



Solidaridad



NEWSLETTER

GOOD FARMING - GOOD FOOD - GOOD HEALTH



Netherlands Enterprise Agency



EAST-WEST SEED
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VIPPY





From the Desk of Programme Coordinator



Dr. Suresh Motwani

Welcome to the March edition of our Good Farming, Good Food, Good Health Newsletter, brought to you by Solidaridad. With the harvest season behind us, our team is gearing up to establish new demonstration plots across our project areas. This season, our field team has been busy distributing sesame, vegetable, and green gram seeds to lead farmers in Bhopal, Sehore, Agar, Ujjain, and Dewas districts. We're excited to announce that a total of 172 demonstration plots have been set up.

Our team has been diligently educating farmers on proper land preparation techniques, optimal sowing methods, and the importance of nutrition application to enhance crop quality. In addition to agricultural activities, our Nutrition Program has been bustling with events, coinciding with International Women's Day and Happiness Day. We've been visiting households to raise awareness about the health benefits of incorporating soy into daily meals.

This month we conducted training sessions for Anganwadi workers, empowering them with knowledge about nutrition and health. Our frontline workers play a crucial role in educating families, especially mothers and young children, about the importance of balanced diets and healthy eating habits and are committed to promote a culture of wellness starting from the grassroots level.

Together, we look forward to build a future where good farming practices lead to nutritious food and improved health outcomes for all.

In this edition of our newsletter, we'll delve into some of the exciting activities conducted in the fields and share impactful stories. Do not forget to tantalize your taste buds with delicious soy-based recipes mentioned in the Newsletter.

Happy Reading!

**Dr. Suresh Motwani,
General Manager,
Solidaridad, Madhya Pradesh.**





FARM INSIGHTS



Now that the harvesting season is over, the field team is all geared up to set new summer demonstration plots for green gram, vegetables and sesame. The team successfully set up approximately 172 demonstration plots in the marked areas programme namely Bhopal, Sehore, Agar, Ujjain and Dewas.

The team distributed seeds and yellow sticky traps to the lead farmers in the marked areas of the Good Farming Good Food Good Health program, an initiative by Solidaridad.

Land Preparation:

Post harvest when the fields are ready, the team guided the farmers to prepare it for next sowing. The team advises the farmers to incorporate organic matter or compost to enrich the soil and improve fertility. They recommended making proper rows or beds for planting sesame, vegetables and green gram.





Seed Practices and Seed Treatment

The field associates recommended optimal techniques tailored with best practices to get maximum yield, from seed selection to nutrition application and treatment methods to the farmers. The team also proves insights that elevates the farming experience with minimum utilization of pesticides.



Demonstration Plot Details

Sr No	District name	Demonstration Plot	Total
1.	Bhopal	Sesame, Vegetable	30
2.	Sehore	Sesame, Vegetables	50
3.	Ujjain	Sesame , Vegetable	42
4.	Agar Malwa	Sesame, Green Gram	20

Implementing Good Agricultural Practices enhances the quality of yield and overall crop health. With the demonstration plots just set up, the field associates will now be working on maintaining the nutrition and quality of the crops in the coming months, till the crop is easy to harvest.



SUCCESS STORY



Kamla Bai wakes up early in the morning, completes her daily household chores and walks to school each day with the same zeal and enthusiasm she had years ago. Nearing her retirement age, Kamla Bai, is a Mid-Day Meal cook in a remote village of Sehere named Raipura. She has been serving food to children from Anganwadi and primary schools for more than two decades.

“I am doing a job that earns me triumphs. Cooking for so many children and making them healthy is a very wonderful task and I love doing it,” she says. “But now, cooking even healthier meal for them makes it even more exciting,” she adds.



Kamla Bai, attended the meetings organized under the nutrition programme of the Good Farming Good Food and Good Health initiative by Solidaridad a few months ago. During the meetings she was introduced to a new form of superfood 'Soy'. The nutrition team gave a demonstration of various Soy food dishes that are easy to prepare and should be incorporated in the routine consumption, especially for women and children.

“We have soy produce in the farms but never thought of consuming it. When I heard about how Soy benefits our health from the nutrition team of Solidaridad, especially those of the children, I decided to include soy products in the mid-day meals as well,” she said.



She also thanks the WCD Department and the PM Poshan Shakti Nirman Yojana for letting her transform lives of hundreds of children by making them healthier and happier.

Kamla Bai and her team, prepares food for nearly 137 students, off which 40 are Anganwadi students while 55 from primary school and 42 from middle school. Our team prepares vegetable made of Soya chunks every once a week and adds Srijan tree leaves (Drumstick tree leaves) in Dal during every preparation.

Here, soy is served in curries, dal to children every twice a week at the least. This leaves Kamla Bai with content who feels that she is contributing in some way back to the society, by making a difference in the lives of the children.

The Nutrition team of Solidaridad has also planted a Poshan Vatika (A Nutrition Garden) that supports planting of seasonal fruits and vegetables in a complete organic manner. "Presently, we have tomatoes, brinjal, ochra, chillies, bottle guard and papaya in the nutrition garden. We also have some coriander. These are used for preparation of the mid-day meals," Kamla Bai adds.

