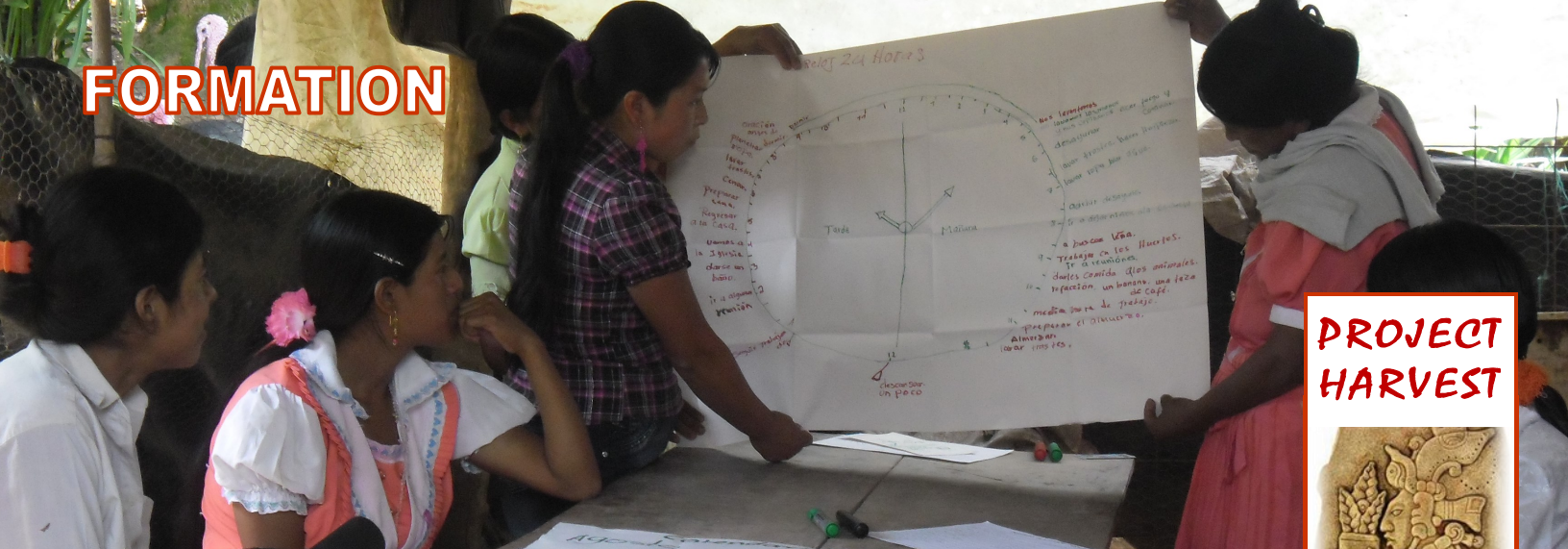


FORMATION



PROJECT HARVEST



Guatemala

PROJECT HARVEST PROGRAM - TAKING STOCK AND MOVING FORWARD

Dear Friends,

In 2013, after much reflection PROJECT HARVEST has moved into a significant new phase of its program.

We are constantly learning, making changes and adjusting our course. The first major change was the move from being solely fixed on providing an irrigation system for dry season cultivation into a more holistic approach. We have come to realize that we have to work on a number of solutions simultaneously

to support rural families to improve their nutrition and their livelihood (see page 3 for our program's components).

Now once again, building on years of experience and deepening expertise we have added a new dimension to our work. We find that although we can support families become more food secure by producing high quality food by means of a vegetable garden and by raising small animals there are other development needs in the communities we cannot address. But we can help with the for-

mation of our members so that they can acquire the skills necessary to become better organized and better prepared to participate in the life of their communities and their development.

This added dimension of our work was started this year with the addition of a formation promoter to our Guatemalan team. Now Project Harvest members are learning by way of workshops and individual training the skills and the knowledge needed to

(cont'd on page 4 - see Dear Friends)



FOOD SECURITY

Why, Where and How We Work in Guatemala

Why? Hunger, Unequal Land Tenure, Lack of Resources, ...

Guatemala is one of the poorest countries in the Americas. "At 50 %, chronic child malnutrition is the 4th highest in the world."* "The number of undernourished people has doubled since 1991 to 30% of the population."** There are many reasons for this high level of poverty. The UN's Special Rapporteur attributed these conditions to a large extent to the "inequitable distribution of wealth, high concentration of land ownership, and inadequate minimum wage in the country". ***

*World Food Program web site 2013 ** Food and Agriculture Organization of the United Nations, Report 2013 Report *** Report of the Special Rapporteur on the right to food, UNHRC, 2010

The majority of rural farmers (campesinas/os):

- subsist by working their very small plots of marginal land and harvesting coffee and sugar on the large, export-oriented plantations;
- lack the resources to have an integrated horticultural system for maintaining yearlong food and plant production;
- lack some of the skills needed to be better organized to be able to address long standing development and participation problems.



As a result, in the absence of a profound rural development program, the majority of campesinas/os remain very poor and live from hand to mouth with little left over for improving the quality of their lives.





