

ELCA WORLD HUNGER'S

GLOBAL FARM

Challenge

Do-it-Yourself Field Experience



ELCA World Hunger
Evangelical Lutheran Church in America
God's work. Our hands.

[ELCA.org/globalfarmchallenge](https://www.elca.org/globalfarmchallenge)

TABLE OF CONTENTS

Introduction	4
Setting up the track	5
Getting started	5
Prep for the walk	6
Creating the stations	7
Start	7
Digging	8
Training	9
Animal station	9
Time to eat	9
Drought relay	10
Road to market	11
Market	12
Finishing up	12
Stories from ELCA World Hunger	14
Prayers	19
Next steps	20
Track needs list	21
Signs	22

' How can we let that many farming families go hungry? That doesn't make sense!' "People go through so much to just get by or feed their families." "I had no idea our church worked with so many people around the world." "Are there more exhibits like this? I want to do more of this." "We need to do this at home. I don't think enough people know what our church is up to.'

" Those were just a few quotes from the youth in our group after going through ELCA World Hunger's track at the Youth Gathering. Back home, our youth participate in a lot of hunger ministries, but this track inspired them in a deep way to rethink the issue of hunger and even rethink the role of the church."

– Phillip LaDeur, St. Andrew Lutheran Church, West Chicago, Ill.

INTRODUCTION

ELCA World Hunger's Field Experience is an opportunity for youth and adults to experience the challenges smallholder farmers face bringing their crops to market as they aim to produce enough profit for food and savings. Throughout the simulation, each participant will follow one of four "stories" through one growing season as a smallholder farmer. Along the way, participants will be confronted with obstacles representing real challenges for farmers and will learn how relatively simple interventions can make big changes for farming communities.

On this interactive track, participants will carry one of four "crops" – corn, citrus trees, rice or ginger – and visit seven stations at which crops may be gained or lost. The track is a great opportunity to learn about risks smallholder farmers face and the impact of projects supported by ELCA World Hunger. Participants will also learn which situations are within the control of farmers and their neighbors – and which are outside their control.

This guide is designed to help you set up your own field experience. The setup is based on how ELCA World Hunger designed the track at the 2018 ELCA Youth Gathering, however, you are encouraged to be creative and make modifications where necessary. We hope this guide will help you bring to life a great experience for youth and others in your congregation!

What is a smallholder farmer?

It's difficult to define what a "small farm" is just by looking at the land area because of differences in crops, productivity and economies. In international development, smallholder farmers usually share several characteristics. Smallholder farmers have limited resources; rely on their own and their families' manual labor; are particularly vulnerable to changes, such as fluctuations in price or natural disasters; and often grow crops for their own food, with one or two cash crops to sell. Smallholder farmers share some common strengths: Most have the intimate knowledge of the land that comes from farming. Many have significant relationships within their communities, and small investments can make a huge difference in their productivity.

SETTING UP THE TRACK

While other items are needed at individual stations, here are materials to get you started with setting up the track. (See the full materials list on page 21.) Throughout this guide, we have provided suggestions for the materials required to make it easy to find what you need. However, most materials can be found at a hardware store or even around the home.

Barrier for the track

- For example: plastic cones, PVC pipe, chalk, rope, etc.
- The barrier will guide participants on the track.

Buckets

- Any kind of bucket with a handle can be used. At the Youth Gathering, we used "Hydrofarm Bucket, 3-gallon, black" sold on Amazon.com.
- Each bucket should be filled about a third or a half with dirt or stones. We used river rocks at the Youth Gathering, though dirt would also work. Aim for the buckets to have a little weight to them, but do not make them so heavy as to be burdensome.
- Depending on the size of your group, the number of buckets you need will vary. But at a minimum, you will need 8-10 for the stations and the participants.

"Seedlings"

- The "seedlings" will represent the amount of crops each participant is able to raise during the track. At the Youth Gathering, we used model-railroad trees available at goo.gl/m5bsSi. We also considered artificial aquarium plants, available from Amazon.
- Make sure that whichever seedlings you choose they aren't so small that they get lost in the buckets!

Track story banners

See pages 28, 35 and 45 .

Factoid signs

See pages 32, 36, 39 and 44.

Station instructions

See pages 23, 29, 31, 34, 38, 41, 43, 47 and 49.

Station leaders

At minimum you will need three station leaders – digging station, drought station, road to market – but for more in-depth learning, having two other leaders (one at the start and one to debrief in the market) is highly encouraged.

GETTING STARTED

The track can be set up indoors, but if weather permits, outside is even better! Set up the track in any way convenient for your group but allow extra space for the drought station and the road to market. Use the cones, PVC pipe, rope, etc. to set up a barrier around the track so participants can follow it easily.

Each participant will begin by choosing a bucket with seedlings that correspond to a different crop – corn, rice, ginger or citrus. The crop chosen will dictate which story to follow throughout the track. Leave space to stage these buckets at the start of the track.

Some of the activities in the track were designed to have a group of four go through together, with each carrying a different crop. We found at the Youth Gathering that it took about 12-15 minutes for a group of four to go through the track together. The longest stations were the drought relay and the road to market. Our track was designed like a large "S," which meant someone had to continually shuttle the buckets between the end of the track and the beginning. This could be much easier if your track is laid out in a circle so that as one group finishes, they can leave their buckets back at the beginning for the next group. About four to five groups can comfortably be on the track at once.

Fundraising

The Global Farm Challenge is an opportunity to encourage participants to support the ministry of ELCA World Hunger, including projects related to the same stories and activities they will hear about on the track. The ELCA Good Gifts catalog, available at ELCA.org/GoodGifts, has items you can use to set a goal for your group. Gifts given through the ELCA Good Gifts catalog will be used to support farmers around the world.

PREP FOR THE WALK

Here is a script you can use to introduce a discussion on hunger and its impact on smallholder farmers around the world. Feel free to adapt this to your needs.

1. What are some foods or other products produced on farms that you have consumed or used? Where do you think most of these products are produced?
2. Almost 80 percent of the world's food is produced on small farms, yet half of the world's undernourished people live on farms. What challenges do you think smallholder farmers face?
3. Why is it important that we, as people of the Lutheran church, accompany smallholder farmers?
4. How might eliminating some of the barriers put in the way of smallholder farmers help communities prosper?

ELCA World Hunger is a primary way our church accompanies people living in hunger and poverty. It is through ELCA World Hunger that we are able to create partnerships with individuals and communities to break the cycles of poverty. Through this ministry, our church supports projects focused on relief, advocacy, education and sustainable development to participate in God's work of building a just world where all are fed. Here are some statistics that can give you a better understanding of the challenges farmers face around the world:

- 80 percent of the world's food is produced on small farms. (Food and Agriculture Organization of the United Nations)
- One-half of the world's 815 million undernourished people live on farms. (International Food and Policy Research Institute)
- Climate change, conflict and a lack of resources can make even potentially profitable farms unsustainable.
- 41.2 million Americans were living in food-insecure households in 2018. (U.S. Department of Agriculture)

Smallholder farms or family farms are a way of life for many people around the world – including in the United States. However, lack of access to resources and vulnerability to risks like natural disasters and violence can lead to unpredictable results for many farmers. ELCA World Hunger accompanies our farming neighbors around the world, listening to their needs and learning together by sharing our collective wisdom and experiences.

Being church for the sake of the world means not only nourishing spiritual life but also attending to the physical needs of ourselves and our neighbors. By helping farmers learn new techniques, gain access resources like seeds or tools, and diversify their practices, we can help create long-term, sustainable solutions to the cycle of hunger and poverty. In the last 30 years, communities working together against poverty and hunger have helped cut the rate of hunger worldwide in half, and as a church founded on God's promise of abundant and loving care for all creation, we know we can end hunger if we work together. But ending hunger means being aware of the real-life difficulties smallholder farmers face each growing season.

Today you will be able to see some of the circumstances farmers face through this track. In this track, you will follow the story of a smallholder farmer and try to bring your crop to market with enough to feed your family and to sell for money for the next growing season. Along the way, you will learn about some of the challenges smallholder farmers face – and some of the ways our church is working with companion churches and partners around the world to make every growing season a hopeful one.

What is "accompaniment"?

Accompaniment is the ELCA's model for mission. It means "walking together in a solidarity that practices interdependence and mutuality." To accompany a community or an individual means more than just providing service. It involves building a relationship between neighbors, learning from each other and listening to each other. Accompaniment also means looking for the gifts that every community has to support God's work in the world, rather than focusing just on their needs or challenges. In ELCA World Hunger's accompaniment of farming communities, this means recognizing both the challenges many farmers face – and the wisdom, creativity and other assets they have to offer. Trusting that God is at work in every community, accompaniment means doing "mission with," rather than "mission for" or "mission to" our neighbors. For more on accompaniment, visit [ELCA.org/globalmission](https://www.elca.org/globalmission).

CREATING THE STATIONS

START



The opening sign introducing the track should be placed at the start, followed by the buckets of seedlings with the corresponding signs for each of the crops. Each bucket should have dirt or rocks in it to give it some weight and a small number of seedlings to represent the crop. We found that six to seven seedlings were ideal to start. More than seven seedlings and almost everyone ended up with too many at the market. Less than six and everyone went hungry.

