



Spicy Harvest

Tabasco peppers increase SHI participant's income 800%

If you can't take the heat, stay out of Don Cheyo's garden!

Eliseo Castellon, also known as Don Cheyo, used sustainable practices to cultivate Tabasco peppers and passion fruit on two and a quarter acres of land. When the crops sold for US \$4,000, Don Cheyo's income increased by 800% over the average income in the Los Amates community in the municipality of Azacualpa Valle of Honduras!

SHI Extensionist Juan Carlos worked with Don Cheyo to perform market research, and they determined that the crops would dramatically increase his income. Juan Carlos says that Don Cheyo, despite his age, is "very interested in getting ahead" and this has motivated him to try the new sustainable growing techniques and to try new crops.

In addition to establishing the spicy plot,



SHI Participant Don Cheyo with his spicy harvest of Tabasco peppers.
Photo by Bruce Maanum.

Juan Carlos has helped Don Cheyo reforest 18 acres on his farm. The trees are thriving and protecting a local watershed. This and the other sustainable land-use practices that he has adopted have improved the health of his soils and have increased production on the cultivated land.

Don Cheyo's brilliant success with sustainable practices proves that environmentally friendly practices benefit not only the planet, but also the farmer. He is looking forward to planting more crops, and SHI will be there to help his success continue.

Word from the Field

I am Rigo Berto Castro, born and raised in the community of La Laguna de Mataderos in the Yoro Department of Honduras. I am 39 years old and married. I have four children.

I have worked for three years with Sustainable Harvest International, and the results that I have obtained have been very excellent.

With Sustainable Harvest International, I have learned to cultivate potatoes, prepare organic fertilizer, cultivate garden vegetables, create tree nurseries, reforest deforested areas and manage flat land as well as coffee areas. We continue to need SHI's assistance because this year we intend to continue learning other things with the Sustainable Harvest International program. We have plans to make rice paddies and add alternative crops such as soybeans, passion fruit, cocoa and papaya. I consider this very important because what we produce helps the family.

—Rigo Berto Castro, La Laguna de Mataderos, Honduras

Women's Collective to Sell Sustainable Annatto

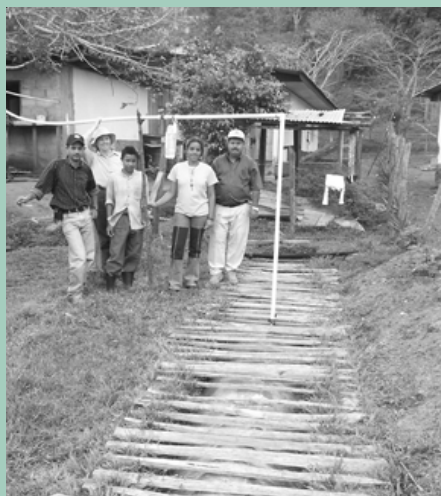
A women's collective working with Sustainable Harvest International is creating a micro-business centered upon sustainably grown annatto (*achiote*). Annatto is used as a spice as well as a coloring agent in food (including yellow cheese) and in natural cosmetics.

SHI Extensionist Manuel Bueso is providing the group with training and technical support to harvest and dry the annatto. The women's collective will then process the annatto into a paste and package it as a flavorful spice for sale in local markets.

Led by Doña Francisca Castro of El Salitre in the Yoro Department of Honduras, the collective has also successfully managed a community loan fund. After receiving seed money from SHI, the women have increased the fund to 2,500 lempiras (approximately US \$140).

By providing women's collectives with the technical assistance to grow crops and the business expertise to market them, SHI helps women to increase their involvement in home and community life in a socially appropriate and sustainable manner.

Francisca Sosa's Cycle of Sustainability



Francisca Sosa with Salomon Zelaya and SHI President Florence Reed next to the family's biogas digester.
Photo by Bruce Maanum.

