

Newsletter

GOOD FARMING – GOOD FOOD



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Soya Aata Halwa

Soya Chila



Good Farming – Good Food

Sustainable Food and Nutrition Security and Transforming Smallholders' Livelihood
Solidaridad Asia





FROM THE PEN OF PROGRAMME CORDINATOR



Dear Readers,

Madhya Pradesh is staring at dry days ahead as monsoon weakened in most parts of the state this month. August started on a dry note. The month was grim as the first week of the month did not witness good rainfall, monsoon had arrived in MP on June 13th and it was followed by three consecutive dry spell spanning up to 10 to 15 days till mid-July. As on 28th Aug, monsoon revived and the State received good amount of rainfall for the fourth time. Madhya Pradesh has received 28 inches of rain from June 1 to August 29, which is 30 inches of rain for a similar period. At present the total receipt of rainfall is 7% less than normal.

The month of August was found to be very critical for the standing soybean crop. The crop has attained an age of 35 to 40 days after sowing and flowering is in peak in most of the districts. The initiation of flowering was seen to be accompanied with sporadic pest and disease incidence like Girdle Beetle, Stem fly Semi Looper, Gram caterpillar and Spodoptera. This year incidence of stem fly was widely reported from all the locations. To minimize the adverse effect of weather, few key practices that increase the crop's resilience against adverse climate were promoted and adopted under the programme Good Farming – Good Food had been continuously putting efforts by providing essential information on plant protection through weekly krishi Choupal. Four such round of webinar was organized on topics of How to avoid use of spurious Pesticide in Soybean Cultivation: Pest and Water Management, Pest and Rodent management in Soybean and Climate Smart Practices of Plant Protection in Soybean. Along with good agricultural practices, our motive of spreading awareness on nutrition continues with detailed sessions with target vulnerable groups on role of soy food and vegetables during lactation period, role of soy food and vegetables as a supplementary diet along with breastfeeding for children etc. The programme has found its greatest support by way of greater and active participation of women from target villages. The initiative is going from strength to strength owing to quality of sessions, interactive discussions and customized modules well-designed after need assessment.

India celebrated its 75th Independence Day on 15th of August, 2021. We as Indians pay respect to all the leaders who fought bravely for our nation's freedom in the past. Farmers from project districts of Madhya Pradesh came together under the banner of Good Farming – Good Food to celebrate the occasion.

The modest and selfless support from the Netherland Enterprise Agency also deserves mention and a note of appreciation. We would continue bringing updates to you every month, but at the same time, we would also like you to know that our newsletters are a platform to highlight and share your progress as well. I want to invite our stakeholders to bring their side of the stories and development to the Good Farming – Good Food newsletter. Our able editing and publishing team eagerly waits for the updates. Wishing you all a fruitful Kharif season and happy reading.

Dr Suresh Motwani
Programme Coordinator
Good Farming – Good Food



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GROUND ACTIVITIES

MONSOON REVIVAL KEY TO KHARIF PROSPERITY IN MADHYA PRADESH

A deficit of 26.4 % was observed in receipt of total average during month of August throughout the country as a whole. The overall area-weighted cumulative precipitation from June 1 to August 28 has been 9.6% below the 'normal' long period average. The crop whose sowing was already delayed is currently facing moisture stress. Late sowing in case of Soybean affects crop growth and yield and therefore adoption of resilient methods become *sine qua non* like increased seed rate , reducing the inter row space , protective irrigation , intercultural operations . In many parts of the State, farmers were found to be struggling with adverse climate and its impact on crop.



The month of August was found to be very critical for the standing Soybean crop. The month saw a heavy precipitation which helped crop overcome the period of dry spell and moisture deficit. The crop has attained an age of 35 to 40 days after sowing and flowering is in peak in most of the districts. This was also seen with initial attack of insect and disease which raised the concern for the farmers.

The initiation of flowering was seen to be accompanied with sporadic pest and disease incidence like Girdle Beetle, Stem fly Semi Looper, Gram caterpillar and Spodoptera. This year incidence of stem fly was widely reported from all the locations.

Under the Good Farming – Good Food programme, Solidaridad and its partners associated with the farmers from five districts of Madhya Pradesh for coping with the rainfall variability situation.

Under the Good Farming – Good Food programme, Solidaridad and its partners associated with the farmers across five target districts of Madhya Pradesh for took a collective effort to develop coping abilities and mitigate the adverse impact emanating from with the biotic and abiotic stress.

The rainfall received in the month of august is also accompanied with humid and cloudy condition intermittent with moderate temperature and Sunshine. The climatic scenario is favorable for many insects and pest and therefore early detection and monitoring is much emphasized to the farmers and associated functionaries.



