



FARM STEW® News

You Saved Us From Drinking Water With Tadpoles

By Ruth Namukwaya, Team Leader, FARM STEW Uganda

In the heart of Kiiko, a village nestled near a swamp, life was dictated by a terrible daily choice of how to get water. Men fished, children swam, and women did laundry in the swamp water. But **hidden in its depths were diseases** like typhoid and microbes that caused diarrhea. Five miles away, there was a FARM STEW well installed, and word had reached Kiiko. But this was no casual stroll. It's a 3-hour round-trip walk through an area that is not always safe, especially for women and children. Daily, the choice was made: **swamp or sweating for hours.**



This was Mary's drinking water until you gave for a well!



Kiiko village is thankful to you for their new borehole. Mary is thankful that you changed her reality!

Hear Joy's reflection on Kiiko's Village.



At each well is a sign that reads as a reminder: "Jesus gives freely the Water of Life."

This was Mary Sadi's reality until your support reached her village of Kiiko. **You sent FARM STEW Uganda trainers**, like Gideon and Perez. From them, villagers learned that Jesus loves them and wants them to have abundant life. By attending their weekly classes and diligently applying what they learned, Mary's and 40 other village homes got FARM STEW Certified in only eleven months. This qualified them for a well, which your support made possible.

Now the choice is clear, just like the water. And Jesus' love is felt with every gulp. Today, Kiiko

thrives because of your generous gift. Diseases are kept at bay, and 3-hours a day are now spent on growth and learning rather than survival.

Mary expressed her gratitude: "Swamps are breeding frogs and other animals. You've saved us from drinking water with tadpoles."

Together, with FARM STEW Uganda and your continued support, **we can put an end to terrible choices and share the love of Jesus.** Let's create more stories like Kiiko's.



Perez leads the effort for FARM STEW Uganda in putting in new borehole wells.

A Rainbow of Gratitude: Thank You for Supporting FARM STEW

By Kahn Elmers, Volunteer Project Coordinator, FARM STEW Zimbabwe

At the Mutare Multicultural Camp Meeting, children gathered around Pride Musekiwa, Assistant Project Coordinator of FARM STEW in Zimbabwe. Raised at the New Start Children's Home, Pride is passionate about sharing the Recipe of Abundant Life. He has a profound love for children and **a passion for sharing the Recipe of Abundant Life.**

Pride captivated the children with the story of how rainbows symbolize God's covenant with us and how **the vibrant colors of natural foods offer a variety of essential nutrients.** Using vivid illustrations from the FARM STEW Recipe Manual, he taught the children about the importance of consuming fruits and vegetables for vitality to "Glow, grains and root crops for energy to "Go," and beans for protein to "Grow." He also highlighted the significance of saying "No" to processed foods, emphasizing that our bodies are God's temples and deserve to be kept clean and healthy (1 Corinthians 6:19).

The highlight of Pride's session was a rainbow salad



— a vibrant mix of red lettuce, orange carrots, yellow peppers, green cucumbers, and red tomatoes. He guided the children in crafting their own salads, each colorful layer symbolizing different nutrients. The children beamed with joy as they relished the burst of flavors.

Throughout the camp, the children learned about FARM STEW's Recipe of Abundant Life from Pride

and eagerly shared their newfound knowledge with their parents. As the multicultural camp ended, **the children left with more than just fond memories.** They carried the power to shape a vibrant, healthy, and hopeful future — one colorful bite at a time.

These precious moments of nurturing young minds and hearts are made possible because of you.

Your continued support will enable us to reach and empower more vulnerable children, inspiring them to make healthier life choices. **Thank you for being a part of this transformative journey** and for your unwavering commitment to FARM STEW.

Anonymous Participant Becomes a Dedicated Leader

By Nereida Hechavarría, FARM STEW Leader in Cuba

At FARM STEW, we believe in the power of hands-on learning. However, sometimes, logistical challenges like fuel and transportation can create obstacles in bringing people together. To overcome this, **we launched a nationwide initiative earlier this year to reach out to pastors' wives with our lessons over the phone.**

Leidis Delgado from Las Tunas, Cuba, joined in via WhatsApp. At first, she remained anonymous and never spoke up during the calls, absorbing the lessons quietly. But when we introduced the FARM STEW Enterprise lessons, something shifted for Leidis.

A few weeks later, Leidis broke her silence with a heartfelt thank you note addressed to FARM STEW. She expressed her gratitude for the ideas and encouragement she had received.

