

# NEWSLETTER

October 2024  
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Solidaridad



GOOD FARMING  
GOOD FOOD  
GOOD HEALTH



Netherlands Enterprise Agency



EAST-WEST SEED  
INTERNATIONAL



MI & Dry Meal Storage



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**GOOD FARMING- GOOD FOOD- GOOD HEALTH****From the desk of programme coordinator****A warm welcome to our esteemed readers!**

We are proud to announce that Solidaridad has been honoured with the Sustainability Award at the International Soy Conclave 2024, hosted by the Soybean Processors Association of India (SOPA) in Indore, Madhya Pradesh. This award is a testament to our relentless efforts in driving sustainable soybean processing, and we are excited to share this achievement with our entire community.

As October unfolds, Madhya Pradesh's agriculture is at a pivotal moment. The prolonged rains have delayed Rabi sowing and affected soybean crop quality, raising concerns among farmers. In response, Solidaridad is providing essential training and support to ensure they can navigate these challenges and embrace sustainable practices to protect their livelihoods.

Women farmers, central to both food security and family nutrition, are a key focus of our efforts. On October 15-16, in honour of international rural women's day, we have hosted a special event dedicated to the theme- "Empowering Rural Women in Regenerative Agriculture: Strengthening Supply Chains and Accelerating Sustainable Growth." By spotlighting their invaluable contributions, we aim to further empower women in agriculture recognizing the financial constraints faced by many women farmers, Solidaridad is helping bridge the gap by providing them with practical knowledge about affordable, nutritious food options like soy, a powerful resource for meeting dietary needs.

This newsletter underscores our dedication to supporting rural women and farmers, and we are excited to share more updates from the Good Farming-Good Food-Good Health project in the months ahead.

**Happy Reading!**

**Dr Suresh Motwani,  
Programme Coordinator**



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M &amp; D Day Mahal Shree



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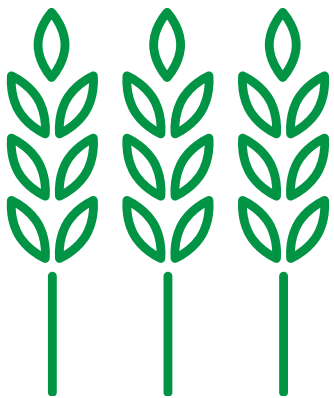


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Good Farming

Preparing fields for Rabi crops

Once the soybean harvest is complete, farmers had begun the vital task of preparing their fields for the upcoming wheat and mustard demo plot. This meticulous process involves several crucial steps.



Land preparation:

The initial step in preparing the land involves a series of mechanical processes. Ploughing, harrowing, and levelling the land, break up compacted soil, remove weeds, and create a fine, crumbly texture known as tilth. This optimal soil condition facilitates seed germination, root development, and overall plant growth.





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**Selection & treatment of seeds:**

The seeds of wheat and mustard are carefully selected and treated with appropriate chemicals to protect them from diseases and pests. This treatment ensures healthy and vigorous plant growth. Farmers are trained to treat seeds of wheat with Azotobacter culture at a rate of 5-10 grams per kilogram of seed. This beneficial bacterium helps in nitrogen fixation, promoting plant growth and reducing the need for chemical fertilizers.

**Sowing of the seeds:**

The treated seeds are sown in the well-prepared fields. The sowing method may vary depending on local practices and the type of crop. Some farmers may prefer traditional methods like broadcasting or drilling, while others may use advanced techniques like seed drills. The timing of sowing is also crucial, as it can significantly impact the yield and quality of the crop. By following these essential steps, farmers aim to maximize their crop production and ensure food security.



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50th Day of the Year



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Activities in the field:

Currently, field activities underway include sowing wheat and mustard crops in demo plots and conducting training sessions for farmers with social focus on women farmers on organic fertilizer preparation (Kanda tonic, jeevamrut, beejamrut, Paanchpatti ark) application, and benefits. Farmers are actively participating in online krishi chaupal where training is given on the pre sowing methods by our experts. it is also a platform where the farmers ask their queries to our experts and share their problems which they are facing in the field. Our experts ensure to solve the problem timely. Field visits are being undertaken to assess seed germination and site suitability.



Educating farmers through Farmer field schools:

Additionally, Farmer field schools are organizing meetings to discuss good agricultural practices for rabi crops with farmers, which will lead to improved crop yields, better quality produce, and increased farmer incomes.



