



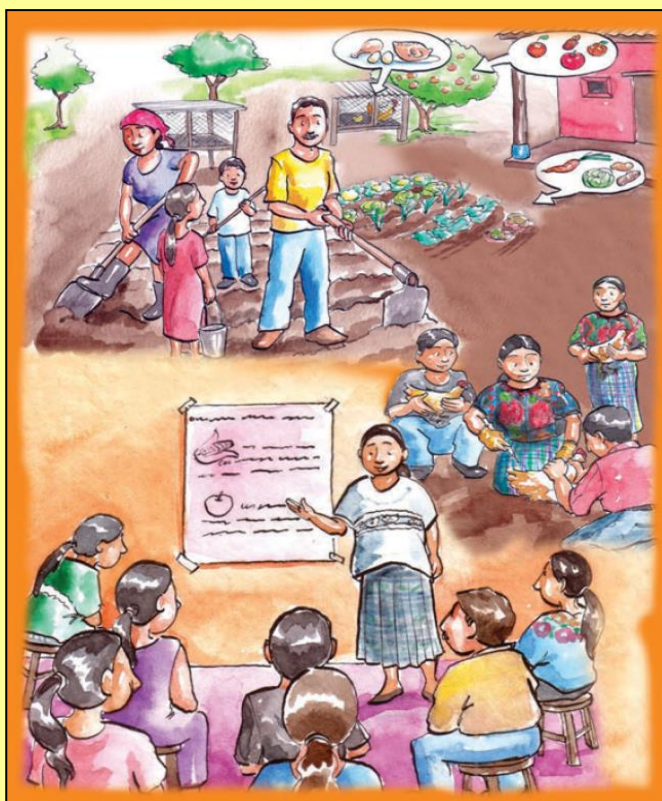
"We now benefit daily from the fresh vegetables. Many of us no longer need to go to the market to buy food but only at times to sell some of our produce." "Our health and lives are improving."

Venancia Tzic and Rosario Vasquez, January, 2009, describing some advancement Project Harvest has made in 2008.

Introduction

Project Harvest is pleased to report on the significant successes and the ongoing work and challenges of the past year.

MAGA, Guatemala's Ministry of Agriculture visited some the gardens in communities in which Project Harvest operates and cited the work of the project as a model. Our use and application of organic inputs, systems for capturing rain water, soil conservation practices, vegetable diversity in gardens and formation workshops for women were seen as key parts of a model project to be replicated in the area of Chiquimula. This recognition drew attention only to some but not all of the elements the project is employing to achieve the goal of improving the health and well being of poor rural families.



Change The majority of project participants are women and their children. As women have proven that they can produce vegetables on their own they have become more self-confident. It has altered the relationship between men and women. Men are more respectful. Women have more power. Men now contribute more to the work in the gardens.

Summary of Activities

In 2008 the project was active in twelve communities in two areas of Guatemala. Over the course of the year 25 new participants joined the project bringing the total to 200. They have created 115 individual family gardens and six communal gardens. There are over a thousand beneficiaries.

This past year project participants moved closer to becoming independent. They shared part of the cost of the material inputs. They are also gaining in knowledge and experience of sustainable agricultural practices that integrate the use of water, land, nutrients, and other natural resources efficiently. Bio-intensive and worm composting systems are planned for next year.

Project's Goal - To Improve Lives of Rural Families

Moving Toward A Holistic Approach

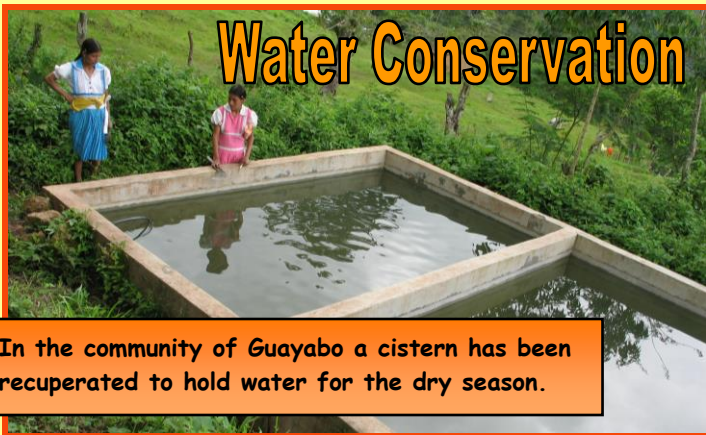
Soil Conservation



Promoter Saulo Ixen gives advice to project participant, Victoria Tucubal, on innovative techniques of bio-intensive cultivation.

Sustainable gardens are not possible without healthy soil. Project Harvest used over a 1,000 bags of chicken and cow manure this past year. To prevent erosion terraces are built and hundreds of plants are sown to form live barriers.

