



Newsletter

February, 2023 | Issue no. 26



Kingdom of the Netherlands



Message from Programme coordinator



Dear Readers,

Welcome to the February edition of "Good Farming-Good Food" monthly Newsletter. February is a month when agriculture takes a major seasonal transformation.

During this month the growth of Rabi crops (Wheat, Chick Pea, Mustard etc.) have attained the stage of physiological maturity. Grain filling and pod formation has attained its full growth in crop of Wheat and Chickpeas, while in case of Mustard, the crop is close to harvest maturity as the pod or siliqua is showing the sign of changes in colour from green to yellow.

The advisories given to Farmers have abled them to schedule their irrigation in right time. In programme areas farmers are preparing their lands to sow or planted summer time vegetables. Farmers also made to use of bio-manure wherever the attack was above threshold level. Such measures are eco-friendly, cost effective and protect the crop in early stage itself. Our consistent support and engagements with farmers both off and on the field has bridged the gap of information and helping in many ways achieving the full crop potential and thereby crop yield.

Women farmers under Good Farming-Good Food programme are getting constant hand holding through practical exposure on dietary diversification and diverse food preparation from Soy products. Trained nutrition team and village health workers are also giving their support to spread the message at large. With this newsletter, we bring you monthly updates and a glimpse of our key activities. We hope you all enjoy this edition as much as we enjoyed the activities throughout the month.

Sustainable Agriculture



Small and marginal farmers face tremendous challenges during agriculture production phase such as for access to technology, quality seed, fertilizers and pesticides including requisite finances. A Farmer Producer Organisation helps the small-scale producers not to fall into the traps and become victims of the intermediaries. The right amount of profit, monetary and saving benefits that they are entitled to everything is given by the FPO. Solidaridad supports farmers to connect with FPOs, help in establishing business, their capacity building and hand-holding in its smooth functioning. In order to build the capacity of Board of directors, Chief Executive Officers of these Farmer Producer Company and cluster team of CBBO, trainings programmes organised at Choudhary Charan Singh National Institute for Agriculture Marketing, Jaipur. The training programme are majorly covering the critical issues like "Business Opportunities and Marketing Strategies for FPOs", Small Business & Rural Entrepreneurship, Agripreneurship development programmes.



Capacity building in agriculture is a crucial factor for sustainable growth of smallholder farmers. It can help to increase the capabilities of a community to continue practices learned in an intervention and increase trust in other stakeholders. Capacity building is not only about training local stakeholders to obtain the needed skills and competencies, also the social environment, institutions, beliefs and attitudes of an individual and its' community is considered.

Under the Good Farming-Good Farming programme, the smallholder farmers are provided in-depth training on crop agronomy practices advisory, stewardship, safety and general health tips. They are also trained on use of safety equipment, safe & judicious use of crop protection products, disposal of pesticides. Every programme area has a different dominant regional crop. Thus, capacity building programmes are designed in sync with crop characteristics.

Krishi Choupal (Online Meetings on Agriculture)

**Online Training on
Insect Pest Management and Post Harvest
Management in Mustard**

On
14th February, 2023
(Tuesday)
Time : 3:00 to 4:00 PM



 Click on the link below after installing Google Meet
<https://meet.google.com/szv-scye-yvw>

FOR MORE INFORMATION PLEASE CONTACT
Mr. Anil Khare: 7089501837
Mr. Shyamender Pal Rajput: 9982436682

Training on
**Pre and Post harvest Management of Rabi Crops
(Wheat, Gram and Mustard)**
शरी कससों कस पूरु और कससों उपससत प्रससत (गेरु, कसस और सससों)

25th February 2023
(Saturday)
Time: 3:00 to 4:00 pm



Online Training
Session Organized by
**Smart Agri
Knowledge &
Information Hub**



 **How to Join ?**
Click on the link below after installing Google Meet
<https://meet.google.com>

For More Information Please Contact
Anil Khare – 7089501837
Namrita Bhanweria – 9644195248

We support our farmers throughout a crop cycle. In view of Rabi crops like Wheat and Mustard have reached the maturity stage, Krishi Chaupals have been organised for farmers covering issues related to pre and post harvesting management of Rabi Crops. A panel of experts addressed our farmers on these issues and resolve queries raised from farmers side.

Farmers are facilitated with improved
IRRIGATION SYSTEM



With the arrival of summer, the issue of availability of water for irrigation is accelerated among the farming community. We stand together with the farmers to support them with finding a sustainable irrigation solution. Farmers in project areas are connected with improved irrigation system and water conservation techniques to meet the irrigation need during summer season and promoting agriculture sustainability. For this purpose, portable sprinkler set and portable drip irrigation system have been provided to the Farmers of project areas.

