

Sustainable Nutrition Sites in Malawi

The following sites are worth visiting to gain experience and ideas. The sites are listed roughly from Northern to Southern Malawi. Two major areas of growth in Sustainable Nutrition have been through School Health and Nutrition's Permaculture pilot that started in 2006 and secondly, with the Malawian Permaculture movement which began in 1994. There is a certificate course in Permaculture Design and about 1,000 people in Malawi have earned their Permaculture Design Certificate (PDC).

You can contact the following organisations to learn more about this:

- PermaCulture-Malawi@yahoo.com to join send an email to: PermaCulture-Malawi-SUBSCRIBE@yahoo.com
- Permaculture Malawi Facebook group for anyone supporting permaculture in Malawi www.facebook.com/groups/PermacultureMalawi

I. NORTHERN MALAWI

1. Karonga

1 - ***District Education Office (several districts)***

- Scotch Kondowe, District Education Manager, 0888.512.597, 0999.923.711, DEMKaronga@gmail.com
- Several excellent Permaculture SHN schools started in 2006 / 7. Even the DEM's office has a bit of sustainable design to it!

2 - ***Anglican Church, Love's Harvest, Karonga***

- Founder, John Springer, In the USA, js@JohnSpringerArchitect.com, www.LovesHarvest.org
- About 20 Permaculture projects in 4 dioceses: Southern Malawi, Upper Shire, Lake Malawi, and Northern Malawi. Love's Harvest works with a village for a year to build up all food groups and provides a permaculture facilitator, some targeted organic inputs and coordination support (for mother's union and Episcopal Relief and Development).

3 - ***Kasoba Village***

- Trainer, Kenneth Mwakasungula, 0995.660.843, KMwakasungula@yahoo.com
- North of Karonga town
- Certified in Permaculture in 2007 through SHN (School Health and Nutrition) working as a community SHN facilitator and trainer since 2009.

2. Rumphu

4 - ***Lukwe EcoCamp and Forest Gardens***

- Owners, Lieza and Auke Swennen, Lieza.Swennen@gmail.com, 0995.752.839, www.Lukwe.com
- Livingstonia
- Lieza is a Permaculture Diploma holder and Trainer. Started in 1996. Soil regeneration, water management, fruit and fodder, herbs and horticulture as well as small animals and fish ponds. Off the main grid, powered by solar and lead designers in ecosanitation in Malawi – private and institutional designs. Lukwe serves Malawi's people through tailor made workshops and on site design consultancies to private, government and non government organisations. Ecotourism with amazing views and wonderful food & lodging.

5 - Slow Food Malawi, Nchenachena Convivium

- National Coordinator, Manvester Ackson Khoza, Yezgani Community Trust, PO Box 8, Livingstonia, Rumphu, 0888.720.691, 0999.516.385, ManvesterAckson@yahoo.co.uk, www.SlowFood.com
- A global grassroots organization, which wants a world in which all people can enjoy food that is good for them, good for producers and good for the planet. There are millions of people around the world involved in the movement. The Malawi Chapter was running informally over the past few years, and in 2014 it was formally born.

3. Mzimba**6 - Empower Malawi**

- Manager, Jones Cecil Ntaukira, 0995.278.060, 0995.278.060. jntaukira@yahoo.com; jones@empowerprojects.org, www.EmpowerProjects.org
- Office in Lilongwe, works in Mzimba
- No permaculture designers on the team but worked with Northern region permaculture teams to include Permaculture in their support to school health and nutrition and community designs.

7 - Slow Food Malawi, Mzuzu Convivium

- Convivium Leader: Chimwemwe Soko PO Box 20313, Mzuzu, 0882.070.718, cksoko44@gmail.com
- See Rumphu for description of Slow Food.

8 - Soils, Food and Healthy Communities

- Project Coordinator, Laifolo Dakishoni dakishoni@gmail.com or sfhc@gmx.com, Ekwendeni, www.SoilAndFood.org
- Not Permaculture designed, but uses sustainable soil and food principles in its programme. Aims to improve health, food security and soil fertility of households. Does research on legume systems and uses an ecosystem approach to understand links between food security and health through experimental agricultural farm trials, nutrition and agricultural education, community activities and farmer exchanges.

