



# NEWSLETTER



**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 monthly Newsletter of 'Good Farming- Good Food'. As Rabi season continues, wheat farming remains dominant in Madhya Pradesh. Other than wheat, gram and mustard are also dominant crops sowed during the Rabi season under the programme.

The Good Food -Good Farming team continued their visit to farmers creating awareness about Good Agricultural Practices (GAPs) which helps them not only to get better yield but also retain and improve the quality of soil. December also saw celebration of Soil Week. As a part of the celebrations, the Good Farming-Good Food field team organized meetings with the farmers where they pledged for soil retainment and conservation.

The GFGF programme also encourages inclusion of nutritional diet in the routine meals of the farmers and their families. Our nutrition workers have also been working with Anganwadi workers and Mid-day meal cooks to promote the consumption of soy in the routine meals of school children. This Newsletter will take you through such efforts of our nutri-sakhi's and programme managers where a minor lifestyle change has brought major changes in the lives of the farmers.

The nutrition programme team also encourages healthy eating for all team members. Promoting nutrition, the Agri Nutrition Resource Center (ANRC) started a healthy snack facility for the team members, giving you a glimpse of a healthy team.

**Happy Reading!**

**Dr. Suresh Motwani**



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EAST-WEST SEED  
INTERNATIONAL



भारतीय  
ICAR





## FARM INSIGHTS

### ACTIVITIES ON DEMONSTRATION PLOTS

Initiated to promote environmentally conscious and sustainable farming practices, the Good Farming-Good Food Programme emphasizes the integration of organic techniques to enhance soil health, protect the environment, and ensure the production of nutritious and safe food.



#### Wheat Crop

At the heart of this progressive farming initiative is the use of organic manure in wheat, mustard, gram and vegetable crop, a nutrient-rich elixir crafted from natural sources. Comprising Jeevamrit and Vermi Wash, these liquid nourishment serves as a sustainable alternative to synthetic fertilizers. By applying organic manure during the terminal spikelet stage of wheat, farmers align nutrient supply with the wheat crop's heightened demand, developing healthier plants with a robust capacity for grain development.

Farmers are also advised to use Waste Decomposer, a microbial formulation that accelerates the decomposition of crop residues, addressing a common agricultural challenge. By breaking down residues during the terminal spikelet stage, waste decomposer not only recycles nutrients into the soil but also suppresses the incidence of diseases and pests, promoting a healthier and more resilient wheat crop.



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## ...Activities on Demonstration Plots



### Mustard Crop

The application of NPK (Nitrogen, Phosphorus, and Potassium) spray during the flowering stage of mustard are being practiced by farmers under the project area which offers several benefits to enhance the crop's growth, flowering, and seed-setting processes.

**Nitrogen (N):** N is a key component in chlorophyll, which is crucial for photosynthesis. Adequate nitrogen during the flowering stage promotes healthy and abundant flower development, leading to improved pollination.

**Phosphorus (P):** Phosphorus is essential for energy transfer within the plant and plays a crucial role in the formation of seeds. Applying phosphorus during the flowering stage supports the development of a strong reproductive structure, leading to increased seed set.

**Potassium (K):** Potassium contributes to overall plant health and stress tolerance. During the flowering stage, potassium helps in the movement of water and nutrients within the plant, supporting the formation of plump and healthy seeds. Improved potassium availability can enhance the oil content and quality of the harvested seeds.

### Gram Crop

#### Use of Saunf Pani (Fennel seeds water) in Gram:

Fennel seeds (Saunf) are known to contain compounds that may have antimicrobial and antioxidant properties. Under the guidance of agriculture team of Good Farming- Good Food Programme, Saunf Pani being employed as a part of organic farming practices specially in Gram Crop attaining flowering stage. For around ½ acre of land, 300 gm of grinded fennel seeds are required, which has to be soaked in ½ liter of water for 03 days. This concentration need to be mixed with water to spray.





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## ACTIVITIES WITH PARTNERS

December also saw some activities with partners. Dr. Nita Khandekar, Principal Scientist ICAR-CIAE visited Rakshika Mahila Kisan Farmer Produce Organization, Bhopal district, supported by Solidaridad, and shared more insights into how the only woman FPO can generate more business.

