

NEWSLETTER 3- 2025

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Cheche showing dried black soldier fly larvae before oil extraction

“In nature, nothing is wasted; everything is transformed.” – Antoine Lavoisier

Dear friends, partners, and supporters,
welcome to our third quarter newsletter! We're excited to share with you the milestones, stories, and impact we've made together on our journey of turning waste into opportunity.

In this newsletter, we'll share what we've been up to in the third quarter, 2025, the progress, the lessons, and the exciting things ahead!

About Eco Alchemy

At Eco Alchemy, we believe in turning waste into something useful. We work with young people and communities to turn organic waste into animal feed using insects like black soldier fly larvae and crickets. Our goal is to keep the environment clean, create jobs, and help farmers spend less on animal feed.

Eco Alchemy at the Regional Show 2025

We showcased at the Regional Show 2025 under the theme “Promoting Climate Smart Agriculture and Trade Initiatives for Sustainable Growth.” we showed up with something different — insects! More specifically, the Black Soldier Fly Larvae (BSFL) and the golden oil we extract from them.

The BSF oil is a natural antibiotic rich in lauric acid, a clean source of quick energy, and even a natural skin healer. Plus, nothing goes to waste — the larvae recycle organic scraps into high-value protein and oil, while their frass becomes organic fertilizer. One insect tackles waste, feed costs, food insecurity, and climate change simultaneously.

The Regional Show reminded us that local innovations, when given a platform, can spark real change.



Cheche showing how the machine extracting black soldier fly larvae oil works



one of the booths in the Agricultural show



Sieved black soldier fly larvae oil in a clear bottle the darker one is unseived



Charles Odira, Mixa Farm Founder, explaining the cricket 101 model to cricket farmers

Cricket 101 : Turning Waste to Wealth

We held a joint session with Mixa Farm to reconnect and inspire cricket farmers in Kisumu. Together, we explored how cricket farming can tackle organic waste while creating income, food, and healthier communities.

Clean Communities Program - Lake Victoria Gets a Fresh Breath

we rolled up our sleeves for a community clean-up along the shores of Lake Victoria. We were joined by the amazing wardens from Impala Sanctuary, and together we collected piles of waste that had been polluting the lake. It was deeply fulfilling to see the difference we could make in just a few hours.

This was about restoring pride in our shared spaces and showing that small actions add up to a cleaner, healthier environment. Watching youths and community members join in reminded us that caring for the lake is a collective responsibility. we believe clean environments and healthy communities go hand in hand.



Lake Victoria Shores cleaning

The highlight was introducing the Cricket 101 model — where one farmer works with 100 others in a cooperative way, solving market challenges and ensuring everyone benefits. Farmers left energized, ready to rear crickets smarter, reduce waste, and add more value to their produce.



Training session ongoing



Caren helping Margaret set up her bsf unit



farmers doing feed formulation practically

Value Addition & Product Development Workshop

In partnership with the Sustainable Agriculture Foundation and MSEA, we participated in a workshop on Value Addition and Product Development as part of the Nutrition in City Ecosystems Project.

We trained youths and farmers on how to cut production costs and manage agricultural waste using black soldier fly farming and other best practices. The response was amazing, 20% of the farmers adopted the technique immediately!

Highlights

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Spotlight in the Magazine !

We were greatly honored to have been featured in the **SeedsOfGold Magazine** by **Nation Media**.



Our work in the SeedsOfGold Magazine by Nation

To us, It's more than a feature, it's a signal that our work is resonating beyond our local communities.

BeGreen Focus Group Discussion



BeGreen Focus Group discussion ongoing

We were excited to join a Focus Group Discussion organized by the BeGreen team together with UNICEF, Tony Elumelu Foundation, and Yunitok. The session looked at how the BeGreen Program has been running — its impact, successes, and ways it can grow even stronger.

It was an inspiring space that brought together changemakers and stakeholders from different backgrounds. The conversations were open, honest, and full of fresh ideas that will help shape the future of the program.



Caren demonstrating how to set up a BSF unit to Caryle enterprises team

Success Story: Caryle Enterprises Champions Zero Food Waste

Caryle Enterprises is leading by example in the circular economy space. After our training, they put into practice black soldier fly farming to transform organic waste into resources.



Caryle enterprise team

As they wrote: "We used to see organic waste as cost. Now we see it as opportunity — transforming scraps into feed, oil, and fertilizer has strengthened our business and reduced waste." Caryle's journey shows how small changes can make a big impact — reducing costs, cutting waste, and making farming more sustainable, one larvae at a time.

Future plans

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Looking ahead to next Quarter (October - December)

1. Actualizing the Cricket 101 model
2. Green Schools program Continuation
3. Clean Communities Program Continuation
4. Waste to Opportunity Program continuation

Dear Friends, partners, and supporters

Thank you so much for being part of our journey. Your support has made a real difference and we truly couldn't have done it without you.

From all of us at Eco Alchemy (and those we serve), thank you.

Let's keep growing this impact together!

Please feel free to share this newsletter with friends who care about the planet, too.

With gratitude,
Caren & the Eco Alchemy Team

P.S. Want to support our work? Visit: ecoalchemy.org/donate