4. Nkhata Bay**9 - Butterfly Space**

- Josie Redmonds, Josie.Redmonds@gmail.com, www.butterflyspaceMalawi.com
- Butterfly Space is a lodge and a non-profit, volunteer community project which brings international volunteers and the community together working on health, agriculture, water, sanitation, education and social welfare. Butterfly Space has hosted a few Permaculture design courses with Permaculture trainers.

10 - Chilala Permaculture Scholarship programme and Sustainable Energy

- Gilbert T.E. Kaunda, Permaculture Scholarship programme, 0991.420.476, GilbertKaunda@ymail.com. Supported by Gail Swithenbank who met Chilala during IPC9 in Malawi: gailswithenbank@hotmail.com
- A Permaculture Scholarship programme running in Nkhata Bay selects promising primary school students who are practicing permaculture for full secondary school scholarships. The Permaculture Scholars then help their school and community learn about sustainable living. The Sustainable Energy vocational school is still developing.

11 - District Education Office

- Mzondi Moyo, District Education Manager, 0888.363.712, DEMnkhata@yahoo.com; MzondiMoyo@yahoo.com;
- Several SHN schools with excellent permaculture designs since 2006.

12 - Food for Life

- Richman Mwasie, richman.mwasie@gmail.com, 0999-070-665, 0885-088-114
- The food for life lies at a distance of about 900m from Sanga trading centre.
- The purposes are to acquaint communities with sustainable measures of growing and keeping food basing nutrition, to enhance resilient methods to curb the devastating climate change, centre for local seeds etc.

13 - Ganet's Adventure School

- Gertrude Banda, Co-founder and Head, gertrudebanda1966@yahoo.com
Located in Mkondezi village, 5km west of Nkhata Bay, Steve McInerny, trustee, steve@ganetsadventureschool.org, www.ganetsadventureschool.org
- The school was established in 2004 and started using Permaculture, learning from other schools that were part of the 2006 pilot in Nkhata Bay. In 2010 JICA supported short course in Permaculture for School Health and Nutrition and exchange visits with other schools.

14 - Healthy Malawi

- Sandra Ver baan, Director, info@HealthyMalawi.nl, www.HealthyMalawi.nl,
- 10km south of Chintheche, Near Kande Beach.
- Designed by Permaculture Principles thanks to designers from Lukwe EcoCamp (in Rumphu) the site has a nursery and primary school, which supports vulnerable children in the community with education, nutrition and healthcare.

II. CENTRAL MALAWI

5. Dowa**15 - DAPP Chilangoma Teacher Training College**

- Charlotte Danckert, Partner Manager in Lilongwe, 0999-546-754, cdanckert@africa-online.net.
- Located across from refugee camp, before boma on left, coming from Lumbadzi.
- Teacher Training Colleges are working towards becoming role models for Schools Health and Nutrition (SHN), based on sustainability. Colleges have different levels of gardens, orchards, wood-lots, water harvesting, kitchen recycling, meals based on food groups, education, sharing. Some have composting toilets.

16 - E-3 Worldwide

- Director, Sam Kawale, 0999-600-345, skawale@gmail.com; e3.Malawi@gmail.com; www.e3worldwide.org; www.e3worldwide.net.
- In Mponela, just after MEDI, past DOWA Secondary School about 20 min drive towards Chibanzi and Msakambewa
- E-3 stands for Educate Empower Employ. E-3 is developing Permaculture with the existing school as well as building a health facility and community centre on about 10 acres. Elements include solar for electricity and water pumping, composting toilets, biogas, aquaponics, agroforestry, orchards and gardens. (Several people hold Permaculture Design Certificates.)

17 - Kusamala Institute of Agriculture and Ecology (Kusamala), Dowa (Mponela) office

- www.kusamala.org/projects-partners/climate-smart-agriculture; thandiwe@kusamala.org 0991-231-063; Chisomo Kamchacha, chisomo@kusamala.org; 0888-577-279
- Kusamala is working to bring permaculture to 1,500 households by providing training and support. Combining a strong focus on monitoring and evaluation using film, mapping, and community storytelling as well as increased collaboration among stakeholders, this project works on many levels.

