**Case Study 1 Copy: Sadick Abanga**

## Social Media Copy

Use for social media, with portrait photos. Please credit photographer Chris Terry for photos of Sadick.

**Sadick Abanga, 39, Fairtrade cocoa farmer, Ghana**

*‘I didn’t know I was punishing the land, now because of this project I’ve seen the benefits, there are more nutrients in the soil.’*

Sadick farms nine acres of land for cocoa. He’s been doing this for 18 years and it’s getting increasingly difficult due to the climate crisis. Part of his farm lies high on a rocky, steep hillside, unfriendly terrain for cocoa plants. Sadick’s working on gradually surrounding it with shade trees. This is a technique he discovered after joining an agro-forestry project, which offers farmers training in methods to adapt to climate change by improving soil, planting for shade and attracting biodiversity.

Sadick was able to join because he is part of a Fairtrade co-operative, where in addition to projects like this, farmers can choose to invest their Premium in adapting to the climate and cost of farming crises.

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OPTIONAL ADDITION Fairtrade farmers like Sadick protect the future of the cocoa we love.