africa have a face and a heart. Although FARM STEW has not yet reached Nakato’s community, you can make that possible.

Joy met Nakato’s grandfather in the city, and he invited the FARM Stew team to visit their rural homestead. With a heavy heart, he told them that Nakato’s mother has six kids and she is often away for days seeking work! One of the Nakato’s siblings was hospitalized in May for several days due to poor feeding. When asked if we could share her story, he said, “We believe that will be a good and timely wake-up call for our community.”

Your gifts make children’s health a priority. It sounds the alarm to awaken people to the problem of malnutrition. More importantly, they provide the solution, a receipt for abundant life, FARM STEW! By partnering with FARM STEW, together we can reach Nakato and families like hers.

In sharp contrast, the children (**on the right**) are so excited by FARM STEW’s hands-on cooking classes that there is always a crowd of them by the time the food is ready to be served. Our trainers take joy in helping them, and they serve as a model for their parents. The kids are tasting “soy scrambled eggs” with a “rainbow pot” for the first time after one of FARM STEW’s hands-on cooking classes. These highly nutritious foods and vegetables will help them grow.

These children can help their parents grow these foods. Their parents have been equipped with the skills to make affordable, accessible, nutrient-dense foods. It's an excellent way for families to work together and it's always love at first bite!

Page 12: Farming

By teaching farming, we can do even better than “teaching a man to fish” because, in many parts of Africa, people can grow everything they need to eat and even grow surplus so they can sell it to help themselves and others. This women's group is being trained by Betty Musiro (in the dark green shirt) our Deputy Country Director in Uganda.

One hopeful story is that of the thriving vegetable fields of Mr. Bogere, a man in his mid-40s, who never saw growing-vegetables as a way out of poverty until supporters like you made it possible. He is married to one wife and has six children to feed. When FARM STEW first came to train in his village, he was jobless, like almost all the men around. Now, after training and receiving starter seeds, he is growing vegetables for his home and his 87-year-old father's home. After radically changing his own family's nutrition, he now sells vegetables at a nearby trading center. Betty, one of the FARM STEW trainers, says “even his neighbors are proud of his vegetables.”

Page 13: Good missionary Work

God's solution is not aid but agriculture. God's solution for poverty is people equipping people!

We are committed to teaching ways of organic farming so that there will be “**far less poverty than now exists.**” FARM STEW is all about giving “**the people practical lessons** upon the improvement of the land, and **thus induce them to cultivate their land**, now lying idle. If we accomplish this, **we shall have done a good missionary work!**”

Page 14: Attitude

Uganda is known as the “Pearl of Africa!” The beauty in the land and its people shine everywhere you look. Many rural residents seem not to be able to crack open the shell to find the pearl.

One of the most significant barriers is their attitude. They don't have hope and lack motivation. You are helping to change the minds and hearts of people trained by FARM STEW.

For example: Robert, (in green), spent time with **David**, and **his wife Fatuma** during one of many FARM STEW home visits in Wagona Village, Eastern Uganda. Robert was really impressed with **their new thriving garden**. David, Fatuma, and many other families demonstrated the results of techniques they learned from FARM STEW.

With joy, Fatuma shared, “Before you came, the little money my husband could make as a cobbler wasn't enough to feed the family and pay for school fees for our eight children. **I feared digging (farming) since I thought it was a curse.**”

She continued saying, “After FARM STEW taught us the benefit of gardens and provided us with vegetable seeds, **it made my turning point. Now I'm seeing myself as a very useful person in my community.** By growing vegetables, we can afford to prepare them to eat, and we are healthier. Some of the people in the community now come to buy vegetables. I now have vegetables at all stages of growth; still in the nursery bed, growing ones and those that are ready to harvest. By selling the extra, **I can now send my kids to school and take care of basic home needs**, hence helping my husband.”

This happy couple reminds me of a simple truth: FARM STEW is **good missionary work!**

Page 15: Rest:

The human brain is the masterpiece of creation, but it requires rest. In order for it to function properly, it must have adequate nutrition, water, oxygen and sleep. Its internal workings involve electrical currents and chemical messengers that are affected by the quantity and quality of sleep. Getting enough rest is required for a healthy, abundant life.