Timely advisory was provided to the farmers on their mobile on insect and disease appearing on the crop, its symptom and protective measures.



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EAST-WEST SEED
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GOOD FARMING – GOOD FOOD

MONSOON REVIVAL KEY TO KHARIF PROSPERITY IN MADHYA PRADESH



It helped farmers keep a watch on the crop, look for larva, adult and its characteristics identification mark, symptom of damage and thereafter adopt appropriate control measures at the early stage itself so as to avoid spread beyond Economic threshold. With regard to pest, prevention is always better than cure and therefore, mechanical instruments like Pheromone traps (Heliothis and Spodoptera), yellow sticky card (White fly, Aphids, Thrips) , bird perches have been set up in all the Soybean demo plot to keep a check on the pest and also have a surveillance over prevalence of the insect and schedule the control measures accordingly . In IPM practice the use of chemical is always exhorted to be last resort and therefore the team Solidaridad is making efforts to provide alternative by helping farmers prepare botanical bio pesticide like Dashparni, Neem Oil etc.

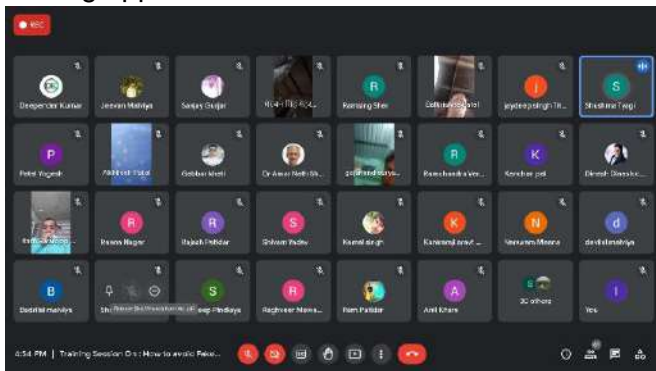
Under the Good Farming – Good Food programme, Solidaridad and its partners, Solidaridad had been continuously putting efforts by providing required information on plant protection through weekly webinar series as well as through field demonstration at ground level.

ONLINE SESSIONS

TRAINING ON HOW TO AVOID FAKE/ DUPLICATE PESTICIDES IN SOYA FARMING SYSTEM

The Agriculture, which is the backbone of our Indian economy, is facing multiple threats from the growth of fake pesticides and agrochemicals. There are various reasons for the loss of crops, the involvement of fake pesticides can't be ignored or denied. Spurious pesticides are known to damage the crops resulting in a decreased yield or at times, even destroying a field. Counterfeit pesticides pose increased risks to consumers through unknown and untested residues. Unlike legal, registered products, spurious pesticides could contain unknown toxic impurities and have not been tested for human health impact. Residues of unknown and untested substances could get carried into harvested food and compromise consumer health, whilst also posing health threats to farmers through exposure during application.

Increased cases of spurious pesticides make the public lose their confidence in the government's ability to regulate the agriculture sector effectively. India's position as one of the leading food grain exporters in the world is also at stake as there is increased possibility of rumours or sabotage by other countries or rejection of Indian exports goods items from developed countries. Not only this, the government loses not just the tax revenue but also its prestigious goodwill and reputation.





There is high risk of environmental contamination and adverse effects on groundwater, following crops and biodiversity. Firstly, the production of counterfeit products may subvert environmental regulations leading to the production processes and waste contaminating the land, air and water. Secondly, the use of counterfeit products, such as pesticides, may cause severe crop and environmental damage.

Thirdly, the destruction of counterfeit products can result in more landfill waste or toxic fumes from incineration.

Under the Good Farming – Good Food programme, Solidaridad and its partners organised multiple training sessions for the farmers from all project districts of Madhya Pradesh in month August. The training sessions are themed according to the time and crop requirements. Therefore, a training programme to enhance the learning and understanding of farmers regarding how to avoid fake/ duplicate pesticides in soya farming system was organized on 6th August. Notable and renowned subject specialist Mr. Banwari Lal Tyagi -Ex Assistant director -Govt of Madhya Pradesh helmed the awareness exercises through an established communication channel with farmers.

A brief prologue to the losses faced by farmers due to Fake pesticides, as these are known to damage the crops resulting in a decreased yield or at times, even destroying a field. Farmers were given detailed information on how to avoid Fake/ Duplicate pesticides, techniques to identify such products, govt norms to regulate the sale of agro chemicals and mechanism to address grievance. The training part of the session was led by an eminent expert in agriculture Shree B L Tyagi , retired from Govt. of Madhya Pradesh. Mr. B. L. Tyagi has explained about classification, agri inputs bill and its importance.