The story banner introducing the crops and their stories should

go immediately after the buckets and should be read once participants have picked their crops. The other story banners will follow, with one being placed at the training station and the other before the road to market. Factoid signs will be placed throughout the track as they are numbered, and station instructions should correspond to their stations.

After the story banner with the four stories, you can place the "Roll the Dice" sign. In the track at the Youth Gathering, participants had to flip a coin or roll a die at certain stations throughout the track. This sign introduces this element of chance, which helps reinforce the many choices that are outside the control of farmers around the world. When choosing items to represent chance at the various stations, be creative and cautious! At the Youth Gathering, we struggled to find a comically large coin or die that worked for more than a couple hours and had to resort to creating both items out of cardboard, which worked very well! Amazon and other sites do have these objects, but having fun creating unique self-made coins and dice works perfectly fine and can add some unique spunk to your track!

Ideas for station leader:

- Describe to the participants what to expect during the track, especially noting the goal (to end the track with as many seedlings as possible).
- There are two reasons ELCA World Hunger accompanies farming communities: the high rates of hunger found among smallholder farmers and the tremendous assets of farming communities. Both are important to note for participants.

NEED: Smallholder farmers produce about 80 percent of the world's food. Yet half of the world's undernourished people live on small farms. Rural communities in the U.S. and around the world are often underserved by community services to help meet their needs.

ASSETS: Farmers have a deep knowledge of the land, often nurtured over multiple generations. They also have an abiding appreciation for God's creation and the work required to care for it. And, for farmers facing food insecurity, small interventions like tools or training can make a big difference, so there is a significant opportunity in farming communities.

DIGGING

Materials needed:

- 2-4 large planters (such as "Rustic Wood Whiskey Barrel Planter Box Round Small Wooden Garden Flower Pot" found on Amazon)
- Digging tools for half the planters (such as "Fiskars FiberComp Trowel" and "Fiskars Composite Cultivator 7977" found on Amazon)
- Dirt to fill the large planters
- Stopwatch (a phone works too!)
- Tarp to cover the floor or ground under the planters
- Bucket with seedlings in it

This obstacle highlights the difference access to improved tools can make for farmers – even simple tools like shovels. Preparing soil for planting and tending and harvesting crops can all be made easier with access to tools.

This station can be re-created quite simply. At the Youth Gathering, we set this station up by placing four large planters on a tarp. Each planter was filled about two-thirds with soil, and each had a handful of river rocks in them. The stones you use should be about 1 inch to 3 inches in diameter. We found that placing about 8-10 stones per planter was a good amount. Once you have that set up, you will need small hand tools for digging, such as trowels and hand rakes, for the citrus and corn crops and a timer. You will then give participants 15 seconds to dig up as many rocks as possible to emphasize how much easier it is to till soil when you are blessed with tools!

For every two rocks found, each participant will receive a new seedling. Because this station requires the giving of seedlings, the station leader needs a bucket filled with seedlings to hand out to those who earn them.

Sometimes participants without tools found more stones than those with tools. This creates a good opportunity to talk about accompaniment. When ELCA World Hunger works with communities, we start by listening to them. Sometimes, what they need are tools to help them farm. But sometimes tools are not the most urgent need and won't help address the community's challenges. This is why it is so critical to listen to communities before deciding how to help them.



There are two signs for this

station: the "Digging" sign with instructions and the "Farming with Phones?" factoid sign that should be placed after the station.

Ideas for station leader:

- This station works best with a group of at least four, with each crop represented.
- Introduce the activity by asking participants what steps farmers need to take to prepare their soil for planting. To their answers, add that many farmers need to ensure that large rocks or other obstructions are removed to allow the plants to grow. Their task in this first activity is to prep their soil by finding stones.
- Be sure that there are plenty of seedlings available for participants. Also, you may want to keep a separate bucket of rocks to restock the barrels between groups.
- If the participants with tools find fewer rocks than those without, that's OK! See the note in this section for how to address this with the group.
- Keep some hand sanitizer or wet wipes with you for the participants who have to dig with their hands.



TRAINING

Materials needed:

- 1-2 buckets with some extra seedlings
- Coin or oversized die

This is a self-directed station. Participants will use a coin or die to indicate whether they were able to attend training. At the Youth Gathering, we used a large circular piece of cardboard with a smiley face on one side and a sad face on the other. If participants are able to attend training, they will gain seedlings, and if they are unable to attend, they will have to leave some seedlings there. Since this station requires the giving and taking of seedlings, you will need preferably two buckets here, one for dumping seedlings and one filled with seedlings. We found that the natural flow of seedlings being left here and taken from here was such that the buckets at this station did not need to be refilled much during the event.



There are three signs for this station: the "Training" activity instruction sign; a large banner explaining what happens to each farmer with or without training; and the "Farming: A Calling and a Business" sign that should be placed after the station.

ANIMAL STATION

Materials needed:

- 1 bucket to collect seedlings
- Cowbell: "RanchEx 102387 Long Distance Cow Bell 9LD For Livestock & Events – Gray 1-5/16" Height" (available on Amazon)

This is a self-directed station. Because many farmers raise both crops and animals, this station symbolizes the benefits and costs of obtaining a farm animal. Participants will have to choose whether to spend some of their seedlings to obtain a cow. While they do not know it yet, the cow can be counted as extra seedlings at the market at the end of the track. Depending on what happened at the earlier stations, some participants may not be able to afford a cow.

You will need a bucket or container here to collect seedlings. Also, having cowbells to wear or some other indicator of having bought a cow can be fun!



There are two signs for this station: the "Animal" activity sign; and the "Animals and More" factoid sign.

TIME TO EAT

Materials needed:

- 1 bucket to collect seedlings

This is a self-directed station at which participants follow directions on the sign. You will need a bucket here to collect seedlings. To make this station more fun, you can set up chairs in a circle so participants can sit down and actually play the role of eating together. Or, you could use this station as a place to take pictures of groups or selfies. This can also be a helpful staging ground for people as they wait for their turn at the drought relay, a station that takes a bit more time to complete.



There is one sign here: the "Time to Eat" sign that gives instructions on what to do for the station.

DROUGHT RELAY

Materials needed:

- 4 water jugs (Any kind of jug can be used, but try to find one that holds 5 gallons with a closed top. We recommend the 5-gallon Scepter Water Can available from Amazon.)
- Garden hose (25 feet)
- At least 4 traffic cones
- Dice

This station emphasizes the difference in access to water that people have depending on location and weather conditions. Participants will roll a die to determine whether they have an irrigation system. If participants travel the track as a group, one person should roll the die for the whole group.

Set up a long path using the cones, about 15 yards from start to finish. It can be straight or zigzag back and forth. If participants have the irrigation system, they will have to run a hose down to a cone, tap it on the top and run it back, passing it to the next person in their group. However, if they do not have an irrigation system, they will have to carry their water to their crops in the 5-gallon jugs. That's 40 pounds of water!



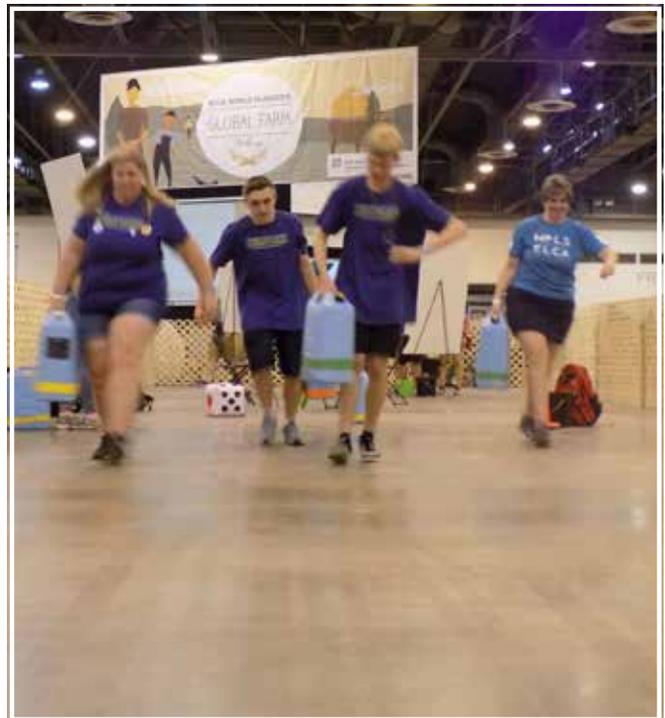
There are three signs for this station:

First, there is a drought activity sign with instructions that should be placed at the beginning.

Place the "Weather" factoid sign after the station. A little distance from this, you can place the banner that continues the stories for the crops. This last banner should be after the drought station but before the road to market.

Ideas for station leader:

- If participants are traveling as a group, have one person roll the die for the entire group.
- Whether done indoors or outside, ask participants to be careful! The water jugs are very heavy, and running with them could be hazardous.
- If the group got an irrigation system and did the hose activity, invite them to pick up the water jugs to feel how heavy they are and to highlight for them the benefits of improved irrigation.