We also want the soil to rest, and covered by a blanket of mulch that prevents it from being exposed to the elements. We call it a blanket for the soil. We teach methods to always keep the soil covered, rotate crops and even let land lay fallow as we are commanded.

There is another kind of rest that is equally important. Allowing a woman's body to recuperate after a pregnancy. Each year there are 80 million women in developing countries who have unintended pregnancies and 40 million unsafe abortions. **Every day almost 800 women and girls die** of pregnancy-related complications **and for every death, there are 20 females who have serious complications.** Over half of these women did not want to be pregnant in the first place. Helping women plan ahead for pregnancies and couples to understand the benefits of child spacing at least 2-3 years apart is part of FARM STEW's message.

Finally, both the Bible and science show that the weekly rest cycle is an important blessing to people. That is why God gave us the Sabbath and we share that information.

Page 16: Meals

FARM STEW encourages people to eat a whole foods, plant-based, diet using mostly what the family can grow themselves. This is opposed to the white starchy foods, like refined maize, cassava, white yams and white rice, that usually just fill the belly without truly nourishing the body. Good healthy enriched porridge (like the one in the picture) can be made from unrefined grains including millet, sorghum, and amaranth and legumes. You can see also that the beans come in a rainbow of colors.

Page 17: Rainbow

We teach training participants to eat a rainbow of colors. Have you ever heard about eating a variety of colors? This is so basic, but many people don't know this. All these vegetables you see here, they can grow themselves.

Page 18: 3 Parts of the Seed

This is a picture of one of the FARM STEW teachings. We encourage the people to eat the WHOLE seed or WHOLE GRAIN. Many of us know that a seed is typically three parts. You can call it the embryo, food store, seed coat, or the germ, endosperm, and bran, etc. How many of you have planted seeds? If you take apart that seed into the three parts and plant just one part of it, will it grow? NO. If you remove two parts, you have removed LIFE. It will not grow.

We are teaching the people that they need to eat the WHOLE grains so that they can give life to their children and families. But also, how many seeds are in this picture? ONE. How many DISTINCT parts does it have? THREE. Just like God. We believe in ONE God who has three distinct personalities. Now let's read Romans 1:20 (scripture). Isn't that amazing. God has even shown a picture of His Godhead on each seed!?! It is exciting to share that simple truth in such a practical way with people, and especially with people whose faith denies that reality.

Page 19: Sanitation

Now let's talk just a little about "S," for sanitation, in our homes, with our food and with personal hygiene.

On the left, you see a picture of a latrine. Although it looks a little poor, it is actually a great development for this rural family. In the bible, God told his people a very important message for Sanitation.

"As part of your equipment have something to dig with, and when you relieve yourself, dig a hole and cover up your excrement." Deuteronomy 23:13

On the Right you see a girl with pants with something inside it called a pad. Did you know that most girls when they get to the age their monthly cycle starts, drop out of school because they don't have a way to take care of themselves? And through donations and partnership with AFRIPads, we are providing this special kit of washable, reusable pads: 1 large overnight and 3 for the day. We also have to provide underwear as most don't even have panties.

We teach them that this is a normal part of becoming a woman. We ask them how many want to be mothers someday? All the hands go up. We tell them that this is just their bodies starting to prepare them to be mothers in the future. It is not something to be ashamed of. This is the way God has made their bodies. When we tell them that each one of them is going to get a gift of a set of these pads, you should see their excitement and smiles!

In addition to this, we empower them. We tell the girls, these are YOURS. These are not to be shared. They are not your friend's, your mother's, your sister's, or even your teacher's. These are yours, so you can stay in school and get an education and take care of your needs.

With your help, FARM STEW can bring dignity to girls by training and equipping them with the

tools they need to have Freedom from Shame. So far, (February 2019) FARM STEW has provided 3,100 girls with reusable cloth menstrual pads, made in Uganda, by the gifts of generous donors. Our goal for 2019 is to reach 3,000 more!

We encourage these girls to stay pure until they are married. FARM STEW also teaches many other important sanitation principles which prevent disease, encourage health, and safety.