Water Conservation



In the community of Guayabo a cistern has been recuperated to hold water for the dry season.

Water conservation is one of the most important issues facing participants. Project Harvest promotes the collecting and saving of rain water and drip irrigation. Five new reservoirs were built this year each with a capacity of 10,000 litres.

Plant Diversity



Maria Esperanza Chacaj shows a native variety of sweet potato ready to be transplanted.

Biodiversity means planting a variety of crops that are best suited and cause the least stress for the environment. Participants are now saving seeds. Eight new nurseries were added to the existing ten that can now produce thousands of seedlings.

Project coordinator Oto Bravo delivers a rabbit to a newly built cage.

Small Animals



Small animals, such as rabbits, have the advantage of producing food, manure for the gardens and potential income from the sale of litters. Last year's recipients of three rabbits are this year sharing the offspring, thus multiplying the impact.

Small Animals



Maria Elena Amador from Pitahaya was the first community to benefit from the introduction of poultry. The animals provide nitrogen rich organic fertilizer for the gardens.

Laying hens were introduced this year to provide eggs for diets deficient in protein. Fifteen coops were constructed for over 800 birds. Periodic vaccinations took place to prevent the spread of deadly viruses. New chicks will insure sustainability.

Fruit & Forest Trees



Promoter Olga Tumax demonstrates how to plant a fruit tree.

Over 500 fruit tree seedlings & 1,000 forest saplings were planted. They improve water, soil and air quality and are a long term renewable resource. Varieties of apple, peach, avocado and aliso were planted. Workshops in care and pruning are ongoing.

to Family Food Security



Dedication

Alberta Mejia stands shyly in her immaculate garden.

Families are growing a variety of traditional and indigenous plants. Many are producing vegetables throughout the year.



Hard Work

Jorge Capir is slowly expanding his garden which is a show piece for his work.

The integrated horticultural system is showing benefits. Once depleted soils are being revived with organic material & becoming productive again.



Joy

Paula Paxtor laughs with joy while harvesting turnips.

In five communities 35 families are generating enough surplus produce so that it can be sold to buy necessities or additional baby chicks, etc.



Improved Health

Santos Odilio regularly picks chard from the garden to eat with his beans and tortillas.

Half of all Guatemala children suffer from chronic malnutrition. Their physical growth is below average - in girls by as much as 12 cm.



Nutritious Food

A cornucopia of vegetables & rabbit was cooked at Kitchen & Nutrition Workshops.

A harvest of vegetables, native herbs, as well as rabbit meat is being added to families' diets to help improve their health and well being.



Workshops

A group of project participants learn different ways of preparing foods.

Sixty-seven mini-workshops with over 600 people participating took place in 2008. Eight themes were covered from pest control to natural fertilizers.



Evaluations indicate that the project is progressing well. Participants' are confident and happier. Some of our "community links" (promoters at the local level) have enhanced their abilities by taking courses in leadership, nutrition and growing plants. They are gaining in experience and becoming better problem solvers. There are, at times, setbacks and problems to overcome and some distance to go before participants are completely independent of project resources. Difficulties with lack of water, resistance to using mulch, and insects are some of the ongoing challenges. Promoter, Isaura Manzo, spoke about the



Some of the first eggs from PH's small animal program of laying hens are eyed anxiously by Roberta Garcia.

Necessity

Leadership

Santos Mendez is PH's new community promoter in Guayabo. Under her leadership, a new group got started in 2008 and within one year they have had three crops.



work carried out in 2008. "We see a cultural change happening when children will cry out to their mothers that they want vegetables to eat from the

garden. It gives us much satisfaction and motivation to overcome the obstacles before us and to continue to move forward. Gracias! Thanks you!"

Project Harvest - Guatemala Revenue & Expenses for 2008

REVENUES	Totals
Donations from Individuals	15,378.64
Grants from Institutions	58,520.20
Total Revenues	73,898.84

EXPENSES	
Program expenses in Guatemala	54,255.36
Administration in Guatemala	1,366.20
Administration in Canada	596.91
Total Expenses	56,218.47

EXCESS OF REVENUES OVER EXPENSES	17,680.37
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Please be a part of
PROJECT HARVEST
and help support
rural families
in Guatemala

Inez Castillo won first prize for her diverse gardening practices and environmental conservation. The prize was awarded by the Departmental Planning Council, CODEP.



! Congratulations !

We thank all our present donors and invite new donors to be a part of this vital work.
Tax receipts are available. Help us sustain and expand this project.

Please make your contribution payable to: **Project Harvest - Niagara Warehouse of Hope**

46 Broadway Ave., St. Catharines, Ontario, Canada, L2M 1M4

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