The visit mainly focused on interacting with the members of Rakshika and guide them to implementing better business strategies. Dr. Khandekar spoke of developing and enhancing the supply chain, organizing training of trainers and entrepreneurs on various effective methods to process soybeans and make tofu.

Dr. Khandekar guided the team of Rakshika FPO to make flavored Tofu. She also suggested that FPO should put up Tofu stalls near stadiums and gyms, where protein diet is recommended to people.



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**EVENT**



## CELEBRATING, NURTURING & ENHANCING SOIL QUALITY

**Solidaridad celebrates 'World Soil Day' by enlightening farmers of Good Soil Practices.**

'We have soil to farm, not to harm'. Without soil, there is no farming, so retaining soil health is important. In the wake of this, World Soil Day is observed every year on December 05, 2023.

Solidaridad celebrated Soil Week in the project areas of Madhya Pradesh starting from December 01, 2023 to December 07, 2023 marking the observation of World Soil Day. World Soil Day is internationally observed on December 05. The activities were held separately in each cluster of the marked districts across the state. The farmers pledged to adopt practices that will enhance the quality of soil for a sustainable future. The event also marked felicitation of farmers who are already practising regenerative agricultural practises for the enhancement of the life of the soil.



The GFGF team also had interactive sessions with the local farmers where the team spoke to the farmers about regenerative soil practices and their advantages. The interactive sessions also focused on busting myths that surrounds soil conservation.





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**EVENT**



## NATIONAL FARMERS DAY

**Celebrating Farmers for their relentless efforts to provide us with good food.**

Farming is not a job it is way of life. Celebrating a farmer, who works for acres and not hours, National Farmers Day is celebrated on December 23, 2023. This day commemorates the birth anniversary of the fifth Prime Minister of India, Chaudhary Charan Singh, who was also a prominent leader of farmers. The celebrations marked various activities in all the clusters of the marked districts of the programme.

The GFGF team arranged meetings with farmers to encourage them to implement Good Agricultural Practices (GAPs). With digitalization penetrating in every walk of life, farming is no exception. The team counselled the farmers to take up advanced technologies that would eventually help them to have a better yield.



The farmers took oath of practising organic methods of farming that would improve the quality of the products and soil for a sustainable future.



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## HEALTH & NUTRITION

Your diet is your bank account, good food choices are your good investments. It completely depends on you whether you make the right investments. A healthy diet of high nutrition value is the best investment you can make to lead a healthy life. Our nutrition team helps farmers and their families in making the right choices when it comes health and nutrition.



Under the GFGF programme, our Nutri Sakhis visit communities and households in clusters and villages of the marked project areas of the state. The team conducted various activities and held interactive sessions with the farmers and their families explaining to them the importance of consuming Soy along with its nutrition value. The team also conducted workshops and culinary trainings to teach them the right method of processing soy before consumption.



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## ...Health & Nutrition



Solidaridad’s nutrition team explained to them how they can have access to affordable healthy food. Along with soy, they also made them understand the health benefits of consuming drumstick leaves, amla and other seasonal vegetables and fruits.

Along with proper counselling, the nutrition programme team encouraged the villagers to plant ‘Poshan Vatikas’, kitchen gardens, that includes plantation of seasonal vegetables and fruits. Farmers can thus consume healthy food and also increase their income by selling surplus produce.



