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DISPATCHES FROM AFRICA

Thomas Crubaugh writes from Dzendereni, a small village in southeastern Kenya, where CrossFit HQ is working to improve the quality of life.



March 2012 // The school wants to improve the diets of the students. One of the strategies is to add fish protein by raising a good reliable farm-raised fish, like tilapia. The tank for this has been ready for a couple weeks now. It has water lilies growing and a good skim of algae, but the true indicator that it's ready is the developing tadpole population in there. Today was the day to stock the tank with tilapia, so we went to a local fish farm.

The farm was a beauty with a mango grove, coconut palms everywhere and fish tanks in neat rows with good circulation and tons of healthy-looking tilapia, goldfish, and koi carp at various ages and stages. They sold us 100 fingerlings at 30 shillings each.

This place had tens of thousands of fish in it. With our fish bought and packaged in doubled five-liter plastic bags, we were given some starter fish food and shown how to make it by grinding the dried fish found at the markets here. I'll bet that smell doesn't get out of our hands for quite a while.

We returned to the village after sunset and just before dark and rather abruptly showed the fingerling their new home. Talapia is good eating. I hope the kids think so too.

