ASOCIATION FOR PEASANT DEVELOPMENT (ADC)
FRIENDS OF GERMAN HEIRS

HEIRS OF THE PLANET NEWSLETTER

5th Edition - September 2020 San Juan de Pasto, Nariño - Colombia

HEIRS OF THE PLANET – NARIÑO

Heirs of the Planet is a social process composed of children and young people living in rural areas of the department of Nariño, Colombia. We carry out actions in our territories to improve living conditions through the conservation of biodiversity, water, ecosystems and the recovery of peasant and indigenous traditions. We have the support of the Mingas association and the ADC Association for Peasant Development.

MY VEGETABLE GARDEN:
NUTRITIOUS FOODS FOR THE WHOLE FAMILY

Written by Adrián Camilo Zambrano Zambrano - 10 years old
Heirs of the Planet "Frailejones de Telpis" – Yacuanquer

I want to give a warm greeting to all my friends who are part of the Heirs of the Planet. On this occasion I want to tell you my experience with the family orchards, in my small sidewalk San José de Córdoba, in the municipality of Yacuanquer. Since entering Heirs of the Planet I learned to value my family and nature, tending the countryside, recycling rubbish and taking care of water streams and animals. I have also learned the importance of having an orchard in my house to produce food and make traditional recipes and preparations that are very nutritious for my whole family. With my group of Heirs of the Planet "Los Frailejones de Telpis" we have planted vegetables, greens and aromatic plants in our houses, we have made very delicious dishes such as wheat mot, pumpkin candy and my favorite mazamorra (A corn preparation). I thank you for all the accompaniment and learning provided in this process, and I invite you to take care of your orchards to have nutritious food to share as a family.

"I INVITE YOU TO TAKE CARE OF YOUR ORCHARDS FOR NUTRITIOUS FOOD TO SHARE AS A FAMILY"

EXCHANGE OF EXPERIENCES BETWEEN GROUPS OF HEIRS OF THE PLANET

Group of Heirs of the Planet "The Hummingbirds of the Mirador"
Group of Heirs of the Planet "The Yacuanquer Orchid"

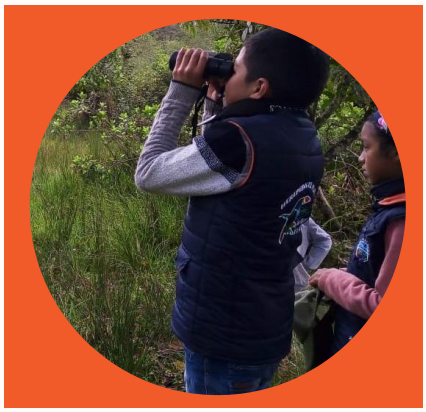
Written by María Cristina Calpa Cuasapud - 16 years old
Heirs of the Planet "The Hummingbirds of the Mirador" - Ipiales

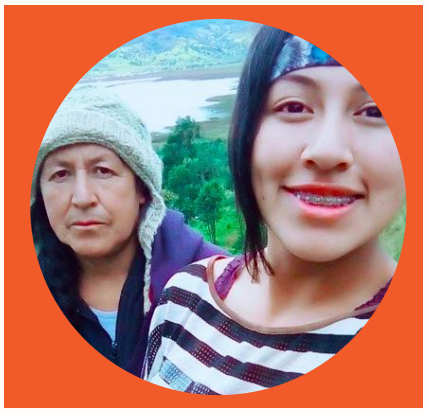
I am María Cristina, from the sidewalk El Mirador, in the municipality of Ipiales, very close to the border between the countries of Colombia and Ecuador. With great joy we received on my sidewalk the visit of the Heirs of the Planet of Asorquídea and their associates and also friends who traveled for four hours by bus ride from the municipality of Yacuanquer. On this day of exchange we prepared delicious recipes with agricultural products that grow in our orchards, we shared our food and also we knew some aspects of their customs and their culture. I drew attention to the experience of more than 30 years of the Organization Asorquídea and the support of ADC.

At night, each member of my group "The Hummingbirds" brought two or three visiting associates to their home. The next day, they met our "shagras" which are places where we sow medicinal food and plants, we also milked cows, played football, listened to stories from their hometowns, among other activities that made us identify as peasant children and young people. I found the experience wonderful because we were able to share with children and young people from other places in Nariño, exchanged seeds, products, and especially shared knowledge. We hope to re-engage with them, be able to visit them and learn about their beautiful landscapes and experiences.