With the planned interventions under the Good Farming – Good Food programme, Solidaridad and its partners the farmers of Madhya Pradesh will surefire benefit from the gain and improved results in farming and earn a better livelihood.



ONLINE SESSIONS

TRAINING ON PRESENT ISSUES IN SOYBEAN CULTIVATION (PEST AND WATER MANAGEMENT)

Soybean is considered one of today's most important crops. Planted on millions of hectares worldwide, the management of soybean pests usually requires large amounts of chemicals. However, a key component to meet the increasing demand for food due to the rapidly growing global population is protecting crops from pests while maintaining environmental quality through ecologically and economically sound integrated pest management (IPM) practices. Not only can IPM result in more profitable agriculture due to the reduction of pest control costs but also assures equitable, secure, sufficient, and stable flows of both food and ecosystem services. Despite those ecological and economic benefits, the vast areas of cultivated soybean as well as the convenience of spraying insecticides are encouraging the adoption of chemical intensive method of pest control as a relatively quick and easy compared to IPM practices which is much economical and environmentally safe.



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The training was given by Sr Scientist Dr OP Joshi and Dr AN Sharma on topic of Water and Pest Management in standing crop of Soybean. Detailed information was given on management of different insect and disease affecting Soybean, cause, symptom and control measures. Dr Joshi shared a detailed information on issue of moisture management, factors affecting plant growth, effect on crop due to submergence, nutrient deficiency, yellowing, flowering and fruiting etc. Dr Sharma provided a detailed information on protective and control measures for major insect and disease like Stem fly, Girdle beetle, Semi looper, Aerial blight etc. In the plenary sessions, participating farmers raised several questions with regard to pest and disease affecting their crop and received the solution. Farmers were advised to have regular monitoring of the crop and adopt recommended IPM practices for effective management of Pest and diseases.

Online sessions like these provide the participants to clear their doubts and queries. Participants were encouraged to raise questions to the expert wherein the farmers showed interest in pest and water management for their crops. Solidaridad, along with its partners, strives to bring the farming community close to sound and sustainable agricultural practices through effective online communication channels. Overall, this forum highlights the importance of pest and water management for agricultural sustainability including ecological and financial benefits.

GROUND ACTIVITIES

VERMICOMPOSTING - COMPOST BECAUSE CHANGE STARTS FROM THE GROUND UP

This year, Solidaridad provided some of the critical inputs which were much needed to show case the farmers about its benefits like vermicomposting bag, waste decomposer and bio compost culture, earthworms etc. to ensure composting in proper way by way of technical support and on field demo. Earthworm @ 2 Kg/unit had been given to each composting unit and farmers had been assisted in release of the same in the compost unit. It will have a container to collect vermiwash which has multiple use as a bio pesticide, manure and soil conditioner. Each unit can generate enriched compost up to 15-20 quintal per cycle within 40 to 45 days interval. This will have ripple effect as more farmers will adopt it by seeing its practical advantage for soil health and fertility.





The Vermi composting unit set up by Solidaridad earlier in the month is now on the verge of completing first cycle. Practical demo is also being given on use of Vermiwash as a bio pesticide by collecting the liquid at the corner of the bed and apply the same as a spray or with irrigation water.

SDGP and its esteemed partners have organized numerous demonstration sessions at ground level for the farmers of Madhya Pradesh which is creating wider awareness on use and benefits of organic manure and bio pesticide with its immense social , economic and environmental impact . It is also reducing the need for chemical fertilizers and helping farmers recycle the agriculture and domestic waste into enriched compost.

