



Asilomar is the name of our house and means, 'refuge by the sea'..



GROW FOOD

&



BECOME SELF-SUSTAINABLE.

One small step of change can have a huge impact.





OUR STORY

It all began in January 2021 when I visited my home country, Kenya.

Most of the places I visited were in the midst of a serious drought due to lack of rain for past 2 years. I witnessed the very real threat of human survival due to lack of food and the degrading environment.

On my flight back to the UK, I had this incessant voice in my head saying **“There has to be another way.”**

This led me to do some research and here I first came across the words *‘permaculture’* and *‘regenerative farming’*.

After extensive reading, research and attending a permaculture course,

I was convinced that regenerative agriculture is part of the solution This is how the Asilomar project in Msumarini, Kenya was conceived

Regenerative agriculture describes farming and organic practices that, amongst other benefits, rebuilds soil organic matter and restores degraded soil biodiversity. So by focusing on building soil health, one can optimise yield results and crop health naturally.

OUR FOUNDATION

PURPOSE & OBJECTIVE



- Asilomar Foundation is intended to be a community demonstration site illustrating, by example, how incorporating regenerative agriculture can increase food security amongst this fishing community in the village of Msumarini, Kikambala in Kilifi County,
- Aims to provide knowledge on sustainable agriculture practices thereby increasing household nutrition levels and livelihoods.

Most of the people in the village are currently engaged in fishing, but this is not a viable source of livelihood anymore with the sharp decrease of fish in the ocean due to poor fishing management practices.



WHAT NEEDS TO HAPPEN



generate a reliable water supply by:

- **Sinking** a water well
- **Installing** a reliable solar pump
- **Creating** a storage system so that every drop of rainwater can be collected.

NEXT STAGE



Create a **kitchen garden** and work with the school next door.

- Teach the skills needed to grow crops to the **school children**
- Interest and engage the community to learn new skills
- set up their own plots on the expansive school land

The children will provide food/vegetables for their homes and this is most likely to catch the parents' attention. Eventually, I **hope** that we shall grow enough to sell produce to the local hotels, to keep re-investing the funds into expanding our foundation.

THE STORY SO FAR



MID - JULY

Following my return to Kenya, I had a very informative meeting with a hydraulic surveyor, who recommended undertaking a survey to map the underwater surface at Asilomar to determine if there is sufficient amount for the project.

AUGUST

The survey was undertaken on 2nd August. The data gathered showed that there is adequate supply at Asilomar but a new hand dug well 1.5m diameter is recommended, however, an 8 inch diameter borehole cased with 6 inch upvc casing could also be drilled. It should be drilled to maximum depth of 15m.



END OF SEPTEMBER

I met with the surveyor and the engineer who dug the current well. They both suggested that we dig a new well on a different spot which may give us less salty water. We require a much stronger pump in order to pump water to where the tower will be located.

OCTOBER

We had been forewarned of El Niño rains in the month of October but it didn't rain. We completed the training which went very well and we have subsequently set up part of the demonstration garden which is now green with vegetables, thanks to our water well. We also bought another 10,000ltrs tank in anticipation of the rains that never came, but we live in hope.



NOVEMBER

We have made our first harvest of vegetables including: curly kale, tomatoes, sweet pepper, spinach, cowpeas and eggplant. We are sharing them vegetables with our immediate neighbours. It's quite exciting to watch them observe the garden and respond to their questions (immediate impact!).

The schools are now closed for holidays until January. I hope to begin getting the schools involved with Asilomar when they resume. All is well.

How can you help?

OUR WISHLIST

PHASE 1: RELIABLE WATER SUPPLY

Water pump - £245.00

Digging the borehole - £ 698.00

Water Tower - £1,843.00

Annual salary for helper @
£140.00/month - £1,680.00

Underground water tank - £ 3,200.00

Drip irrigation system - £760.00

Small solar water pump - £230.00

Facilitation fee for trainer (training
in schools) @£30/month - £360

ASILOMAR FOUNDATION
KENYA

HELP THE PEOPLE OF MY LOCAL COMMUNITY

For further information on any of this please contact:

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We have teamed up with Link International, a charity who support a number of schemes including a similar one in Uganda. Further information on Link International can be found at:

<https://www.link-international.org/>

for direct link to the Asilomar web page click on the link below:

<https://www.link-international.org/asilomar>

If you would like to make a donation to Asilomar Foundation, you can do so by following the link below:

<https://linkinternational.enthuse.com/Asilo>



Here is the list of the vegetable we have planted and some we have already eaten:

- **Curly Kale, tomatoes sweet pepper, Spinach, Cowpeas & Eggplant**

- we also have a variety of local/indigenous veges, Manangu, Mchicha and Mrenda.

- We recently added Tumeric, ginger, Lemon grass & Chillis.

- In the mature bit of the garden which you might spot in the video we have papaya, bananas, lemon, Oranges, Guavas Custard apple, Cassava and passion fruit.

- In the tree family we have many moringa trees, coconut, Neem tree. The Cashew nut and Tamarind are struggling but we hope they will grow..

