



Solidaridad

GOOD FARMING – GOOD FOOD



NEWSLETTER



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GOOD FARMING-GOOD FOOD

Sustainable Food and Nutrition Security and Transforming Smallholder's Livelihood
Solidaridad Regional Expertise Centre



FROM THE DESK OF PROGRAMME COORDINATOR

Dear Readers,



Welcome to the latest edition of the "Good Farming- Good Food" newsletter. In August, we celebrate World Breastfeeding Week, a global initiative aimed at promoting the importance of breastfeeding for the health and well-being of infants and mothers alike. In a beautiful harmony of themes, this year, we explore the resonances between Breastfeeding Week and the ethos of the Good Farming-Good Food programme.

Nutrition team has undertaken comprehensive efforts to raise awareness, educate communities, and engage stakeholders in celebrating and emphasizing the importance of breastfeeding.

August is typically a time when soybean plants are already established and thriving in many regions. Maintaining soybean health is paramount for a successful harvest. In August, vigilant farmers are on the lookout for any signs of pests or diseases. Integrated pest management techniques are being put to work by the team minimizing the need for chemical interventions.

In this issue, we are excited to delve into the world of sustainable agriculture, with a particular focus on the transformative potential of regenerative practices in soy cultivation. Beyond Good Agriculture Practices, regenerative practices are rewriting the narrative of soy farming. These practices invite us to envision agriculture not as a series of inputs but as a holistic system that thrives on balance, diversity, and resilience.

Together, let us champion the idea that good farming is not just about producing food -it's about nurturing the earth, cultivating resilience.

Stay connected with us as we are ready to celebrate the nutrition month in September 2023.

Happy Reading!

Dr. Suresh Motwani



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ACTIVITIES ON SOY DEMONSTRATION PLOTS



The Soy Demonstration Plot serves as a living canvas upon which agricultural activities unfold. It is a space meticulously designed to showcase the various stages of soybean cultivation, right from the preparation of the soil to the eventual harvest. There are more than 200 soy demonstration plots established in Good Farming-Good Food project areas. The month August witnessed the pod formation in Soybean crop.. Continuously monitor of crop for pests and diseases can significantly impact pod formation. Implement integrated pest management practices to address any issues promptly.

Trainings to Farmers: Under the Good Farming-Good Food Programme agriculture extension team conduct trainings of farmers to disseminate knowledge about best practices in soybean cultivation. These training programs empower soybean farmers to make informed decisions, adopt best practices, and improve their overall soybean cultivation techniques during the critical pod stage. In doing so, they contribute to increased crop productivity, financial stability, and environmental sustainability in agriculture.



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Farmers Field School: Regular Field Schools provide an opportunity for farmers to explore the plot up close. Farmers can observe demonstrations of farm machinery, precision planting techniques, irrigation management, new farming tools and techniques. Organizing farmers' field day events during the pod stage of soybean cultivation benefits farmers by providing practical knowledge, fostering community ties, promoting sustainability, and enhancing their overall farming skills and confidence.



Integrated Pest Management (IMP):

Farmers are provided with yellow sticky cards and Pheromone traps. Yellow sticky cards act as a surveillance system for pest insects, allowing farmers and agronomists to detect the presence and abundance of various flying pests. Similarly, pheromone traps, designed to mimic the pheromones emitted by insects, play a pivotal role in providing valuable insights into pest behavior, aiding in timely interventions, and promoting sustainable pest management practices. The primary purpose of pheromone traps in soy crops is to attract and capture specific target insects, usually those that communicate via pheromones for mating purposes. As we strive for more responsible and eco-conscious farming practices, incorporating neem oil into soybean cultivation can be a valuable step toward achieving healthier crops and a greener future.



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Regenerative farming is an agricultural approach that focuses on improving soil health, biodiversity, and ecosystem resilience, while also promoting sustainable and productive crop cultivation. Madhya Pradesh is the largest soy producing state, promoting regenerative farming approach here is vital. As soon as the Soy season arrived our team was prepared with the package of regenerative agriculture practices they had to aware farmers for. Now, there are several instances we capture from the field where farmers explicitly talk about their experiences with regenerative agriculture practices.



