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Contents

REGULAR FEATURES

- 4 **Comment: The poor benefit from microcredit**
- 5 **News briefing**
- 8 **Agriculture**
- 17 **Awards**
- 20 **Forthcoming**
- 21 **TDR / AT Photofeature No. 9**
- 25 **Health matters**
- 43 **Northern News**
- 49 **Practical Action Technical Brief**
- 52 **Inprint**
- 55 **gate ...**
- 68 **Broadbrush by John Madeley**

- 14 **FARM-Africa**
Dairy goats bring hope to poor Kenyan farmers
- 18 **Innovation**
Innovative pits establish mangoes
- 28 **Integrated pest management**
New, simple methods for storing soybean seeds
Help on its way for Ugandan bananas
IPM increases wheat and chickpea yields
- 32 **Water**
Cheaper filters to remove arsenic
It pays to invest in water and sanitation
- 36 **Agroprocessing**
Allanblackia oil to boost rural incomes
- 39 **Agroforestry**
Colombians take maize with their coffee
Adding value to indigenous plant products
New website on forest invasive species
- 46 **Renewable energy**
Wind-up alternative?
Energy-producing building materials
Solar power extended in Zambia biogas plants
Bioenergy, key to the fight against hunger
China boosts wind power
Lime can reduce cost of biogas plants
- 63 **Microcredit**
Illustrations help extend microfinance
Microfinance: achieving profit & social impact
Aga Khan moves into microfinance

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Front Cover: An underutilised fruit grown in Ecuador, Naranjilla is used to make juices, preserves and ice cream. See page 55.

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