

# Quarterly NEWSLETTER



## Comfrey: Nature's Magical Healing Plant

Comfrey is frequently referred to as the "fertilizer factory" of permaculture because of its deep roots, which extract nutrients from the soil and turn them into powerful leaves that are high in phosphorus, potassium, and nitrogen. At Thanzi265, we use this superstar of regenerative medicine to naturally restore our land.

We had a memorable lesson because our Nourishing Minds young minds learned about sustainable agriculture firsthand on the Thanzi265 farm!

### Here's what we did together:

✓ **Brewed "Comfrey Tea" Fertilizer:** The kids learned how to close the nutrient loop without using chemicals by chopping comfrey leaves, soaking them in water, and discovering how this simple mixture turns into liquid gold for plants!



✓ **Planted Future Regenerators:** Every child planted a cutting of comfrey into the ground, expanding our living library of ecosystem-healing plants.

Seeing their interest grow gave us the energy and made us realize how important it is to support the next generation of earth stewards. With each comfrey root, these tiny hands are sowing the seeds of regenerative agriculture.

We are more than just farmers at Thanzi265, cultivating resilience, knowledge, and hope. When kids are exposed to the wisdom of nature, sustainability flourishes.



*"When children learn to nourish the land, they learn to nourish their future. Safe water is the first ingredient."*

Thanzi265



In rural Malawi, drought and contaminated water threaten lives, a quiet revolution is growing. Violet is one of our 25 young pioneers in Thanzi265's Nourishing Minds project, where children aged 6–14 learn that ending malnutrition begins with water.

## THE WATER-FOOD LINK

Malawi's crisis is stark:

- 23% of child deaths stem from waterborne diseases (UNICEF).
- Unpredictable droughts force families to choose between crops and drinking water.

Thanzi265 responds in a very straightforward manner: empower children to become water guardians. Through an 5-phase curriculum, they master:

- ☑ Safe Water Practices: Building "tippy-tap" handwashing stations from sticks and bottles.
- ☑ Water Conservation: Creating bottle-drip farms that use 60% less water.
- ☑ Purification Skills: Solar-disinfecting water in recycled jars.



## Ripple Effects

The impact transcends gardens:

- **Health:** Diarrhea rates drop as handwashing becomes habit.
- **Food Security:** Drip-irrigated spinach and tomatoes fight malnutrition.
- **Ecology:** Every reused bottle reduces waste choking local rivers.

"Before, we walked hours for dirty water," shares Grace's mother. "Now my daughter waters our garden with one bucket—and we eat for weeks."

## The Bigger Picture

Our model help in proving that solving water poverty starts with trust in children's inventiveness. As founder Nelson Kamoyo observes:

"These kids aren't just learning—they're leading. When an 8-year-old teaches her village to save water, that's true resilience." With every bottle repurposed and seed sown, Malawi's youngest farmers are writing a new future: one where water is life's first ingredient, not its last hope.

