

With concept
manual cook stoves

AFRICAN KITCHEN

African Kitchen

With concept manual cook stove

The African kitchen is the economic production centre of the household. Besides cooking for her family, women are producing articles for the market like: palm oil, smoked fish, yoghurt, cashew wine, pottery, etc. This booklet is a small introduction in different activities of women in rural households.

Women allowed me to enter their kitchens because of our drinking water project De Gevulde Waterkruik. Local masons construct water cisterns for households in Guinea-Bissau to conserve rainwater, called Rain Water Harvesting. As project leader I do the inspection of the tanks and I am visiting the back yard to talk with the tank owner, the wife.

Mounts of fire wood I saw in her yard and women carrying heavy loads of fire wood on their head. Mr Lemos, one of my African friends showed me a solution already known: the improved cook stove saves up to 66 % of firewood. Women pay the total costs. A cook stove with 2 holes is CFA 5000. A cook stove with 3 holes is CFA 10.000.

Mr Lemos started an ONG called: PRACTICAL TRAINING – VITAL VILLAGE and we made a deal:

- The ONG pays the training to train cook stove builders.
- The coordinator is building and selling the cook stoves in different villages. The builder receives 50% the project takes 50% to buy tools and material and to pay the coordinator.

Since March 2016 the project produced 200 cook stoves in 10 villages.

This booklet shows you some daily activities of African women in a rural household and it is also a manual to construct a cook stove.

Paul Akkerman, projectleader of De Gevulde Waterkruik

www.degevuldewaterkruik.nl





Woman carries firewood in Buba.



Mounts of firewood in a yard on the island Cataban Grande.







IMPROVED COOK STOVE - FUGAO MELHORADO

Constructed by ONG FORMASON PRACTICA – TABANKA VIVA
NGO PRACTICAL TRAINING – VITAL VILAGE



Women say: Less firewood, less carrying, faster cooking
Less smoke, cleaner pots
Less burn accidents with children

Together we say: Better for the environment!



MATERIALS: sand of abandoned termite hill, cow-dung, rice straw







THE MIXTURE: 5 wheelbarrows of termite hill sand, a 50 kg bag of cow-dung, chopped rice straw in a 50 kg size bag.





Mix it with water and store it under a plastic sheet or under leaves during 10 – 20 days until the straw is rotten. Then the mix is ready





MODELLING: Bring 3 natural stones for each pan hole. Ask the stove owner to bring 3 pans and ask her the location where to construct het stove. Women will is law.





Open the holes for the fire wood after 5 days.





Finishing touch





Results





COOK STOVES EVERYWHERE







Women can produce 20 l palm oil out of 50 palm fruit (chebeng) in one day. One fruit is CFA 100. One l palm oil is CFA 1000. So she has quite a benefit, apart from costs of pots, pans, utensils and fire wood. The rice pounder in the middle is made out of one piece of wood, like many African utensils.





Production of cashew wine. You pay € 7,50 for 20 l, enough for the whole party.





Salt production needs a lot of fire wood.



Cashew fruit





Fish smoking





Handmade dikes protect the precious rice culture against salt seawater. A stroke of mangrove wood reduces the forces of tides and waves. When fishermen cut mangrove down for fire wood to smoke their fish, the rice culture is threatened. In August 2015 many dikes broke by a combination of spring tide and storm. Islanders suffered from famine. Rice is for the family, smoked fish is for the market.



Harvesting and peeling of rice





An improved iron stove can reduce 50 % of the used carbon.



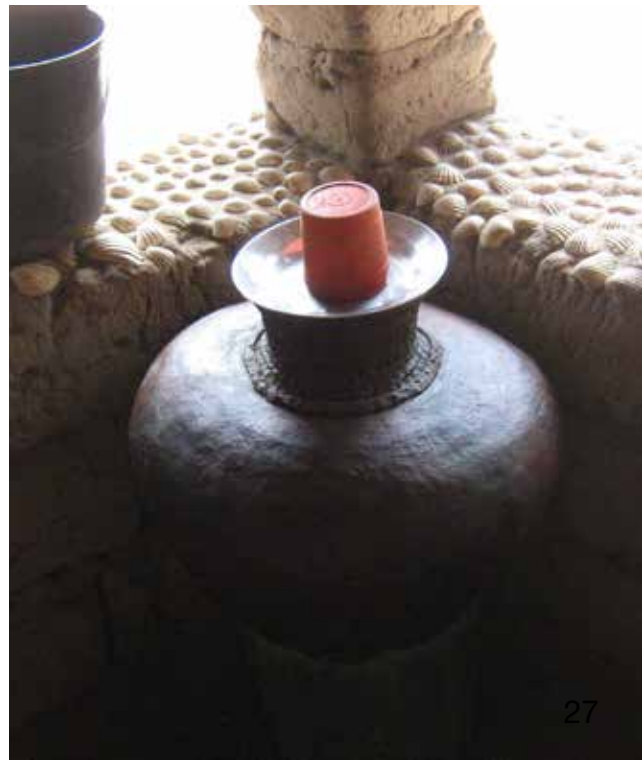


Pottery. A ceramic water pot of 25 l. costs € 3,00 on island Widekea.





Nda from Bedanda





Latrine and toilet





The village leader helps in the communication between the population and the project. He collects the money to pay the cook stoves. Contribution is essential for the vitality of the project. Also women leaders can represent the village.



Cows are the property, the richness, of the farmer family. Villagers prefer their living property within hand reach of the village, more than money in town on the African Bank.





Foundation of ONG FORMASON PRACTICA - TABANKA VIVA, 21 June 2016.

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