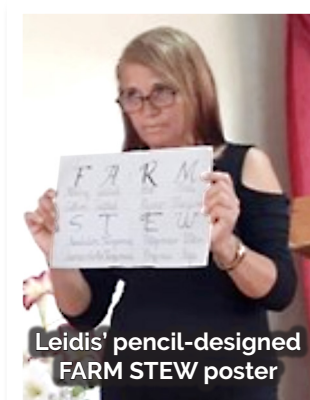
Raised on a farm, Leidis has a deep love for farming and was profoundly impacted by FARM STEW's holistic approach. In July, she started sharing pictures of her yard, expressing her desire to create garden beds as taught by

FARM STEW. Her enthusiasm didn't stop there; **she actively participated in quizzes and requested digital lessons to share with others.**

Acting quickly and using her own resources, Leidis gathered a group of friends and church members to share what she was learning. Lacking a FARM STEW flipchart, she created her own pencil-designed poster to explain our mission and vision.

Thanks to your generous support, **Leidis is now a FARM STEW regional leader in Cuba, equipped with her own FARM STEW supplies to share.** Her dedication and 'can-do' spirit are inspiring others and spreading hope in her community.

Your contributions are making a difference, helping to share the Recipe for Abundant Life in Cuba!



More Good News from the Island You Didn't Forget

By Joy Kauffman, MPH, FARM STEW Founder and Executive Director

2023 launched with hope on a secluded island in a huge lake in Zambia, Bwalya Mponda – the ‘forgotten island’ we shared in the first newsletter this year. This year, through your unwavering support, we’ve empowered trainers to share FARM STEW with the resilient people who live there.

I had the privilege of visiting this island. During my visit, the locals were brimming with excitement to show me **a new addition to their fields - soybeans!** This was a first for the island. Their eyes sparkled with joy as they recalled tasting soy milk during a FARM STEW class. As a nutritionist, this thrilled me because I’d seen symptoms among the children, partly due to protein deficiency.

Thanks to your generous gifts, we’ve sowed the seeds of change in Bwalya Mponda, quite literally, with this promising soybean field. The population here has traditionally relied on fishing for their sustenance and livelihood. However, Hillary Zebron, our Volunteer Country Director for Zambia, informed me that fish stocks in the wetlands are dwindling at an alarming rate. Introducing plant-based protein like soybeans is not just essential; it’s a lifeline for their survival.

Incredibly, since my visit, **the**



Your gifts helped to plant this promising soybean field!

soybean crops have thrived, even outside the typical planting season. The soil’s natural fertility seems to be playing a key role. We’re keeping a close eye on the crop’s progress, and it’s looking promising!

But the soybeans are just the start. At the chief’s residence, we’ve also planted a variety of other crops as part of our FARM STEW demonstration plots. The anticipation is as palpable as the growing watermelons! With few locals

growing fruits and vegetables on the island, there’s a ripe market ready for harvest. Our FARM STEW trainers will be guiding the community in Enterprise in the upcoming months.

The seeds of hope have been sown on the island of Bwalya Mponda, and with your continued support, we’re excited to see them grow into a harvest of abundant life.



Leah, a FARM STEW trainer in Zambia, shows off the watermelons.

You Opened My Eyes!

By Betty Aye, a participant from Maji South Sudan

“This simple thing you see here [her dish drying rack] has **saved my family.** We used to get all types of sickness, the worst of them all were diarrhea and typhoid, but now all this sickness has stopped because I dry my dishes very well in the sun and I don’t put them on the soil where dogs, goats, chickens, and ducks drink water and eat leftover food from them.

Jesus said, as recorded in **Matthew 6:22: “The eye is the lamp of the body; so then if your eye is clear, your whole body will be full of light.”** Your generous support allows FARM STEW trainers to open the eyes of people to see the truth about the dangers of microbes and homebrews, opening their hearts to the light of Jesus’ love for them.



Thank you for changing lives and opening eyes like Betty’s!

I thank FARM STEW trainers very much for the knowledge they gave us. I used to brew alcohol, but now I have stopped because of what I learned from FARM STEW. I sell food from my garden to the people who take it to Juba [the capital of South Sudan], and the money I get I use to buy things that are not in the village. **May God bless FARM STEW for opening our eyes.”**

Your Gift “Opens Doors”

By Elizabeth Kridler, Foreign Operations Director

In the heart of Burkina Faso, one of the world’s most impoverished nations, with a Muslim majority of 64%, a beacon of hope glows. Pastor Ben, a devoted church leader, shares, “FARM STEW facilitates the penetration of difficult places like Burkina Faso through another approach that opens doors and prepares hearts for the Gospel of salvation in Jesus.”

Thanks to your generous giving, **ten Bible workers and an agronomist have now become our first French speaking trainers.** They launched into unreached areas this quarter!

