



Environmental Protection through Expanding Lemon grass growing and Education in Uganda

Report on activity 1.1 Parish based training of women in lemon grass growing and environmental protection

Location (Venues) and Date:

- Lusalira village on 20th April, 2017
- Nakanyansi Village on 26th May 2017 respectively



Women representative briefed the participants how lemon grass growing can help communities get rid of poverty during the first training

Introduction

With support from Japanese Fund for Global Environment(JFGE) and Global Bridge Network(GBN), SORAK Development Agency was able to hold two trainings of Women in lemon grass growing and environmental protection.

Objective of the trainings

To train women to protect and conserve the environment by involving them in lemongrass growing. The trainings were to discuss possible ways of environmental protection by laying strategies and ways of growing lemongrass.

Participants

The trainings were attended by a total of 99 participants where by 49 attended at Lusalira village in the first training and 50 attended at Nakanyansi village the second training respectively.

Number of individuals reached

Name of Activity	Participants		Total
	Male	Female	
'Parish based trainings of women in lemon grass growing and environment protection project'			99
At Lusalira village on 20/4/2017	2	47	49
At Nakanyansi village on 26/5/2017	12	38	50

Facilitators

The trainings were facilitated by the following persons playing the respective roles indicated here below.

1. **Kyosimire stella- Women chairperson- Kibalinga A parish** was responsible to present the Sub county laws on the environment to the fellow women during the training. She said that women are always left behind during the implementation of bylaws on environmental conservation.
2. **Muhammad Kyeyune- Executive Director-SORAK Development Agency** gave a brief background about SORAK, and the project with the partnership and support provided by the **Japan Fund for Global Environment of the Environmental Restoration and Conservation Agency** towards environmental restoration in Mubende district.
3. **Nnakiruuta Hadijah - Programmes manager- SORAK Development Agency** was involved in an open discussion with participants about the project. She informed women that lemon grass is one of the ways to solve issues of poverty in communities as well as helping to conserve soils from erosion.

Contents covered in the training

1. Importance of lemongrass growing and Lemon grass growing as an income generating activity and a measure to improved livelihoods
2. Highest levels of unemployment amongst women and the need for women involvement in environmental protection like women's maximum efforts to environmental restoration approaches like lemon grass growing.



Some of the participants take notes as the programmes coordinator-SORAK takes them through open discussions during the first training



The Sub County LCIII Chairman appreciating the good partnership between SORAK and Japan Fund for Global Environment during the first training.

Training

◆ Discussion

Participants were explained that this project will yield positive results in trying to restore the evergreen environment of Mubende district if all efforts by the women are directed towards its implementation. SORAK encouraged the women to involve in lemongrass growing in order to protect the environment from degradation and improve on their livelihood since lemon grass takes only a few months to harvest. In addition, participants were informed that they will be supplied with the lemongrass planting tufts during the planting seasons with reliable rainfall.



Participants listen attentively to the training and participant actively note down notes about the effectiveness of lemon grass growing

◆ Uses and effectiveness of lemon grass

Participants were also informed of the following;

<Lemongrass>

- When planted in ridges, lemon grass plants can effectively control water run-off in coffee and banana plantations.
- The tangy, refreshing fragrance of lemongrass can relieve symptoms related to stress, nervous exhaustion, headaches, and jetlag
- Lemongrass has a calming effect and can relieve stress and insomnia
- Mixing with pepper is to relieve nausea and menstrual problems
- When consumed as tea, it is an effective diuretic

<Spent grass>

- The spent grass can be used as animal feeds when mixed with molasses, as well as manure.

- It can be burnt into char and used to make briquette charcoal

<Essential oil from Lemongrass>

- It acts a tonic for the entire body and can help to boost the parasympathetic nervous system, which is necessary when you are recovering from a sickness. It also revitalizes the glandular secretions.
- It can tone the tissues and muscles, relieve pain in the muscles by making the muscles more flexible.
- It also improves the blood circulation and acts an insect repellent
- It is used for treating acne and for clearing up oily skin. It also treats athlete's foot, and stops excessive perspiration
- It is good for treating respiratory infections like fever, laryngitis, and sore throats. It also stops the spreading of disease
- It is often used to treat gastroenteritis, indigestion, and colitis as well as keep pets free of lice, ticks, and fleas

◆ **Practical Demonstration**



SORAK Director provides practical demonstration by showing training participants a
lemon grass plant

Participants will be provided with planting tuffs as soon as the planting season starts so that they can start lemon grass growing.

Training results/outcomes

1. The trainings were successfully conducted it provided an opportunity to SORAK, the sub county lead team, the women to discuss pertinent issues that have led to the massive environmental deterioration in their area.
2. The training also provided a new direction to the women as it served to inform them about lemongrass growing as a best practice to environmental conservation as well as income generating activity.
3. The women agreed to work hand in hand with SORAK to put in practice lemon grass growing as soon as the planting tuffs are supplied. They understood this will help improve on the level of incomes in their families and help conserve the soils from erosion. They happily thanked the support and the partnership with SORAK.

One woman, Nantale Edita said

“We waste a lot of time, season in season out practicing maize growing of which the yields are low, am happy this training has made me realize I can grow lemon grass as well as spare land for maize growing and am now going to tell my husband and we put it in practice”



One of the lemon grass growing farmers happily takes a snap during a monitoring visit by the SORAK team after this training