



A Private Potty!

By Adrian & Cha Solano, Trainers in Natampod, Philippines

When we first arrived in Natampod, **one major issue immediately stood out: sanitation.** Human waste could be seen and smelled almost everywhere.

Each FARM STEW lesson leading up to "Safely Dealing with Human Waste" in the Sanitation module helped build foundational principles to ensure that once latrines were introduced, they would be **used properly and maintained hygienically.**

Finally, we came to the lesson teaching about latrines and God's instructions in the Bible to bury human waste. We shared the "Why" — because **God is holy and having a home that is free of filth and contamination is a way to invite God into your home to be with your family.** (Deuteronomy 23:12-14)

Then, we all went to work! Families began digging their big latrine pits, and we went to local government leaders and asked for a donation.



Amazingly, it worked! We are overjoyed to share that they provided 20 toilets! Eleven families have already constructed their latrines, and others are actively working on their own, eager to be part of the **remarkable change taking place** in their village.

The difference is undeniable. We no longer have to watch our steps or cover our noses in Natampod. Today, we praise God for **your faithful support that has transformed Natampod into a cleaner, healthier, and more hopeful village.**



Saving in a Garden

By Abraham Konate, Team Leader and Agronomist, Burkina Faso

When Dominique from Wezani Village learned how to grow a vegetable garden, he planted his own. He was **excited to no longer pay for vegetables.**

Each time he harvested his tomatoes, cabbage, and sorrel, he deposited the cash he would have spent to buy the equivalent amount of vegetables into a box. After the growing season, he opened the box and found more than 30,000 CFA francs (\$50).

Dominique could hardly believe he had saved all that money!

He **reinvested the \$50 in more seeds for his garden**, and he joined the FARM STEW Village Savings and Loan Association, where he deposited the rest of his savings for a future investment. For the first time, he is hopeful.

Dominique and I are grateful to the FARM STEW Family for the support provided to help communities take the path to their own financial freedom.

The Forgotten Beetroots

By Binwell Mwila, Trainer in Mapopo Village, Zambia

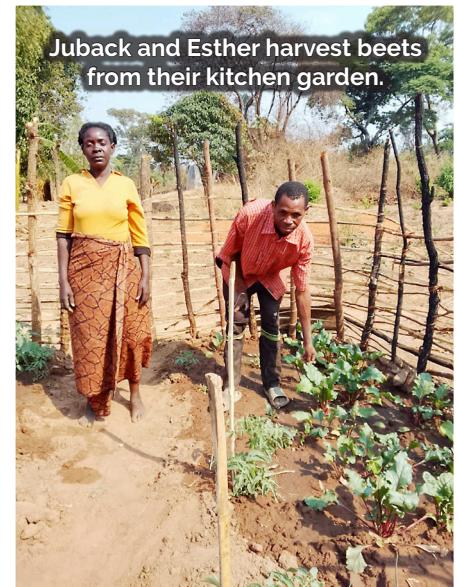
Esther had been sick for some time when her husband, Juback, took her to the hospital. Doctors told Esther that she did not have enough blood; they gave her some medications and **encouraged her to eat foods that would boost her blood supply**, including beets.

That was when Esther and Juback **remembered the "The Life of the Flesh is in the Blood," a new FARM STEW lesson** that features the micronutrients needed to build healthy blood; iron, vitamin C, folate, and B12. After studying the lesson, Juback had been given some beetroot seeds and he planted them in his garden, but he had not been eating them because he had never seen them eaten before.

Now that Juback knew the doctors agreed with FARM STEW, he began pounding the beets in a hand-carved wooden mortar and then adding hot water to make juice for his sickly wife.

Soon, as he continued to give her the medication, along with the juice from the beetroots, Esther fully recovered.

"The doctors' advice took me back to the beetroots in my kitchen garden. **Beetroots are now part of my family's diet,**" Juback told us. Now he pays attention to all of the FARM STEW lessons and begins applying what he learns much more quickly. Juback and his family are very grateful to God and to you for sending a FARM STEW trainer to Mapopo community.



Why Beets Help Blood!

The beauty of beets is not only in their vibrant red color — one serving provides 20% of the daily-needed folate, essential for healthy blood. Beets also contain nitrates that help circulation and oxygenation of blood and even have anti-inflammatory properties. In many cattle-keeping African cultures, drinking the blood of animals is a common practice, although it is prohibited in the Bible (Leviticus 17:12-14). Beet juice provides a perfect alternative!



Pad Donations Are Helping Girls and Women Live With Confidence



By Betty Mwesigwa, Trainer in Namundali Village, Uganda

In Namundali Village, many families struggle to afford food and clothing. **Buying sanitary pads for their daughters is often an impossible task.**

As a result, many women and girls resort to using old rags or other makeshift materials during their monthly periods. These options are **uncomfortable and have led to frequent infections** and, in some cases, long-term health problems.

But this quarter, you blessed Namundali Village with reusable sanitary pads for families who had attended at least 20 FARM STEW trainings. **The joy and gratitude were unmistakable** as girls and their mothers received these simple yet life-changing supplies. **Now everything has changed.** Girls can attend school confidently throughout the month. They no longer miss class or suffer from infections caused by unclean materials. Their relieved mothers also can manage their cycles, and they happily extend their heartfelt thanks to you!

