



# Newsletter

## GOOD FARMING – GOOD FOOD

Issue : 02

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## Good Farming - Good Food

Sustainable Food and Nutrition Security and Transforming Smallholders' Livelihood

**Solidaridad Asia**



**Solidaridad**





# GOOD FARMING - GOOD FOOD



## Ground Activities Trainings on Waste Decomposer

The month of February was filled with capacity building exercises for the farmers of Madhya Pradesh, especially the ones who partake in training organised under Good Farming – Good Food banner. The farmers from the five districts- Bhopal, Sehore, Ujjain, Dewas and Agar took great interest in activities around the use of waste decomposer.

Waste Decomposer is an organic produce which rapidly decomposes organic waste, crop residue, household wastes etc. It speeds up the process and decomposes the organic material in a duration of 40 to 45 days.

The farmers, during the exercise were shown how to prepare the solution for decomposing the organic waste. To prepare 200 litres of solution, a farmer would first need a tank with enough capacity to hold 200 litres of water. The content of the waste decomposer bottle is then emptied into the tank and 2 kg of finely ground jaggery is added to the solution. The jaggery supports microbial growth in the solution and makes it more effective. The farmers were then requested to mix the solution with a clean stick by stirring it clock wise and anti-clockwise.

The practical demonstrations held were thoroughly observed by the participating farmers. A range of farmers, varying from age to gender refreshed their approach towards better composting methods. They were also told about the do's and don'ts. When preparing the solution, a farmer should avoid any physical contact with the solution. Therefore, the use of clean wooden stick is advisable.

The prepared solution has many applications. It can be used for making microbe-rich compost, or can be sprayed the crop. We can also treat seeds by sprinkling it over the seeds. This would help control soil borne diseases and elevate plant growth and yield by reducing biotic and abiotic stress. It effectively controls seed borne pathogens and involves no chemical for the same.

A correct ratio of water and waste decomposing solution

is required when administering it to different phases of farming. The solution is often administered in diluted form, mixed with water and jaggery to increase its efficiency. The farmers were told about the correct ratio to be followed when using the solution for different purposes.

Waste decomposer is a cost-effective solution for preparing enriched compost in no time. The compost prepared would have high organic carbon content and rich in other essential nutrients. The compost in



### FROM THE PEN OF THE PROGRAMME MANAGER

Dear Esteemed Readers,  
The month of February marks the end of the first month of this very new year and a steady shift from winters to summer. With the change in season comes changes in agricultural inputs as well. In the second issue of our Newsletter, we bring a crisp outlook of the activities commenced this month.

In this issue, we bring some specific activities- Waste decomposer trainings, Jeevamrit preparation, and also nutritionally directed efforts on Deworming day. Do try our soy-based recipes that features in every issue. With the coming month of March, which marks the onset of harvesting, we will soon join you with more updates on ground activities and events under the banner of Good Farming – Good Food. My heartiest thanks to all the partners who have assisted us throughout the month and have openheartedly contributed in bringing sustainability to the farming community of Madhya Pradesh.

We hope you enjoy this issue. Do send us your stories and developments under the programme which can be showcased in the Newsletters.

Wishing you all good health and prosperity.

**Suresh Motwani**  
General Manager  
Solidaridad





# GOOD FARMING - GOOD FOOD

## Trainings on Waste Decomposer

turn would prove beneficial for the soil and the subsequent crop that's grown. One of the qualities that impressed most of the farmers was that it does not involve and chemical.

A number of farmers collectively from the 5 districts of

Madhya Pradesh were trained in preparation of waste decomposer solution and its application in various agricultural operations. With more than 30000 farmers, Good Farming – Good Food strives to make farming in Madhya Pradesh efficient and organic.

## Ground Activities

### Trainings on Jeevamrit

In an effort to get maximum out of the crops, the farmers from Madhya Pradesh have been adopting the new and improved methods of cultivation. They also endeavour to enhance their soil fertility by preparing bio fertilisers that would reduce the cost of fertilisers and chemicals. The five districts- Agar, Ujjain, Dewas, Sehore, and Bhopal, saw various training exercises conducted on the preparation of Jeev Amrut under the banner of Good Farming – Good Food programme.



Jeev Amrut is a liquified bio-fertiliser that provides our soil with the essential nutrients that reach the plant and helps procure a better yield. The bio-fertiliser furnish the nourishment, which is necessary for the soil-beneficial microbes. The nourishment helps multiply the microbial population, which in turn converts the soil mineral nutrients and balances soil nitrogen for the plants. While the microbes live in a symbiotic relationship with the plants by attaching themselves to the plants' roots, they often require nourishment from the external interventions. Jeev Amrut is one such intervention which is naturally prepared and contains, little or no chemicals.