ROAD TO MARKET

Materials needed:

- "Medium Great-To-Grip Squishy Balls" (available from Oriental Trading Co.)
- Cones, rope or other barrier to mark the paths
- Burlap sack
- Sandbags

This obstacle course shows how access to resources can make the journey to market easier for smallholder farmers. For this station, there will be three "roads" to market, one for citrus trees and two for the other crops. This is to indicate that the road to market presents challenges to different people depending on their location, situation and access to different modes of transportation. For the citrus trees, we used bikes donated by a local partner at the Youth Gathering. However, you do not need to use bikes if space and resources don't allow you to do so. Some other suggestions are using a wagon, walking, scooters etc. – anything that makes it easier for the citrus farmer to get to the market.

You can set this up as three paths parallel to each other, about 15-20 yards from start to finish. On one path, the citrus farmer will take the "easy" route to market. On the other two paths, the other farmers will take part in relays. We used the relays described here, but you can also set up other obstacle courses. We even considered using an inflatable obstacle course.

To represent the challenges in getting to market, we used a burlap sack relay or required participants to carry a squishy ball between their chin or chest. Be creative in developing the obstacles for your experience! Some ideas could be using a balance beam, drawing a hopscotch course or incorporating hula hoops for participants to jump between.



There is one sign located here:

"Road to Market." This sign explains what each crop will be doing for the activity.

Ideas for station leader:

- While doing the relays, participants can leave their buckets at the start and return to pick them up after they are finished.
- The real road to market for farmers can present challenges. Violence may mean markets will close; storms may wash out roads; or transportation costs can make markets nearly inaccessible. Working with local communities to improve infrastructure, reduce conflict and provide transportation can help farmers ensure access to markets for their products.
- Subsistence farming – growing crops merely for personal consumption – is difficult, and many farmers rely on markets to earn the money they need for other things, like education, health care or different types of food. Having access to markets is a critical part of helping farmers succeed.
- While this activity focuses on transportation, for some communities, access to markets is not dependent on literal "roads" but rather on creating opportunities to make a profit on their crops, for example, by helping them grow more profitable crops or helping them harvest crops during different times of the year when their crops may fetch a higher price. See the story below from the Central African Republic and Japan for an example of this.



MARKET

Materials needed:

- Market stalls: While there are many do-it-yourself guides on the internet that can help you construct market stalls using cardboard, it is also just as effective to have tables set up for each crop. You will need one for each crop.
- Visualizations of food: Another suggestion is to have three plates with meager, barely sufficient and an ample amount of food on them to represent the three possible outcomes listed on the signs. This can help make the simulation that much more impactful.

Here, participants will turn in their crops to see how well they did! A station leader should be available to guide a short debrief conversation with each group. It is important to go over what they learned – what was challenging, exciting and unexpected! To make this space engaging and realistic for those who are taking part in the track experience, create stalls for each crop where participants can read the sign pertaining to their crop and learn how their growing season turned out.



There are five signs for this station:

First, there is a general "Welcome to the Market" sign that should go at the start of the station. Then, there are four signs, one for each crop, to be placed at the appropriate "stalls."

Ideas for station leader:

- You may also want to have a wagon available to transport the buckets from here back to the start if your track is not a circle.

Finishing up:

- Once participants have completed the track, it is important that their buckets are returned to the beginning of the track with around six to seven seedlings in them. Put extra seedlings in the buckets that need them, and take some time to redistribute seedlings to the stations around the track as needed.
- After the group has finished, you may want to debrief as a large group, using the script on page 28. You can also share the stories below (pages 14-18) from projects supported by ELCA World Hunger.

Sample Script for Station Leader

Sample debrief notes for the market (invite a station leader to use the questions and notes below with each group that finishes the track):

1. How did you do?
 - a. Sufficient food: What helped you get enough of your crop along the track?
 - b. Insufficient food: What challenges did your crop face along the track? If you were a real (name of crop) farmer, do you think you would be able to control these factors?
 - i. Farmers around the world are dependent on a lot of things outside of their control – climate, weather, infrastructure, access to land and resources, etc.
2. The stories you followed on this track come from a combination of stories drawn from people around the world that our church has been invited to accompany. The interventions you experienced – training, tools, irrigation systems, etc. – are drawn from real projects supported by ELCA World Hunger.
 - a. The goal of our accompaniment of farmers is to help them implement solutions that allow them to farm successfully in the long term.
 - i. The good news is that these solutions can be relatively straightforward and highly effective for farming communities – access to improved irrigation or tools, transportation, animals and more can all make a huge difference.
3. Martin Luther believed that farming and gardening reflected God's work in creation. Growing crops and tending animals like cattle are holy vocations, according to Luther.
 - a. Accompanying farmers is one way our church shares in the work God is doing through communities around the world.
4. Domestic farming communities – ELCA World Hunger accompanies communities in the U.S. through the Domestic Hunger Grants program, as well as through our associated ministries.
 - a. One important way we accompany farmers is through advocacy on the farm bill, which provides insurance, loans and other support to U.S. farmers. (To learn more about the

farm bill and the ELCA's advocacy on it, visit ELCA.org/advocacy.)

5. Other possible discussion questions:

- Which crop did you follow? What was it like role-playing a small farmer?
- What were some of your thoughts during the irrigation, digging, road to market and other stations throughout the track?
- What aspect of this experience stands out to you the most?
- What were some things that made a growing season difficult?
- What effects did the different stations have on making it a successful growing season for you?
- How did this change your view of small farmers?
- How does this change the way you view hunger or food in your community?



Stories from ELCA World Hunger

Here are some stories of projects supported by ELCA World Hunger that you can use to show some of the work our church is invited to be a part of.

Central African Republic

In the Bohong region in [the] western Central African Republic, Georgette, a widow, toils in the field to provide for her grandchildren. When fighting between militia groups overwhelmed her town, her family and neighbors all fled for safety. When they returned home, they found the fields destroyed and their farm tools stolen. The fields were their main source of food and income.

Together, in partnership with the Evangelical Lutheran Church of the Central African Republic, your gifts to ELCA World Hunger helped distribute more than 20 tons of seeds and thousands of farm tools to more than 2,000 households in the Bohong region. And we continue to walk with Georgette and her neighbors as they struggle to survive in a region torn apart by war.

Your gifts to ELCA World Hunger help remind our sisters and brothers that they are not alone. In Georgette's words, "We gave thanks to God as we realized that we were not abandoned but that we have sisters and brothers who think about us despite the distance that separates us."

Thank you for supporting ELCA World Hunger and helping families, like Georgette's, start anew.



Nepal

Millions of people around the world live on small farms, where they work to feed themselves and their families. While farming families work hard, their livelihoods are often vulnerable to things outside their control – like weather, pests, climate change, conflict and a lack of resources.

One of these farmers is Kala, who lives in Jayprithvi, Nepal. On their 1,500 square meters of land, Kala and her seven other family members must grow enough to feed themselves. But their production was only lasting six months, leaving them looking for other jobs to survive the rest of the year.

Everything changed when Kala became part of a women's farming group after she began to participate in an agricultural training program of the United Mission to Nepal, supported in part by your gifts to ELCA World Hunger.

"Being a member of the group, I have been involved in every meeting, interaction session and training," Kala says. "It gave me energy and motivated me to start vegetable cultivation."

Along with the other members, Kala received improved seeds, training and materials for a greenhouse. Now, she's making her family's land go further. Growing cucumbers, tomatoes, spinach, broadleaf mustard, onion, garlic, squash and potatoes, Kala feeds her family and has more to spare to sell at the market. With this comes not only food security but also greater income so she can send her children to school and build a safety net for things like medical expenses.

"The income from vegetables has been easy and helpful for my household," Kala says. "I don't need to opt for other work and request the money lender to provide education and medicine for my children."

In addition, the program established a vegetable center for farmers to sell their produce.

"It is very helpful to sell vegetables in the collection center instead of roaming around at Chainpur with the vegetables," Kala says. "This year I have cultivated vegetables on about 1,200 square meters of land and earned more than NPR 100,000."

The additional income is about \$1,000 USD, a significant boost in a country where the gross domestic product per capita is about \$730 USD, according to the World Bank. Now Kala's family can enlarge their farming operation and save for the future.

"I am planning to scale up the area of production [by renting additional land]," Kala says. "I am very much pleased with the regular support and would like to thank all the helping hands ... for showing me the way of income generation and building up my confidence level by organizing and delivering training in the group."

Thanks to your gifts to ELCA World Hunger, farmers like Kala can access resources that make it possible for their families to have a brighter, healthier future.



Malaysia

On his parents' large plot of land in Tapah in northwestern Malaysia, Haslan Chong harvests a batch of ginger alongside his relatives and neighbors. The work is hard and, at times, tedious, but for Haslan, his "dream has finally come to pass," according to Benson Yeoh, head of the Lutheran Church in Malaysia's (LCM) Orang Asli Committee. Together, the farmers are part of the Orang Asli Community Project of the LCM. The Orang Asli, the indigenous people of West Malaysia, have been the focus of development and Islamization by the Malay government, a fraught process that has left the Orang Asli without access to land and traditional lifestyles. LCM has reached out to Orang Asli communities in several regions, attempting to provide stability in their lives and changes that have a more positive, sustainable impact.