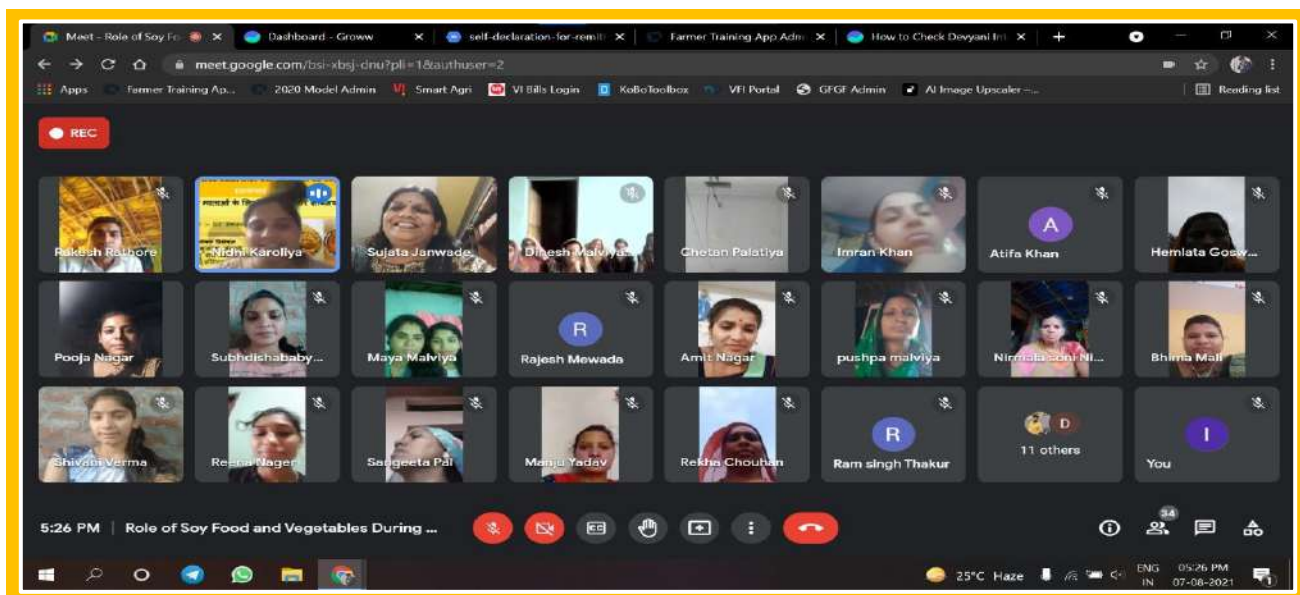
ONLINE SESSIONS

AWARENESS SESSION ON ROLE OF SOY FOOD AND VEGETABLES DURING LACTATION PERIOD

World Breastfeeding Week (WBW) is an annual celebration which is held every year from 1 to 7 August. World Breastfeeding Week aims to highlight the huge benefits that breastfeeding can bring to the health and welfare of babies and benefits to maternal health, focusing on good nutrition, poverty reduction, and food security. World breastfeeding week has the dual goal of improving the health of babies and promoting, protecting, and supporting the rights of women to breastfeed anywhere and at any time.

The overarching goal of the week is to highlight the importance of breastfeeding, to encourage and promote breastfeeding and to improve the health of babies and mothers all around the globe.

Breastfeeding is an important child survival intervention. Breastfeeding within an hour of birth could prevent 20 per cent of newborn deaths. Babies, who are exclusively breastfed in the first six months of age, are eleven times less likely to die from diarrhoea and fifteen times less likely to die from pneumonia, which are the two leading causes of death in children under-five years of age. However, in India, as per recent survey, only 44.6 per cent mothers initiate breastfeeding within one hour of birth, despite the fact that about 78.7 per cent deliver in institutions. Further, 64.9 per cent babies are exclusively breastfed in the first six months of birth and 50% initiate complementary feeding at 6 months.





SOLIDARIDAD, along with its partners, has jointly organized Nutrition Chaupal for the woman farmer, nutri sakhies(women nutrition volunteer) and paraworkers for all project district in Madhya Pradesh. Under the session, a reputed pediatrician – Dr. Sujata Janvade from Katju Hospital, Bhopal addressed the participants with their experience and knowledge. The training was aimed to create awareness on role of Soy food and vegetables as nutritional intake for lactating mother.

The session covered inter alia the importance of breastfeeding and dispel misconceptions among women, similarly disadvantages for the newborn if not breastfed at appropriate time. It was shared that breastfeeding is very important to reduce malnutrition. Through the video it was briefed How can a mother feed her milk to the baby and what are the benefits. Breastfeeding also has many benefits for the mother such as reducing chance of breast cancer.

It was advised that It is mandatory to include all vegetables in the diet of lactating mothers and briefed that how soy food can be taken at this stage. Soy is a good choice for plant protein and can be especially useful to vegetarians and vegans who need to boost their nutritional intake during pregnancy or otherwise. Soybeans is a solid source of plant protein with low saturated fat and a hefty dose of dietary fibre.

Human needs a wide range of nutrients to lead a healthy and active life. for providing these nutrients, good nutrition or proper intake of food in relation to the body's dietary needs is required. Poor nutrition can lead to reduced immunity. increased susceptibility to diseases and reduced productivity.

Nutrition is important for everyone. However, the requirement is different for every individual may it be an infant, growing child, pregnant women and elderly people.

