

Medicinal plants



Artemisia



Moringa



Neem



Ocimum kilimandscharicum



Pelargonium



Prunus africana



Sutherlandia



Tamarind

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[safe, effective, and ecologically sound way](#)
[Security in Africa](#) that concludes a transition to organic farming offers the best path to
securing food stability in Africa. London's The Independent reports that farmers who

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social, human, physical, and financial. Multiple studies have shown that yields remain

stable, and often rise after conversion to organic agriculture," an outcome that

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Key Features: the popular myth that organic agriculture cannot increase agricultural

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Information on major main pests, diseases, weeds and natural enemies common in

East Africa > common names in different languages, regional distribution maps and lots

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The information presented is specifically relevant for the African continent and its

inhabitants, many examples and case studies are from Kenya or East African

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countries, but can be useful for other tropical countries as well. The topics presented

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- **Key Features:**
 Integrated comment-function for sharing information and exchange with experts and extension services is implemented accompanied by a pilot trial on inbuilt option for

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...), **lots of images and illustrations for easy identification**

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- **Over 1300 images allowing easy identification of major pests, diseases and illustrations of methods promoted.**

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edition of Organic farming Oct 08
 The information platform will continue to be enhanced and the quality of the data maintained. Latest developments include:
 infonet-biovision is

- **Integrated comment-function for sharing information and exchange with experts**

and extension services is implemented accompanied by a pilot-trial on inbuilt option for sending text to voice messages from website to mobile phones
UN report: Organic farming can feed Africa

- **Reference addresses of local products/trade/providers/suppliers are included**

Vegetable garden continuously



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Organic farming Oct 08

Vegetable garden

The United Nations Conference on Trade and Development (UNCTD)-United Nations

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as released a report on "Organic Agriculture and Food
as a transition to organic farming offers the best path to
London's The Independent reports that farmers who
organic agriculture are seeing yields increase as much as
its from healthier top soil that allows plants to set deeper
greater resilience in conditions of extreme drought. The
(OCA) reports the benefits to organic agriculture "were
capital assets critical in promoting food security - natural,

social, human, physical, and financial. Multiple studies have shown that yields remain
stable, and often rise after conversion to organic agriculture," an outcome that
"challenges the popular myth that organic agriculture cannot increase agricultural
productivity." Nations C states on "Trade and Development," making important positive
contributions to farm income (UNEP) and rural economic activity. "These benefits could be
enhanced, according to the report, by adoption of more supportive policies and
development strategies." The Independent reports that farmers
who have already made the shift to organic agriculture are seeing yields increase as

Download "Organic Agriculture and Food Security in Africa" (13 MB PDF)
when a 12% yield increase is achieved from healthier top soil that allows plants to

set deeper roots which, in turn, guarantees greater resilience in conditions of extreme
drought. The Organic Farmers Association (OCA) reports the benefits to organic
agriculture "were linked to enhancement of five capital assets critical in promoting
food security - natural, social, human, physical, and financial. Multiple studies have

15 shown that yields remain stable, and often rise after conversion to organic
agriculture," an outcome that "challenges the popular myth that organic agriculture

15 March 2010 Use of digital information in the African states, "organic agriculture

is making important, positive contributions to farm incomes and rural economic activity. These benefits could be enhanced, according to the report, by adoption of more supportive policies and development strategies.



infonet biovision.org is a web-based information tool offering trainers, extension workers and farmers mainly in Africa a quick access to up-to-date and locally relevant information in order to optimise their livelihoods in a safe, effective, and ecologically sound way.

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The farmer training project is specifically relevant for the african continent and its inhabitants, many examples and case studies are from Kenya or East African countries. A team from BioVision Foundation visited Kiangwachi on 5th April 2008. It is now the rainy season and the farmers were busy, but they quickly and graciously organized a meeting. The BioVision team commented that the location of Kiangwachi is good, being right on the road, with lots of farmers passing. The room chosen to house the computers had only a weak signal on the Celtel network. However, since then, Vesel project member Souleymane Camara has managed to get the Internet connection working properly. BioVision brought a new version of their database, and explained its benefits. There seems to be much demand for organic crops and methods. When they realised the quantity and quality of the information, more people began coming to the meeting. They could see a clear chain of information going from searching to printing. An older man was particularly interested in the computer, looking inside. He enthusiastically grabbed and used the laptop. He (as most people) particularly liked printouts to take away. Its database now complete, BioVision is pursuing is an awareness campaign. Radio may be useful in this regard, and in fact The Organic

- **Reference letter, which is linked to Basic, over 6000 setting at preference section content**
Edet Africa; common names in different languages, regional distribution maps and lots of images and illustrations for easy identification
- Many more information on medicinal plants, fruit pres... ds,
soil, water and land management, animal husbandry an...
- Publications and database of TOF Organic Farmer Ma... s or
issue, audio and text versions)
- Over 1300 images allowing easy identification of major pests, diseases and illustrations of methods promoted.



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The information-platform will continue to be enhanced and the quality of the data maintained. Latest developments include:

- **Integrated comment function for sharing information and exchange with experts and extension services is implemented accompanied by a pilot-trial on inbuilt option for sending text to voice messages from website to mobile phones**
Farmers like the idea of keywords, but do not search, since they don't really understand the concept of the Internet and where information is going. They are more comfortable with SMS. In their use of the BioVision database, the farmers are guided continuously mostly by images, and for this reason BioVision has implemented a rollover function

so that information pops up when a user moves the cursor over a photo.

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Spinach (boiled)	3 ounces	0.10
Milk (evaporated)	1 cup	0.10
Egg (cooked)	3 ounces	0.08
Cabbage	1 large	0.03
Chicken, light meat (roasting)	3 ounces	0.08
Soybeans	about the size of a deck of cards	
Chicken, dark meat (roasted)	3 ounces	0.16
Beef (cooked)	3 ounces	0.16
Broccoli (boiled)	1/2 cup chopped	0.10
Asparagus (boiled)	6 spears	0.13
Spinach (boiled)	1/2 cup	0.21

Many foods, especially meat (except pork), milk, and milk products, most fruits contain very little thiamin. Some fish, and shellfish contain an enzyme called thiaminase, which destroys thiamin. Fortunately cooking destroys thiaminase. Eating a variety of foods is the most reliable way to obtain sufficient thiamin from a diet.

An iodide-deficient diet poses a major threat to pregnant women and the fetus, especially during the latter two thirds of the pregnancy. Some of the harmful documented iodide deficiency include stillbirth, low birthweight, increased infant mortality, goitre, impaired mental function, and retarded development. Increasing the mother's intake of iodide prior to the 4th month of pregnancy, but preferably sooner can prevent these abnormalities.

Risk factors

- **Female**
- **Over 40 years old**
- **Inadequate dietary intake of iodine**
- **Residence in an endemic area**
- **Ingestion of large amounts of goiter-causing foods or drugs**
- **Family history of goiters**
- **Radiation exposure to the neck and chest area (only large doses such as those used in radiotherapy or those found in nuclear facilities and not those single exposures done when diagnosing a disease are considered significant)**

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