Working with consultants and local farmers, the project will help provide Haslan and his Orang Asli neighbors with training in sustainable agriculture, allowing them to learn while earning a sufficient income for themselves and their families by raising ginger, a popular spice in Malay cuisine.

With support from a no-interest microloan from LCM, made possible by gifts to ELCA World Hunger, the project began in July 2016 with preparation of the land and installation of drip irrigation. Local experts helped the farmers use coco peat instead of soil and drip irrigation to replenish lost nutrients in the soil and lay the foundation for sustainable practices into the future.

The first harvest, in February 2017, yielded only 65 kilograms of ginger. But working and learning together from this first experience, the next harvest yielded 350 kilograms of ginger, most of which will be sold to LCM members. Each kilogram can be sold for about \$3.38 in USD.

The 900 plants in the next batch of ginger will be ready for harvest soon. LCM has made connections with local market vendors and a nearby restaurant in Tapah. Yeoh says the "mutual trust" between LCM and Orang Asli farmers like Haslan has helped both learn valuable lessons throughout their work together. As they load heavy bags of coco peat, plant new seedlings, and harvest and clean mature plants, their accompaniment of each other has opened the door for sustainability – of the land, of household income, and of relationships in their community for years to come.



Central African Republic and Japan

Spending three months in Japan was a life-changing experience for Paul, a student and leader from the Evangelical Lutheran Church of the Central African Republic. Through the Asian Rural Institute (ARI) in Japan, Paul and other young leaders primarily from countries in Asia, Africa and the Pacific participate in training programs to develop the skills they need to help transform their communities back home. Through gifts to ELCA World Hunger, Paul and other leaders receive scholarships to participate in ARI's programs.

At the heart of ARI's programs is an appreciation for the interdependency between life and the food that sustains all life. As Paul says, "No food, no life." But, he quickly adds, there is a difference between the healthy, sustainable food that can promote well-being for a community and food that is produced through agricultural practices that can be harmful both to the environment and the humans who consume and produce it. Through training at ARI, Paul learned more about the difference. "This training will allow me to provide healthy food for my family and to help farmers in my community get rid of mineral fertilizers and pesticides and eat healthy food."

In addition to training in organic farming, Paul also learned about greenhouse gardening and raising goats for milk and other dairy products. Learning to use greenhouses to grow crops can transform Central African Republic farmers' ability to make a living. "Usually, we grow onions during the dry season and harvest them in February or March. At the same time, Cameroonian farmers are also

harvesting and selling in Central African Republic, so we cannot sell our products for a good price." By using greenhouses, though, farmers will be able to adjust their harvests to ensure they can make a profit from their labors. By bringing the knowledge he has gained back to his community, Paul will help other farmers in the Central African Republic earn the money they need to support themselves and their families.

Paul has reaped other benefits from ARI's programs beyond the technical skills he gained. Through ARI's training in servant leadership, "I discovered that I have strengths and weaknesses that I must improve," Paul says. "In a thorough way, I am working to improve my leadership skills." Developing his leadership skills will help Paul work more effectively with individuals and rural partner organizations in the Central African Republic.

Today, Paul is using his skills and talents to help his neighbors take significant steps toward sustainability through his leadership of a project of the Evangelical Lutheran Church of the Central African Republic. This project is also supported in part by ELCA World Hunger. Developing his leadership skills and learning about a new culture through his time with a host family in Japan have increased his passion to be a leader for change in a country with many opportunities and challenges. "I have to share this experience with our community," he says, an experience made possible by ARI, the Evangelical Lutheran Church of the Central African Republic and your gifts to ELCA World Hunger.



United States

Souad was born in Darfur, Sudan, where she lived with her parents and 11 siblings. When conflict broke out in the early 2000s, Souad and her family were forced to flee and then spent 13 years living in a refugee camp in Chad.

When Souad was 25, she and her family came to live in Tucson, Ariz., as refugees. While it was an unfamiliar world, it wasn't long before Souad's father took her and as many of her siblings as they could fit in a car to Iskashitaa Refugee Network (IRN), where the whole family began volunteering.

IRN is an intergenerational network of Tucson volunteers and refugees from Africa, Asia and the Middle East who harvest and redistribute locally grown fruits and vegetables that would otherwise go to waste. Groups of volunteers glean food that would otherwise be unharvested from a variety of locations around the city, such as citrus fruit at a mobile home park where residents have given permission to pick from their trees.

IRN's goal is to empower recently arrived refugees by connecting them with a wide variety of resources and opportunities to interact with the community. Your gifts to ELCA World Hunger helped support this important work in 2016 and 2017.

Programs like IRN are important ways our church accompanies our neighbors as they build lives for themselves far from home. As the number of displaced people around the world increases, accompaniment of internally displaced people, refugees, migrants and asylum-

seekers continues to meet a critical need. ELCA World Hunger works with refugees in every step of their journey, from displacement to resettlement or repatriation.

IRN founder and director Barbara Eiswerth calls the program a "multicultural exchange" that's unique in its format. The network is addressing several needs at once: reducing food waste, breaking down barriers between people and helping refugees resettle. In addition to taking home food that's been gleaned, refugees also are connected with other services through the network. At food preservation workshops, participants can practice their English skills and share recipes and techniques from their home countries, such as pickled pumpkin seed paste, fermented pumpkin leaves and date vinegar. It's a perfect example of ELCA World Hunger's integrated philosophy in action, crossing lines between food security, agriculture, education and more.

"We're ever developing the ways that we can help people," Barbara says. "It's not going to be home, but we can help refugees weave a new fabric of a new home."

Today, Souad is 27 and working at a merchandise company. While she works most weekdays and spends time at home cooking and helping care for her younger siblings, she still spends her Saturdays volunteering, picking and sorting produce. To her, volunteering is part of the fabric of her life.

"I like helping people," she says. "It's good for me."



PRAYERS

Conclude in prayer to wrap up your field experience!
Here are some suggestions:

Almighty God, Lord of heaven and earth, we humbly pray that your gracious providence may give and preserve to our use the fruitfulness of the land and the seas; and may prosper all who labor therein, that we, who are constantly receiving good things from your hand, may always give you thanks, through Jesus Christ, our Savior and Lord. Amen.

(ELW, p. 63)

God our creator, you have ordered seedtime and harvest, sunshine and rain. Give to all who work the land fair compensation for the work of their hands. Grant that the people of this and every nation may give thanks to you for food, drink, and all that sustains life; may use with care the land and water from which these good things come; and may honor the laborers who produce them; through your Son, Jesus Christ our Lord. Amen.

(ELW, p. 78)

Most gracious God, according to your wisdom the deep waters are opened up and clouds drop gentle moisture. We praise you for the return of planting and harvest seasons, for the fertility of the soil, for the harvesting of the crops, and for all other blessings that you in your generosity pour out on all people. Give us a full understanding of your mercy, that our lives may show respect and care for your creation; through Jesus Christ, our Savior and Lord. Amen.

(ELW, p. 81)

NEXT STEPS

Learn!

ELCA World Hunger's Global Farm Challenge resources are a great place to start and they are free! [ELCA.org/hunger/resources](https://elca.org/hunger/resources). Click on the "Global Farm Challenge" tab to find multiple resources.

ELCA World Hunger also provides numerous other resources that can be reached through the link above. Be sure to check out the toolkits section as well as stories and videos where you can read about or watch videos on projects ELCA World Hunger has helped support.

Advocate!

Learn more about the ways you can work with other advocates for policies that support farming communities. Visit <https://secure2.convio.net/elca/site/Advocacy?cmd=display&page=UserAction&id=996> to learn how ELCA Advocacy is working to support the U.S. farm bill, a critical piece of legislation for farmers, families facing hunger and other communities in the U.S.

Give!

Your donations to ELCA World Hunger's Global Farm Challenge help support the agricultural-related programs of ELCA World Hunger. For the remainder of 2018, all gifts toward the Global Farm Challenge will be matched – dollar for dollar – up to \$515,000, so together we can raise more than \$1 million this year to create healthier families, stronger economies and a future filled with hope. Give online by visiting [ELCA.org/globalfarmchallenge](https://elca.org/globalfarmchallenge) or [ELCA.org/hunger/donate](https://elca.org/hunger/donate) (in 2019 and beyond). Or mail a check payable to "ELCA World Hunger" and write "Global Farm Challenge" on the memo line.

ELCA
P.O. Box 1809
Merrifield, VA 22116-8009

Connect!

Follow ELCA World Hunger on social media to receive updates.