Under the training session, various facts were shared related to importance of Breast feeding and problems faced by lactating mother and kind of food required during lactation etc.

SOLIDARIDAD under its Good farming Good Food programme striving to build collective community awareness on good agricultural practices and good eating habits. Thus, nutrition becomes a focal point of its awareness approach. Similar sessions would feature under the programme in the coming future.

ONLINE SESSIONS

AWARENESS SESSION ON ROLE OF SOY FOOD AND VEGETABLES IN THE SUPPLEMENTARY DIET ALONG WITH BREASTFEEDING FOR CHILDREN (6th- 24th MONTHS)

There is well established norms to ensure good feeding of Infant and dietary chart for young child based on scientific recommendations specially for children under zero to six years. The first two years of life provide a critical window of opportunity for ensuring children's optimal growth and development through adoption of correct infant and child feeding practices. It is a known fact that stunting among Indian children attains peak at 24 months of age. This high burden of undernutrition in early childhood clearly shows the need for accentuating efforts towards attainment of improved rates of optimal Infant and young child feeding practices in the country. The importance of support to the mother, within the families and through skilled service providers at health facilities, is essential for achieving higher rates of breastfeeding.





SOLIDARIDAD, along with its partners, has organized one awareness session with the objective of awareness on the importance of soya food and vegetables as supplementary diet along with breastfeeding for children from 6 months to 24 months. The session was delivered by the subject expert and Nutritionist- Mrs. Manjusha - Supervisor, Integrated Child Development Services from Bhopal district. She explained through PPT, how to schedule nutritional diet and its recommended quantity for infants and young child of different age group it was explained with the size of the bowl for more clarity. During the session, it was also explained through video that how good eating habits can be inculcated in children. The session covered the reason for malnutrition among the children, as the children were not getting balanced nutrition on time owing to lack of information among the mother and the family. Expert also urged to give nutritious complementary foods to a young child, when to introduce complementary foods and how to prepare them, how much and how often to offer food to children and how to offer foods and encourage eating habit among them.

Good complementary foods are nutrient rich, energy-rich, and locally available. The Expert further emphasized that all families must introduce and then increase the amount and variety of complementary foods for the young child . Diet being given to the young ones Should be safe and hygienically prepared. It should be prepared in a consistency that is nutritionally rich and palatable for the young child to eat.

A nutrition-rich diet requires a variety of foods. Iron, vitamin A and iodine are very important for development of the brain as well as for child’s growth. Zinc helps to prevent illness (See the box for sources of important nutrients for a child’s early growth and development. Sources of important micronutrients, green vegetables, soya beans and other pulses, drumstick, coriander, fenugreek, curry leaves etc. Zinc helps to prevent illness. Best sources for zinc: same as iron. Vitamin A contributes to healthy eyes and brain development, and prevents illness. Best sources are animal foods, fish, liver, egg, milk and milk products. In a vegetarian diet the foods rich in vitamin A are sweet potatoes, carrot, yellow pumpkin, spinach, *fenugreek*, *sarson (mustard)*, *parwal(Pointed gourd)*, *papaya*, *musk melon*, *orange*, *sweet lime and mango*. *Iodine* is available in iodized salt. It is very important for brain development

At the end of the session, questions were asked by the women in which the women of all the districts asked questions regarding the nutritional concern of their children, which were answered by the nutrition



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CELEBRATION

75TH INDEPENDENCE DAY CELEBRATED WITH ENTHUSIASM & GAIETY 15TH OF AUG 2021

Freedom in the Mind, Faith in the words, Pride in our souls... Let's salute the nation on this auspicious day.

One of the largest democracies in the world, India celebrated its 75th Independence Day on 15th of August, 2021. This day marks the historic occasion when the country finally broke the shackles of oppression and gained independence from the British empire in the year 1947.



It is the 75th Indian Independence Day this year which means India has achieved 74 years of freedom. We as Indians pay respect to all the leaders who fought bravely for our nation's freedom in the past. Farmers from Five districts of Madhya Pradesh came together under the banner of Good Farming – Good Food to celebrate the occasion. In the project districts, farmers from the villages gathered with the team of Solidaridad and organised a community gathering for such occasions. Independence was celebrated with great enthusiasm and respect in all project district.

Our Tri-Colour flag was unfurled and all in unison sang the National Anthem and expressed the joy of our freedom. Flag hoisting ceremony took place early in the morning with participation of our farmers, members of FPO, Panchayat head, officials from line deptt and all field extension functionaries of Solidaridad . Like every auspicious function, the event started with the lighting of lamp before deity Saraswati which symbolizes knowledge and light in Indian Tradition. The guests of honor, in succession, addressed the participants' . Top officials from Panchayat delighted the audience with their sincere words for the farming community and village unity.

