

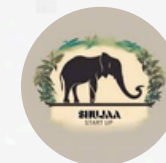


OCTOBER 2025

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WELCOME TO THE LATEST EDITION OF COVERAGE UPDATE, YOUR SOURCE FOR ESSENTIAL INFORMATION, UPDATES, AND TIPS FROM **GROW4LIBERTY**

Cultivating Change — Empowering Youth, Building Sustainable Communities



Grow4Liberty

MESSAGE FROM THE TEAM LEAD

October has been a month of transformation and tangible impact for Grow4Liberty. From powerful conversations on sustainable urban farming to hands-on trainings that restored hope, our mission of empowering youth and communities through liberty-driven agricultural innovation continues to flourish.

This month, we expanded partnerships, built stronger networks, and saw our message reach new audiences — from universities to rehabilitation centers. Each activity this month reinforced that **agriculture is not just a livelihood, but a pathway to freedom, dignity, and environmental resilience.**



TOM O. OKECH
Team Lead , Grow4Liberty

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MESSAGE FROM THE IMPLEMENTATION LEAD

In October, we witnessed how simple, practical skills can inspire powerful change. Our trainings at **Goldenlife Victors, Naivasha**, and our **Truth FM media feature** amplified Grow4Liberty's vision — equipping youth with agricultural skills that are both sustainable and liberating.

We remain committed to ensuring our programs are participatory, inclusive, and transformative.



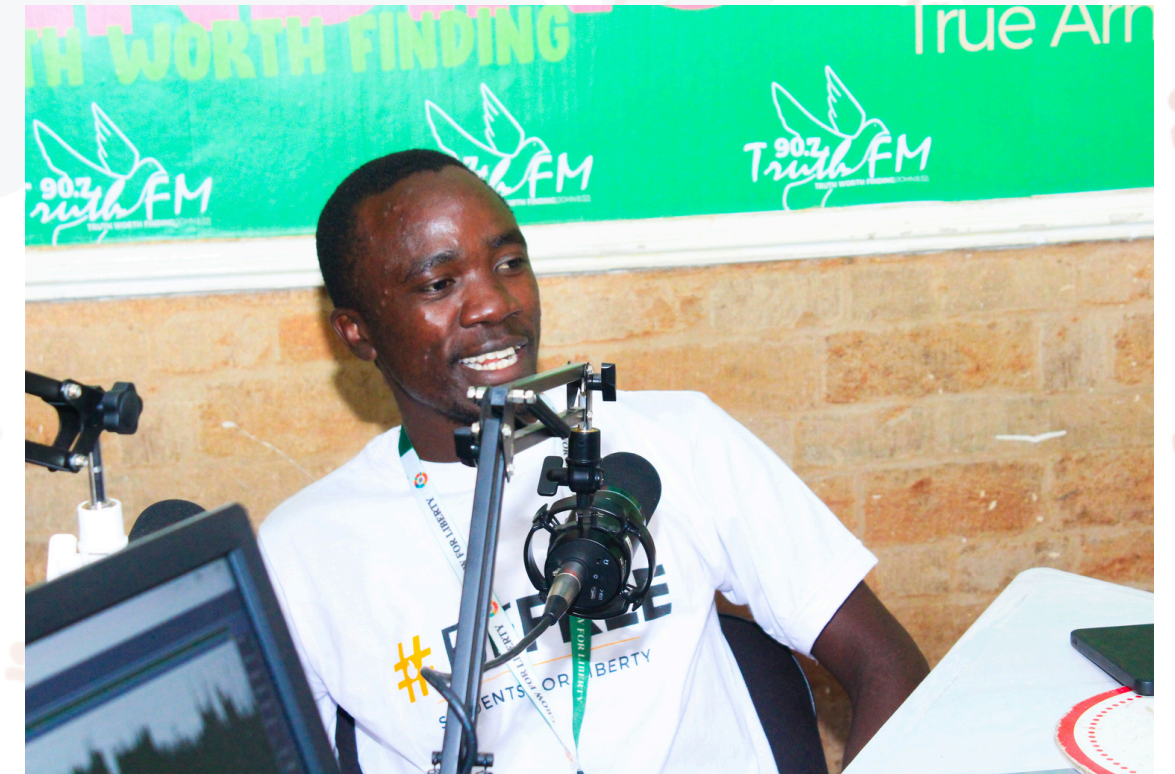
KEPHA R. ASILIKWA
Implementation Lead , Grow4Liberty

Truth FM Feature – 9th October 2025

Our Team Lead **Tom Okech** and Implementation Lead **Kepha Rabon** were featured on **Truth FM** to discuss “**Building Sustainable Urban Communities through Urban Farming.**”

The session inspired thousands of listeners as the team emphasized inclusive agricultural policies, youth empowerment, and the role of urban farming in economic self-reliance.