BLOG blogs.elca.org/worldhunger

 Facebook.com/ELCAWorldHunger

 Twitter.com/ELCAWorldHunger

 Instagram.com/ELCAWorldHunger

TRACK NEEDS LIST

- Barrier for the track (plastic cones, PVC pipe, chalk, rope, etc.)
- Minimum 20 buckets
- "Seedlings" - at least 100 for a small to medium group
- Track story banners
- Factoid signs
- Station instruction signs
- 5 station leaders
- 2-4 large planters
- Digging tools
- Dirt
- Rocks
- Stopwatch
- Tarp
- Seedlings
- Coin or die
- Cowbell
- 4 5-gallon water jugs
- Garden hose (25 feet)
- 4 traffic cones
- Balls
- Burlap sack
- Sandbags
- Market stalls
- Food visualizations

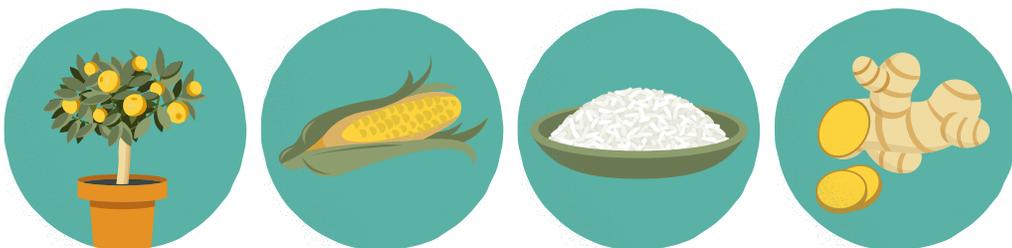
START SIGNS:

- 1 Field Experience start sign
- 4 crop signs
- 1 story banner
- 1 Roll the Dice sign

FIELD EXPERIENCE

This track will simulate one growing season. Your goal is to make it to the marketplace at the end with enough crops to feed your family and provide savings to reinvest in your farm or pay for other needs.

To start, choose which crop you will grow and grab your bucket of dirt and seedlings.



GINGER

ADVANTAGES:

easy to grow;
popular at the market

DISADVANTAGES:

can't be consumed as a meal,
so you must raise enough to sell



CORN

ADVANTAGES:

high nutrition value; high yield

DISADVANTAGES:

requires a lot of water, land
and work to grow



RICE

ADVANTAGES:

a staple food in many countries;
can be eaten or sold

DISADVANTAGES:

requires a lot of water to grow



CITRUS TREES

ADVANTAGES: produce a lot of fruit that can be eaten or sold easily

DISADVANTAGES: disease or frost can easily kill crops





GINGER

You are a member of an indigenous group in Malaysia. Farming in fertile Malaysia is easy, but the government has made it harder by restricting your land – and in some cases, taking it away. With a group of neighbors, you have started farming ginger, a popular spice, and you hope this will help you feed your family.

CORN

You are a single mother farming a small plot of land in Malawi. When your husband passed away last year, you almost lost your land. But with the help of a local church, you were able to keep it. Now, you hope to use the land to feed yourself and your children.

RICE

Your family's rice paddy in Bangladesh has fed your family for many years. With three children, you hope that you and your wife can grow enough for your table and to sell at market to buy other goods. The last few years, though, there has been less rain, and the rice is harder to grow. You don't want to stop farming, but you worry that soon you will have to make a tough choice – stay on the farm and risk hunger or leave your children to find a job.

CITRUS

When civil war broke out in your country, you were forced to flee, leaving behind your farm and most of your possessions. After 10 long years in a refugee camp, you are now in the U.S. and settling in to your new life. Through a local church, you have been given a chance to farm again – with your own small grove of citrus trees. It feels good to be farming again, but you wonder how you will raise enough fruit to feed your family in this new land.

ROLL THE DICE

During your season, you will have the chance to do activities to increase or decrease your yield. Many farmers don't get the choice - their choices about land, tools, training and rights are made for them. At some stations, you will need to roll the dice or flip a coin to see which choice has been made for you.



DIGGING STATION SIGNS:

- 1 activity instruction sign
- 1 factoid sign

DIGGING WITH TOOLS

It's time to prepare your soil for planting! The soil here is rocky, so you will need to dig up the rocks in your garden. Access to tools – even improved hand tools like shovels or hoes – can help farmers with tasks like this and free up valuable time.

If you have corn or citrus trees, congratulations! You get to use tools to dig. If you have ginger or rice, you'll have to dig by hand.

Start the timer. You have 20 seconds to find as many rocks as you can. Once you have them, trade them in for more seedlings.

FARMING WITH PHONES

Improved technology like cellphones with wireless data can help farmers access information about weather and information about prices at market, ensuring they get a fair price for their goods.



TRAINING STATION SIGNS:

- 1 activity instruction sign
- 1 story banner
- 1 factoid sign

TRAINING

Flip the coin to see if you are able to attend training to learn more about farming your crop.

If you get a happy face, you were able to attend. If you get a sad face, you were unable to attend. Read the next sign for your crop, do the action and continue on your journey.





GINGER

Attended: You learned about drip irrigation that uses less water, and you learned how to use cocoa peat in containers so you can plant more ginger year after year. Take 3 seedlings.

Not Attended: Ginger draws a lot of nutrients out of the soil, leaving it unusable after the first harvest. You didn't learn this, and now your second harvest is at risk. Leave 3 seedlings.

CORN

Attended: You learned about organic pesticide to stop armyworms from ruining your corn. Take 2 seedlings.

Not Attended: An infestation of armyworms has attacked your crops, and you didn't know how to prevent them. Leave 3 seedlings.

RICE

Attended: A local church taught you how to use drought-resistant rice that requires less water to grow. This will save you money and ensure a good harvest, even in dry conditions. Take 4 seedlings.

Not Attended: Your son was sick, so you could not attend the training to learn about drought-resistant rice. Leave 3 seedlings.

CITRUS

Attended: A local organization helped you fill out registration and tax forms you need to sell your fruit. You saved time and learned how to make the most profit while avoiding fees and fines. Take 2 seedlings.

Not Attended: Being new to the community, you didn't know you had to register with the state to sell your fruit legally. You had to pay a fine and hire an attorney to help you fill out the forms. Leave 3 seedlings.



FARMING

A Calling and a Business

Farming depends on shared wisdom – about plants, the land and the laws of running a business. Training that teaches farmers efficient ways to raise crops, sustainable practices and legal ways to sell their products can make the difference between feeding their families and losing their farms.

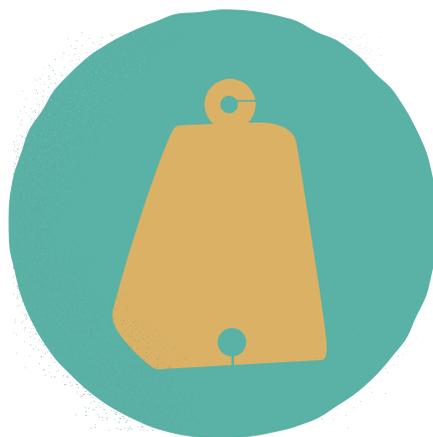
ANIMAL STATION SIGNS:

- 1 activity instruction sign
- 1 factoid sign

ANIMALS

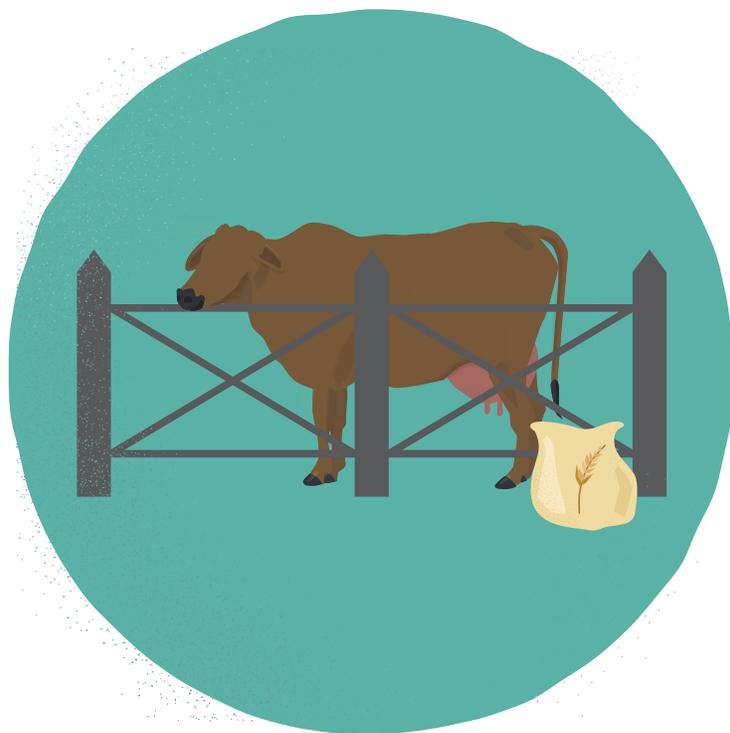
Many farmers raise both crops and animals. Some animals, like oxen, can help do work on the farm. Others, like cows, can produce products to eat or sell. But animals often come with a cost – feed, medicine and shelter can add up quickly. A local church is helping provide cows to farmers in your community.

One cow will cost you five seedlings. If you want to purchase one, leave your seedlings here. To remind you of the constant care it will need, take a cowbell and wear it for the rest of your season.



ANIMALS AND MORE

Animals can be a big benefit, but caring for them can be expensive. That's one reason that gifts to ELCA World Hunger help provide not only animals but also feed, fencing, shelters and other needs.