He also shared and appreciated the work being done by Solidaridad for improving crop yield , soil health and nutritional wellbeing of the community. The Programme concluded with the Vote of thanks. At the end sweets were distributed to the children and all.

Indeed, it was a day of joy, a day to love and respect our country and make it a better place for Indians to live and experience the freedom, peace and unity in diversity.





NEW INITIATIVE

AN INNOVATIVE PROGRAMME 'HOME HERBAL GARDEN

The medicinal and aromatic Plants are firmly emerging on the scene in Indian agriculture from three different perspectives. First, the traditional health system under Ayurveda, Siddha and Unani have become popular mainly due to the holistic treatment, economical cost of treatment and least side effects. This has spurred the demand for medicinal herbs and aromatic plants. Second, the herbs and plants are collected from the natural habitat and under minimal supervised environment. As a result, the density of medicinal and aromatic plants in the natural habitat started declining at a faster rate due to lack of proper harvesting methods. Lastly, medicinal and aromatic crops have better economic opportunities as against the traditional field crops.



Under the Good Farming – Good Food programme, Solidaridad and its partners, Solidaridad take up innovative initiative 'Home Herbal Garden' this year as a part of biodiversity conservation programmes.

SOLIDARIDAD will be taking up an innovative programme called 'Home Herbal Garden' under which herbal gardens will be encouraged to be developed at homes to help rural households improve the health and immunity status from our project districts.

Promotion of Herbal Gardens intend to establish herbal and medicinal plants of various types to popularize the usefulness of commonly available and frequently used Medicinal herbs among the various stakeholders and sensitize the community about our traditional knowledge. It is also a way of conserving Rare, Endangered and Threatened (RET) species of Medicinal Plants. Herbal Gardens of various kinds will be promoted to create awareness about traditional usage of medicinal plants. Encouraging herbal gardens in the homes is a good way to promote use of medicinal plants for primary health care at the household level.



SDGP and its esteemed partners have organized numerous demonstration sessions at ground level for the farmers of Bhopal and Sehore district of Madhya Pradesh in hopes of benefits and need for herbal home garden to the farming community through expert Dr. Gurpal Singh Jariyal. Training and handholding support in setting up such garden is being provided by our Subject Expert Dr Gurpal Singh Jariyal . A training module titled “ Herbal Home Garden “ has been prepared in Hindi under the guidance of Dr Jarial and is being used as extension tool to provide knowledge and skill in setting new herbal garden



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NUTRITION BULLETIN

HEALTH AND NUTRITION FROM NUTRITION GARDEN

Along with the facilitation of good agricultural practices and livelihood for the farmers, their nutritional status becomes a priority that needs attention. Training and exercises on setting up nutrition gardens enable the rural households secure nutritious vegetables for self-consumption. An observable change in the dietary pattern of the community would eventually reflect upon their well-being. Under the Good Farming – Good Food Programme, our Nutri sakhis (Trained cadre of Nutrition Volunteer) and lead women farmers are taking initiatives in spreading awareness on nutrition amongst the target villages and cluster.



Home gardens are different from farms. In farms, the crop is sown in one single sowing operation and harvested at one go. Nutri Gardens (Kitchen Gardens) are set up with the idea to help provide nutritional vegetables to the Households round the year. The farmers are encouraged to use bio fertilizers and biopesticides to make the vegetable chemical-free. The farmers are using biodegradable waste collected from the kitchen and household waste for composting and subsequently using the same in their backyard garden. Partners like East-West Seed has actively contributed to the cause by providing ready support to the farmers. They have assisted the women farmers in understanding the intricacies of growing a vegetable garden through sustainable methods. They have helped provide on field support and knowledge among the interested farmers with garden kits ready for plantation. A variety of seeds ranging from Okra to Bitter gourd, Ridge gourd to cucumber have been sown by the farmers. An area of not less than 400 sqft is being used for raising the same.

Many demonstrations were also conducted for understanding the practicality of its application. The encouragement received will help the farmers continue with a healthy and beneficial habit of consuming only nutritious food. This behavioral change is bound to bring a drastic change in the rural community of Madhya Pradesh, where programmes like Good Farming – Good Food would continue to influence the life of farmers for a change that matters.