The highlight of the solution is its ease of preparation. Most of the ingredients can be locally acquired and are readily available. An old plastic or cement container, fresh cow dung, cow urine, jaggery, gram flour, soil and a stick to stir, can be easily made available in a rural setup

without any added cost. It only takes around three days to get ready, and one litre of the solution can be mixed with 15 litres of water. The solution is also useful in creating bio compost. Timely spraying the solution over the cow dung and other biodegradable waste would help prepare a soil beneficial microbes-rich bio compost in 40 to 45 days. Many farmers were also demonstrated with a demo to create a waste compost with Jeev Amrut.

Due to the high day-time temperatures and dry-humid conditions observed between November and December, farmers were advised to provide irrigation to the crop and manage the moisture loss. During the irrigation, many farmers combined the Jeev Amrut with their irrigation practice.

The results of using this bio fertiliser were also promising.



Farmers have appreciated its use and reported a visible improvement in the crop's growth during the tillering stage. In December, the training and demonstration on Jeev Amrut align gracefully with the celebration of World Soil Day, which aims to promote soil fertility, soil biodiversity, crop productivity, and sustainability.

A number of farmers from across the five districts of Madhya Pradesh were trained in the preparation of Jeev Amrut through field application and demonstration. By promoting nature-friendly agri-inputs, Good Farming – Good Food strives to make farming a sustainable and economical for Madhya Pradesh's farmers.



# GOOD FARMING - GOOD FOOD



## Nutrition Bulletin Deworming Day

Although controllable by cost-effective and straightforward interventions, infections caused by gut worms represent a significant health burden in India. It becomes a topical affair in the context of nutrition management in children. Parasitic worms like Hookworms attach themselves to the small intestine of the infected children and feed on their blood. The blood loss can result in Anaemia in the individual. By and large, the condition can lead to malnutrition, impaired physical-mental and cognitive development, and reduced school participation of students.

To reduce the ill effects of malnutrition, Good Farming – Good Food aims to bring positive dietary changes in the consumption pattern of women and children who are most susceptible to malnutrition. Thus, to improve the absorption of nutrients, deworming of individuals becomes a prerequisite.

To combat this issue, the Government of India launches National Deworming Day every year to deworm all children aged between 1-19 years. The National Deworming Day is conducted in all states and UTs on February 10 every year. Solidaridad targets children aged 0 to 14 years under the Good Farming – Good Food program for nutrition and health in-

tervention. Deworming Day thus falls perfectly in line with achieving the nutritional objectives of the programme. Working closely with Anganwadi workers and Mid-Day

Meal Council, Solidaridad, under the banner of Good Farming – Good Food, conducted educative interventions for the mothers and children of village Tilakhe-di, District Bhopal.

The participants were briefed about the detrimental impact of parasitic intestinal worms. The exercise carried out important session covering details like transmission of worms from food and soil to humans, the importance of sanitation, treatment at

the household level and consumption of vegetables that can help induce deworming.

Under the guidance of a Nutrition Consultant, 40 children were brought under the intervention. A detailed nutritional diet consisting of vegetables like tomatoes, beetroot, carrot etc., were suggested to the participating mothers. Good Farming – Good Food aspires to improve the overall nutritional status of children and women from the farming community of Madhya Pradesh. Similar exercises would follow the course in the coming years.



### Solidaridad



## GOOD FARMING - GOOD FOOD

# Nutrition Bulletin

## Pilot Programme: Health and Nutrition Survey

The rural population of Madhya Pradesh still faces the challenges posed by prevailing malnutrition in the community. Accurate knowledge of how seriously does malnutrition penetrates the household thus become an absolute necessity. The proper knowledge helps to identify the root causes and plan appropriate interventions.

In order to recognise the nutritional challenge in each household of the targeted area, the Nutrition Department of Good Farming – Good Food has organised an extensive survey. This door-to-door survey aims to bring Socio-Economic standing, Health and Nutritional status, and Dietary choices of surveyed households into the spotlight. A pilot survey for villages from the Bhopal district has already commenced. The surveying team has set a target of 50000 surveys. The survey is conducted through the help of an online form filling tool – Kobo ToolBox. The tool provides the surveyor with a mobile-based form that can be filled by



clicking over the checkbox options. This vastly reduces the paper cost involved and is a much greener alternative. The report is then listed in a combined datasheet.

Its operation involves a small training for which most of the field agents and experts have been trained.

The questionnaire brings to focus the acceptance of soybean and soy-based products in household consumption. Along with soy, their diet dependence on pulses, vegetable and fruits is also collected to analyse their dietary pattern with accurateness. It also tracks the family's health record, enlisting all the diseases and ailment from every family under the survey.