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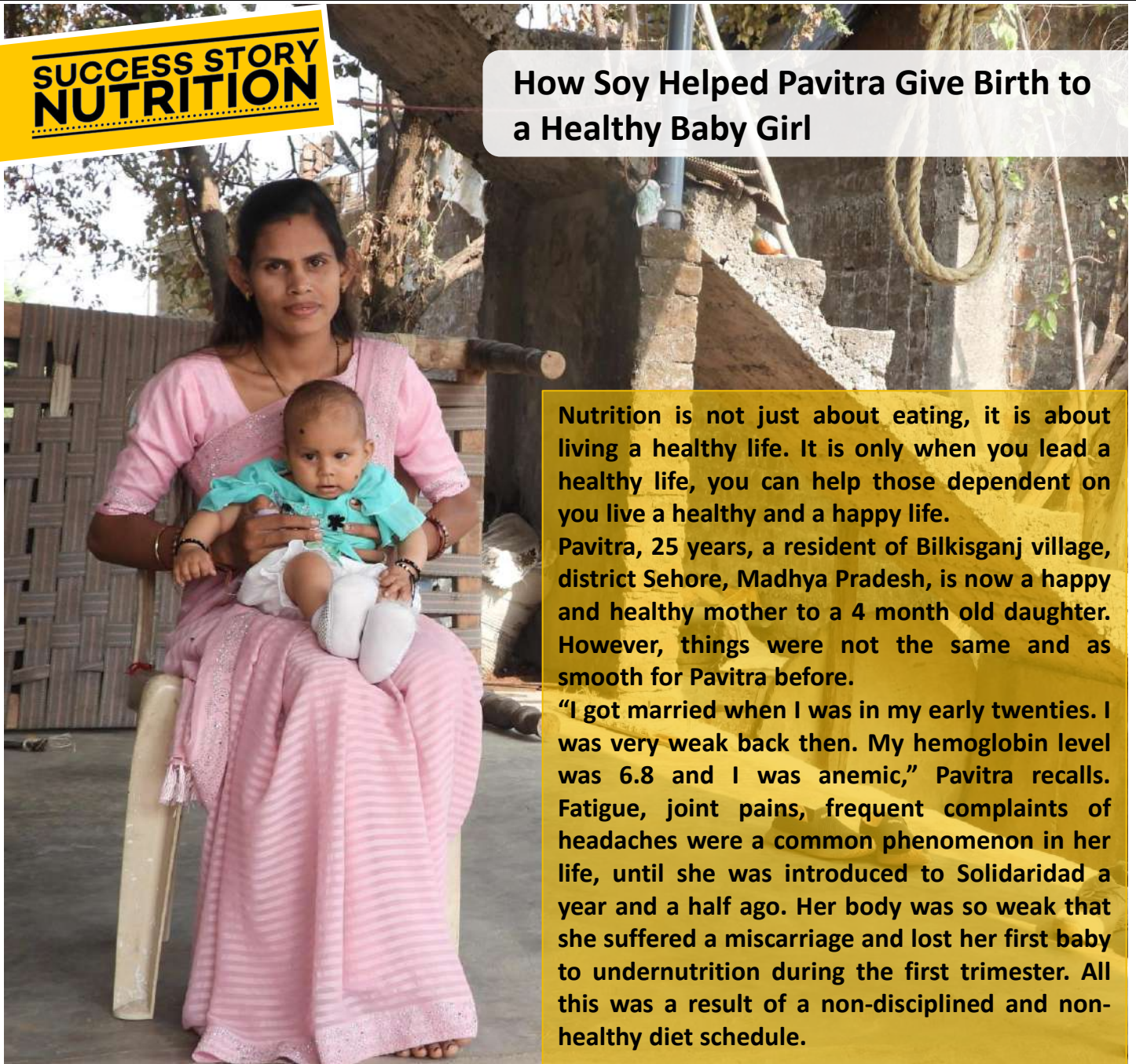
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## SUCCESS STORY NUTRITION

### How Soy Helped Pavitra Give Birth to a Healthy Baby Girl



Nutrition is not just about eating, it is about living a healthy life. It is only when you lead a healthy life, you can help those dependent on you live a healthy and a happy life.

Pavitra, 25 years, a resident of Bilkisganj village, district Sehore, Madhya Pradesh, is now a happy and healthy mother to a 4 month old daughter. However, things were not the same and as smooth for Pavitra before.

“I got married when I was in my early twenties. I was very weak back then. My hemoglobin level was 6.8 and I was anemic,” Pavitra recalls. Fatigue, joint pains, frequent complaints of headaches were a common phenomenon in her life, until she was introduced to Solidaridad a year and a half ago. Her body was so weak that she suffered a miscarriage and lost her first baby to undernutrition during the first trimester. All this was a result of a non-disciplined and non-healthy diet schedule.