REGENERATIVE FARMING APPROACH IN SOY CULTIVATION

As we witness the impact of regenerative practices on soy cultivation, we celebrate the positive changes rippling across fields and communities. Higher soil fertility, reduced input costs, and a renewed connection to the land are just some of the fruits borne from this holistic approach.

SUCCESS STORY

The power of regenerative agriculture practices



Born and raised in a village Barkheda Kharet of District Sehore, Raja Ram was deeply connected to the land. However, he witnessed firsthand the negative impacts of conventional farming methods on his farm land. Determined to make a difference, Raja Ram set out on a journey to adopt regenerative agriculture practices. He thanks to Nico Roozen International Center of regenerative agriculture established on his village by Solidaridad where he got training on sustainable farming techniques, crop rotation, vermi composting, bio-fertilizer and minimal tillage, which work together to build soil health and biodiversity.

Once Raja Ram gained confidence in regenerative techniques, he began implementing regenerative practices and established a demonstration farm of Soybean with the help of Solidaridad. He says “I have only used vermi compost and kandapani (liquid made with cowdung cake) on my soy farm, and I can see there has been improvement in growth of crop and quality of leaves.” He also adds “with the use of Pheromone trap and Yellow sticky card I don’t have to spray insecticide to often, that saves my money and over exposure of chemicals to the crop”.



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CELEBRATIONS



THE GRAND CELEBRATION OF INDIA'S 77TH INDEPENDENCE DAY BY NUTRITION TEAM

On the auspicious occasion of India's 77th Independence Day, the Good Farming- Good Food Nutrition Team came together to celebrate the spirit of freedom, unity and progress. With hearts brimming with patriotism and a shared commitment to health and well-being, the team organized a memorable event that resonated with the essence of this significant day.



The celebrations commenced with the hoisting of the national flag. Amidst cheers and applause, team members shared heartfelt messages that highlighted the significance of Independence Day. The event also featured various engaging activities that celebrated India's cultural diversity and showcased the team's passion for nutrition and well-being. At the end of the event prize distribution ceremony taken place.



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WORLD BREASTFEEDING WEEK

The celebration of World Breastfeeding Week under the Good Farming- Good Food programme was an important initiative taken by Solidaridad aimed at promoting the significance of breastfeeding in ensuring the health and well-being of both infants and mothers in rural areas.

The event took place over the course of a week, encompassing various activities, workshops, and discussions to raise awareness about the benefits of breastfeeding and its alignment with the goals of the Good Farming- Good Food programme. The Nutrition Team of Good Farming- Good Food (GFGF) has played a pivotal role in promoting and supporting World Breastfeeding Week. More than 5000 beneficiaries were reached during the celebration.

During the celebration there has been collaboration with various stakeholders, including health organizations, Anganwadis, agricultural agencies, and community groups, all united under the common goal of promoting healthy practices and overall well-being.



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❖ Activities:

- ✓ **Awareness meetings:** Conducted meetings for expectant mothers, new mothers, and families, focusing on the benefits of breastfeeding, proper breastfeeding techniques, and addressing common misconceptions.
- ✓ **Public Seminars:** Organized seminars featuring medical experts, nutritionists, and local community leaders, who shared insights on the significance of breastfeeding in early childhood development and its connection to Good Farming and Food practices.
- ✓ **Art and Poster Exhibitions/competition:** Held exhibitions displaying artwork and posters that creatively conveyed the importance of breastfeeding, nutrition, and the interlinkages with sustainable farming and food production.
- ✓ **Interactive Sessions:** Hosted interactive sessions for mothers to share their personal breastfeeding experiences, fostering a supportive environment and encouraging dialogue among participants.
- ✓ **Culinary Demonstrations:** Arranged cooking demonstrations showcasing recipes that incorporate locally grown and nutritious foods, reinforcing the link between breastfeeding, sustainable agriculture, and wholesome nutrition.
- ✓ **Community Engagement:** Engaged with local farmers and agricultural groups to discuss the role of sustainable farming practices in producing nutrient-rich foods that complement breastfeeding.
- ✓ **Distribution of Information:** Pamphlets, posters, and educational materials were distributed in local languages to ensure that information reaches every member of the community.
- ✓ **Partnerships and Alliances:** The Nutrition Team collaborated with healthcare centers, Anganwadis, educational institutions, and government bodies to amplify the impact of their efforts. These partnerships facilitated a broader reach and more effective dissemination of information.