18 - Tikondwe Freedom Gardens

- Christine Chinkuntha, 0999-931-265, Daniel Chinkuntha, 0999749614, 0995-595-623
DanielChinkhuntha@gmail.com, www.facebook.com/TikondweFreedomGardens
- Coming from Lumbadzi about half way to Dowa boma on the right. No sign, road is just before the hill where the road curves left.
- Started as an organic farm in the late 80's and awarded Permaculture certificate in 2009. The operation has expanded to help lift the surrounding area out of poverty, and feed its population nutritious food using environmentally sound methods that set the groundwork for sustainable growth. Education and women's empowerment are a top priority, and they are well known for their gravity fed irrigation scheme. Solar

19 - Speedlink Organic Fertilizers

- Owner, Iain Phiri, Owner, 0888-305-250, IainPFarmCenter@yahoo.com;
- Lumbadzi, at Dowa Turnoff
- Produces, packages and sells all-organic fertilizers.

20 - Methodist Madise work?**6. Salima****21 - Kuti Wildlife**

- Manager: 0997334683, info@kuti-malawi.org, www.kuti-malawi.org,
<https://www.facebook.com/kuti.Malawi>.
- Located just east of Salima Boma.
- Kuti is a 2000-hectare wildlife reserve running responsible tourism and sustainable wildlife conservation, environmental education and community programmes. Kuti aims to protect the reserve for the benefit of both people and wildlife. Projects include environmental education clubs in schools, tree donations, fuel-efficient stove production, fish-farming development, bee-keeping and the use of alternative fuel sources.

22 - Malawi Mangoes

- Louise Bleach, louise@malawimangoes.com;
- Other contacts
- Garden to Mouth
- Fruit processing business that supports many community members. Working on improving nutrition locally and abroad through their business. Working with Kusamala to apply permaculture design into their staff meal programme.

23 - Ndimoyo

- Owners: Lucy: 0999-201-412, ndimoyo.lucy@gmail.com. Tony: 0999-964-875, tony@ndimoyo.org.
- Salima Boma
- Integrates ANAMED and nutrition with medical treatments for chronic illness. They are role models of sustainable design at the clinic.

7. Lilongwe**24 - Adzwia School – Kauma**

- Ishmael Hollege, 0882182897. Supported by Four Seasons (also in Lilongwe)
- Permaculture designs started a few years ago as an integral part of school life and learning.

25 - African Vision (Landirani Trust)

- Country Manager, Ida Mwangala, 01.759.005, 0992.239.712, Ida.mwangala@landirani.org; www.landirani.org,
- African Vision Malawi in UK, www.africanvision.org.uk. Director, Heather Palmer, heather.palmer@africanvision.org.uk
- Current office in Area 3. Building a new office in Njewa. Works near Nambuma, behind the airport.
- An NGO that supports health, agriculture, education and community based childcare centres. They are experts in rammed earth and thatch buildings and working on using permaculture designs at their sites and in their programmes. Includes composting toilets, orchards, gardens and farms. Rescope permaculture programme at M'bang'ombe Teacher Development Centre and further introduction at Chitsime and M'teza schools

26 - Anglican Church, Love's Harvest, Lilongwe

- Permaculture projects in 4 dioceses, details on page **Error! Bookmark not defined.**, under Karonga

27 - Child Legacy International

- Director, Jeff Rogers www.childlegacy.org; Permaculture Designer, Afshan Omar, 993437625 afshan_omar@hotmail.com.
- Near Mpingu about 20 km west of Lilongwe off Mchinji Road.
- Provides healthcare and vocational training for an under-served rural area outside of the capital city. Teaches and practices sustainable agriculture methods around the health centre, in both small and large-scale designs. Uses renewable energy.

28 - Cultural, Environmental Restoration and Fight Hunger Trust

- Director, Joseph Chawawa, Box 40630, Kanengo, Lilongwe, 0999.371.627, josephchawawa@yahoo.com.
- At Mchenzi, near Kanengo on Salima Road
- Certified in Permaculture in 2007 when working with the SHN programme. Provides training in Permaculture for Churches, communities, CBO's, schools; teachers, learners, small scale farmers. Works with the Anglican Church's Love's Harvest Programme. Offers tours with his family at their home in Kanengo.