Alumni Online Fellowship – 15th October 2025

Grow4Liberty Alumni came together for an insightful online session in partnership with StartUp Shujaa, featuring speakers like **Ananya Pal** and **Martin Okello**.

The fellowship focused on transforming agricultural innovation into **entrepreneurship**, **promoting liberty-minded solutions** to global food security challenges.



**EMPOWERING YOUTH THROUGH
SUSTAINABLE URBAN AGRICULTURE**

15TH OCT 2025
8 PM EAT
Google Meet

Turning Urban Farming Skills into Business Opportunities
Market Access & Networking for Young Agripreneurs
Exclusive Grow4Liberty Alumni Opportunities & Next Training Updates

Caren Chebichii SPEAKER
Kepha Rabon SPEAKER
Tom Okech HOST
Ananya Pal FCA SPEAKER
Martin Okello SPEAKER



Hands-On Training at Goldenlife Victors - 1st November 2025

Grow4Liberty conducted a transformative hands-on training for rehabilitated youth at Goldenlife Victors, Naivasha.

Trainers included:

- **Kepha Rabon:** Black Soldier Fly & Waste Management
- **Caren Chebichii:** Urban Gardening & Container Farming
- **Susan Kageni:** Sustainable Pest Management & Rabbit Keeping
- **Derrick Memusi:** Profitable Mushroom Farming

This training provided hope and livelihood skills, turning recovery into productive opportunity.





Inspiring the Next Generation Through Agriculture: The Story of Susan Kageni

Susan Kageni is a passionate agricultural professional, educator, and author whose mission is to transform agriculture into a force for youth empowerment, innovation, and food security. She holds a **Master's degree in Agricultural Information and Communication Management (AICM)** and a **Bachelor's degree in Agricultural Education and Extension (AGED)** from the **University of Nairobi**.

Currently, Susan teaches Agriculture and Biology at Mary Leakey Girls High School, where she inspires students to view agriculture not merely as an academic subject, but as a pathway to creativity, sustainability, and self-reliance. Her teaching approach blends classroom learning with hands-on experience — showing young people that farming can be both modern and profitable.



Ms. Susan Kageni
MSc in Agricultural information
and communication
management (AICM)

Beyond the classroom, Susan serves as the **Chairperson of the Young Farmers Clubs of Kenya (YFCK)** under the **Agricultural Society of Kenya (ASK)**. Through YFCK, she champions innovation and entrepreneurship among youth, nurturing a new generation of agripreneurs equipped with practical skills and a renewed perception of agriculture as a vibrant, rewarding venture.

As a specialist in **agricultural communication**, Susan bridges the gap between researchers and farmers by translating complex research into accessible, actionable information. Through community trainings, she empowers farmers in areas such as **beekeeping, dairy goat farming, rabbit production, organic farming, value addition**, and **sustainable crop and livestock management**.



Ms. Susan Kageni
MSc in Agricultural information
and communication
management (AICM)

Susan also partners with **Grow4Liberty Kenya**, a youth-led initiative that equips young people and persons with disabilities with hands-on urban farming skills — including **mushroom cultivation, poultry and rabbit farming, fish rearing, and vermicomposting**. Together, they advance **Sustainable Development Goal (SDG) 2 – Zero Hunger**, by promoting sustainable food systems and dignified employment for youth.

Her influence extends to authorship — in collaboration with **Moran Publishers**, she has authored **844 Agriculture Revision Books** and **Competency-Based Curriculum (CBC) Agriculture Learners' Books** for Grades 4, 5, 6, 9, and 10, contributing immensely to Kenya's agricultural education landscape.

A firm believer in leading by example, Susan practices what she teaches through her personal ventures in **dairy goat farming, rabbit keeping**, and **apiculture** — turning passion into practice and knowledge into tangible impact.



Ms. Susan Kageni
MSc in Agricultural information
and communication
management (AICM)



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Empowering Communities Through Modern Urban Agriculture: Reflections by **Caren Chebichii**

The month of **October** has been an incredibly impactful period for **Grow4Liberty** as we continue to reach and empower more farmers across Kenya. Our mission of transforming small spaces into productive farms has taken root — equipping communities with the knowledge and skills to practice **modern urban agriculture** that is **sustainable, affordable, and flexible**.

Through our trainings, farmers have learned how to make the most of the limited spaces they have, turning everyday waste materials such as old tyres, broken basins, and wooden planks into productive farming structures. This approach not only enhances food production but also promotes **waste recycling** and contributes to a **cleaner, greener, and more sustainable environment**.