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❖ Outcomes:

- ✓ **Increased Awareness:** The event successfully raised awareness about the benefits of breastfeeding, dispelled myths, and provided evidence-based information to mothers and families.
- ✓ **Empowered Mothers:** Mothers gained knowledge and confidence in their ability to breastfeed, leading to increased rates of exclusive breastfeeding and better overall infant care.
- ✓ **Community Participation:** The involvement of various stakeholders, including medical professionals, nutritionists, farmers, and community members, facilitated a holistic approach to promoting breastfeeding and nutrition.
- ✓ **Stronger Connection to Programme Goals:** The event effectively highlighted the alignment between breastfeeding and the goals of the Good Farming-Good Food programme, fostering a deeper understanding of how sustainable agriculture and proper nutrition are interconnected.



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In the world of soybean nutrition within the Good Farming - Good Food Programme, soybeans are celebrated as a nutritional powerhouse, a sustainable farming choice, and a source of economic opportunity. Throughout the month the Nutrition Team has been involved in various activities to disseminate awareness on consumption of Soy based food.



- **Household visits** - Nutrition team carried out intensive household visits during the month to empower rural households to make informed decisions about their nutrition and farming practices to improve overall health and well-being.
- **Awareness meetings** - The ultimate goal of awareness meetings in the "Good Farming Good Food" program is to empower communities with knowledge, skills, and resources to aware them about their nutrition and farming practices, leading to improved health and sustainable food production. These meetings serve as a platform to engage with the community, address concerns, and promote positive changes in food production and consumption
- **Distribution of Soy Chunks** -The distribution of soy chunks is a strategy to address protein deficiencies, especially in areas where access to animal-based protein sources is limited. It can contribute to improved nutrition and food security within the community while also supporting local agriculture and sustainable food production practices. Under the programme Nutrition team distribute and encourage families to consume soy food in some or the other form.



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ACTIVITIES WITH PARTNER ORGANISATIONS



A one-day training programme for women members of self-help group of Madhya Pradesh State Rural Livelihood Mission (MPSRLM) has been organized at the herbal farm of the leading Mr. Radheshyam Parihar.

Based on organic method, regenerative agriculture and under the International Year of Millets, 50 leading women farmers of the district Agar Malwa were selected and linked to the cultivation of whole grains. The main objective of this training, organized by the joint effort of Solidaridad and MPSRLM, is to encourage women farmers participation in farming as well as to connect them with employment-oriented activities.



CELEBRATION OF INDEPENDENCE DAY WITH SAMARTH FPO AND DISTRICT ADMINISTRATION

On the occasion of Independence Day, a farmer seminar was organized by Solidaridad, Samarth Kisan Producer Company (an FPO supported by Solidaridad) and MP State Rural Livelihood Mission in the presence of District Magistrate Mr. Raghvendra Singh and Chief Executive Officer, Zila Panchayat Mrs. Harsimran Preet Kaur.



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....Celebration of Independence Day with Samarth FPO and District Administration

During the event a total of 1000 saplings of improved guava variety L-49 were distributed among the farmers. Tree plantation was done in the premises of the Samarth FPO by District Magistrate, District Panchayat CEO and District Superintendent of Police.

Officials from District office of State Rural Livelihood Mission and Department of Agriculture also made their gracious presence in the event



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