Page 20: TEMPERANCE:

Moderation in good things, abstaining from things that are harmful. Smoking, use of alcohol and other addictive substances are hurting people all over the world, including Africa. People often turn to such things to try to numb the pain of their lives. FARM STEW is giving people hope, through learning ways to really improve their lives in so many ways. In addition to this, FARM STEW teaches people the harm caused by such things and encourages them to live free from these hurtful things. Not only are we reducing addictive behaviors, the results include a decrease in domestic violence. This is such a blessing to the entire family.

Page 21: ENTERPRISE:

Providing opportunity to pursue sustainable food and income.

“If they ever become industrious and self-supporting, very many must have assistance, encouragement, and instruction. There are multitudes of poor families for whom no better missionary work could be done than to assist them in settling on the land and in learning how to make it yield them a livelihood.” Ellen White, Welfare Ministry

The Bible says 6 days you labor and work and that those that do not work should not eat. These are strong words and the mentality and work ethic they have contributed to is what helped to build the Western world.

Through FARM STEW, we are encouraging people to make the best of their situation and to work to provide for their needs. Many who have been looking for work unsuccessfully outside now realize they have work they can do even at their own place. They can grow food for themselves and even have enough to sell to make income. Some after learning ways to use soya, make healthy soya products and sell them to others. They are happy to have their own businesses. Their families now have more health, and they have some income to help with school fees and other needs.

Page 22: Water:

According to the World Health Organization: “The Habit of hand washing could save more lives than any single vaccine of medical intervention.”

This is a tippy tap. I want you to say that with me. TIPPY TAP. Great. I get excited about tippy taps. Let me tell you a story. Joy went to a large refugee camp meeting with hundreds and perhaps thousands of people in the camp. At this meeting, she needed to use the (we will call it an outhouse). Afterward, she looked for a place to wash her hands. She couldn't find a place.

She talked to a leader at the meetings, and he said: “Oh, that is because you used the wrong “outhouse.” You were supposed to use the special guest toilet. (Pause). Joy explained that there are hundreds or even thousands of people here, and “we ALL need to be able to wash our hands. And you should realize that many of these people don’t have toilet paper! Do you realize how many diseases can be prevented by simply teaching people to wash their hands!”

The exciting thing is that we were able to solve this problem! We constricted TIPPY-TAPs outside of each Latrine! A Tippy-tap is a simple design with sticks and string or rope and these jugs which are common there. A hole is put in the lid and a string down to a stick that is elevated above the ground. There is another hole in the side of the jug. Rocks can also be placed beneath to help with water drainage.

Most will use ash when washing their hands since most do not have soap. They will scrub with the ash and then put their foot on the stick that is elevated above the ground and push down for water to rinse the ash off. (Like a faucet, so they don’t have to touch anything while washing their hands.) This simple technique will help the health and lives of so many people. This along with other principles of proper use of pure water is saving lives.

Page 23: FS Team Reach

Presently FARM STEW is blessed to have trainers working in the following three Sub-Saharan African Countries:, Uganda, Zimbabwe, and South Sudan. As of July 2019 FARM STEW has trained 60,000 with your support.

Page 24: Internet

You can learn more about FARM STEW by going to our website, liking us on Facebook and watching videos on YouTube. Just type in “FARM STEW,” and you can find us.

Page 25: What can you do?

We want to be ready to reach these children, their parents, and so many more through the FARM STEW ministry. This means we need to raise monthly support to mobilize our trainers to reach these children and adults that need hope, health and salvation.

_____, it would be such an incredible honor to have you partnering with us to help “the least of these.” I wonder if you would be willing to support us monthly in this ministry?” For \$37 you can sponsor a class in a village, orphanage or even a mosque.

Page 26: Your gift can multiply.

We believe that funding FARM STEW is a great stewardship. Your consistent, generous gifts and our dedicated African-Christian staff combine like blood and oxygen to empower the work of FARM STEW to reach the lives of so many that need hope. Three years have passed since God launched this program. Those who began this work never dreamed or imagined all that has been made possible in helping the people in Africa which could not have happened without people like you in partnership with FARM STEW. Together we’ve shared practical, hands-on hope with tens of thousands of African families! Will you partner with us today to share the recipe of FARM STEW?