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Rabi Demonstration plots

Demonstration plots serve as invaluable tools for agricultural extension and technology dissemination. They offer a hands-on platform for farmers to witness the practical application of innovative techniques, high-yielding crop varieties, and efficient farming practices. By observing the outcomes firsthand, farmers can make informed decisions about adopting new technologies and improving their agricultural practices. Additionally, demonstration plots facilitate knowledge sharing and peer learning among farmers, fostering a sense of community and collaboration. Ultimately, these plots contribute to increased agricultural productivity, sustainable farming practices, and improved livelihoods for rural communities.



Demonstration plots are being established in several districts of Madhya Pradesh to showcase advanced agricultural practices for mustard and wheat cultivation.

Agar Malwa, Ujjain, and Dewas: Approximately 300 demonstration plots have been allocated for mustard cultivation.

Bhopal: Around 25 high-tech demonstration plots are being established for wheat cultivation.

Sehore: Around 35 demonstration plots are planned, including 5 for conventional wheat cultivation and 30 for high-tech wheat cultivation.

In collaboration with various agricultural departments, a combined total of around 1,500 demonstration plots are being established for mustard, wheat, and chickpea cultivation in Sehore.



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**GOOD FOOD & GOOD HEALTH**

**Major activities in the month**



In October, our Good Farming-Good Food-Good Health programme continued to make significant achievements across the project areas. These achievements underline our commitment to improving nutrition, promoting economic empowerment, and encouraging sustainable agricultural practices within local communities.

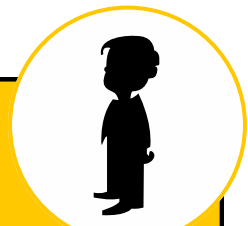
**Here's an overview of what we accomplished:**

**Key Highlights:**

**Culinary training sessions**



To promote healthier dietary habits approx 15 culinary sessions have been organized. These activities engaged community members in preparing nutritious meals, developing an understanding of balanced diets for better overall health.



**Identification of malnourished and anaemic children**

As a foundational step in addressing childhood health challenges, we identified 859 malnourished and anaemic children across the project areas. This milestone is critical for targeting nutritional support to improve children's health outcomes.



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Mid Day Meal Scheme



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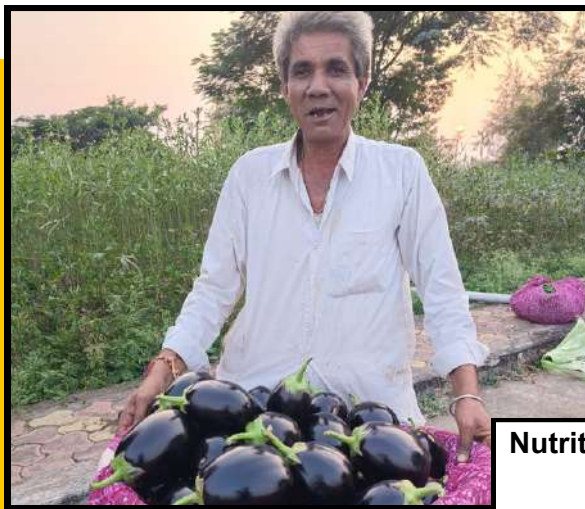
Empowering women entrepreneurs



In line with our commitment to economic independence, we selected more than 45 women entrepreneurs to receive training and resources for launching and sustaining their ventures. This support will empower them to contribute economically to the communities.



EMPOWERED ♀



Nutrition garden initiatives

To enhance year-round food security, more than 160 households have been equipped to begin their winter vegetable planting, creating "Poshan Vatika" (nutrition gardens). These gardens will help families cultivate their own fresh produce, improving access to nutritious food.



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**Achievement**

**Solidaridad honored with sustainability award at International Soy Conclave 2024**

Solidaridad has been honored with the Sustainability Award at the International Soy Conclave 2024, hosted by the Soybean Processors Association of India (SOPA) at the Brilliant Convention Centre in Indore, Madhya Pradesh. This award recognizes our efforts in promoting sustainable soybean cultivation across India.

Our Programme Manager, Dr. Suresh Motwani, accepted this prestigious award, reflecting the hard work of our entire team. In addition to this recognition, Dr. Motwani delivered a compelling presentation on the "Role of Indian Standards for Sustainable Soy in the Soy Value Chain," highlighting the critical importance of adhering to sustainable practices within the industry. His insights further strengthened the case for sustainability and the advancement of scientific soy production.