TIME TO EAT STATION SIGN:

- 1 activity instruction sign

TIME TO EAT!

You've been working incredibly hard to grow your crops and care for your animals, and now your energy is low – so it's time to eat! If you purchased a cow from your local church, save your crops and drink some milk to hold you over. If you didn't get a cow, you'll have to eat some food from your crops.

Leave one seedling here.



DROUGHT STATION SIGNS:

- 1 activity instruction sign
- 1 factoid sign
- 1 story banner

DROUGHT!

The rain has not been very frequent this season, and some crops in your region are starting to brown. Some of your neighbors are talking about a drought, and the local news has warned that the dry conditions could continue for a long time. Access to improved irrigation systems can mean that farmers don't have to worry about their crops dying when drought strikes. Nor do they have to make often long and laborious journeys to fetch water from other sources to water their fields.

In this challenge, you must supply your field with an adequate amount of water to get it through the drought. Roll the dice to see how you'll water it.

- **ROLL A 1, 2 OR 3:** You have a field irrigation system installed, making your job easier. Pull the hose from one end of the field to the other as fast as you can.
- **ROLL A 4, 5 OR 6:** You don't have access to irrigation. Carry your water jug from one end of the field to the other as fast as you can.



WEATHER

As the world's climate changes, extreme weather like droughts and floods endanger the lives and livelihoods of farmers, forcing many to find work off the land. This makes climate change one of the biggest drivers of migration worldwide.





GINGER

Your crops are growing, and it looks like this will be a good first harvest. A local church has helped find restaurants to buy your ginger. If you can bring this to harvest, you have a good chance of making a profit.

CORN

The stalks on your farm are nearly knee-high, and you're excited about the harvest. Other women in your village heard about how you were able to keep your land, and you have been invited to work with them so they can purchase land. You are excited about your crops - and energized by the possibilities of sharing your knowledge.

RICE

Your son is very sick. You worry about him constantly, but you are also worried about your rice. Without his help, you had to hire someone to help work on your paddy.

CITRUS

Your trees are starting to blossom, and you feel pride in farming again. You also learned about a low-cost loan program through a local organization that could help you purchase more seedlings. If you can make the first harvest a success, you might apply.

ROAD TO MARKET STATION SIGN:

- 1 activity instruction sign

THE ROAD TO MARKET

For many farmers, bringing a crop to harvest is only half the challenge. In places where roads and transportation are inadequate, getting to markets to sell crops can be a struggle. If conflict or instability closes markets, even a good harvest can go unsold.

If you have citrus trees, you get to ride a bike! If you have corn, rice or ginger, you need to get through the obstacle course.



MARKET STATION SIGNS:

- 1 activity instruction sign
- 4 market stall signs

WELCOME TO THE MARKET

After a challenging growing season, you've made it to the market! **Find the stall for your crops, count what you have and see if it's enough to feed your family. If you have an animal, it counts as four seedlings.**



GINGER

If you have 8 or more seedlings, congratulations! You were able to raise enough to sell for a good profit. This will help you buy food and supplies for the next growing season.

If you have 5-7 seedlings, you were able to raise enough ginger for a small profit, but there isn't enough left over for saving for the next growing season. You may need to think of another way to feed your family next year.

If you have fewer than 5 seedlings, your first harvest was a disappointment. The money you made at the market barely covered your costs, and now you worry that your family may not have enough to eat.

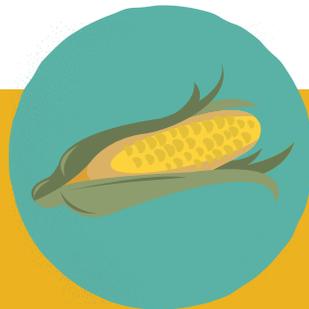


CORN

If you have 8 or more seedlings, congratulations! You were able to raise enough to eat and sell for a good profit. This will help you buy food and supplies for the next growing season.

If you have 5-7 seedlings, you were able to raise enough for a small profit, but there isn't enough left over for saving for the next growing season. You may need to think of another way to feed your family next year.

If you have fewer than 5 seedlings, your first harvest was a disappointment. The money you made at the market barely covered your costs, and now you worry that you may have to give up your land to buy food.



RICE

If you have 8 or more seedlings, congratulations! You were able to raise enough to eat and sell for a good profit. This will help you buy food and supplies for the next growing season.

If you have 5-7 seedlings, you were able to raise enough for a small profit, but there isn't enough left over for saving for the next growing season. You may need to think of another way to feed your family next year.

If you have fewer than 5 seedlings, your first harvest was a disappointment. The money you made at the market barely covered your costs, and now you worry that you may have to find work in the city, away from your family.



CITRUS TREES

If you have 8 or more seedlings, congratulations! You were able to raise enough to eat and sell for a good profit. This will help you buy food and supplies for the next growing season.

If you have 5-7 seedlings, you were able to raise enough for a small profit, but there isn't enough left over for saving for the next growing season. You may need to think of another way to feed your family next year.

If you have fewer than 5 seedlings, your first harvest was a disappointment. The money you made at the market barely covered your costs, and now you worry that your family may not have enough to eat.



SUPPLEMENTAL SIGNS



The following pages include pictures, short summaries and quotes from some of the projects supported by ELCA World Hunger around the world. You can use these throughout the track or at the end to celebrate the work God is doing among our farming neighbors.

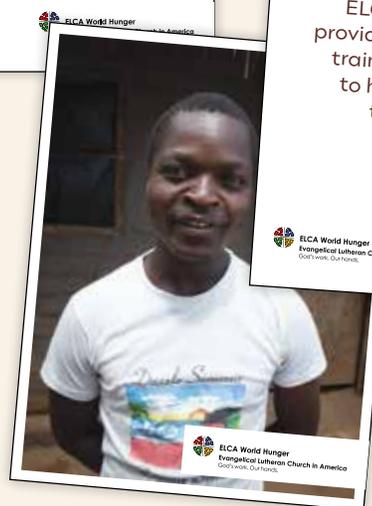
Each section has:

one project summary, one quote and two pictures.
(Examples below)



"These projects help us have enough food each day, have a business and have an education. I hope that we can develop the area that we come from and even the nation where we live ... for a better life in the future."

—Christopher, Malawi



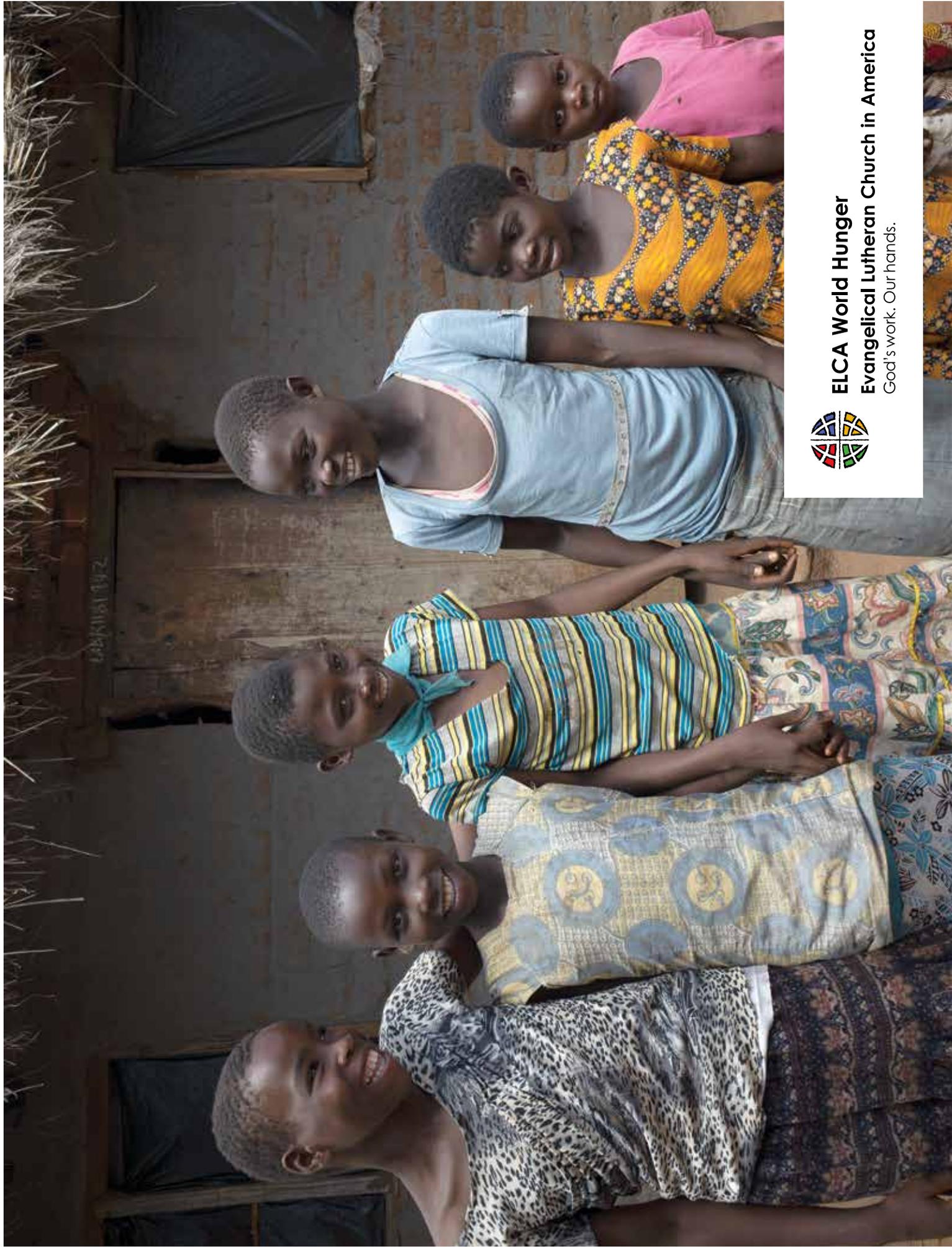
AFRICA

In Malawi, your gifts to ELCA World Hunger provide agricultural tools, training and livestock to help farmers and their families.