Your support is helping us sow the seeds of the practical gospel across nations. **Will you join us in praying for these new trainers?** Your prayers and contributions are not merely bringing physical help to the poor; they are sharing Jesus and inspiring hope.



“You Are Doing the Work of God!”



Sandy Miller, a cherished member of our FARM STEW family, “loves that **with FARM STEW people are not just being given money, but instead, people are being taught to better care for themselves.**”

She’s not just a donor; she’s an ambassador for FARM STEW within her community and is creating a legacy of giving.

Throughout the seasons, from Florida’s winter warmth to Michigan’s summer bloom, Sandy has been our voice, sharing the compelling stories of FARM STEW’s impact. Using the newsletters, she paints vivid pictures of the urgent needs we address and the lives we touch.

This past summer, Sandy set a goal for her Michigan church to raise \$20,000, just like her small church had done in Florida. It started slowly, and Sandy began feeling discouraged until she read this powerful quote.

“We must have less trust in what we ourselves can do, and more trust in what the Lord can do for and through us. You are not engaged in your own work; **you are doing the work of God...** Know what it is to be free in Christ.” Ministry of Healing pg. 513.4

Encouraged, Sandy kept going, and at the end of July, her persistence bore fruit. Generous donations came in, bringing the total to a whopping \$21,000! This contribution symbolizes more than just a number; it represents health, happiness, and hope for many people.

Thank you, Sandy! Thank you, God! And thanks to each of you who give so generously. We invite you to consider making FARM STEW part of your living legacy too!

To learn about legacy giving visit or scan:
www.farmstew.org/legacy



Your gifts can be sent to: P.O. Box 291 • Princeton, IL 61356
Learn more or give online at: www.farmstew.org
If you have questions, call us at 815-200-4925

Thanks for Your Faith

Food, water, and shelter are the basic necessities of life. And yet for so many people, they seem to be unattainable. That is, until FARM STEW trainers come to their village, sharing Jesus’ love in action.

Your support for FARM STEW is the reason the trainers can go, week after week, discipling people into abundant life. Many people in the villages are destitute. The world, and even other Christians, have passed them by, saying in effect, “*Go in peace; keep warm and well fed,*” while their stomachs rumble with hunger and worms, and they have no peace.

The Bible is clear that this kind of, “*faith by itself, if it is not accompanied by action, is dead.*” (see James 2:14-17)

Your generosity sends FARM STEW trainers, like Tonderai (below), who are equipped and mobilized to share the practical, hands-on gospel and to embody the love of Jesus. **Can you imagine the joy of the over 25,800 people** who now have access to clean water like those in Kiiko Village (p.1)?

They know water is there because Jesus loves them, thanks to people like Sandy Miller (left), her fellow church members, and you! This is truly good news!

FARM STEW is not only good news for the poor. It is good news for YOU! James continues saying, “*You see that a person is considered righteous by what they do and not by faith alone.*” (James 2:24) I celebrate your righteousness, as demonstrated by your acts of faithful giving.

