



BCV Update
Inspire 2022

BCV Farming! Pigeon Peas!



One of the plants we grow on our campus is the pigeon pea plant (*Cajanus cajan*). This is a legume that is rich in fiber, protein, potassium, folate, and widely used all over the world. The pigeon pea is a greenish or yellowish colored lentil that is somewhat flat on one side and oblong in shape. It has a mild and nutty flavor. There are very many health benefits of pigeon peas! Among them are: The ability to stimulate body growth, manage blood pressure, prevent anemia, and boost heart health, improve digestion, strengthens the immune system, increases energy, and reduce inflammation. We selected this vegetable as one essential to feed our precious children because pigeon peas are densely packed with mineral rich content which is essential for the formation of cells, tissues, muscles and bones and provides fast growth and body development. Additionally, Anemia is a very common affliction in tropical and developing countries. In Malawi, 63% of children

suffer from some degree of anemia, which makes pigeon peas all the more important as a key resource in the fight for overall health!

As part of our sustainability initiatives, each year we grow and harvest this mineral rich plant. The stalk of the plant can grow anywhere between 3-6ft and reaches maturity within 3-4 months. We typically harvest approximately 10 hefty bags of pigeon peas in April or May, with each of these bags weighing 110lbs. Our typical harvest of 10 bags can last us for an entire semester when distributed in conjunction with other vegetables in a rotating consumption cycle. We prepare these pigeon peas by bringing them to a slow boil and adding sauteed onions and tomatoes in a blend of local herbs and seasonings. As they cook the pigeon peas soften and the mixture renders a slightly thick gravy like consistency and is then ready for consumption. **Yummy! Yummy!**

Malawi Mission Trip 2022 Recap!

We are excited to announce an amazing mission trip that took place this past June! It was absolutely life changing! Our team was comprised of Juvan Jackson, Duedishar Jenkins, Shakiya Kimble, Tyniyah Kimble, Tytianna Kimble, and Kelvin Jumble! We headed out for a one week trip to Phalombe, Malawi! We went out canvassing in the mornings, going out in groups and walking throughout the villages, and offering prayer to those in need. We would also invite individuals to our evening services. Each afternoon we held a youth outreach program

which is very similar to what a Sunday morning Sunday school class would entail. We were met by hundreds of children and we shared Bible scriptures in creative and fun ways! We shared personal stories of God's goodness and had fun with reenactments which the crowd really enjoyed! In the evening services we shared the Gospel of Jesus Christ and prayed with hundreds of individuals who were suffering from multiple forms of mental, physical, and emotional setbacks. We were fortunate to have a T-Shirt designer/manufacturer on our team, Juvan Jackson, and she



donated hundreds of shirts to the children of BCV as well as members of the community! For many of these children, this was their first time receiving new clothing! Each day was filled with joy, surprises, excited children, fulfilling experiences, and warm smiles! Words cannot express what a life changing trip this was for the community and our team! Our team also managed to go for a hiking excursion on Mt. Mulanje, Africa's third tallest mountain! Enjoying a breathtaking waterfall which sources Lake Malawi, the world's third largest freshwater lake! Then a separate day we enjoyed a safari excursion at Majete Wildlife Reserve accompanied by exquisite dining. There was something fun for everyone! Consider attending one of our future mission trips! The cost is an average of \$1,100 + airfare. This trip may just lift you to new heights you never felt were possible!



10 Year Anniversary Annual Celebration Dinner

We would like to formally invite you to join us for a special night of celebration! We are grateful to have had your support in allowing us to reach this milestone of our 10 year anniversary! Words cannot express how appreciative we are! Thank you for caring and believing! We have some amazing surprises that you'll be sure to enjoy on Saturday, August 20th, at the City of Smyrna Community Center! Mark your calendar!

Tickets are on sale now! Please visit our website referenced below to purchase your tickets!

AUGUST 20, 2022
SMYRNA
COMMUNITY CENTER



CELEBRATION
DINNER

[HTTPS://BIT.LY/BCV10YR](https://bit.ly/bcv10yr)

TICKETS ON SALE NOW



join us as
we celebrate
**SERVING THE
CHILDREN OF
MALAWI**
**FOR
TEN
YEARS**

A DECADE OF
**FEEDING
EDUCATING
CARING
LOVE**