 ELCA World Hunger
Evangelical Lutheran Church in America
God's work. Our hands.

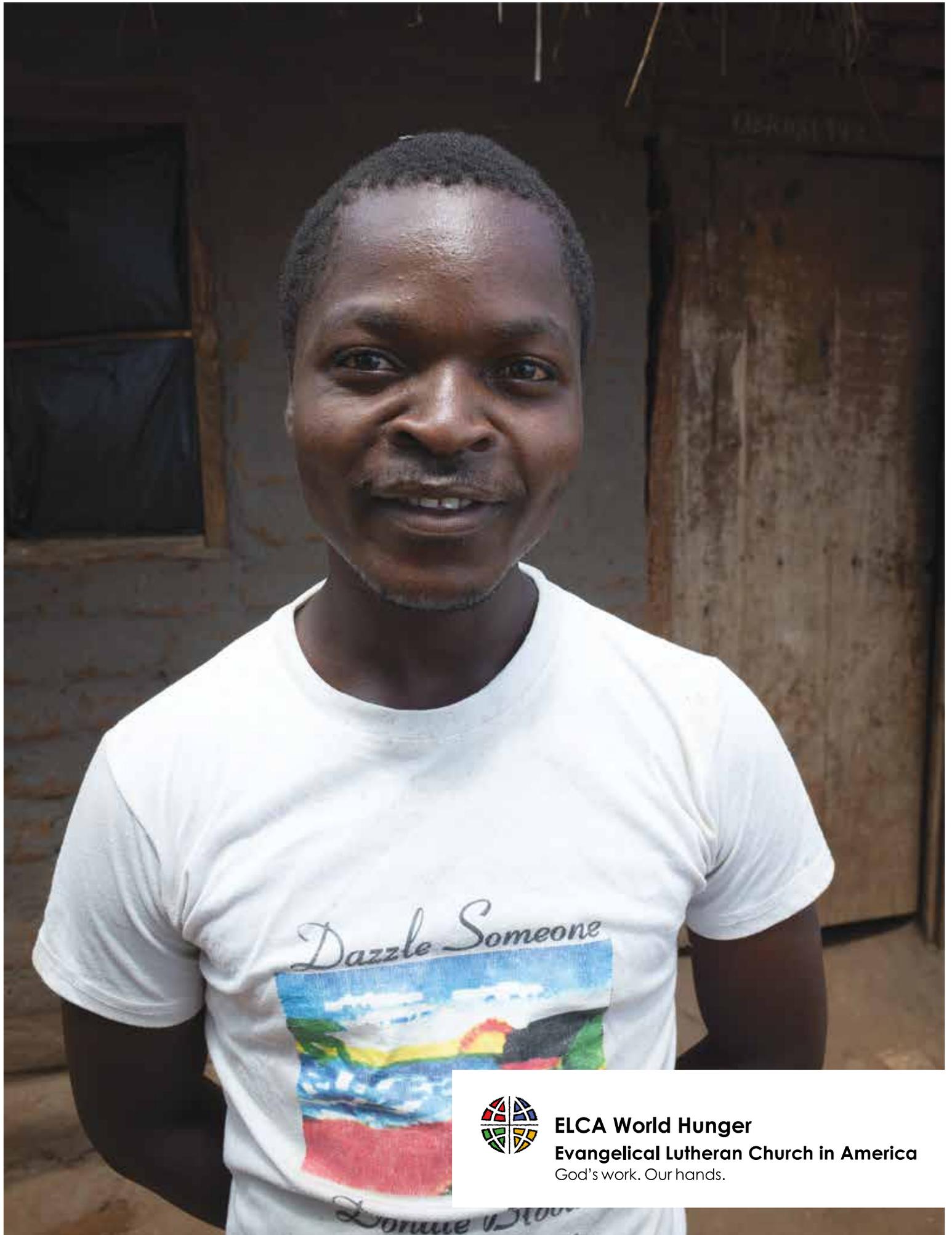
AFRICA



ELCA World Hunger

Evangelical Lutheran Church in America

God's work. Our hands.



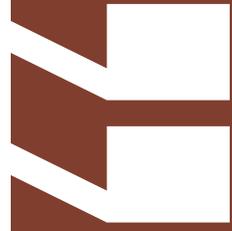
ELCA World Hunger
Evangelical Lutheran Church in America
God's work. Our hands.

AFRICA

In Malawi, your gifts to ELCA World Hunger provide agricultural tools, training and livestock to help farmers and their families.



ELCA World Hunger
Evangelical Lutheran Church in America
God's work. Our hands.



“These projects help us have enough food each day, have a business and have an education. I hope that we can develop the area that we come from and even the nation where we live ... for a better life in the future.”

–Christopher, Malawi

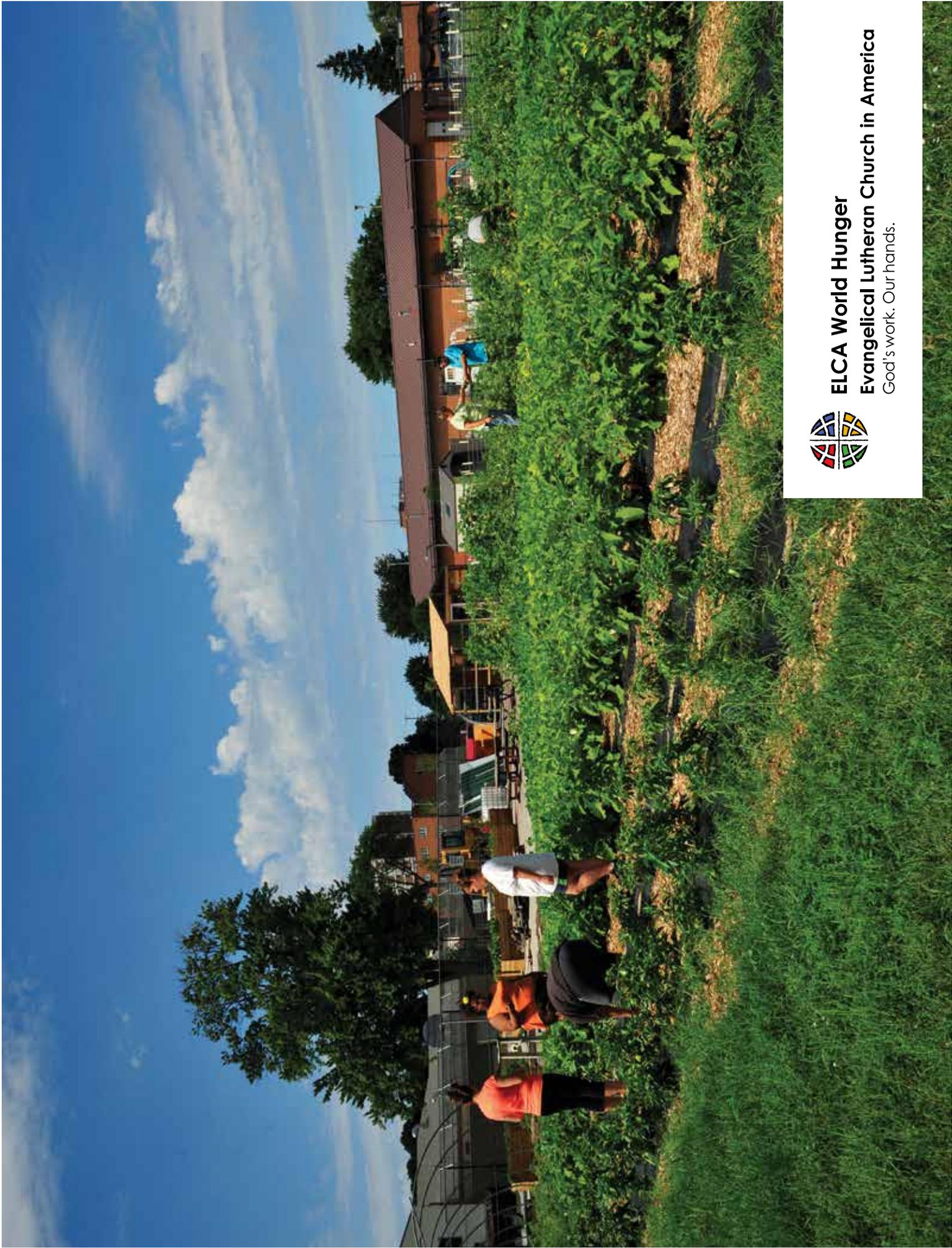


ELCA World Hunger
Evangelical Lutheran Church in America
God's work. Our hands.