THE GREAT DAY OF BIRD WATCHING "GLOBAL BIG DAY 2020"

Written by Lidia Ortega and Blanca Botina
Heirs of the Planet "The Toucans La Cocha"- Pasto





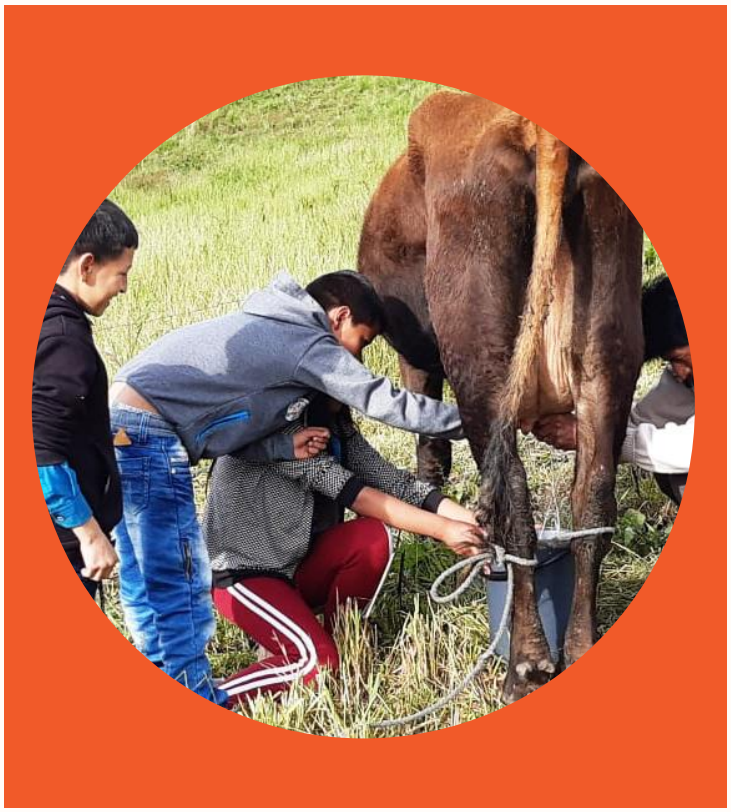
On May 9th of this year, with my group of Heirs of the Planet Los Tucanes, we participated in the world event called GLOBAL BIG DAY, a whole day to count the species of birds which are present in our beautiful Laguna de La Cocha. This year due to the health emergency of Covid 19, each of our group registered the birds from their homes and Nature Reserves in the company of their relatives. It was on Saturday when we went out with my mother Blanca Botina to observe the birds in the forests of the Upper Motilón. We woke up at 5 am, the weather was not good, it was rainy. However, with my mother we had the best attitude and so we were able to observe the Mountain Cacique which is called Putuchil here in La Cocha, the reinitas (Warbler), among other hummingbirds who visited the flowers of all colors. The bird watching is a very nice activity for me because I was able to admire nature. Additionally, the singing of birds made me feel an internal calmness and forget for a while the difficult situation of the pandemic that we are going through. I was also able to share a special moment as a family, enjoy the fresh air, the singing of the birds and the sounds of the forest and water.

"THE SIGHTING OF BIRDS... IT MAKES US FEEL AN INTERNAL CALMNESS AND FORGET FOR A WHILE THE DIFFICULT SITUATION OF THE PANDEMIC"

THE HEIRS OF THE PLANET "WE ARE UNITED" IN THE CORONAVIRUS PANDEMIC

Despite the worrying health, social and economic situation generated by the coronavirus pandemic, the members of the groups of Heirs of the Planet of the Nariño department are fine and stand together, taking care of ourselves in our homes with our families, carrying out field work in the orchards with the farm animals, enjoying nature and participating in some online activities through the social networks and digital platforms of the ADC Association for Peasant Development.

It is our duty to continue to attend to self-care recommendations and to comply with biosecurity protocols at home and on sidewalks. We wish all our friends in Germany and our entire process members their families' welfare.



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5TH EDITION - SEPTEMBER 2020

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Digital Print
Digital Design

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2020

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