

10 October 2024

## Innovations Session N° 21

How farmers and SMEs respond to the  
changing needs and preferences  
of consumers in Africa



INNOVATIONS<sup>📶</sup>  
SERIES



# **SLOW FOOD KENYA**

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And Ecological Farmer  
Cultivating indigenous  
crops and raising goats**

## Slow Food Kenya works to:

*Slow Food Kenya is a grass root organization that works To defend food biodiversity through Agro ecology and promotes Good, Clean, and Fair food for all.*

- **Good:** Food should taste good and be rooted in season, place, and culture.
- **Clean:** Food and farming should promote health and well-being, preserve agricultural resources, protect the environment and biodiversity, and ensure animal welfare.
- **Fair:** Good and Clean Food should be accessible and affordable to all and should provide dignity and fair compensation to workers at every link in the food chain.

# AGROECOLOGY

- Agroecology offers alternative cost-effective solutions to conventional agricultural practices,
- Its presents a holistic approach that prioritizes sustainability, environmental health, and social equity.
- By integrating ecological principles into farming systems, agroecology emphasizes the importance of biodiversity, natural resource conservation, and regenerative agricultural practices.
- Through techniques such as intercropping, crop rotation, and agroforestry, agroecology enhances soil health, reduces the need for synthetic inputs like pesticides and fertilizers, and mitigates the risks associated with climate change

# Continuation

Agroecology fosters resilient and diversified food systems, empowering farmers to adapt to changing environmental conditions and market dynamics while promoting food security and sovereignty. Moreover, by emphasizing local knowledge and community-based decision-making processes

Agroecology supports smallholder farmers and rural communities, fostering economic development and social well-being.

Overall, agroecology offers a promising pathway towards sustainable agriculture that benefits both people and the planet.

## Agroecology As a Beacon for Sustainability

- . The Slow Food philosophy is strongly intertwined with agroecology. Both are rooted in rebuilding relationships between agriculture and the environment, between food systems and society, between farmers, food artisans and citizens. Agroecology's focus on sustainable farming and food production, fair distribution, qualitative consumption, and environmental responsibility aligns closely with the Slow Food mission of ensuring good, clean and fair food for all.



# Diversification

Economic diversification is crucial for the sustainability and resilience.

By exploring multiple income streams, farmers can mitigate the risks associated with dependency on a single source of income.

This diversification allows farms to better withstand economic challenges, such as market fluctuations, crop failures, or unexpected environmental changes.

## SOIL HEALTH AND FERTILITY MANAGEMENT TO ENHANCE FOOD SAFETY

- Practices that contribute towards creating agro ecological farms Which promote Food Safety include:
- crop-rotation; intercropping; organic fertilization; biological control of pests
- Integration of natural elements into or around agricultural fields;
- reduced or no-tillage to improve soil health; Soil fertility build up using Bio fertilizers which are made locally and use of Compost , Bokash, Bio intensive practices, Double digging, conservation agriculture to build up soils gradually





*Management of Indigenous knowledge , recovery of disappearing animal breeds, plant varieties and processed products*

- The Indigenous Seed saving is done at community level and plays a vital role in ensuring seed security, improving farmers access to seeds, Conserving agricultural Biodiversity and traditional knowledge.
- Availability of diverse seeds translates to diverse foods which plays a vital role in ensuring food diversity and safety.



