



GROW GHANA

OUR PATH TO SUSTAINABLE NUTRITION



TOGETHER FOR
A SUSTAINABLE FUTURE.

»MADAMFO GHANA«

FRIENDSHIP THAT CREATES CHANGE



FRIENDSHIP THAT MAKES A DIFFERENCE.

»Madamfo« means "friend" – and that is exactly who we are to the people of Ghana. Through our projects, we create real and lasting change: sustainable, collaborative, and based on mutual respect.

Our mission: sustainable development through local ownership – for a better future.

Behind Madamfo Ghana is a dedicated team that understands the local language, culture, and challenges on the ground. Founded by Bettina Landgrafe, our work has been shaped and carried forward for nearly 25 years by experienced Ghanaian team members such as Victor Manu and Enock Sunday.



Our guiding principle: Sustainability – in every project.

Respect for people and nature, transparency toward our supporters, and a strong local network are the foundation of our success. Together, we build the future.

Our philosophy: Partnership at eye level.

We don't start with ready-made solutions – we start by listening. Local communities know best what they need. That's why we develop every project together with village communities and local decision-makers. We focus on long-term impact, not short-term aid.

Our goal: Projects that can one day continue without us – because they are fully owned and sustained by the people themselves.



PROJECT BACKGROUND

Our food security initiative began with small garden plots on our own property in Kumasi. What started as a way to support local self-sufficiency gradually developed into an essential pillar of our project work.

Expansion through additional farmland

As the project proved successful, we were able to scale up production and lease additional farmland. There, we now grow staple crops such as corn, okra, plantains, yams, and cassava. This expansion was a crucial step in providing healthier, more sustainable nutrition for the children in our children's shelter Ho as well as those in our school feeding program.

The importance of local food production

Especially since the COVID-19 pandemic, it has become clear how vital stable local food production is, not only to reduce costs, but to ensure food security in our facilities. Global crises, supply chain disruptions, and price volatility make local solutions indispensable.

New challenges – new approaches

Despite our progress, we face new challenges:

- Rapidly rising food prices
- Increasingly unpredictable weather due to climate change
- Limited agricultural land near urban areas

This is why we are now taking new, targeted steps:

That's why we're taking the next step: combining traditional open-field farming with modern greenhouse systems. This allows us to grow fresh vegetables year-round, independent of weather conditions – sustainably, efficiently, and with a future-focused mindset.



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FOUNDATION

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PROJECT OVERVIEW

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To strengthen food security over the long term, we are expanding our existing farm project with modern greenhouse systems and innovative approaches such as aquaponics.





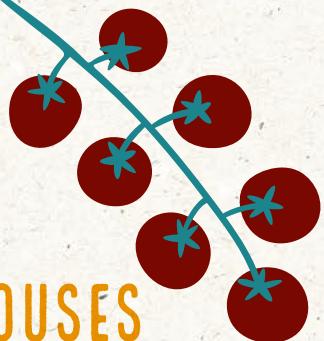
Year-round production – independent of climate

The planned greenhouses enable continuous cultivation of fresh food, regardless of dry seasons, heavy rainfall, or extreme weather events. They complement our open-field farming and create a resilient system built on diversity and sustainability.

LEARN MORE ABOUT THE GROW GHANA PROJECT:



A COMBINED APPROACH: OPEN FIELD AND GREENHOUSES



Our strategy is based on a smart combination of methods:

Open-field farming on leased land:

Production of staple foods such as corn, sweet potatoes, yams, plantains, and cassava

Greenhouse farming on our own land:

Cultivation of nutrient-rich vegetables including tomatoes, okra, peppers, spinach, cabbage, and garden eggs

Aquaponics as a closed-loop system:

At our Ho location, we also integrate tilapia fish farming with vegetable production through an aquaponics system. This allows us to:

- Use nutrients from fish farming to fertilize plants
- Recycle water in a closed loop, significantly reducing water consumption







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IMPACT ON MULTIPLE LEVELS

Our project goes far beyond agriculture:



NUTRITIOUS MEALS



INCOME OPPORTUNITIES THROUGH THE SALE OF SURPLUS PRODUCE



EDUCATION AND TRAINING FOR STAFF, SCHOOLS, AND LOCAL COMMUNITIES – BUILDING THE FOUNDATION FOR A RESILIENT, LOCALLY ROOTED FOOD SYSTEM

SUSTAINABLE, PARTICIPATORY, AND SCALABLE

The expansion of our agricultural project is carried out step by step, hands-on, and in close collaboration with the local community. We place strong emphasis on ecological sustainability, knowledge sharing, and long-term impact.

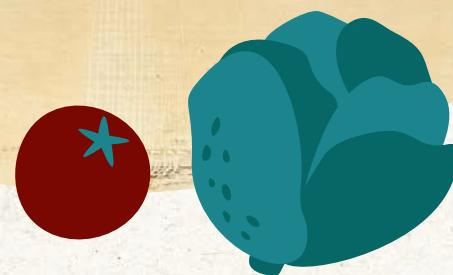
1. EXPANSION OF CULTIVATION AREAS

- Leasing additional land in suitable locations
- Soil improvement through sustainable practices such as crop rotation, organic fertilization, and minimal soil disturbance

2. CONSTRUCTION OF MODERN GREENHOUSES

- Small units (50–150 m²) for training and pilot cultivation
- Large-scale facilities covering several hundred square meters
- Use of solar energy for climate-friendly power supply and efficient irrigation







3. INTEGRATION OF AQUAPONICS SYSTEMS

- Combination of fish farming and vegetable production
- Water and nutrient cycle: nutrient-rich water from fish tanks feeds the plants and is reused in a closed system

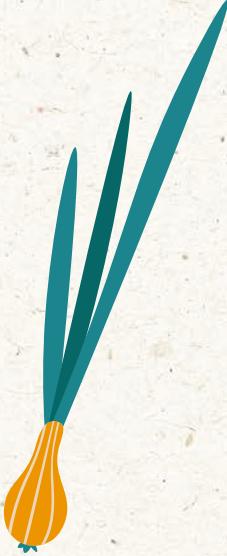
4. TRAINING AND KNOWLEDGE TRANSFER

- Practical training for staff, community members, and youth
- Transfer of know-how in sustainable agriculture, hygiene, processing, marketing and personal responsibility

5. MONITORING AND LONG-TERM SUSTAINABILITY

- Ongoing monitoring of yields, nutritional outcomes, and project development
- Sale of surplus produce to partially cover operating costs
- Long-term sustainability through local teams trained in operation and maintenance





IMPACT AND OUTLOOK

The greenhouse and farm project is creating a scalable model for sustainable agriculture in Ghana:

- Strengthening local food security
- Reducing long-term dependency and costs
- Promoting environmental awareness and responsible resource use
- Creating educational opportunities and practical skills

**From a single piece of land, more than food is growing –
the future is taking root.**

VISIT THE MADAMFO GHANA WEBSITE: 



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