The cumulative result would eventually help to recognise the critical area of nutritional intervention in the sampled community. The result would also help to design a custom-tailored approach for the families and communities as a whole.

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# Nutrition Bulletin

## Prescribed Soy Recipe for the Month

### Fried Soybeans

“ Soybean is one of the richest and cheapest source of Protein ”

#### Ingredients

- 175 Grams Soybean (soaked in water for 12 hours)
- 125 millilitre ghee/oil
- Salt
- Chat Masala





# GOOD FARMING - GOOD FOOD

## Prescribed Soy Recipe for the Month

### Method -

- Soak the Soybeans in water for atleast 12 hours.
- Wash the soaked soybeans twice in clean water.
- Boil the soybeans in slated water for 20 to 25 minutes.
- Rinse the boiled soybeans and allow it to dry.
- Heat the oil in pan and deep fry the soybeans until they turn golden brown.
- Add salt and Chat Masala to your liking.

Ingredients	Grams	Protein	Iron (mg)
Soybeans	175	75.6	18.2
In total	175	75.6	18.2



## Meet the achievers

**Rekha Goswami**

**From a shy housewife to a lead farmer, and later a Board of Director for an all women Famer Producer Organisation, Rekha Goswami is an outshining example of what women can achive in little or no time.**

As a 51-year-old successful women farmer and a mother of two, Rekha Goswami from the village Raju Khedi has set a remarkable example for other women farmers in her community.

There was a time when her trepidations and inhibitions about the world outside kept her involvement strictly inside the house. The repressed attitude always restricted her talents to grow strong. Even for the smallest of the work, she was dependent on her

husband and later on her elder son.

Things started to change after she began to participate in sustainable agriculture training sessions organised under the canopy of Good Farming – Good Food. Her hidden talent came to light as she increased her involvement in the activities. Many of the sessions are organised explicitly for women in farming. The idea behind the sessions is to increase women's involvement



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# GOOD FARMING - GOOD FOOD

**Rekha Goswami**

in the farming sector and make them self-dependent. Earlier Rekha was oblivious to the various Government schemes that were meant to reach women involved in farming. After associating with Solidaridad, Rekha learned about various schemes and subsidies on vermicompost, provided by the horticulture department. After receiving the proper guidance and consultation from Solidaridad, Rekha applied for and received the subsidy as well. The subsidy was then used to set up vermicompost near her field, and it helped her make the farming more sustainable. The garlic grown under improved soil variety gave far better results. This also enabled her to obtain a better market price. Similarly, upon the right training, she adopted such practices for soy, wheat, garlic, and vegetables. Inspired and impressed by the results, Rekha roped-in many of her friends into similar farming practices. The women from her village regularly attended farming demonstrations under the banner of Good Farming – Good Food.

Rekha and her friends also took great efforts at understanding the good agricultural practices required for Soy cultivation. Along with the practices, they were also provided with the necessary soy processing training. Under the training, they learned about preparing processed soy items.

Her growing involvement motivated other talented women farmers from across the village to come forward. They collectively participated in events organised by Good Farming – Good Food partners like- Nutri Month and Women's Day and presented their successful endeavours to the participants.

Rekha is now one of the board of directors of a Farmer Producer Organisation called Siddhpur Kisan Producer Company, made by and for the women in the farming community. The FPO has helped breed leadership qualities in its members.



Rekha involves herself regularly in the board meetings and actively participates in the decision-making process. She is also the lead behind educating many women farmers about the government policies. Upon acquiring an hectare of land through a government scheme, Rekha now encourages and supports other women from her village to utilise such schemes and become an owner of land themselves; something that isn't seen that often in Indian farming society, where the ownership is often bestowed to the men in the family. Such ownerships would encourage the involvement of women in farming and instill a much needed leadership quality in rural women.

Her climb did not stop there. Rekha also presented her case in an event organised in the Netherland Embassy, Delhi, and participated in a workshop. So far, she is the only farmer from the district Sehore who has received a stage this grand, especially for presenting her challenges to a wide range of attendees ranging from Private Organisations and NGOs to Foreign and Government agencies.

Besides looking after her family, farms, and FPO, Rekha also runs a grocery shop from her house. Rekha has thus shown the world that women do not necessarily depend on men, and if given a chance, they can prove their worth in every opportunity that comes knocking on their door. Rekha credits Good Farming – Good Food for the gradual improvement in her confidence through right exposure.

She is an inspiration to her friends and family, especially to her young daughter, who aspires to become as vibrant and active as her mother one day.

**Solidaridad**