“It was a nightmare. Because I was so weak, I lost my baby in the third month of my pregnancy itself. Doctors said it was difficult for me to carry a child because of my health condition. Miscarriage made me even worse,” Pavitra said with tears in her eyes adding, “I thought everything was over for me. Thousands of questions like whether I will be a mother again or not, what will happen if I am not able to bear a child, etc. began hammering me.”



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## *...How Soy Helped Pavitra Give Birth to a Healthy Baby Girl*

### The Change

When Pavitra was introduced to Solidaridad, she had a ray of hope. The nutrition workers of Solidaridad explained to her the importance of consuming Soy in routine life. “To promote nutrition oriented interventions creating awareness is a crucial step in actually changing the behavioral patterns and food routine. **Our major goals include spreading awareness for the consumption of nutritious food especially to women and children and Solidaridad has been successfully contributing to this mission for a long time,”** Dr. Suresh Motwani, Programme Coordinator, said.

“When we met Pavitra, she always looked tired. She was underweight, anemic and low on her HB. Her eating habits were not healthy. It was easy to convince her to change her diet and food routine, we closely monitored her progress, especially after she announced her second pregnancy. We were determined to keep both the mother and the child healthy. She followed her food routine with complete discipline, and we are happy that we brought a positive change in her life,” Nutrition Programme Incharge, Sandhya Choukiker said.

“Despite us being soy farmers, we never thought of consuming soy. We did not know the importance of it and were not aware of how to process soy for our routine use,” she said. Pavitra attended the culinary training programmes and learnt to make a variety of dishes from soy. “We started using soy in our routine meals by adding 10% soy flour in wheat flour and making rotis out of it. I then started eating soy laddu, biscuits and nuts and gradually my health started improving.”



Incorporating soy in routine meals helped Pavitra regain her strength and energy. “My hemoglobin level increased to 8.9, which in my case is not bad,” she said. When I became pregnant for the second time, I realized the changes my body felt back then and now. I now have a healthy 4 month old daughter. I consume soy, and she gets its nutrients through my feed,” she said.

“I am thankful to Solidaridad for their constant efforts to counsel me and guide me to lead a happy and healthy life.”



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## AGRI NUTRI RESOURCE CENTRE

Healthy eating is a way of life. Believing in this, the Good Farming- Good Food team has taken an initiative to keep the entire team of Solidaridad healthy. The Agri Nutrition Resource Center, has started ‘healthy snacks’ for all the members of Solidaridad. During all working days, the nutrition team in the resource center prepares healthy snacks that includes soups, sprouts, delicacies made of sweet corn, corn flour and much more.

**“This is a good initiative by the nutrition team to encourage the team members to have healthy food. While our nutrition team is promoting consumption of soy and other nutritional food items in the routine meals of the farmers, we are also incorporating them in our daily routine,” Dr. Suresh Motwani, Programme Coordinator, said.**

### Items in the snack include:

- Sweet Corn
- Veg soup
- Sprouts
- Soy Bhel
- Sandwich
- Millets Upma
- Millets Pizza
- Amla Juice
- Fruit Chat
- Healthy Laddu





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## RECIPE OF THE MONTH

### Soy Bhaji Wada (For 4 servings)

#### Ingredients:

- ❖ Soya flour - 10 grams / 1 tablespoon
- ❖ Spinach - 100 grams
- ❖ Gram flour (besan) - 90 grams / 1 cup
- ❖ Green chilies - 2-3
- ❖ Ginger - 10 grams
- ❖ Salt - as per taste
- ❖ Oil - 75 ml (for frying)



#### Instructions:

- ✓ Finely chop the spinach.
- ✓ Mix soya flour and gram flour in the chopped spinach as needed.
- ✓ Make a paste of green chilies, ginger, and salt, and mix it into the spinach mixture to form small round tikis.
- ✓ Heat oil and fry the tikis until they become crispy and light brown/brown.
- ✓ Serve the crispy tikis with coriander chutney.