Fresh Water Offers Freedom



By Phionah Bogere, Team Leader,

For years, families living in Bulyampindi Village, Uganda, have suffered due to contaminated water. The families **carried all of their water** from a small stream flowing out of a large swamp. The stream's name, "Ikurando," explains a lot; it means "**I will go there tomorrow when we are many.**" This is exactly what women used to say as they thought of

all the dangers between their homes and the water they desperately needed.

The wild animals and snakes living in the sugarcane plantations all along the 1km trail were only half of the problem. The dirty water was the other half; it **caused numerous diseases**, including diarrhea — which is often deadly for children.

"We have suffered a lot from various waterborne diseases in my family," said Mutesi, a FARM STEW participant. "The main cause was the water which we used to get from the swamp, but there was nothing we could do because it was the only source of water nearby."

But that was before the FARM STEW borehole was drilled.

Your gift has offered **deliverance from muddy swamp water and a treacherous daily journey.** When the FARM STEW borehole began pumping fresh, pure water, Mutesi and her neighbors enthusiastically **celebrated the freedom you gave.** Thank you! Now they can get water each day!

Join Bulyampindi Village in celebrating by visiting farmstew.link/4Q2025water or scan:



Marta's Transformation Continues

By Marta Loreno Thomson, Participant, Tornaquera Village, Nicaragua

Editor's note: In our second quarter 2025 newsletter, we shared Marta's story from Tornaquera Village, Nicaragua. We told how she swapped processed foods for fresh produce from her new kitchen garden and found relief from arthritis through hydrotherapy taught by trainer Yaritza.

Since then, Marta has continued learning with FARM STEW, and sharing the lessons. Please keep her in your prayers as she grows in both practical skills and spiritual knowledge.

"I've learned many more things from FARM STEW. Recently, I **learned how to take care of my health** to have a better life by using charcoal, which helped relieve my stomach pain. The atmosphere in my home feels more alive because I practice what I learned in class and teach my family and others to take care of their health.

Throughout my time in the classes, the topics I liked the most were from the Farming, Rest, and Temperance modules, especially the topic of God's Rest. I **learned clearly about the Sabbath, its spiritual value, and that it's the covenant that God made with His people.**

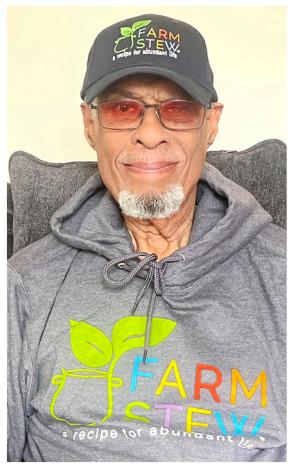
Thanks to God and this FARM STEW project that came to my village, I was able to get my home FARM STEW Certified, which makes me happy. **Now I have a better life and better health.** May God bless you."

12 Villages Sponsored

Thank you for being a vital part of the FARM STEW family, transforming families now and for eternity. This past quarter, FARM STEW launched Village Sponsorships. Through this program, donors or groups can provide freedom to entire villages with hands-on, Bible-based training in farming, health, sanitation, safe water, and income generation. A gift of \$17,760 equips a village of about 40 families, at \$444 per family — roughly 240 people — with skills that lead to lasting self-reliance. Many sponsors invite friends, churches, or small groups to work together (you can get started at farmstew.org/fundraise). Already **12 villages are sponsored**, and 38 more are waiting (at time of printing). Learn more at farmstew.org/village or scan the QR code.



A Life of Giving



Cecil Franklin has been a faithful monthly donor to FARM STEW since 2021, giving sacrificially from his modest, fixed income. Even though his income remains steady, **he has grown his gifts to an incredible \$350 each month**, supporting nearly 10 families' transformations each year.

Originally from Jamaica, Cecil graduated in 1961 from Union College (now Union Adventist University), and later earned a masters at Howard University in Washington, D.C. where he worked for the next for 50 years. He retired in 2018 at the seasoned age of 80.

Though currently facing a few serious health challenges, he joyfully testifies **that "God is good" and that "He is the owner of everything!"** Cecil lives simply and watches every expense so that he can give generously. He supports several ministries but says that "FARM STEW is at the top of my list."

Thank you, Cecil! You are such a blessing!

Your Gifts Equip Families: 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

Go Into All the World

In the first century AD, the disciples of Jesus organized themselves to fulfill the Great Commission, traveling throughout the Roman Empire by boat and road to share the good news of the gospel. Many who responded were those Jesus would have considered "the least of these."

In 2026, Jesus' mission to **"Go into all the world"** remains unfinished. And FARM STEW is not waiting for someone else to carry the hope of Jesus forward. Thanks to your faithful and generous support, **we continue stepping out in faith** into remote corners of the world, bringing a message of abundant life to mountain villages and impoverished communities. And many people are responding to this practical gospel message.

Ten years of impact have demonstrated that the FARM STEW training program truly lifts families from extreme poverty to the abundant life that Jesus offers to all (John 10:10).

In 2025, **13,932 families were trained** on three continents with awards given to 5,582 FARM STEW Certified Homes. This represents approximately **83,000 people impacted** by your generous support in 2025 alone!! Glory to God!

As we enter our 11th year, **we invite you to help fulfill the Great Commission.** Your ongoing support allows FARM STEW "to share God's powerful recipe for abundant life throughout the world."

Thank you for launching us into 2026.