

# MARITHA'S STORY

**“I think the regenerative agriculture techniques will help me become more resilient to extreme weather in the future. I won't give up – I will carry on planting! I want to continue farming and continue learning.”**

**- Maritha, Tharaka Nithi, Kenya**



Last November, Maritha lost everything.

Unexpected heavy rain flooded her home and devastated her farm. “The area where I live has never flooded before. The weather was so extreme,” Maritha told us, as she described the rainfall that swept away her livelihood. The impact of the flood was a huge shock for her; not only did her toilet sink into the ground, but her and her son's beds were soaked and their possessions ruined—while her newly planted crops were washed away, along with her sense of security.

Maritha had joined Farm Africa's regenerative agriculture project, aimed at helping farmers build resilience against extreme weather, just a few months before the flood struck.

She attended training sessions led by Lucia, a Community Champion, where she learnt to prepare her land, choose high-quality seeds, and schedule crop rotation. However, the flood struck before Maritha could fully implement these techniques, underscoring the urgency of providing timely support.

Maritha's story highlights the immediate threats of climate extremes and the importance of community-based training. To help more farmers like Maritha, we need to equip them with the skills and knowledge they need to adapt and thrive—before the next flood, drought, or any other extreme weather event.



**BY FUNDRAISING FOR FARM AFRICA THIS HARVEST, YOU COULD HELP MORE COMMUNITIES ACROSS EASTERN AFRICA GROW BETTER FUTURES DESPITE THE CHALLENGES OF CLIMATE CHANGE.**

**THIS HARVEST, WILL YOUR COMMUNITY SUPPORT MORE FARMERS LIKE MARITHA?**



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