



Bifae-Farming (Bongmon Integrated Farming) Njama-jama project

Shisong-Kingomen-Mbuluf njama-jama (vegetable) project to support the most fragile in the local communities.

Njama-jama (or *Huckleberry* or *Solanum scabrum*) is mostly cultivated in the North West Region of Cameroon. The leaves and fresh shoots of njama-njama are widely used as cooked vegetable. They can also be used as medicinal plants, fodder for cattle and goats as well as a source of dyes or as a kind of ink.

As a dish njama-jama is mostly mixed with tomatoes, onions, garlic, ginger and salt which can be eaten with fufu corn, cocoyam, plantains, and yams.



This initiative aims at offering assistance to the most fragile in the local communities in their daily struggle to survive. These are mostly aged women, singles and young mothers. After a careful study it has been proven that with simple Njama-jama farming/gardening and other vegetables can be used as weapon to fight poverty and malnutrition among many families. These are people with often less or no access to education and as a result being the most fragile.

Here is a list of problems or obstacles among others faced by most of the women in their daily farming/gardening activities:

- Lack or limited education on various types and methods concerning gardening and cultivation
- Lack of suitable site and ground for crops-cultivation & gardening
- Lack of mains to make and maintain good fences to keep wild grazing animals from the farms.
- Limited or no water supply in the dry seasons is a big hindrance to the farming activities.
- Too much use of fertilizers to increase production that leads to health problems.
- Lack of preservation facilities in preserving the surplus crops/vegetables.

After several researches it is certain that demonstration site(s) are needed where education and training on various types and methods of cultivations will be given to the focus group. Three villages Shisong, Kingomen and Mbuluf have been chosen where the projects will be implemented. More than 50 participants have registered to be part of this project.



Demonstrations sites where theory and practical lessons will be given on the various types and methods of cultivations have been identified and negotiations are going on.



As solutions for the above mentioned problems the following topics will be addressed and trained at the demonstration sites :

- Simple construction of fences, using 80% local and natural materials.
- Construction of water infrastructure to the sites and installations
- Introduction of various methods and types cultivations
- Promote and encourage the use of organic manure and animals wastes instead fertilizers
- Introduce the various methods of vegetables seeds collection and nursing
- Arrange for a market where surplus vegetables can be sold.

By so doing addressing issues which fall within five main thematic areas:

- Education, training and care
- Fight against poverty and malnutrition
- Economic empowerment
- Environmental protection
- Self Reliance

In order to realise this, the project needs your assistance

- For € 5 we can buy vegetable seeds for one participant
- For € 25 trees can be bought to be used for local fencing
- For € 50 a roll of barb wire can be bought for fencing
- For € 100 water pipes can be bought for irrigation



All help is welcome in cash, materials and any other support.

We count on your assistance to support women in the local communities with the hope of changing the present situation for the better.



For those who want to try njama-jama; a recipe can be found [here](#).

Stichting Bifae Farming

www.BifaeFarming.nl

Bestuur@BifaeFarming.nl

Albertus Magnusstraat 11 – 6525RA Nijmegen - Netherlands

KvK-nummer 09156896 – RABO bank 3295.20.105