

MAKHOSI NKOSI'S AGROECOLOGY JOURNEY

At 58, Makhosi Nkosi supports a household of eight on Green Branch Farm in uMshwathi Local Municipality. With an income that often falls short of her family's needs and the rising cost of food, putting enough on the table has not always been easy.



Starting with what she had

There were times when Makhosi had to buy mealie meal on credit from her employer. Some of her grandchildren also could not access child support grants because they did not have birth certificates. Growing food became another way to help keep her household going. Despite limited space and water, she started a small garden with spinach and cabbages.



Support through AFRA's Agroecology Programme helped Makhosi strengthen her garden and improve production.

Beyond the household

When her garden produces more than her household needs, Makhosi shares the harvest with vulnerable neighbours. What began as a way to help feed her family has also become a way to support others in her community. Makhosi's experience reflects AFRA's agroecology approach: supporting farmers to use the resources available to them to produce food and strengthen their livelihoods.

The programme provides practical training in healthy soils, intercropping, crop rotation and food sovereignty, while recognising the realities of limited land, water and finances.



Makhosi's garden provides food for her household and allows her to share fresh produce with neighbours in need



Makhosi started her garden with what she had: limited space, limited water and a determination to provide for her family.

Growing food, changing lives

Through support from the Association for Rural Advancement (AFRA), Makhosi received seeds, tools and training in agroecological farming practices. This support helped her strengthen her garden, understand how to work with the soil and make better use of the resources available to her.



Programme Impact

65 farmers are supported through four Learning Sites and 10 Agroecology Champions across uMgungundlovu District.

74% of participating farmers were selling produce by the end of 2025, compared with 36% at the start of the project.

84.2% of beneficiary households reported having more food to eat than at the start of the project.

From a small garden on Green Branch Farm, Makhosi is showing how food security can begin at home, extend into the community and give farmers greater control over the food they produce.