Find more about Slow Food Kenya-[www.slowfoodkenya.org](http://www.slowfoodkenya.org)



**Slow Food Kenya**



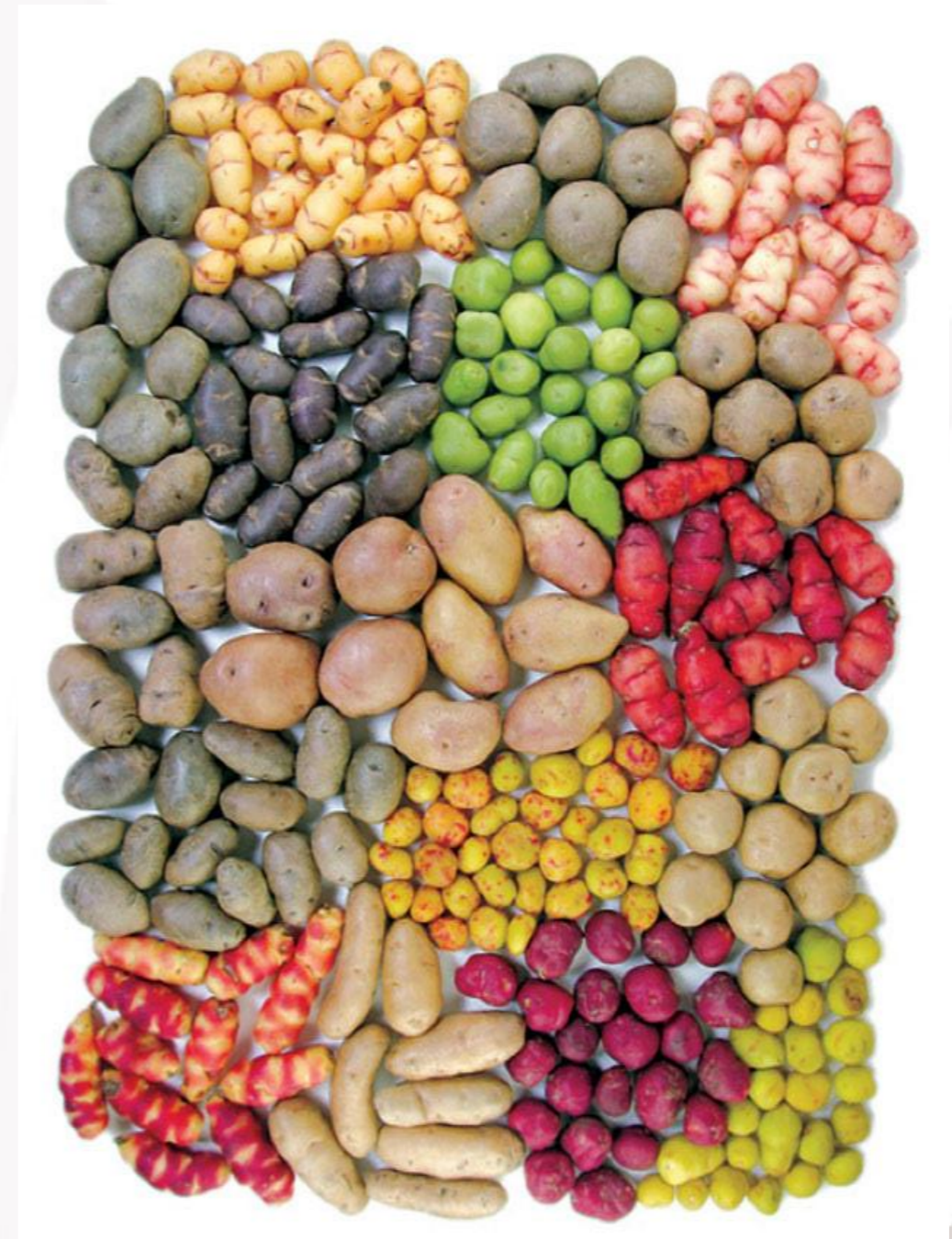
**Slow Food Kenya**



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*This event was organised by the Fit For Market Plus programme, implemented by COLEAD within the framework of Development cooperation between the Organisation of African, Caribbean and Pacific States (OACPS), and the European Union (EU).*

*This publication has been produced with the financial support of the EU and the OACPS. Its contents are the sole responsibility of COLEAD and can under no circumstances be regarded as reflecting the position of the EU or the OACPS.*

# Thank you