At the event, Solidaridad set up an exclusive exhibition of Good Farming- Good Food- Good Health (GFGFGH) and Bhartkhand foods, which was appreciated by many attendees. Our stall also showcased innovations in sustainable soy production and soy-integrated nutrition..



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**Event**

**Celebration of International Rural Women’s Day**



Solidaridad, in partnership with the European Union, organized a two-day event from October 15-16, 2024, to honour and empower rural women at the forefront of regenerative agriculture.

The event, titled “Empowering Rural Women in Regenerative Agriculture: Strengthening Supply Chains and Accelerating Sustainable Growth,” focused on promoting sustainable farming, building gender-inclusive policies, and advancing women-friendly agricultural technologies.

**Event Highlights:**

**Empowering 1000+ Women Farmers:**

- On October 15th, over 1000 women gathered in Gandharvpuri, Sonkatch, Dewas, to discuss how regenerative agriculture can be a profitable and sustainable pathway for women. The event emphasised women’s leadership in shaping the future of farming and explored government initiatives aimed at fostering self-reliance and creating new opportunities for rural women.



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Field visits and consultation:

- On October 16th, a field visit to the Nico Roozen Center for Excellence in Regenerative Agriculture (Barkheda Kharet Village, Sehore) provided hands-on exposure to regenerative farming techniques. Following this, a consultation meet in Gunga, Bhopal, brought together government departments, Gram Panchayat representatives, women entrepreneurs, and farmers. Discussions focused on how Gram Panchayats can enhance opportunities for women in agriculture, particularly in regenerative farming.



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Policy Meet:



- The Policy Meet, themed “Framework for Enhancing Economic Equity: Strengthening Support Systems for Women in Regenerative Agriculture through Inclusive Supply Chains, Financial Access, and Gender-Sensitive Technologies,” brought together policymakers, researchers, industry experts, and entrepreneurs. This gathering aimed to create a supportive ecosystem for women in regenerative agriculture, focusing on economic equity, access to technology, and gender-sensitive frameworks within the agricultural value chain.



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100 Day Mahatma



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Success story

Pooja's role in spreading nutrition awareness



Pooja Bai, a 27-year-old Anganwadi worker from Tobri Kheda village, Tarana block, Ujjain district, has transformed her family's health and become a nutrition advocate in her community. Coming from a middle-class family of five, where agriculture and labour are the primary sources of income, Pooja has always managed her household alongside her job. Her life took a positive turn when a community meeting was held at her Anganwadi centre under the Good Farming Good Food Good Health (GFGFGH) programme by Solidaridad.

During the session led by field worker of GFGFGH Anita Chauhan, Pooja learned about the significance of protein-rich foods like soybeans and the numerous health benefits they offer. The training also introduced the concept of a nutrition garden, emphasising the importance of growing and consuming fresh vegetables. This session left a lasting impact on Pooja, who was inspired to implement these practices at home. She quickly set up a nutrition garden, providing her family with fresh, green vegetables, and included soybean nuggets and soy-based foods in their daily meals. The shift in diet resulted in noticeable improvements in her family's health and well-being. Motivated by these changes, Pooja began sharing her knowledge with other women at the Anganwadi centre, actively promoting the benefits of soy-based foods and fresh vegetables. Her efforts have not only improved her family's nutrition but have also sparked a wave of awareness in her community.

Pooja credits the GFGFGH programme for empowering her with practical knowledge and tools to enhance dietary practices. Her story is a shining example of how Solidaridad's initiatives are making a tangible difference at the grassroots level, inspiring women like Pooja to lead the way towards better health and nutrition.



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**Soy recipe of the month**

**Soy Aloo Tikki**
**Ingredients (for 4 people)**

- Soya chunks – 50 grams / 1 bowl
- Potatoes – 250 grams / 4-5 pieces
- Rice flour – 50 grams / 1/2 bowl
- Ginger – 10 grams
- Green chilies – 4-5 grams
- Cumin seeds – 5 grams
- Salt – as per taste
- Oil – 30 ml


**Method**

- Boil the soya chunks in salted water, squeeze out the water, let them cool, and grind them.
- Boil the potatoes, let them cool, peel, and mash them.
- Mix the mashed potatoes and ground soya chunks with green chilies, ginger, and other required spices.
- Add rice flour and prepare a mixture for round tikkis.
- Shape the mixture into round tikkis.
- Cook the tikkis on a hot iron pan with oil until golden brown.
- Serve the delicious tikkis with green coriander chutney.

**Enjoy !**


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30 Day Mahal Shweta



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**Contact us**

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