

 JULY-2023

 ISSUE NO.31

NEWSLETTER



Solidaridad

GOOD FARMING-GOOD FOOD



Netherlands Enterprise Agency



Act
Go t



FROM THE DESK OF PROGRAMME COORDINATOR

Welcome to the July edition of Good Farming-Good Food Newsletter!

July is a vital time for soy farmers as it represents the planting and early growth stages in several regions of Madhya Pradesh. During July, soy crops require consistent care to ensure optimal growth and yield. Adequate irrigation, pest management, and disease control become essential to safeguard the delicate plants and achieve a successful harvest later in the year. Thus, this month was dedicated to trainings of Integrated Pest Management (IPM). IPM kit distributed to farmers, they were advised to opt for non-chemical techniques to remove weed like Dora Kulpa.

Farmers producer organisations (FPOs) have proven to be instrumental in supporting farmers in various ways. The month witnessed trainings and orientation of members FPOs of Bharatkhand Consortium and other FPOs associated with us, widely covered under this Newsletter.

Nutrition, being the cornerstone of good health, requires a multidimensional strategy. Nutrition awareness campaigns were conducted throughout the month to promote healthy eating habits and balanced diets. Special attention was given to seasonal fruits and vegetables to encourage the consumption of fresh and locally available produce. Nutrition team actively roamed around their assigned villages, spread awareness on soy processing and consumption. Culinary activities taken place for fast learnings, there endeavours for establishing nutrition garden at schools, anganwadi center and household level are well mentioned inside the Newsletter.

Stay tuned to know more updates.

Enjoy Reading!

Dr. Suresh Motwani

AGRICULTURE



July marks a critical phase for soybean cultivation, as it is the period when the crop undergoes crucial growth stages. Successful management during this time can significantly impact yield and quality. A series of training programmes were organised throughout the month covering weed management practices such as manual weeding, mulching, and using pre-emergent and post-emergent herbicides. Farmers were enlightened on Nutrition management where they were advised for assessing the nutrient requirements of soybean plants and apply fertilizers accordingly. Under Integrated Pest Management (IPM) kits were distributed and installed at the farm fields. IPM is a valuable approach that offers a balance between pest control and environmental stewardship. By following these agriculture activities diligently, farmers can optimize soybean production and contribute to a prosperous agricultural season.



The month began with strengthening of Farmers' Producer Organizations (FPOs) with trainings and workshops organised in the leadership of subject experts. In the training programme Mr. Arvind GC and Ms. Rosmin Varghese from Solidaridad Network India Private Limited showcased one of the latest equipment Soil Nutrient Indicator with its practical application. This device is useful to assess the quality of soil as well as doing need assessment.

The orientation of Farmers' Producer Organizations is multi-faceted, focusing on empowering farmers, strengthening market linkages, and advocating for favorable policies. By fostering collective action and sustainable agricultural practices, FPOs contribute to the socio-economic development of rural communities.

There were sessions on FPO upliftment and business development, Government schemes for FPO and their application process such as Agriculture Infrastructure Fund, ONDC network, PMFME, CGTMSE.





Solidaridad Odisha Team embarked on a visit to the "Good Farming-Good Food" project area. The visit aimed to witness firsthand the positive impact of this sustainable agriculture initiative. The team had the opportunity to engage with local farmers, witness their remarkable efforts in adopting eco-friendly practices, and experience the transformational journey towards responsible soy production. Throughout the visit, the team observed the project's multifaceted approach to promoting soy awareness, sustainable farming techniques, and improved livelihoods for farming communities. The project's emphasis on promoting good farming practices and integrating soy into local diets highlights its potential to contribute to food security and nutrition in the region.

The team made a visit to the Nizo Roozen International Center of excellence for Regenerative Agriculture, Sehore (M.P) where they learnt about regenerative farming techniques, which focus on improving soil health, biodiversity, and ecosystem resilience. During the visit, the team witnessed the transformative impact of regenerative agriculture on local landscapes and communities.



INNOVATIONS

The BBF Sowing Technique for Maximum Crop Success !



The Broad Bed and Furrow (BBF) sowing technique is a method of planting seeds in agricultural fields that complements the BBF system for water management. This sowing technique is specifically designed to take advantage of the raised beds and furrows created in the BBF system. By combining the two approaches, farmers can optimize water usage, improve seed germination, and enhance overall crop productivity. Broad Bed and Furrow (BBF) sowing technique is vital for Soybean crop.

In project area several farmers have opted for The Broad Bed and Furrow (BBF) sowing technique for Soybean. In this way they are ensuring a good drainage of water in case of excess of rainfall whereas it helps in retain substantial amount of moisture in soil in case of water scarcity.



HEALTH & NUTRITION



Soylicious Platter



Nutrition gardens in schools have emerged as a valuable educational tool, fostering a hands-on learning experience for students while promoting sustainability and healthy eating habits.

Good Farming-Good Food programme playing a vital role in supporting the development of nutrition gardens in the schools during the rainy season. Along with selection of right place to making layouts and sowing/planting seeds nutrition team worked tirelessly to create an oasis of fresh, nutrient-rich produce right in the schools itself.

Nutrition gardens not only provide nutritious food but also serves as an educational platform to inspire healthier eating habits and foster a deeper connection with nature. Beyond its nutritional impact, the garden also serves as a beacon of biodiversity, attracting pollinators and contributing to the local ecosystem's well-being.



Awareness drive to promote goodness of soybean is the prime component of Good Farming-Good Food programme. It's an initiative aimed at educating and informing the public about the numerous benefits and uses of soybeans. Soybean is a versatile legume that offers a wide range of nutritional advantages and has various applications across different industries.

In the context of nutrition, soybeans are an excellent source of plant-based protein, making them an ideal option for vegetarians and vegans. They are also rich in essential amino acids, fiber, vitamins (such as B-vitamins), and minerals like calcium, iron, and potassium. Including soybeans in the diet can contribute to heart health, help manage cholesterol levels, and support overall well-being.

In the project area of Good Farming-Good Food, Soybean is the major crop prevailing in current time. Thus, it's a peak time when villagers can be connected with goodness of Soybean. Nutrition team made an intensive schedule to execute awareness drive covering wide section of rural society.

Soy Culinary Activities



From traditional soy-based dishes to innovative plant-based recipes, soy culinary activities aim to highlight the nutritional value and eco-friendly nature of soy as a sustainable protein source.

These culinary activities also play a significant role in increasing soy awareness, dispelling myths, and addressing misconceptions about soy consumption. By promoting soy as an essential component of a balanced diet, these initiatives contribute to improved nutrition and food security.

GENDER EQUALITY IN FARMING



Gender-inclusive agricultural policies and programs is essential for creating an enabling environment for women farmers. Under the Good Farming-Good Food programme, in many areas' women farmers are the prime beneficiaries our team is working with. They are implementing good agriculture practices with women farmers and creating a more inclusive and sustainable agricultural sector that contributes to food security, poverty reduction, and gender equality. These practices take into account the specific needs and challenges faced by women farmers and aim to enhance their productivity, income, and overall well-being. Empowering women in agriculture not only benefits them individually but also strengthens the entire agricultural community and drives positive change in society.

**SOLIDARIDAD REGIONAL EXPERTISE CENTRE
GOOD FARMING-GOOD FOOD**

ADDRESS:- SHREENATH KRIPA APARTMENT (GF), D-26, KOHEFIZA,
BHOPAL - 462001 (M.P.)

CONTACT NO.: - +91 7552548160, +918251071818

WEBSITE :- <https://www.goodfarminggoodfood.org>

EMAIL:- suresh.motwani@solidaridadnetwork.org