Health & Nutrition





International Women's Day- a day dedicated to honoring the accomplishments of women in every sector. This year International Women's Day will be marked on the theme DigitALL: Innovation and Technology for Gender Equality. Solidaridad is extending its honor to the female farmers, by organising "A Week-Long Celebration" having series of trainings and meetings covering a wide variety of issues which sync well with the theme such as connecting women with technology, financial literacy for women, Good Agriculture Practices and many more.

**LAND PREPARATION FOR
SEEDING AND PLANTING OF
SUMMER VEGETABLES**



Training of Women Farmers on Financial Literacy with the support of National Center for Financial Education



Financial literacy is required for efficient financial decision-making and money management, therefore financial information and understanding are critical. Solidaridad in its conation for gender equality has organised training programmes on financial literacy of rural women. In this series training programmes with more than 100 women farmers participation organised at Agar Malwa. Master Trainers from National Center for Financial Education have taken the training sessions covered the important aspects of financial literacy like concepts of financial management, Banking, Digital Payments, Insurance, Investment, Retirement and pension scheme and Fraud Prevention and Grievance Redressal. Rural women who are the major workforce in rural areas get left behind when it comes to utilization of their own money the way they want. Women that are financially literate can make efficient use of financial products and services and they will not be cheated by people selling financial products not suited for them



Rakshika Women FPO supported by Solidaridad marked its presence in G-20 side event



In light of India leading G-20, a women led G-20 side event focusing on millets and women farmers in FPO has been organised by ICAR-CIWA at Bhopal during 8-9 February 2023. In the event Solidaridad supported women led FPO Rakshika Farmer Producer Organisation participated and setup an exhibition-cum-sale stall displaying various products Rakshika is engaged in doing business of like Soy food, Soy Tofu, products made with Amla, Pickles etc. Visitors appreciated Rakshika's efforts and they did a business of Rs. 5400 during the exhibition.

Poshan Chaupal (Online Nutrition Meetings)

GOOD FARMING – GOOD FOOD

04th February, 2023
(Saturday)
12.30 to 2.00 PM

पोषण चौपाल
POSHAN CHAUPAL

Importance of including Soybean and Soy processed food in daily diet for enriched nutritional value
सोयाबीन पोषण मूल्य के लिए दैनिक आहार में शामिल करने और सोया प्रसंस्कृत भोजन को शामिल करने का महत्व

Nutrition Expert
Dr. Parit Chandra
Principal Scientist
Center of Foodborne System Processing and Utilization (CFSPU)
ICAR-Central Institute of Agricultural Engineering, Bhubaneswar



Agenda

- Nutritional value of Soybean and Soy processed food
- Processing of Soybean and ways to prepare soy based food products
- Dietary recommendation of Soy based food for people of different age group.
- Importance of Soy processed food to tackle malnutrition and develop healthy immune system.

Click on the link below after installing Google Meet
<https://meet.google.com/vaa-phcu-oot>

For more details contact us

Ms. Lajy Bhargava - 7489605772
Ms. Karanjan Pal - 6267118140

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sardhya.chouAker@solidaridadnetwork.org

GOOD FARMING – GOOD FOOD

25th February 2023
(Saturday)
12.30 to 2.00 PM

पोषण चौपाल
POSHAN CHAUPAL

Role of preservative food in the daily diet and processing of fruits and vegetables
दैनिक आहार में फलों और सब्जियों का प्रसंस्कृत और परिरक्षक भोजन की भूमिका

विशेषज्ञ
डॉ. मोनी सिंह
सहायक प्रमुख तकनीकी अधिकारी
होम साइंस कृषि विज्ञान केंद्र,
उज्जैन (म. प्र.)



Agenda

1. Methods of food preservation and processing
2. Understanding Nutrition in Preservative food
3. Know which season is right for the preservation of fruits and vegetables

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This month, 02 online meetings were organised for our women farmers envisioned to share with them benefits of Soybean and preservative food in daily diet. Also, there were sessions on processing of fruits at home only, to ensure rapid availability preservative food at home. The sessions were taken by special invitee subject experts.

There were more than 100 women farmers participated the online meetings along with field team of Good Farming- Good Food programme.





Mrs. Suman Jangde, from Village Bilkisganj District Sehore is one of the woman farmers whose story of attaining a good health is nothing but an inspiration to all of us to being persistence with our food choice and healthy habits. It's been around a year Mrs. Suman first time attended the meeting organised by Solidaridad's nutrition team in her village under Good Farming-Good Food programme. She says that after including Soybean in diet there has been incredible changes reflecting in her health. She is adding soybean flour with regular wheat flour in certain quantity, also make some snacks with it. Suman informed that her daughter-in-law is an expecting mother, she was quite surprised when doctor said that due to good nutritional intake through soybean, her prenatal period is going smooth without any health issues.

Let's hear to Mrs. Suman, expressing her experience us....



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