NORTH AMERICA



ELCA World Hunger
Evangelical Lutheran Church in America
God's work. Our hands.



ELCA World Hunger

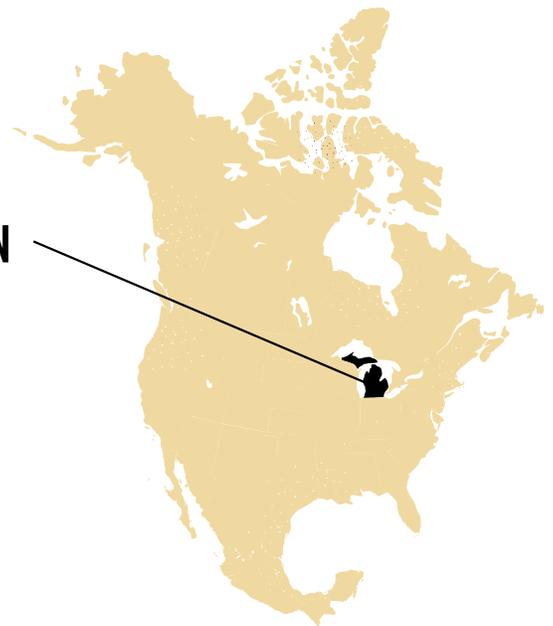
Evangelical Lutheran Church in America

God's work. Our hands.

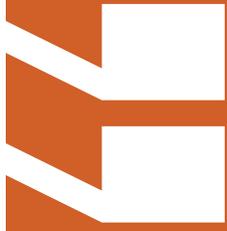
NORTH AMERICA

In Michigan, your gifts to ELCA World Hunger support an urban farm where teens and adults learn to grow their own food in an area where fresh, healthy food can be hard to access.

MICHIGAN



ELCA World Hunger
Evangelical Lutheran Church in America
God's work. Our hands.



“I want to help our neighbors grow more food. If I can show them how easy and delicious it is to grow their own tomatoes, people will be much more likely to join the home-growing movement.”

–Laurie, United States



ELCA World Hunger
Evangelical Lutheran Church in America
God's work. Our hands.

CENTRAL AMERICA



ELCA World Hunger
Evangelical Lutheran Church in America
God's work. Our hands.



ELCA World Hunger
Evangelical Lutheran Church in America
God's work. Our hands.

CENTRAL AMERICA

In Nicaragua, your gifts to ELCA World Hunger are providing communities with wells and training in sustainable farming techniques.



ELCA World Hunger
Evangelical Lutheran Church in America
God's work. Our hands.



"We've got hope with this project. ... You can see the corn here already; we'll get a really good harvest. We're doing beans and vegetables too. We're doing it together, and we'll all get a share."

-Zulema, Nicaragua



ELCA World Hunger
Evangelical Lutheran Church in America
God's work. Our hands.

ASIA



ELCA World Hunger
Evangelical Lutheran Church in America
God's work. Our hands.



ELCA World Hunger
Evangelical Lutheran Church in America
God's work. Our hands.

ASIA

In Cambodia, your gifts to ELCA World Hunger are helping farmers diversify their crops and access water through new wells through an organization called Life With Dignity.



ELCA World Hunger
Evangelical Lutheran Church in America
God's work. Our hands.



"Life With Dignity doesn't just provide financial support, but moral and technical support too. I have learned a lot through the training courses on farming techniques, and LWD has been here for every step."

–Peh, Cambodia



ELCA World Hunger
Evangelical Lutheran Church in America
God's work. Our hands.

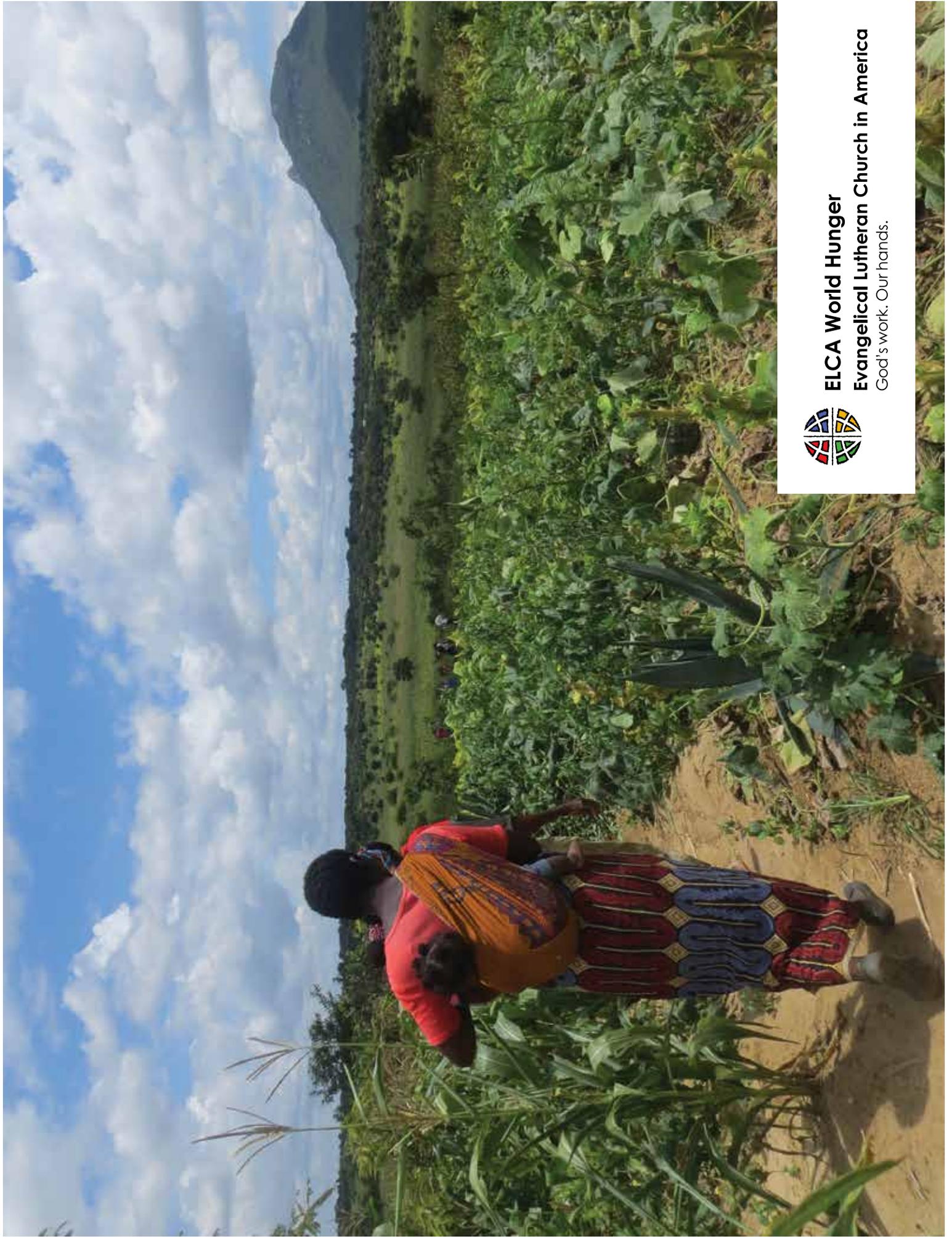
AFRICA



ELCA World Hunger

Evangelical Lutheran Church in America

God's work. Our hands.



ELCA World Hunger

Evangelical Lutheran Church in America

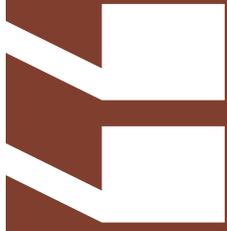
God's work. Our hands.

AFRICA

In Malawi, your gifts to ELCA World Hunger provide agricultural tools, training and livestock to help farmers and their families.



ELCA World Hunger
Evangelical Lutheran Church in America
God's work. Our hands.



"I got my first goat with a loan from the village savings and loan group. Now I have 20 goats. When I sell the offspring, I am able to use the proceeds to send my children to school."

–Mafiyasi, Malawi



ELCA World Hunger
Evangelical Lutheran Church in America
God's work. Our hands.

ASIA



ELCA World Hunger
Evangelical Lutheran Church in America
God's work. Our hands.



ELCA World Hunger

Evangelical Lutheran Church in America

God's work. Our hands.

ASIA

In Indonesia, your gifts to ELCA World Hunger are helping farmers diversify the crops they grow so they can feed their families and have more to sell at the market.



ELCA World Hunger
Evangelical Lutheran Church in America
God's work. Our hands.



"We are listening and learning.
I feel very happy, and my No. 1
priority is schooling for my children."

-Yaatulo, Indonesia



ELCA World Hunger
Evangelical Lutheran Church in America
God's work. Our hands.