Like all SHI participants, Francisca Sosa of the mountain village of El Calichal in the Yoro Department of Honduras is breaking the cycle of endless slash-and-burn agriculture. She and her family are adopting sustainable land use practices that will restore and protect the environment while improving her family's standard of living.

Her ingenious cycle of sustainability that she has created with SHI's assistance, however, deserves special recognition. Thanks to SHI, Francisca Sosa and her family are interweaving their organic garden, a chicken coop and a biogas digester in a cycle of sustainability that benefits both the family and the environment.

The cycle starts with the organic garden established to address the family's primary nutritional needs as well as provide crops to sell. Sra. Francisca's nephew, Marlon, who has lived with her since her sister's

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SHI participants standing proudly on their reforested farm.
Photo by Bruce Maanum.

Plant a Tree, Grow a Sustainable Farm

Plant a tree, grow a sustainable farm—just ask the Hernández brothers.

Bernando and Osvaldo Hernández, SHI participants from the Peñas Blancas village in the Colon Province of Panamá, have seen excellent results thanks to their work with SHI Extensionist Eric Hernández.

“We wanted to improve our farms, give more value to our lands and to improve the environment. We wanted to take advantage of the help that SHI offered us,” says Osvaldo Hernández about seeking out SHI’s assistance.

In the time that they have worked with SHI, the brothers have planted many tree species, including coffee, soursop (a fruit tree), noni (a medicinal tree), madre de cacao (leguminous fertilizer tree), and spiny cedar (a hardwood). In addition to these trees, they also have seedlings in their nursery that SHI will help them plant later this year.

The Hernández brothers credit SHI’s technical assistance, tools, seeds, training in nursery management and the construction of erosion control barriers with helping them to improve the quality of their land as well as their standard of living.

Sustainable practices, especially tree planting, taught by SHI, have helped the brothers to control the invasive exotic grass, *paja mala*, that has taken over much of the agricultural land in Panamá.

“The environment has improved; and, in our agricultural plots, the production has increased. We have less erosion on our lands”, Bernando Hernández says.

Tree planting has also improved the water situation on the farm. “When we started to work these agricultural plots, there was a spring but the flow of water was small. How the water has increased, since we have protected it with the planting of diverse trees!”

SHI has helped the Hernández brothers to see that sound environmental practices benefit them and the Earth. They are looking forward to continued success with SHI.

Donor Update

In recent months, several SHI supporters have gone the extra mile to help promote the work of Sustainable Harvest International. We’d like to take a moment to recognize and thank them.

Joanne Lipshires, together with Nora Tuthill and Barbara Carpenter, threw an event at Piper Allison and Terry Bennett’s house. The event was a smashing success and an effective fundraiser for SHI.

Ivor Freeman has spread the word far and wide, and SHI now has even more European supporters.

David Hills invited SHI President Florence Reed to speak at a function at A.G. Edwards & Sons.

Ellen Forbes arranged for Reed to speak at South Church in Portsmouth.

SHI Vice President for Programs Bruce Maanum spoke at an event in Switzerland, thanks to the efforts of Anita Sigg and SHI Founding Donor Dieter Marmet.

In Memory

It is with sadness that we report that two very special members of the Sustainable Harvest International community, John “Tut” Tuthill and Katherine Knight, have passed away. Our condolences go out to their families and loved ones.

Tut was the father of SHI Board Member Alan Tuthill. Tut and his wife, Nora, have been very generous supporters of SHI. Three years ago, Tut, Nora and Alan accompanied SHI President Florence Reed on a trip to Panamá and visited with SHI participants. Tut was a wise and quiet man concerned with the well being of those around him as well as others whom he never met. We here at SHI will certainly miss him.

Kathy was a dynamic woman, whose high energy sustained her at work and at play (she did not differentiate much between the two). Florence met Kathy on an island off the coast of Panamá in the early 1990s. She and her partner, Ed Schehl, had docked their three-masted all wood sailboat, *Raindancer*, there (they called *Raindancer* home when they weren’t in Santa Cruz, CA). At the time, Kathy was working as a freelance writer, making jewelry to sell to tourists, and home schooling their three sons. She was always more concerned about creating positive change in the world than in making money.

