

Truck and Farm News!

Delighted FEBA members welcome the truck! THANK YOU to all who contributed to our new farm wheels.



The pick-up has now begun service, carrying cassava & corn to Kinshasa to feed the poorest members of FEBA, & to sell for other urgent needs.

For a peek at on-the-ground farming & loading the new truck, see reverse side.



Chickens & Rabbits Save the Day!

We have an exciting next step in our farm & food sufficiency project: small animal husbandry! The traditional African diet included meat or fish where those were available, but game is much scarcer now & protein-deficiency means poor health even for those who can get some cassava to eat.

Years ago Maman Monique & her vet student assistant Fifi (right) began a project to demonstrate best husbandry practices & provide food for street children, but that successful start was destroyed by forces beyond their control. Now FEBA is looking forward to an exciting new beginning raising chickens & rabbits to feed its community & sell to Kinshasa's many thriving restaurants.

4th Annual (off-site) 5K

Do it your way: Invite a friend, be creative. You choose your 5K, we will celebrate any style you like; just join us!

Run
or walk,
Row
or rock,
Dance
or skip,
Just
don't
trip.



Swing
or slide, Horse
or bike, Swim
or float, Bowl
or hike.

Special Match! The first 40 people to report their 5K & send in their \$25 donations will have their gifts matched by a generous anonymous donor! Help us earn this additional \$1000. Build a chicken coop or rabbit pen, expand our farm from bread to protein. Ending July 4. Donations: FEBA, Inc. [Facebook Page](https://www.facebook.com/WomanCradleOfAbundance/).

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We need a chicken house & rabbit pen, animal food, &



trained farmworker to begin. By Christmas the project should be self-supporting.

This is not "giving a fish" but "teaching them to fish" by supplying boats and nets – or in this instance, chickens & rabbits! – to launch forth!

JOIN US to launch for success!

More FARM News

The fields have been replanted, & the new corn “is (almost) as high as an elephant’s eye.” See the leaves of the shorter cassava plants in the foreground.



As explained in our last newsletter, cassava is a staple root food which takes a year to grow. Once harvested, it must be processed; the last of our first crop is being prepared. 1) First women peel the roots;



2) then they are soaked in water for three days; 3) & dried on racks (behind the make-shift pond) or rooftops.



The cured cassava is bagged in 120 kilo sacks, here being removed from the little storage house on the farm.



Those are big heavy bags!



Our new truck being loaded with cassava for market.



And a second layer of bags. There are limits...



CONTRIBUTE OR GET INVOLVED

Contribute: Donate securely via Stripe at www.WomanCradleofAbundance.org/donate .

Please designate “Leadership Development” in the purpose line to contribute to equipping the next generation of leaders, or “Farm Needs,” or “Sustaining Gift” to support ongoing work.

Checks payable to Woman, Cradle of Abundance can be mailed to the following address:

Woman, Cradle of Abundance
attn: John McGlaughlin, Treasurer
25 Alexander St.
Princeton, NJ 08525

Volunteer: Contact Cheryl Ciaranca, Community Outreach Coordinator, at cciaranca@gmail.com or 215.292.3290 to discuss ways to partner with Woman Cradle of Abundance.