



# When Harry met Mary... in Malawi



Harry meets peanut farmers in Mchinji



Mary Banda

As a widow with six children and a carer for Aids orphans, Mary Banda is a busy woman. 'When I lost my husband, I wondered how I would take care of the kids. Since he passed away I have been farming more seriously. I have two acres for groundnuts. With the sales of Fairtrade peanuts I have been able to send two of my children to secondary school.'

The peanuts Mary grows come to the UK via the National Smallholder Farmers Association of Malawi (NASFAM). They are roasted and salted before being packed into distinctive green bags bearing the grinning face of BAFTA-winning TV star Harry Hill. A long term supporter of Fairtrade, Harry has teamed up with 100% Fairtrade nut company Liberation to launch his own brand of Fairtrade peanuts. Small scale farmers from Malawi and Nicaragua supply the nuts and receive a fair price for their work, as well as the Fairtrade

premium to invest in their communities. Harry visited the Malawian farmers, including Mary, earlier in 2008. Harry said: 'In Malawi I was particularly struck by how positively the peanut farmers viewed the chance to get their peanuts onto the Fairtrade scheme and the real difference it seemed to be making to their lives. Simple things like being able to install a tin roof on their homes rather than a straw one and being able to use a machine to shell the nuts instead of having to do the whole thing by hand.'

The villagers of Mchinji were keen to show him their new guardian shelter, built using the Fairtrade premium. The current hospital facilities can't accommodate those who have travelled a long way to support and nurse their loved ones, but the new shelter means they no longer have to sleep outside. For the farmers in Malawi,

Fairtrade has meant they can export their peanuts for the first time in many years. Various factors led to the collapse of Malawi's peanut industry in the 1970s and China, America and Argentina dominated the global market. NASFAM, working with Liberation and Fairtrade pioneer TWIN Trading has begun to get peanuts from Malawi back on UK shelves again. Mary explained to Harry how she now gets a better deal. 'It helped me greatly when I joined NASFAM. Before this I sold to the local vendors who had tampered scales so they didn't pay us enough. NASFAM uses good scales, monitored by the Malawi Bureau of Standards.' Mary is clear about her message for Fairtrade supporters: 'I want to encourage all the buyers in the UK to continue to buy our Fairtrade peanuts. They are very nutritious and buying them will help us build better futures for our families.'

## Look out for...

- Traditional Christmas pudding**, Christmas cake, chocolate Christmas tree biscuits  
[www.traidcraft.org.uk](http://www.traidcraft.org.uk)
- White chocolate snowmen** Santas and reindeer droppings available  
Available at Oxfam
- Fairtrade nut outlets**  
[www.goodlife.co.uk](http://www.goodlife.co.uk)
- Chocolate chip cake mix**  
[www.dovesfarm.co.uk](http://www.dovesfarm.co.uk)
- Premium coffee**  
[www.nwandanfarms.com](http://www.nwandanfarms.com)
- Harry's NUTS!**  
[www.chooseliberation.com](http://www.chooseliberation.com)
- Waitrose organic Fairtrade dark chocolate truffles**  
[www.waitrose.com](http://www.waitrose.com)
- Instant cappuccino**  
[www.fair-instant.co.uk](http://www.fair-instant.co.uk)
- Handmade crumbly fudge**  
Other flavours and sizes available  
[www.devonocottagefudge.co.uk](http://www.devonocottagefudge.co.uk)
- Co-op Fairtrade sparkling brut**  
[www.co-op.co.uk](http://www.co-op.co.uk)
- Fairtrade pineapple**  
[www.morrisons.co.uk](http://www.morrisons.co.uk)
- Papagayo organic and Fairtrade golden rum**  
[www.asda.co.uk](http://www.asda.co.uk)
- Union Hand-roasted organic coffee**  
From a range  
[www.unionroasted.com/handroasted](http://www.unionroasted.com/handroasted)



**Award-winning Fairtrade wine**  
At the third annual Fairtrade wine awards, held at Vinopolis, London in November, **Soluna Premium Malbec** took the Harper's trophy for the best overall Fairtrade wine. It beat a tough field of competition that included Fairtrade wines from Argentina, Chile and South Africa.  
[www.solunawines.com](http://www.solunawines.com)  
[www.ehmaninwines.co.uk](http://www.ehmaninwines.co.uk)



## Take action

Get planning for Fairtrade Fortnight 2009

23 February to 8 March

Make sure you're part of our big banana eating world record attempt. For more information and registration, visit [www.fairtrade.org.uk/resources](http://www.fairtrade.org.uk/resources)

It's never too soon to start putting together your events for Fairtrade Fortnight. Order materials now from [www.fairtrade.org.uk/resources](http://www.fairtrade.org.uk/resources)

## Read all about it

*Fair City* by Lichfield author, Warren Bardsley, tells the story of one community's Fairtrade campaign. This inspiring read includes a foreword from George Alagiah, patron of the Fairtrade Foundation, and interviews with campaigners and with producers who benefit from Fairtrade.

Order yours now for the special price of £5 (plus 50p for p+p) from Michael Hawkes at [hawkes.madiba@btinternet.com](mailto:hawkes.madiba@btinternet.com) or 01543 250332.



Thank you Fairtrade Savers!



The Triodos Fairtrade Saver Account is five years old. In that time, the Fairtrade Foundation has received £95,000 from a combination of savers' donated interest and Triodos Bank's donation (the equivalent of 0.25% of the average balance of funds held in each account each year). These funds have helped us build awareness of Fairtrade in the UK and develop new Fairtrade products.

We marked this milestone with Triodos Bank in September when a cheque representing the total amount was presented by Triodos' Customer Services Manager, Angela Lomas, to the Foundation's Managing Director, David Lowbridge, and board member Silver Kasuro at the Campaign Day in London.

If you would like to save for Fairtrade with a Triodos Bank Fairtrade Saver Account, please visit: [www.triodos.co.uk/fairtradesaver](http://www.triodos.co.uk/fairtradesaver) or call free on 0500 008 720.

## Hot dark chocolate fondant

by Craig Wilson from Ellon, Aberdeenshire



**Serves 4**  
Preparation time: 5 minutes  
Cooking time: 12 minutes

**Ingredients**  
125g (4½ oz) butter, diced plus extra for greasing  
150g (5½ oz) Fairtrade caster sugar, plus extra for coating the ramekins  
125g (4½ oz) Fairtrade dark chocolate, chopped  
3 large eggs  
35g (1¼ oz) plain flour

**Method**  
Preheat the oven to 200°C/400°F/Gas Mark 6  
Lightly butter four 100ml ramekins or other ovenproof dishes to a maximum size of 150ml (5fl oz) each, and coat the insides of each with 1 tsp caster sugar.  
Place the butter and chocolate in a bowl and set it over a pan of barely simmering water. Melt gently and set aside.  
Beat the remaining caster sugar and eggs together, then mix in the flour.  
Fold the chocolate into the egg mixture and pour into the ramekins.  
Bake in the oven for 10-12 minutes until risen. Serve immediately.

This recipe features in *The Fairtrade Everyday Cookbook* alongside more than 100 mouth-watering dishes using Fairtrade ingredients with contributions by supporters, producers and celebrities.

Published by Dorling Kindersley, available in all good bookshops RRP £16.99.

