



2

Local Income Solution



DRIED SPICES
& HERBS



Freedom Organization Group

SOLUTION ENTREPRENEUR

FEMALE (20) AND MALE (5) • MASAHA, KALIIRO

The Freedom Organization Group is one of the most unique coffee farmer groups in Kalungu District. It focuses on empowering vulnerable women and youth in its community by encouraging them to use available resources like land and crops to earn income.

The group was formed in 2009 and has grown to 25 members, the majority are women (20), while five are men. Since its formation, there has been a reduction in domestic violence and women are able to better manage their farms. As a group, they grow maize, beans, and coffee. They also rear animals like cows, goats, and pigs.

With the guidance of their chairperson Edward, the group decided to start making dried herbs and spices as a way of adding value to their farm produce. Their fondest memory of the business is when they invested 700,000 UGX (176.80 Euros) in the business and got a profit of 1,700,000 UGX (429.38 Euros) within one month. This motivated them to expand. They purchased land as a group to widen their farming activities. Their longer-term goal is to build a skills training center.

HIS FAVOURITE QUOTE

“Patience, persistence, and hard work will lead you to succeed.”



INCOME FACTS

- Startup cost: 100,000 UGX (25.31 Euros)
- Selling price: 500 UGX - 3,000 UGX (0.13 – 0.72 Euros)
- Income potential (monthly): 300,000 UGX (75.94 Euros)



SALE TIPS

- Maintain very high levels of cleanliness.
- Exercise discipline in the business by proper financial management.
- Ensure the use of organic spices without adding artificial colors or flavors.



POTENTIAL CHALLENGES

- A wide market is required to maximize profits.
- Packing containers that are good quality yet affordable is hard to find.
- Invest in advertising the product which can be expensive.

5-YEAR VISION

To build a school for the orphans, to construct homes for the elderly, and set up a skills training center.



LEARNING VIDEO

Click the video and learn how to do this income solution.



21 Steps TO MAKE DRIED SPICES AND HERBS

MATERIALS

Turmeric.....	(2 handfuls)
Ginger.....	(1 handful)
Coriander seeds.....	(1 handful)
Cinnamon leaves.....	(1 handful)
Garlic.....	(1 handful)
Maize seeds.....	(1kg)
Mortar and pestle.....	(1)
Charcoal stove.....	(1)
Mingling stick.....	(1)
Cup.....	(1)
Trays.....	(6)
Sieve.....	(1)



1 Wash your hands.



2 Wash the turmeric and ginger.



3 Steam the turmeric for one hour on top of banana leaves in a large pot on a stove.



4 After the turmeric has cooled, pound it using a mortar and pestle until it is evenly mashed.



5 Place it in the sun for 1-2 days to dry.



6 After the turmeric has dried, pound it again in the mortar and pestle until it is fine and thin.



7 Sieve the turmeric to separate the fine particles from the larger particles.



8 Pound the ginger and garlic together using a mortar and pestle until they are evenly mashed.



9 Place the mixture in the sun for 1-2 days to dry.



10 After the ginger-garlic mixture has dried, pound it again in the mortar and pestle until it is fine and thin.



11 Sieve the ginger-garlic mixture to separate the fine particles from the larger particles.



Fry the maize seeds in a dry pan until almost golden brown.



Pound the maize in the mortar and pestle until it is fine.



Sieve to separate the fine particles from the larger particles.



Pound the dry cinnamon leaves.



Sieve the cinnamon powder to separate the fine particles from the larger particles.



Fry the coriander seeds until they turn golden brown.



Pound the coriander seeds.



Sieve the coriander powder to separate the fine particles from the larger particles.



To mix the quantities of the herbs to create 1 kilogram of spices, measure:

- 1 cup the maize flour
- ½ cup of turmeric
- 2 teaspoons of garlic and ginger
- 2 teaspoons of cinnamon
- 2 teaspoons of coriander



Pack your spice and herb mixture in airtight containers that has a label showing the ingredients. The product will then be ready for sale!

TIPS

1. Steaming instead of boiling the turmeric helps preserve the color, flavor and nutrients of the turmeric.
2. Steaming also helps it be more brittle while drying which will enable it to easily turn into powder.
3. You can continue to pound the larger particles of each of the ingredients until they are all finely ground.