#### Nutrition Value –Soy Bhaji Wada

Ingredients	Quantity (Gram)	Calories	Protein (Gram)	Fat (Grams)	Iron (Miligram)
SOY FLOUR	10	43	4.3	2	1
GRAM FLOUR	90	372	20.8	5.6	5.3
SPINACH	100	29	2.2	-	12.5
GARLIC	10	7.8	0.26	-	0.3
GREEN CHILLIES	5	1.6	0.16	-	0.12
OIL	75 ml	675	-	75	-
<b>TOTAL</b>		<b>1128</b>	<b>27.7</b>	<b>83</b>	<b>19</b>





## KRISHI CHAUPAL (ONLINE TRAINING ON AGRICULTURE)

This month Krishi Chaupal (Online training on Agriculture) had been organized to address farmers on various concurrent topics comprised of 1. Soil Health, Importance of Carbon in Soil 2. Good Agriculture Practices in Tomato and Chili Crops 3. Integrated Disease and Pest Management in Potato Crop.

Training on  
**Soil Health, Importance of Carbon in Soil**  
मृदा स्वास्थ्य, मृदा में कार्बन का महत्व



**CELEBRATION OF SOIL WEEK**  
(1<sup>st</sup> to 7<sup>th</sup> December 2023)



Online Training Session Organized  
by  
**Smart Agri Hub**  
2nd December 2023 (Saturday)  
3:00 to 4:30 PM

For More Information  
PLEASE CONTACT  
**SMART AGRI HUB**

HOW TO JOIN ?  
Click on the link below after installing Google Meet  
<http://meet.google.com/lqa-hvss-ztw>

7669047747, 8251071818

### 1. Importance of Carbon in Soil:

The meeting was organised on the occasion of the World Soil Day a week-long celebration. The meeting commenced with a thorough exploration of the pivotal role carbon plays in soil health. Experts underscored the significance of carbon in promoting soil structure, water retention, and nutrient availability. Participants were encouraged to adopt practices such as cover cropping, organic amendments, and reduced tillage to enhance carbon sequestration in agricultural soils.

### 2. Good Agriculture Practices in Tomato and Chili Crop

The focus was on optimizing yields while minimizing environmental impact. Topics included the selection of suitable varieties, precision farming techniques, and the utilization of organic fertilizers. Participants shared success stories and challenges faced in implementing these practices, developing a collaborative environment for continuous improvement. The goal was to empower farmers with knowledge that leads to increased productivity and reduced ecological footprint.

### Good Agriculture Practices (Gap's) in Tomato and Chili Crops

टमाटर और मिर्च की फसलों में बेहतर कृषि क्रियाएं




ONLINE TRAINING SESSION  
ORGANIZED BY  
**SMART AGRI HUB**

15<sup>th</sup> Dec 2023 (Friday)  
Time : 3:00 to 4:30 pm

HOW TO JOIN ?  
Click on the link below after installing Google Meet  
<https://meet.google.com/ses-dget-pnn>

For More Information Please Contact  
Smart Agri Hub Helpline  
**8251071818, 7669047747**





...Krishi Chaupal (Online training on agriculture)

## Integrated disease and pest management in potato crop

आलू की फसल में समेकित रोग एवं कीट प्रबंधन



ONLINE TRAINING SESSION  
ORGANIZED BY

**SMART AGRICULTURE HUB**

22<sup>nd</sup> December, 2023  
(Friday)

Time  
3:00 to 4:30 pm



### HOW TO JOIN ?

Click on the link below after installing Google Meet  
<http://meet.google.com/sqm-ryoo-ums>

For More Information Please Contact

Smart Agri Hub Helpline

8251071818, 7669407747

### 3. Integrated Disease and Pest Management in Potato Crop

The emphasis was on adopting a comprehensive approach that combines cultural, biological, and chemical control methods. Experts shared insights into crop rotation, the importance of selecting disease-resistant varieties, and the judicious use of biopesticides. The discussions aimed at equipping farmers with effective strategies to combat diseases while maintaining environmental sustainability and reducing reliance on traditional chemical treatments.

## CONTACT US

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