

**1ST EASTERN AFRICA AGROECOLOGY CONFERENCE**  
TRANSFORMING FOOD SYSTEMS FOR RESPONSIBLE PRODUCTION,  
CONSUMPTION AND SOCIAL WELLBEING

March



2023

*Strengthening Resilience and Sustainability in  
Food Systems for Environmental and Socioeconomic Development*

**Herbs Made in Africa!**  
**bringing Health & Food to**  
**People, Crops & Animals –**  
**Bakiryia Organics -Uganda**

- *“You receive knowledge of working with medicinal plants, food plants, flowers, and essential oils as a doorway into understanding health, spirituality and true wellness.”* “
- *“You learn how to eat more healthfully and joyfully in a way that really nourishes your body”*
- *“You engage in a paradigm shift toward real reverence for plants, which is the beginning of a sacred relationship with nature.”*
- *“By David Crow, Master herbalist & Aromatherapist”*



# Herbs as Medicine, Food, Spices, Essential Oils, Cosmetics & Flowers

- Exploring herbs as a force in Agroecology innovation, enterprise development and job creation in Eastern Africa
- 1) Overview about Medicinal Plants
- 2) Bakirya Organics as a herbal enterprise
- 3) Conclusion
- 4) Recommendations

Medicine  
Africana Prunus  
Kigeria Africana  
Warbugia Ugandasis  
African Ginseng  
Jatropha Multifid  
Fassop Lensis  
Abros precatorus.

Humans

Food  
Fruits, Vegetables &  
Mushrooms  
Coffee, Hibiscus  
Over 100 Mushroom  
varieties  
Cassava, maize,  
potatoes, millet, millet,  
teff etc



Cosmetics  
Avocado Pulp  
Shea Butter

Spices  
Tumeric. Rosemary  
Black Seed  
Cloves  
Cinamon  
Garlic

For Animals & Crops

Essential Oils  
Lavender  
Lemon Grass  
Cypress  
Lemon Ecucalyptus

# Overview about medicinal Plants or Herbs



**1. Herbal plants have multiple uses as medicine, as food, as spices, as oils and as cosmetics.**

**2. The world market of herbs or medicinal plants will become \$114 billion by 2030**

**3. Herbal plants are a resource with big potential to improve health care, increase incomes, create jobs and drive economic development in Africa**

**4. Thousands of medicinal plant varieties in Africa are our cultural heritage, and herbalists carry with them hundreds of years of knowledge, history and culture**

**5. Use of herbal curatives is widespread and estimated at more than 60% in Eastern Africa. A wide variety of common illnesses are treated by herbal medicines**

# Bakirya Organics – Herbal Enterprise

**1. Bakirya Organics is an evolving community based herbal enterprise** producing medicinal herbals from fruits blended with indigenous

Herbs under brand name NAMAZ.

**2. Bakirya Organics is working in partnership with rural women and young people** in preserving, multiplying, processing and promoting the use of herbs for treatment, learning, research, aesthetic beauty and income

**3. Namaz herbals ( the brand name)** has been tested by the national laboratories for the medicinal elements and food value.

## **4. Agro- Ecology Education**

Bakirya organics has included the element of learning for schools, groups and individuals. We organize farm education tours and question and answer sessions and Master Classes: The learning focuses on:

## **5. Agro-Ecology Tourism**

Bakirya Organics hosts visitors on the forest farm who come to enjoy calm spaces offered for health & wellbeing

# Bakirya Organics Herbal Enterprise in Action



# Bakirya Organics – Business Model & Conclusions

**Business Model**: We work with the local community as a partners. There are various micro enterprises spread out in the community contributing to the different parts of the herbal supply chain.

**Conclusion**: The linkage between medicinal plants and agroecology presents enormous opportunities from which we all stand to benefit.

The East African economies can benefit from exports of herbal medicine and from gainful employment for numerous micro enterprises cultivating medicinal

8 plants, doing artisanal processing and aggregating



# Recommendations

**1.Brand African Medicine and healing systems** (give it a name, package it, market it & believe in it and patent it).

Example: Ayurveda in India

**2.Support our governments to develop policy, legislation** and regulation of herbal medicine. Support the promotion, the investment in the use and commercial production of herbal medicine

**3.Encourage the development of herbal gardens in part** for concerns environmental protection for income and every home to have a Garden Pharmacy

# Recommendations -continued

- 4. Support the acquisition of Intellectual Property (IPs) rights and patenting of our medicinal plants and medicines as tangible and intangible assets**
- 5. Promote the unexploited potential of Micro, small and medium sized herbal enterprises as creators of employment, opportunity and income security**
- 6. Influence our governments to integrate the health care systems** (*African indigenous system & Modern or Orthodox*)
- 7. Research into herbal medicine, documenting available knowledge, preservation and multiplication**
- 8. Protect sacred rainforests that have survived because of traditional beliefs**

# Thanks!

ANY QUESTIONS?

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