Farmers With HIV Cultivate Sweet Potatoes in Rwanda

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Farming cooperatives for people with HIV are on the rise in Rwanda, AllAfrica reports. Organized by the Forum for Agriculture Research in Africa, these cooperatives help their members—largely a mix of young and elderly women—become physically fit and financially stable. Their primary crop is the sweet potato, a staple due to its quick maturation, adaptability to local climates and high nutritional value. The sweet potato's rich supply of vitamin A is particularly valuable, as vitamin A deficiency is a leading cause of blindness and premature death in Africa among pregnant women and children ages 5 and younger.

To read the AllAfrica article, click here.

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http://beta.docker.realhealthmag.com/article/Rwanda-Sweet-Potatoes-22551-3977