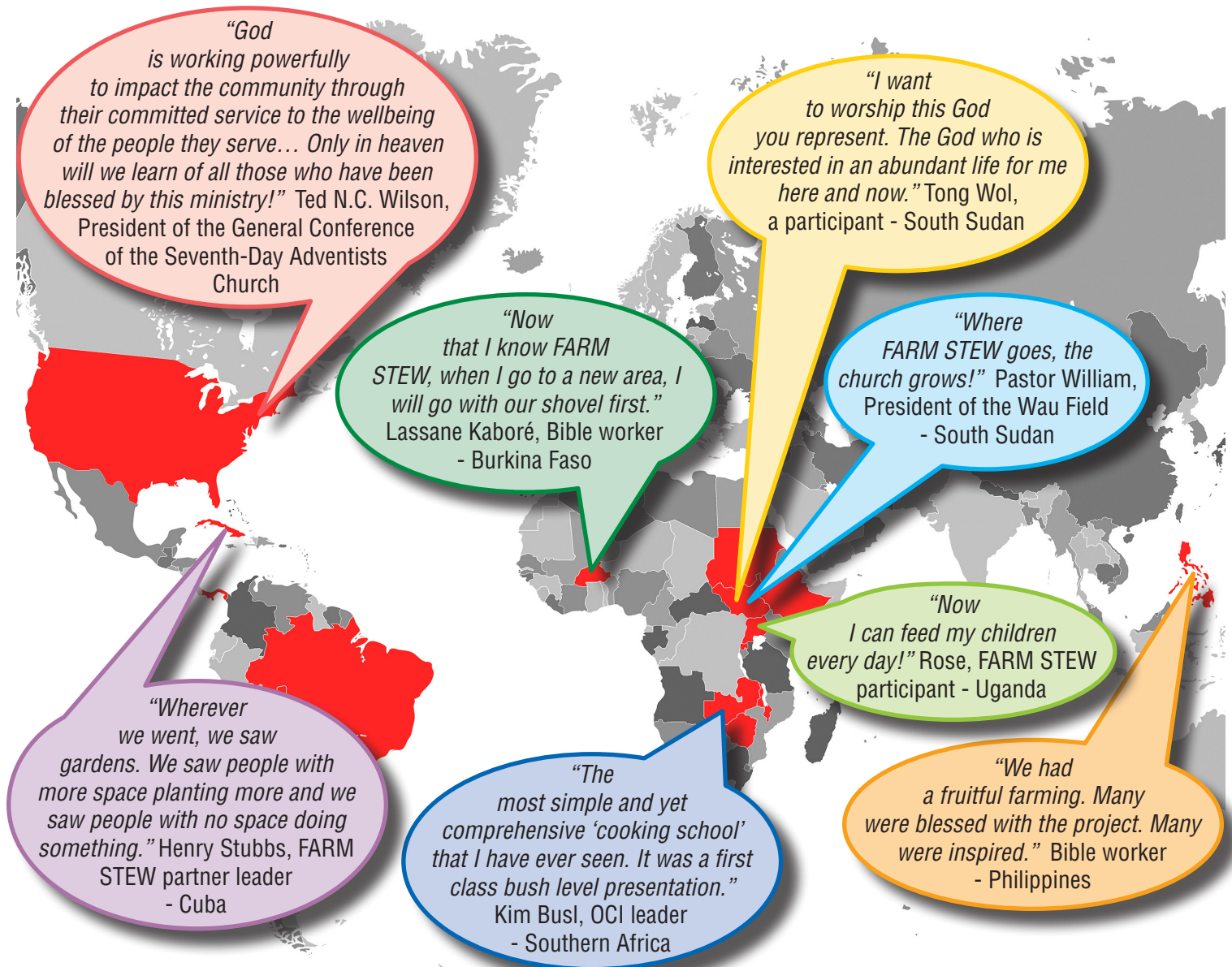
Your works of financial support are needed now more than ever, as **God is opening new doors** like in Burkina Faso (upper left) **and new eyes**, like Betty’s (p.3)! Thank you in advance for what you will give to end 2023 strong and launch 2024 more hopeful than ever.



May God bless you,

Your Global Reach and Impact!

Here's what people are saying about what your generous gifts are making possible!



Your gift today will share the hands-on gospel message of FARM STEW!

\$37 sponsors a one-day training class

\$148 per month sponsors weekly classes for a community

Abundant life is the outcome, one child, one family, and one community at a time!

EIGHT YEARS OF SHARING THE RECIPE!

While it's true that a picture is worth 1,000 words and stories move the heart, numbers matter, too. At FARM STEW, **we are all about transformed lives**, and we know that in order to reach them, it takes people. This year, your generous gifts and support have been used to increase **local staff to 74 worldwide**. They conduct hands-on, Bible-based training in a tremendous variety of languages, sharing at least **230 Bible verses** in the FARM STEW Manual that we call God's powerful recipe for abundant life. They enter the lives of the villagers, week after week, with a humble spirit but confident in the message of FARM STEW.

As we complete FARM STEW's seventh year, we celebrate the **14,823 trainings** (averaging 6.3 hours and 22 participants each), **totaling 321,143 participants**. Your gifts have transported the trainers to these remote and often desperately poor places with training materials, farming tools, seeds, and cooking class supplies so they can create **Freedom from Dependency**. This personal interaction, over time, sharing the practical gospel is what transforms lives.

Trainers visit schools and **bless girls, 25,994** in total (5,413 this year) so far, with washable menstrual hygiene supplies that give them **Freedom from Shame**. You have also provided funds for **86 communities with a well, impacting at least 25,800 people with clean, accessible water** (300+ people per well) for the first time, providing **Freedom from Drudgery and Disease**.

Can you imagine what these numbers would say if they could talk? Each one of the trainers, participants, girls, and families would love to personally convey their appreciation to you. Because of your generosity, thousands of families have the **Freedom to Prosper**, and you have given FARM STEW the **Freedom to Share**. **Please receive all of our appreciation with love!**



Hope Abounds in 2023!

After choosing the theme Year of Hope, the Hope Channel global TV network came to mind, so we reached out. We've been so blessed by collaborating with Hope Channel Uganda, Zambia, and International. An interview with Joy and 12 FARM STEW Bites will be airing in Africa this month! Thank you for sharing the message of HOPE through your support of FARM STEW.



Scan to watch:
www.farmstew.org/post/hope-channel-interview