29 - Environmental Industries

- Owner, Goodfellow Tsilizani Phiri, 0999.365.245, licusociety@gmail.com;
- Area 25A Lilongwe at Bvunguti Primary School.
- Produces Natural Herbal Medicines (which provide nutrients and other health properties) and Bionitrate Fertilizers from human urine. With Nanfunga community scheme, he runs demonstration gardens on crop production with organic fertilizers only. Conducts consultancy assignments on making nitrogen fertilizers from urine.

30 - Four Seasons Nursery

- Owners, Lesley and John Sprowson, lesley@fourseasonsmw.com; sprowson@gmail.com; john@fourseasonmw.com; sprowson@broadbandmw.com;
- On Presidential Way, about 1 km on right before reaching the statehouse.
- Several Permaculture Design Certificate holders, integrates Permaculture design into their business of land-scaping, gift shop and nursery, and educational outreach.

31 - Gardens Gate

- Michelle Clark, 0888-167-616, michelleliberia@aol.com
- Njewa, off Mchinji Road behind Sol Farm
- Personal home designs, supports community and integrates into work with Action International Ministries in Lilongwe and Ntcheu.

32 - *Kusamala Institute of Agriculture and Ecology*

- Director Molly Cheatum, Molly@kusamala.org; 0993-655-468
- PDC trainer, Eston Mgala, eston@kusamala.org; 0999-727-164
- PDC trainer, Luwayo Biswick, Luwayo@kusamala.org; 0993-088-562
- Project Coordinator, Chisomo Kamchacha, Chisomo@kusamala.org; 0888-577-279
- Board Director, Stacia Nordin, NordinMalawi@gmail.com; 0999-333-073
- On premises of Nature's Gift (Kumbali Lodge), past Statehouse entrance. www.Kusamala.org;
- Founded in 2009, Kusamala is Malawi's largest permaculture demonstration site. Kusamala educates individuals and communities on improving nutrition, income generation, and environmental health. Through grants and programs, Kusamala aims to show the viability of permaculture as a local and national agricultural strategy.

33 - *Lilongwe Wildlife Centre*

- Marketing: kate@lilongwewildlife.org; www.lilongwewildlife.org;
- An innovative model committed to people, wildlife and a sustainable future.

34 - *Never Ending Food*

- Owners, Kristof 0999-926-153, NeverEndingFood@gmail.com; Stacia 0999-333-073, NordinMalawi@gmail.com; Khalidwe 0994-022-077, KhalidweNordin@gmail.com www.neverendingfood.org
- Located behind Chitedze Agricultural Research Station.
- Never Ending Food is the author's home where we live as sustainably as we can; sharing resources, providing tours and advocating for sustainable designs for human living inside and out of Malawi. And we really want to know if you can fill any of the gaps in our knowledge and in our list of Malawian Food Plants, so get in touch if you can!

35 - *Partners in Hope*

- Director, Dr Perry Jansen, Director@pihMalawi.com; Administrator, John admin@pihMalawi.com;
- Few km south of Lilongwe, just before Bunda Turnoff.
- Clinic with a strong HIV treatment programme. Permaculture demonstration on site for healthy living. They've built a small model home near the entrance that is easy to mimic with seeds, teaching aids and samples of foods. A sustainable gardener works with clients at the clinic and in their homes to eat better with improved food security.

36 - *Schools and Colleges Permaculture Programme (Scope)*

- Chifundo Nhokwa, Malawi Scope coordinator, 0995211551, chifundo@seedingschools.org;
- Rescope, Regional Schools and Colleges Permaculture Programme (Southern and Eastern Africa), Mugove Walter Nyika, Regional Facilitator, 01-831-373, F: 01-831-363, 0999-788-373, skype: Mugove.habitats info@seedingschools.org, rescope@seedingschools.org; zipscope@yahoo.co.uk; www.seedingschools.org,
- Works with partners to promote Permaculture in school and college communities in Malawi / Africa. Provides technical support and training to organizations in 7 countries that are working to demonstrate and promote sustainable environmental management.

37 - *Salama Shield*

- Cynthia Mauldi, 0991364599, cmauldi@salama.org
- NGO supporting several sectors in Malawi that integrates Permaculture into their work.