FPO UPDATES

BUSINESS PLANNING AND ROBUST INSTITUTIONAL FRAMEWORK OF FARMERS PRODUCER ORGANIZATIONS (FPO)

In one of the project district Agar, the governing body of Ajeevika Orange Producer Organization is taking proactive role in setting up the Institutional mechanism for its operation and smooth execution of deliverables. A meeting was organized on 5th of Aug with expert support from the subject expert of IRMA (Institute of Rural Management, Anand, Gujarat) for development of viable business plan. In this process an interactive discussion was organized between the member Board of the FPO and the IRMA Expert at the Agar Training Cum Resource Centre. The members had detailed discussion and brainstorming on topics like process adopted in forming FPOs, their working and role and



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BUSINESS PLANNING AND ROBUST INSTITUTIONAL FRAMEWORK OF FARMERS PRODUCER ORGANIZATIONS (FPO)

responsibility, share capital mobilization, current marketing practices of oranges , primary processing , market players , existing commodity and future plan. The deliberation also touched upon on the necessity of business plan for sustainability. In the valedictory address, IRMA experts, urged the participants for collective action , scope and opportunity to be leveraged for orange producers . He also regarded the FPOs to be the vehicle of prosperity for the rural India by facilitating the aggregation and collectivization and transferring the benefits to the farmers in the near future.



All the aspects of FPOs, right from mobilization of farmers, FPO formation & registration as Producer Company and the aspects of Business Plan Development for FPOs, market research, marketing plan, etc., were discussed in meeting during the visit. Efforts are now being made for convergence of schemes from MPSRLM whereby the FPO will be able to get an operational cost of Rs 6 lac per annum for three years on condition of being women led FPO.

The Ajivika orange FPO is now more than six-month-old and hence process has been initiated to complete due diligence issue like Audit, RoC (Registrar of Companies) filing and filing of Annual report. The filing of Audit is in under process now. Solidaridad as a resource organization is providing technical support and handholding to the FPC in putting MIS , statutory compliances in place.

A BRIEF REPORT OF INAUGURATION CEREMONY (HELD ON 13TH AUG, 2021)

Good Farming – Good Food and its partners encourage FPOs and assist farmers in materializing their resources and emerge as self-sustaining FPOs in their areas. An office cum resource centers have been established in all five district of Madhya Pradesh under Programme Good Farming – Good Food. Solidaridad has been providing technical and logistic support in all project district.



In the Inaugural Function, addressing the participants, Dr. Suresh Motwani(Sr Manager and Programme Head, Central Region) , graced the occasion and welcomed the members of Siddhapur and Khalihan farmer producer company and board of directors, shared a brief introduction on the project, interventions and highlights so far and also stressed on the importance of farmer producer company, role and responsibility of governing body etc.

In the end Mr. Anil, Khare proposed the vote of thanks to all dignitaries present and the participants.



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PARTNER UPDATES

MADHYA PRADESH STATE RURAL LIVELIHOOD MISSION (MPSRLM)

National Rural Livelihood Mission has collaborated with Solidaridad and many other partners under the programme Good Farming – Good Food to address multiple issues related to increasing the village community's livelihood and bringing nutrition to every doorstep.



The team Solidaridad organized a visit of MPSRLM and conducted one meeting during the visit. In the meeting, the team Solidaridad shared intervention under Good Farming Good Food with women of Cluster Level Federation (CLF) of MPSRLM, in which Ms. Rekha Pandye- District Programme Manager, Ms Shahana Khan -Block Coordinator and Ms.

Kiran Singh Cluster Coordinator from MPSRLM were also participated in meeting. The team MPSRLM interested to do initiative for women empowerment activities through joint venture. The team also visited the resource cum training center at Gunga ,Bairasiya and discussed with the board of directors of Rakshika Mahila Kisan Producer Company, Bairasiya-Bhopal . The appreciative contribution by MPSRLM would continue for the coming months for the women community of Madhya Pradesh.

SUCCESS STORY

A SUCCESS STORY UNFOLDS ON A FARM AT VILLAGE BADJHIRI- BHOPAL

Mr. Rajendra Verma S/o Mr. Omkar Singh Verma ,Village Badjhiri- Bhopal

The name of Shri Rajendra Verma S/o Shri Omkar Singh Verma of village Badjhiri in bhopal District is well known as a most successful progressive farmer of the village. By dint of perseverance hard working, intelligent farm planning and management, ably supported by trainings under Good Farming Good Food.

His education background is B. Com (Graduate from Commerce stream) 1st year. He associated with the Solidaridad for past three years and since then he never looked back. He shared that "I participated in all the meetings and training organized by the Solidaridad under Good Farming Good Project and never missed any opportunity. I am very much happy to share that I have adopted the smart agriculture farming as advised by the team Solidaridad and adopted all the good agriculture practices in my field.



