RURAL 21 The International Journal for Rural Development 3 | 2020 VOLUME 54 N 1866-8011

Changing time changing diets

PROJECT PLANNING

Combining local best practices with state-of-the-art knowledge

AGRICULTURE

The myth of Africa's ageing farmers

CLIMATE CHANGE

A vital role for agroecology

Tgl. terima: 22-10-2020

No. Induk :

Asal bahan Pustaka: Bell/Tukar/Hadiah

Dari :

Imprint

Rural 21 -

The International Journal for Rural Development

Published by:

DLG-Verlag GmbH Frankfurt, Germany

Advisory council:

Dr Reinhard Grandke, DLG

Petra Jacobi, GIZ

Martin Koppa, HELVETAS

Ueli Mauderli, DEZA

Editorial committee:

Dr Michael Brüntrup, DIE

Dr Manfred Denich, ZEF

Dorothea Hohengarten, GIZ

Karl-Martin Lüth, DLG

Prof Dr Matin Qaim, University of Göttingen

Dr Detlef Virchow, Plan International

Editor in chief / Berlin office:

Silvia Richter, s.richter@dlg.org

Editorial staff / Frankfurt office:

Olive Bexten, o.bexten@dlg.org

Ines Lechner, i.lechner@dlg.org

Angelika Wilcke, a.wilcke@dlg.org

Editorial assistance:

Mike Gardner

Translated by:

Christopher Hay, Tazir International Services

Cover photo:

Robert Haidinger/ laif

Design & Layout:

Andrea Trapani, DLG-Verlag

Editorial office, distribution, advertising:

DLG-Verlag GmbH

Eschborner Landstraße 122

60489 Frankfurt, Germany

Printed by:

Brühlsche Universitätsdruckerei GmbH & Co KG 35396 Gießen, Germany

33376 Gleben, Germany

The subscription rate is EUR 33.— (Germany), EUR 37.— (EU countries), EUR 51.— (non-EU countries)

and EUR 8.30 per issue, plus postage.

Rural 21 is published four times a year.

All rights reserved. The contents may not be translated, reproduced in whole or in part, nor may information be passed on to third parties without permission of the publisher. Please direct all correspondence to the editor in chief.

The opinions expressed by the authors are not necessarily those of the publisher or the editor. The editor retains the right to make editorial changes.





CONTENTS

FOCUS

- 04 Changing times, changing diets
- 08 Healthy diets a privilege of the rich?
- 10 Towards sustainable diets and planetary health lessons from early research and knowledge gaps
- 12 Tackling the double burden of malnutrition

 How to counter the effects of the nutrition transition in Cambodia
- 15 "Reducing malnutrition levels calls for concerted efforts"
 An interview with Jane Wanjiru Wambugu, Kenyan Ministry of Agriculture
- 16 Civil society's engagement for better nutrition the case of Namibia
- 18 Helping 'local favourites' join the race for healthier diets
 Tapping the potential of traditional vegetables
- 21 Insects for dinner?
 ProciNut project's results
- 24 Small fish with a big potential
- 26 The trend towards healthy diets an opportunity for farmers and agri-entrepreneurs
- 29 Nutrition and health: farming women in Kenya's Murang'a speak out

OPINION

32 Eat less meat – if only it were that simple



INTERNATIONAL PLATFORM

- 34 Lifesavers from the air

 Drones delivering blood and medical supplies to remote areas in Rwanda
- 36 Community-led climate change adaptation insights from a project beyond the norm



SCIENTIFIC WORLD

- 39 The myth of Africa's ageing farmers
- 42 The potential of agroecology to build climate-resilient livelihoods and food systems