Mission of Project Harvest

- To improve the food security, nutrition and health of rural families (campesinas/os) through the application of an integrated and ecological horticultural method that utilizes appropriate agricultural knowledge and skills.
- To improve and strengthen the organizational capacity of the participating groups in order to become sustainable and capable of directing their own community development.
- To increase the knowledge, understanding and abilities of the participants so that they are better able to know their rights, responsibilities and opportunities as engaged citizens in the development of their communities
- To enable rural families (campesinas/os) to become more self-sufficient, self-confident and empowered through the production of high quality food, group organization, community participation and development.

Where? Totonicapán and Chiquimula



Project Harvest operates in the  Tonicapán area of the Western Highlands and in the  Chiquimula area of Eastern Guatemala.

How? Five Core Components in a Holistic Approach to Food Security


Years of in-the-field experience have demonstrated that integrating these five core components is the key to improving family nutrition, as well sowing seeds for long term development. They are:

1. Food Production and Diversifying Livelihoods




Family vegetable gardens are established and maintained. They are often chiseled out of inhospitable terrain. The first priority is to grow nutritious food for the family; the second is to sell excess food to provide needed family income.

2. Soil Conservation and Organic Techniques




Healthy soils are created by producing and using fertilizers such as worm castings, animal manure and organic compost. The use of pesticides, chemical fertilizers, etc. are avoided.

3. Plant Diversity and Ecological Agricultural Practices



Biodiversity is promoted by planting a variety of seeds and seedlings for vegetables, fruit and forest trees. Indigenous plants also help provide food throughout an extended season as different crops mature. Seeds are saved and shared.

4. Water Conservation



Rainwater catchment (cisterns) and irrigation systems allow for cultivation during the dry season and also in time drought during the rainy season. A cistern holds approximately 12,000 liters of water.

5. Education, Organization and Participation



Formation is provided in horticulture, nutrition, organization and citizen participation. Women play a crucial role in project planning and implementation. They are central in producing food and advocating for community development.

Herman Plas's trip report – "what impressed me the most"



Casa Blanca,
Totonicapán.
This picture sum-
marizes for me the

essence of the work of PROJECT HARVEST and the success of the participants. It is a hard descent from the top of the hill down to this garden. The terrain is rugged, steep, hard, dry and very isolated – a real challenge. But the result is incredible – a well-kept garden in full production with a great variety of vegeta-



bles. Both husband and wife are participants working to better their lives and that of their families. The pride they display in showing us the results of their hard work is incredible. The water cistern is well taken care of and is doing its job of providing water for the garden. Of all the gardens we saw this was one that impressed me the most – it is obvious what can be achieved in a short period of time with hard work and dedication.

Project Harvest - Guatemala

REVENUE, EXPENSES & ASSETS for 2011 and 2012

REVENUES	Totals 2011	Totals 2012
Donations from Individuals	24,622.14	29,529.50
Grants from Institutions	36,392.87	25,284.00
Total Revenues	61,051.01	54,813.50
EXPENSES		
Program expenses in Guatemala	53,880.52	51,304.77
Administration in Guatemala	2,407.33	2,075.20
Administration in Canada	743.78	1,048.98
Total Expenses	57,031.64	54,428.90
Excess of revenues over expenses	3,983.37	384.60
Assets at beginning of the year	29,263.77	33,263.14
NET ASSETS* – END of YEAR	33,247.14	32,878.54

* Represents start up funds for next calendar year.

Dear Friends *Cont'd from page 1*

identify their own development needs and generate their own solutions to those needs. This new initiative has caused us to tweak our mission statement (see page 2).



We are pleased to see this process already beginning to bear fruit. The Pitahaya members recently have taken the initiative to address a serious food crisis in their community (please see our 2013 newsletter called RESILIENCE).

Your support has been critical as we have evolved and grown. Many thanks.

Paul Lemieux,
General Coordinator

Project Harvest: Report of Work Completed in 2012

The 2012 Work Plan COMPONENTS – for 6 community groups with a total of 152 families

1. Establishment and maintenance of Family and Communal Gardens		2. Soil Conservation / Fertilizers: • Manure: cow, chicken, rabbit • Worm composters • Worm compost		3. Seeds / Nurseries	4. Barriers: • Retaining grasses • Fences • Shading material • Mulch	5. Trees • fruit • forest	6. Small Animals: • Rabbit cages • Rabbits • Chicken coops	7. Rain Water catchment systems	8. Irrigation	9. Educational workshops
# of family size gardens	# of community size gardens	# of bags of manure (chicken or cow) integrated into	# of worm composting systems initiated	# of above ground nurseries constructed	# of protective fences constructed	Pruning and educational maintenance workshops this year	# of rabbit cages constructed	# of rain water catchment systems built	# of systems installed	# of educational workshops on different themes
130	4	309	3	3	5	ongoing	15	16	13	26

Please make contributions payable to: **Niagara Warehouse of Hope - Project Harvest**, 46 Broadway Ave., St. Catharines, Ontario, L2M 1M4

For more information contact: Project Harvest/Proyecto Cosecha, 82 Norfolk Street, RR #4, Waterford, Ontario, N0E 1Y0, Canada.

E-Mail: project.harvest.guatemala@gmail.com **New Website:** <http://www.projectharvest.org>

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