Cecilia Mejia Dominguez, Guice, Intibucá
Maize, potatoes and beans

HOW TO MULTIPLY MAIZE YIELDS

Cecilia, 33, is a farmer and mother of four children. She lives in western Honduras where she raises livestock and grows maize, potatoes and strawberries. She says her crop yields have gone through the roof since she received training in good agricultural practices as part of the USAID ACESSO project.

“I like the USAID project because they train us and teach us how to work. I learned about agrochemicals and how they are applied and based on that my maize yield has increased threefold.”

At home the maize is used as feed for the chickens and food for the family. Her tortillas are particularly popular.

“My son likes to eat tortillas hot off the griddle with milk!” she says.

But it is the increased income from selling excess maize that has made the biggest difference to her family’s life.

“I’m very happy because without the project I wouldn’t have anything. In the past we didn’t even have running water. So now we’re happy and I see a future for my children.”