In recent years, Kathy and Ed had formed *Raindancer Environmental Media* and made environmental films, including SHI’s promotional video, available on our web site. Enthusiastic supporters of SHI, Kathy and Ed promoted SHI’s work in any way that they could. Ed is continuing this work. Kathy was a light in this world, and she will truly be missed.

Coffee News



Thanksgiving Coffee’s Cornucopia Division takes over Grounds for Sharing

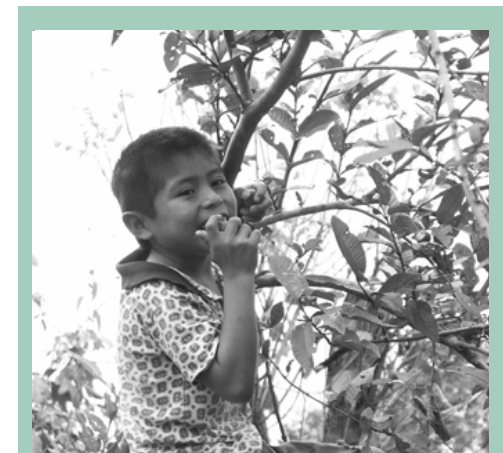
SHI donors participating in the monthly coffee subscription program have probably noticed that Thanksgiving Coffee has taken over for Grounds for Sharing. The great-tasting Fair Trade organic coffee is the same, and we’ve noticed that the delivery service has substantially improved. Best of all, SHI still receives \$2.25 per bag of coffee purchased (it may sound small but it’s not—if you purchase two bags per month, you donate more than \$50 a year to SHI)! This program makes a wonderful gift.

To take advantage of this great opportunity to support SHI and enjoy excellent coffee, call 800.462.1999 or log onto www.thanksgivingcoffee.com/cornucopia/home.html today. Let us know if you do!

Thanks for the Hospitality

When you travel as much as SHI staff do to visit program sites and raise awareness about the work of Sustainable Harvest International, having a comfortable place to spend the evening is important. SHI would like to take a moment to thank the following hotels that have generously donated or heavily discounted lodging for SHI staff:

- * The Executive Tower Hotel, Denver, CO
- * Hilton Garden Inn, Livermore, CA
- * Sonesta International Hotels, Key Biscayne, FL
- * Edison Hotel, New York, NY
- * Hilton Logan Airport, Boston, MA
- * Country Inn & Suites Minneapolis, MN
- * Austin Folk House, Austin, TX



Happy son of an SHI participant climbing a tree.



Francisca Sosa's Cycle of Sustainability in pictures

SHI President Florence Reed and participants in the organic vegetable garden.

Francisca Sosa's nephew, SHI Extensionist Jorge Rodriguez and Salomon Zelaya with the improved chicken coop. The Sosas feed the scraps from the garden to the chickens.



Francisca Sosa shows off her family's new stove that is fueled with methane from the biogas digester pictured on the front page. The effluent from the biogas digester is a powerful organic fertilizer that the family uses in the garden.



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death 11 years ago, tends the garden for the family. The Sosas have planted onions and peppers that they will sell at the markets. Marlon enjoys the work, and the twelve-year-old aspires to be an agricultural professional.

In addition to the organic garden, they have adopted sustainable techniques to grow corn and beans. The practices used in the garden allow the family to use less land to grow more food than before, and so the Sosas have planted nearly 200 trees, including mahogany, cedar, yellow acacia and macuelizo. Fruit trees like papaya and avocado also provide food and a source of income.

The cycle of sustainability continues when scraps from the organic vegetable garden are fed to the Sosa's chickens, living in a new and improved chicken coop built with materials and technical assistance supplied by SHI. This coop provides a safe place for the hens to roost and lay eggs—again improving family nutrition.