38 - *Slow Food Malawi, Lilongwe Convivium*

- Lilongwe Coordinator, Zilanie Gondwe Nyundo, PO Box 2290, Lilongwe. 0994068833, zilanie@yahoo.com
- See Rumphu for description of Slow Food, page **Error! Bookmark not defined..**

8. Dedza

39 - District Education Office

- District Education Manager, Billy C. Banda, Box 131, DZ, 01-223-192/ 544 Fax: 01-223-464, BillyBanda08@yahoo.com;
- Coordinating Primary Education Advisor, Caxton P. Chiphaka 0888-506-479, cchiphaka@yahoo.com;
- District SHN Coordinator, MacDevex Kadya, 0999-036-006, m.kadya@yahoo.com;
- Part of 2006 SHN Permaculture pilots with several schools using permaculture design. CPEA Caxton is a trainer and was part of the Teacher Training College training team. MacDevex was involved in the review of this manual.

40 - Action for Natural Medicine

- National Coordinator, Nelson Moyo, 0992-320-269, 0999-385-093. anamedMalawi@gmail.com,
- Lives in Linthipe and is a great role model for ANAMED and Nutrition there. Well worth visiting! ANAMED demonstration site also at Chongoni CCAP. Trainings, demonstration, and print resources on well-researched natural medicines easily found in Malawi. For an overview of the materials and trainings visit: http://www.anamed.net/current/English_Home/english_home.html

9. *Mchinji***41 - Methodists****42 - Grace & Luwayo Biswick villages****III. EASTERN MALAWI**

10. *Mangochi***43 - Masophenya Permaculture Project**

- Chimwemwe and Sam Baluti, 0995825527, 0881866721, sambaluti@gmail.com
- Pierre Moorsome, 0996266282, pierre.moorsom@gmail.com
- Monkey Bay. Sam and Chimwemwe are working on starting up an EcoVillage. Pierre supporting the areas with Food Forests in Permaculture Design.

44 - Mangochi Orphan Education and Training (MOET)

- Founder and Director, Patterson Majonanga, 0888.873.270, 0999.873.270, moetmwcharity@yahoo.co.uk, www.fomoe.org, MangochiOrphansMalawi@yahoo.com,
- North of Mangochi Boma about 20 km between Nkopola and Club Makokola
- Non-profit school providing elementary education and secondary school sponsorship program for orphans, doing training in Permaculture and Natural Medicine, aquaculture, irrigation, volunteer program and promoting environmental conservation

45 - Namizimu Forest Retreat

- Owner, Taherer Hakimi, starytary@gmail.com, www.namizimu.com, www.facebook.com/groups/192152874141800/members/
- Located in Chowe.
- Based on Permaculture designs, Namizimu Forest Retreat is a private woodland sanctuary just half an hour from Mangochi. They have 8 rooms, 2 campsites and a cabin in the woods.

46 - Thanthwe

- Permaculture Malawi co-Founder and Matron, June Walker, Thanthwe, Box 46, Monkey Bay, jwthanthwe@gmail.com, 0888.189.510
- Two km east of tarmac road where Cape Maclear and Monkey Bay roads join at One Stop.
- This is a family home and demonstration garden designed and managed on permaculture principles. Works with schools, hospitals, communities and households and anyone wanting to share and learn about sustainable living.

IV. SOUTHERN MALAWI

11. *Balaka***47 - HELP Malawi**

- Wells Sakala, akalawells@gmail.com; wells@helpchildren.org
- Located just near the Ulongwe gate to Liwondwe National Park / Mvuu Camp and Lodge entrance
- Integrates permaculture into their primary schools and hospitals.

12. *Zomba***48 - Anglican Church, Love's Harvest, Zomba**

- www.LovesHarvest.org
- Permaculture projects in 4 dioceses, details on page **Error! Bookmark not defined.**, under Karonga

49 - Emmanuel International

- Helen and Paul Jones, P/bag 12, Zomba, 01-524-391, 0888-832-658, helen@ei-Malawi.org
- Timothy Chikalipo, 0999-219-878, 0888-479-611, TimothyChikalipo@gmail.com
- Zomba Boma offices, sites all over Zomba, Machinga and Mangochi
- Very involved with both versions of this manual. An excellent NGO example of support to Sustainable Nutrition

13. *Blantyre***50 - Anglican Church, Love's Harvest, Blantyre**

- www.LovesHarvest.org
- Permaculture projects in 4 dioceses, details on page **Error! Bookmark not defined.** under Karonga.