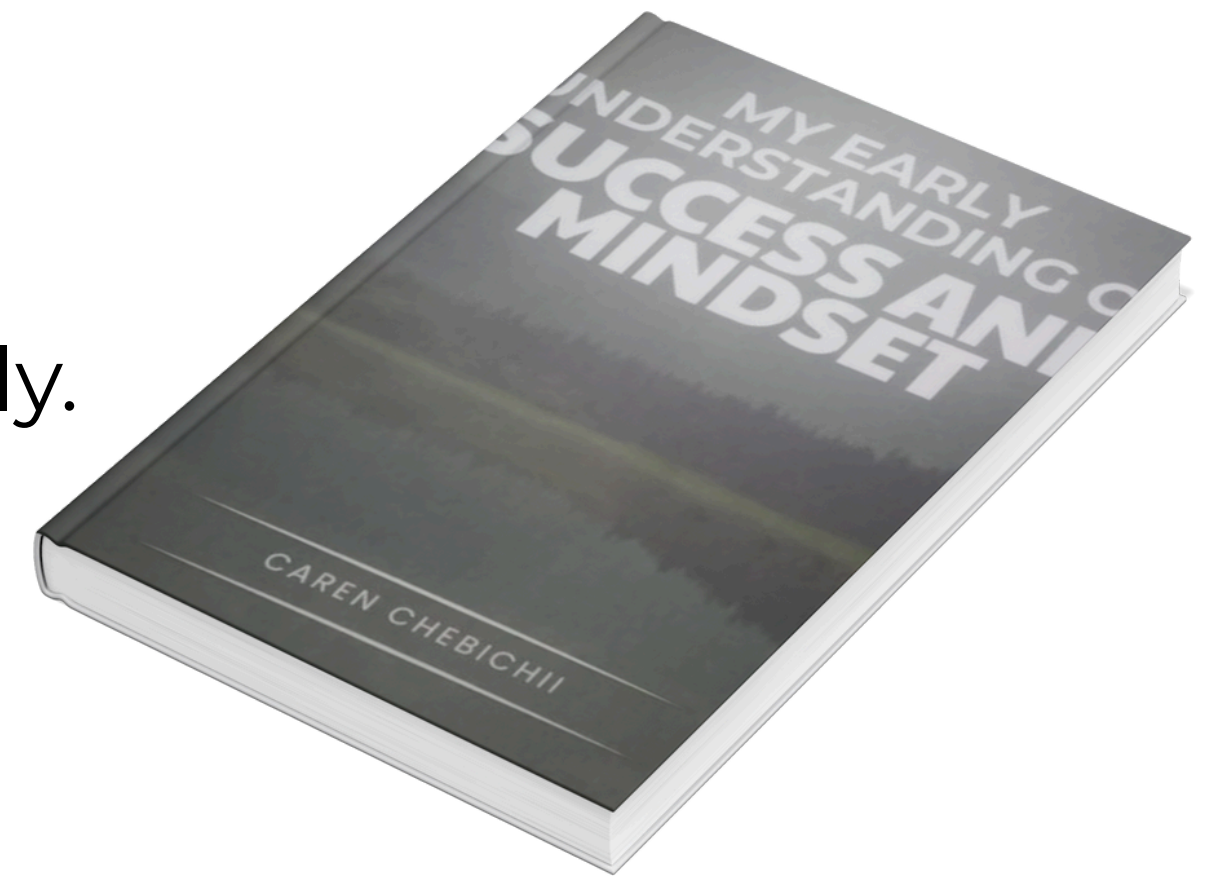
As one of the trainers at Grow4Liberty focusing on modern urban farming, I have witnessed first-hand the transformative power of these initiatives. The joy and determination of farmers embracing innovation and sustainability have been truly inspiring — reaffirming our belief that **change begins with small, practical steps**.



Caren Chebichii

Beyond my work as a trainer, I recently authored my first book titled **“My Early Understanding of Success and Mindset.”** The book explores how to turn the fear of failure into fuel for success, challenging the picture-perfect image of success often painted by society and social media. It invites readers to embrace their setbacks, redefine their goals, and see change as their greatest ally.

This work, much like Grow4Liberty’s mission, seeks to inspire individuals — especially the youth — to step into their true potential, discover purpose, and understand that **success is a journey of growth, resilience, and transformation.**



LOOKING AHEAD - NOVEMBER 2025

Upcoming Activities

- Launch of Urban Farming Fellowship (4-week virtual program)
- Rollout of Model Demonstration Site
- New Media & Digital Education Campaign on Circular Agriculture

Grow4Liberty continues to move forward
— “From skills to systems, from awareness to action.”





Our Partners



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Grow For Liberty



Grow4Liberty