"After we started incorporating soy in the mid-day meals twice a week, we have seen changes in the development of the children, especially those from the Anganwadi. Children are more active, they fall less sick," Kamla Bai said with a satisfactory smile on her face.





Recipe of the month Soy Dahi Vada

INGREDIENTS: (FOR 4 PEOPLE)

- Soybeans - 10 g/ 1 tablespoon
- Split black gram (Urad dal) - 90 g/ 1 small bowl
- Yogurt - 150 g
- Green chilies - 4-5
- Ginger - 10 g
- Salt - as per taste
- Oil - 75 ml (for frying)

METHOD

- Soak soybeans and split black gram separately in water overnight.
- Peel the outer skin of soybeans by rubbing them with hands, and boil them for 10 minutes.
- Grind soybeans and split black gram with ginger and green chilies.
- Mix until the mixture becomes light.
- Heat oil and fry small to medium-sized balls until they turn golden brown.
- Place these balls in hot water.
- Beat the yogurt well and add salt.
- Now, squeeze the balls and put them in yogurt.
- Garnish with roasted cumin seeds, red chili powder, and fresh coriander leaves before serving.

Nutritional Value (Soy Dahi Vada)

Ingredient	Quantity (g)	Calories	Protein (g)	Fat (g)	Iron (mg)
Soyabean	10	43	4.3	2	1
Split black gram (Urad dal)	90	312	21.6	1.2	8.1
Curd	150	90	4.6	6	-
Ginger	10	7.8	0.26		0.3
Green chillies	5	1.6	0.16	-	0.12
Oil	75 ml	675	-	75	-
Total		1129.4	31.3	109.2	9.5

Nutritional value per serving (serving)

Nutritional Value (g)	Nutritional Value per serving
Energy	282 Cal.
Protein	7.8 g
Fat	27 g
Iron	2.3 mg





MEETINGS & TRAINING

March brought with a bunch of events and activities. With changing season, the field associates visited villages, schools and Anganwadi centers to enlighten children, families and communities about the benefits of consuming soy, Srijan leaves and curry leaves. The team conducted culinary sessions with the community members and also families of farmer.

Poshan Vatika's, a nutrition garden that is an important part of the nutrition program, also remained the key focus area for the field associates. The team visited the existing Poshan Vatika's planted at the residence and the homes of the farmers, and monitored their conditions.

“Nutrition Gardens need to be monitored closely especially during this season as the temperatures sore and water content in the soil reduces. The team has issued has also given necessary instructions to be followed during this season to maintain the yield of the Poshan Vatika in the marked districts of the state.





GOOD FOOD

A habit that brought health and prosperity to Pooja's life.

“Jagruti, don't run around in the room, you will hurt yourself with the edges of the tables,” calls out Pooja Bairagi, to her 1.5 year old daughter, who is merrily playing at the Anganwadi center in Tobrikheda, a remote village in Tara cluster of Ujjain District. Jagruti is a happy child, healthy and active. But, this was not the scenario few months ago.

Jagruti was a medium nourished child, and was a little slow in her activities. Her stamina was low and she used to get tired very soon. Pooja started getting worried about her health.

“Sometimes, it happens that you have a solution in front of you, but you don't implement it. With me, this is exactly what happened,” she said.

Pooja was introduced to Solidaridad, through meetings and trainings conducted by the nutri-sakhis under the Good Farming Good Food Good Health program, an initiative of Solidaridad. Pooja was told about the benefits of consuming soy on a regular basis and various recipes that can be made from them.

“I work with the Anganwadi worker, but the MDM cooks here started using soy for the mid-day meals. The children eat them here on a regular basis,” Pooja said adding, “Then one day I brought my daughter to the Anganwadi for the meeting. That is when the nutri-sakhi suggested that I start using soy myself. This will be good for my as well as my daughter.”

That day on, around 6 months ago, Pooja started consuming soy on a regular basis.



The Change

Pooja herself felt the postpartum symptoms of weakness and joint pain. “I used to have frequent headaches, backaches. I am a lactating mother. But I am so engrossed in other work that my health and nutrition is always on the backfoot,” she said.

Now, after 6 months, Pooja feels stronger. Her stamina has increased and so has the health of Jagruti. “I prepare soy Kurkure for her. She loves them. We have soy chunks in kadhi and dal. Also, I have started mixing soy flour with wheat flour, as suggested by Nutri-sakhi.”

“I thank Solidaridad for helping me improve on my health and make my daughter healthy”.





EVENTS

Spreading Joy and Happiness



Being Happy is the greatest success achieved. Solidaridad has been bringing happiness in the lives of the farmers by helping them lead a better and healthier life. Solidaridad celebrated International Day of Happiness with these farmers and shared some moments of love and joy with them and their loved ones. The event included felicitation of the farmers from Bhopa, Sehore and Dewas, a drama on how Solidaridad's interventions are bringing happiness in the life of the farmers, cultural performances along with lots of games and fun.





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