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SUCCESS STORY- Mr. Rajendra Verma S/o Mr. Omkar Singh Verma ,Village Badjhiri- Bhopal

I kept the seed rate in my field from 35 kg to 50 kg and maintain spacing of 14 inches from row to row in my soybean crop. I used dora and kulpha (intercultural operation for soil inversion and weed control) for weed management followed by manual weeding at 20 Days and 40 Days after Sowing which is critical period for crop weed competition.

Mr. Rajendra Verma used pheromone traps, yellow traps, bird perches (T shaped Knot) as suggested by team for pest control. He visited regular in his field and monitored crop properly and adopted all application suggested by team Solidaridad.

He again shared “I sprayed insecticide on earlier stage to prevent insect on time.

I adopted appropriate seed rate for my field on the basis of germination test prior to sowing and applied fungicides and Rhizobium (biofertilizer)for seed treatment. I prepared the botanical bio pesticide like Dashparni, Neem Oil etc and applied for pest management. Because of all these good agriculture practices the outcome is that I got good fruiting and healthy crop without any issues despite adverse climatic situation, although the adjoining plot of other farmer is seen with less fruiting and affected with other issue due to variability in rainfall receipt.”



Mr. Rajendra is determined to scale up the replication of GAPs in other crops as well . Today Mr. Rajendra is the pride owner of thirteen acres of agricultural land. He constantly enhances knowledge by following the farming innovations suggested by the team Solidaridad under Good Farming Good Food project.

Mr Rajendra is taking proactive initiative to spread the awareness about GAPs among other farmers as well .It feels happy to reap the benefits of hard work and innovation,” he says. The success story of Sri Rajendra is an eye-opener to the other rural educated youth and a source of inspiration for adopting farming as a means of livelihood.



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Nutrition Bulletin

PRESCRIBED SOY RECIPE FOR THE MONTH



Soya Aata Halwa

Ingredients

- Soybean flour - 25 grams
- Wheat flour – 150 grams
- Gram flour – 100 grams
- Ghee or Oil – 200 grams
- Milk/Water – 250 ml
- Sugar -200 grams
or as per taste

Method

Mix all the three types of flour.

1. After this, heat ghee/oil in a pan and put the flour in it.
2. Stir fry on low flame till golden brown.
3. After this, heat ghee/oil in a pan and add soybean paste and fry it on low flame till it becomes golden.
4. While frying the soybean paste, add little ghee/oil in the middle. This will prevent the paste from sticking to the pan.
5. After roasting the soybean mixture, add sugar and milk/water to it and cook till it dries.
6. After the milk/water of soybean mixture dries up, now take out the prepared soyabean halwa in a bowl and serve hot.



NUTRITION VALUE

Ingredients	Gram	Calories	Protein (gm)	Fat	Iron
Soybean	25	108	10.8	4.8	2.5
Wheat Flour	250	852.5	30	4.2	12.2
Gram Flour	100	372	20.8	5.6	5.3
Ghee or Oil	175	1575	175
Sugar	200	796
Total	3703.5	61.6	189.6	20

CULINARY ACTIVITIES DONE IN BHOPAL DISTRICT VILLAGE NANDANI PHANDA



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Nutrition Bulletin

PRESCRIBED SOY RECIPE FOR THE MONTH

Ingredients (For 4-5 persons)

- Soya flour - 25 grams
- Besan (gram flour) - 250 grams
 - Small onion - 100 grams
 - Gilaki - 150 grams
- Palak (Spinach) - 150 grams
- Green coriander - 100 grams
 - Ginger - 10 grams
 - Green chili - 1-2
 - Oil - 60 grams
 - Ajwain - 1\2 tsp
 - Salt - as per taste



Soya Chila

Method

1. Prepare a solution of soya and gram flour and mix the onion and Gilaki with a grater.
2. Grind spinach, ginger, green chilies and mix them in the solution and also add carom seeds.
3. Spread one tablespoon of the solution on a hot griddle.
4. Bake it by applying oil well from both the sides.
5. Serve hot protein rich chila with green chutney.



NUTRITION VALUE

Ingredients	Gram	Calories	Protein (gm)	Fat	Iron
Soya Aata	25	108	10.8	4.8	2.5
Besan	250	930	52	14	13
Gilaki	150	32.5	2.1	-	1.6
Palak	150	44.8	3.4	-	18.7
Onion	100	50	1.2	-	.6
Green coriander	50	92	1.6	-	.7
Oil	60	540	-	60	-
Total		1797.3	71.1	78.8	37.1

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