

## Vegetable Variety Means Food Security for a Young Mother

Marselina is a young mother in West Timor. She is a farmer in an area that is prone to drought, and as a result there are extended periods of time when her family doesn't have enough food to eat. This is worrisome for Marselina and her husband, because their daughter, Sisilia is just a young toddler, who needs nutritious food to be healthy and grow strong.



Marselina used to grow just a few vegetables, mostly pumpkin and cassava, but both required significant water to grow. “We had our vegetable garden near the river so we could use that water, but even in the rainy season, the vegetables we harvested were not enough for our family,” said Marselina.

After joining the West Timor Zero Hunger initiative in her village, Marselina is now able to grow a variety of vegetables: green mustard, spinach, eggplant, tomatoes and water spinach. The West Timor Zero Hunger program is sponsored by Church World Service and is dedicated to changing lives through teaching farming techniques and nutrition.

“I know now how to grow vegetables that need less water and that can be harvested more quickly. Thank God, since March we have harvested five time! Now we can sell some vegetables at the market and, with the money earned so far, I bought some other necessities such as rice, sugar, and milk for my baby,” said Marselina.

Mother's Day is around the corner. This year, dedicate an inspiring gift to the special moms in your life. Plus, you can change a life! Marselina joyfully said, “I am happy to be able to plant more varieties of vegetables so I can feed my family well and, of course, I am also very happy that I can save some money.”

By supporting the CWS offering, you can help provide the nutritional training that will empower women worldwide. Our church will be taking a special offering on Mother's Day to help make this possible. Add something extra to your celebration of Mom this year. She will be glad you did.