It doesn't stop there, however. Manure collected from underneath the chicken

coop is fed to the Sosa's new biogas digester—the first in the Yoro Department of Honduras. This biogas digester fuels a small cook stove that is very useful for cooking beans and brewing fresh-roasted coffee. SHI President Florence Reed and Vice President for Programs Bruce Maanum partook of Sra. Francisca's coffee and report back that it is delicious. The family's wood-conserving stove is still used for cooking tortillas the traditional way. Sra. Sosa likes the variety.

The effluent from the biogas digester makes a powerful organic fertilizer that the Sosas use in the organic vegetable garden, completing the cycle. This fertilizer has improved production, and now the family is earning an additional \$100 per year and eating better than ever before.

SHI Extensionist Jorge Rodriguez says that SHI has helped the family recycle nearly all of the organic waste from their home back into their farm. This ingenious cycle of sustainability has allowed for extensive reforestation efforts, increased agricultural production and improved living standards for the Sosa family.



John Tackeff and Jacob Watkins handing their check to SHI President Florence Reed.



SHI Kid's Corner!

Did you know that kids just like you are helping farmers and the rainforest?

Did you know that kids just like you are stopping animals and plants from going extinct and are helping to stop global warming?

Did you know that they are helping kids and grownups in Central America to have more food to eat?

Well...they are! Students at the Cornerstone Montessori School in Stratham, NH have done all kinds of things to help SHI help farmers and the rainforest!

SHI's president, Florence Reed, went to talk to the kids at the Cornerstone school about how SHI is saving the rainforest and helping farmers to eat better.

John Tackeff and Jacob Watkins, both Upper Elementary School students, had an idea and told their teacher about it. They decided to get their classmates together to sell things at their Winter Solstice Festival to help SHI.

John, Jacob and their classmates made pottery, bath salts, feather quills and other fun crafts and sold them at the festival—and had fun doing it!

They raised more than \$400 to help SHI! That's enough money for SHI to work with a family for a whole year!

If you are interested in doing something like John and Jacob to help SHI, ask your teacher first. SHI can send your teacher materials and information about Sustainable Harvest International.



When was the last time you visited
www.sustainableharvest.org?



Sustainable Harvest International

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La Cosecha is printed on recycled paper using soy based inks. Enjoy it and pass it on!

La Cosecha is a publication of Sustainable Harvest International (SHI), a nonprofit 501(c)(3) organization. Sustainable Harvest International (SHI) is building a global network of local partners working toward environmental, economic and social sustainability. SHI facilitates long-term collaboration between trained local staff, farmers and communities to implement sustainable land-use practices that alleviate poverty by restoring ecological stability. All donations to SHI are tax-deductible.

SHI On the Move!

SHI is Moving!

Sustainable Harvest International is moving our US headquarters to the Ellsworth/Blue Hill area, located in beautiful Downeast Maine!

The move is largely precipitated by the very high cost of living and office rental space in the Seacoast region of NH. The move will save SHI money in office rent and allow SHI staff to afford housing in the area.

SHI US staff members Sara Scott and Sally Pachulski will not be joining SHI in the move to Maine. Their invaluable efforts that kept SHI's work stateside running smoothly over the past months and years is greatly appreciated. Although some very good candidates are applying to join the SHI team in Maine, Sara and Sally will not easily be replaced.

SHI plans to still hold events, like our Annual Harvest Celebration, in the Seacoast area so that we can keep in touch with our local friends. We will certainly miss Portsmouth, SHI's US home for our first six years, but we shall be only a little more than three hours away and hope that you will visit!

SHI's new address

Sustainable Harvest International
81 Newbury Neck Road · Surry, ME 04684

SHI's new phone number
207.664.0987

The web site and e-mail addresses will remain the same.

A note on this Summer's La Cosecha.

Although SHI plans to make this twice a year newsletter longer, we did not have the funds to do so this time. If funding increases, we will publish a full-length La Cosecha in September.



Sun setting over the Lubantuun, an ancient Maya ruin in Honduras.
Photo by Bruce Maanum.



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