51 - DAPP Amalika Teacher Training College

- Iben Brandt-Pedersen, Principal, dappttc@africa-online.net, 0999-968-445
- Timothy Chadzandiyani, Operations Manager 0999.442.805
- About 10 km from Lunzu. 2 routes:
Route A) - from roundabout as you leave BT towards LL head towards airport. Near airport take dirt road at a market off to the right, there is a sign there for TTC. Take the dirt road another 8 km to the TTC.
Route B) – from Lunzu market there is a dirt road heading west to TTC. There is a sign but in crowded area and a rough road. After about 10 km you'll reach the TTC.
- Teacher Training Colleges working on becoming role models, based on sustainability principles. Colleges have different levels of: gardens, orchards, wood-lots, some compost toilets, water harvesting, kitchen recycling, meals based on food groups, education, sharing.

52 - Perma-outreach

- Founder and Trainer, Matthews Shaba Mpofu, +265888595231, permaoutreach2@gmail.com, mmpofu2000@yahoo.co.uk
- Supports organizations in Blantyre and around Malawi and region with Permaculture designs. Anamed trainer.

53 - Sustainability Centre

- Director and Trainer Chris Walker, +265 888.201.867, panthunzi@africa-online.net
- Behind Four Square Church, Zalewa Road, Chemusa, Blantyre
- Landscaping business supporting Permaculture and ANAMED with Companies, schools, individuals and communities.

54 - Samaritan Trust

- Parnwell, samaritantrust@africa-online.net
- Site for Street Children, started using Permaculture designs a few years ago.

14. Mulanje**55 - Mulanje Mission Hospital, Nutritional Rehabilitation Unit**

- Matron, Jane Mweziwina, 0999/888-843-909, MweziwinaJane@yahoo.com;
- Garden and Outreach, Felix Mkwate, 0999-481-146,0884-531-788, fmkwate@yahoo.com
- At Mulanje Mission hospital about 5 km west of the boma. <http://www.mmh.mw>
- In 2004 Felix worked with me and he 'got' the idea of living sustainably. He also got the support needed from management. The site has grown and has an outreach programme, a large organic garden providing food, learning and seeds. Felix was very involved in both of the versions of this manual and he took his PDC in 2013. Their website has a really nice video of Felix and his work around the gardens.

15. Thyolo**56 - DAPP Dowa Teacher Training college**

- Charlotte Danckert, Thyolo Principal and Partner Mgr in LL, 0999-546-754, cdanckert@africa-online.net; Moses Bokosi, Operations Manager, MosesBokosi@rocketmail.com, 0888-188-894
- Turn south at Thunga market and follow the signs, about 10 km.
- Teacher Training Colleges working on becoming role models, based on sustainability principles. Colleges have different levels of: gardens, orchards, woodlots, some compost toilets, water harvesting, kitchen recycling, meals based on food groups, education, sharing.

57 - Ministry of Education Science and Technology

- District Education Manager, Mr Namangali, 0888-343-130, DEMthyolo@yahoo.com
- Several PDCs and schools, part of 2006 SHN pilots. TTCs and homes designed with Permaculture principles.

16. Chikwawa**58 - Anglican Church, Love's Harvest, Chikwawa**

- www.LovesHarvest.org
- Permaculture projects in 4 dioceses, details on page **Error! Bookmark not defined.** under Karonga.

59 - Maziko Amoyo Wabwino Organization (MAWO)

- Mcjustice Betha, Director, +265 999.214.823, 0888-005-476, mcjusticebetha@yahoo.co.uk
- Chang'omia, Chapananga, Chikwawa. About 1 hour south of Mwanza on the Mozambique border, but in Chikwawa.
- Part of the first group certified in Permaculture in Malawi (1994). Provides training in Permaculture. Works School communities: Teachers, learners, small-scale farmers and CBO's