

# NEWSLETTER

GOOD FARMING - GOOD FOOD



## MONTHLY HIGHLIGHTS

- Front line demonstration plot (Rabi season) best practices for on farm demonstration activities
- Resource management: Soil sampling procedure and testing
- Vermicomposting- an effective option for recycling organic wastes
- Awareness programme on Rabi crops
- Awareness session on I.N.M in Rabi crops
- New initiative: Solar energy based insect pests trap
- Importance of soy in nutritional security
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- Nutrition and health awareness by the team of Nutrisakhi
- FPO update - Training session at FPO, Sehore
- Deputy Director Visit of (Agriculture Department), Agar Malwa district
- Success story of Mr.Durgesh Hada, Bhopal



Success story  
**Mr. Durgesh Hada**  
Organic farmer  
Phanda kalan, Bhopal



Rijksdienst voor Ondernemend Nederland



EAST-WEST SEED INTERNATIONAL

Solidaridad



### ***Dear Readers,***

Wheat is the largest cultivated crop in Madhya Pradesh, followed by Paddy and Jowar. Wheat is considered as the major crop of the state in terms of area and production. Wheat occupies the highest area under Rabi crops.

The month of October-November is the time for making preparatory activities for Rabi crops (field preparation). Solidaridad has already prepared the training calendar and training modules covering aspects like; land preparation, pre-sowing practices, sowing method, intercultural operations, weed management, irrigation management, integrated nutrient management and integrated pest management, for Rabi season crops wheat and chick pea. Solidaridad also organized a series of exercises in the month to educate the farmers over benefits, methods, and necessity of pre sowing practices before sowing of Rabi crop.

Farmers in project districts have almost completed sowing of wheat and chick pea. The initiation of weekly series of Krishi Choupal/Nutrition Choupal (online training platform) by our subject experts has created a wave of awareness and sensitization among the farmers which has been profoundly appreciated by the farmers, ground team and entrepreneurs with the prospect of Rabi season. The programme has found its greatest support from farmers and field functionaries through active participation and determined assistance by the stakeholders. The modest and selfless support from the Netherland Enterprise Agency also deserves mention and a note of appreciation.

We would continue bringing updates to you every month, but at the same time, we would also like you to know that our newsletters are a platform for your progress as well. I want to invite our stakeholders to bring their side of the stories and development to the Good Farming – Good Food newsletter. Our able editing and publishing team eagerly waits for the updates.

Wishing you all a fruitful Rabi season and happy reading.



**Dr Suresh Motwani**

Programme Coordinator  
**Good Farming – Good Food**

## **FRONT LINE DEMONSTRATION PLOT (RABI SEASON) BEST PRACTICES FOR ON FARM DEMONSTRATION ACTIVITIES**

The Front-Line Demonstration is meant to showcase other adjoining farmers the relative advantage of good agriculture practices over traditional production practices. It includes the adoption of scientifically recommended practices which the farmers are not adopting and which has critical importance to improve crop yield and productivity of wheat and chick pea/gram crops in Rabi season.

Agriculture sector in Madhya Pradesh forms the backbone of its economy. It contributes almost one-fourth of the Gross State Domestic Product (GSDP) and



is the main source of employment for over 65 percent of the population and constitutes about 60-75 percent of the rural income. Madhya Pradesh, with its large area, enjoys diverse climatic and soil conditions suitable for a broad range of agricultural products.

The state is a large producer of soybean and wheat. Sharbati a popular and famed variety of wheat is grown in Sehore, Vidisha and Ashok Nagar districts, and in some parts of Bhopal and Hoshangabad. Madhya Pradesh leads in the production of gram (Chick pea), Linseed, Green pea, Garlic and Coriander. The state is also a major producer of Linseed, Mustard and Sunflower.

In view of the positive impact of frontline demonstrations in increasing the seed yield of wheat and gram for upcoming month, Team Solidaridad established 250 Frontline Demonstrations (FLD) encompassing improved technological interventions in all five project districts of Madhya Pradesh with sole objective to showcase comparative advantage of improved production practices viz-a-viz traditional practices in wheat and gram (chick pea). Such demonstrations are much effective tool to convince farmers adopt new practices for better productivity and economic viability. The team Solidaridad provided some of the critical inputs to farmers who were willing to set up demonstrations like HYV of seed like Pusa Tejas, Pusa Purna in case of Wheat and RVG 202 of Chickpea. Besides, microbe based culture like PSB, Azotobacter were given for seed inoculation. Sulphur Powder for topdressing as a key nutrient which improves crop yield. Nearly 250 acres of area has been covered under the FLD in all five project district i.e 250 demonstrations in 250 acres of area(one acre for each demonstration).

This year, we are going to set up 50 Frontline Demonstrations in each project district for Rabi season. The procurement of good quality seed for wheat and chick pea has been completed

and supplied to the respective district along with seed treatment inputs. The variety Pusa Tejas is HYV of Wheat with yield potential up to 65 to 70 q/ha. The variety is resistant to wilt, Karnal bunt and lodging which causes heavy losses to the crop yield. The variety HI 1544(Pusa Purna) is timely sown and combines high water use efficiency, early maturity, strong disease resistance with excellent grain quality wheat cultivar. It can be cultivated with limited irrigation and has wide adaptability. The variety RVG 202 of Chickpea (Bengal Gram) is resistant to wilt, root rot and collar rot disease which is a major problem in chickpea in the area causing moderate to severe yield loss. Therefore its demonstration will help farmers to go for seed replacement. The variety is suitable for dry land and late sowing with yield potential up to 20 q /ha. Apart from this Sulphur is also being given which is good for seed yield in case of Chickpea crop.



All the demonstrations received recommended fertilizer doses based on soil test report. Role of balanced fertilization in increasing the yield of wheat and gram has amply been demonstrated by our lead farmers with

support of our front line functionaries. Frontline demonstration encompassing improved technology including improved varieties, are effective in convincing farmers to adopt proven technology and switch over to improved varieties. In FLD it is our primary goal to ensure that farmers adopt all the recommended practices like; land preparation, seed treatment, seed inoculation, recommended spacing, balanced nutrient incorporation, Integrated irrigation management, weed management and Integrated plant protection measures to achieve yield potential from the improved variety.

With Good Farming – Good Food, thousands of

farmers have benefited from agri advisory and on field extension support by our agri experts under the programme. Improvement in performance of crop and monetary benefit is being harnessed by the farming community of target districts as increasing number of farmers are becoming aware and sensitized which is helpful in further spread and dissemination of sustainable production practices.

### RESOURCE MANAGEMENT: SOIL SAMPLING PROCEDURE AND TESTING

Under Good Farming-Good Food programme, we have organized training exercises for the farmers of Madhya Pradesh to address the growing problem of soil infertility. The farmers are trained in diagnostic techniques of symptoms that arises from a nutrient deficiency in the soil. Solidaridad and partners organized a series of such exercises in the month to educate the farmer about the necessity of Soil Testing before sowing of Rabi crop, its benefits, method to be followed in sample collection.



Soil testing is an essential component of soil nutrient management. Each sample collected must be a true representative of the area being sampled. Utility of the results obtained from the laboratory analysis depends on the sampling precision.

Soil nutrient deficiency can be addressed by scheduling the dosages of fertilizer and manure

as per the recommendation given in the soil test report. Organic fertilizers and manures are essential additives to ameliorate the soil nutrient deficiency including macro and micro nutrients. Balanced application of these nutrients plays critical role in obtaining optimum crop yield. Farmers are often using more fertilizers in hopes of boosting productivity. They are also misguided by the sellers who recommend them unnecessary additives, which become an expensive affair as well. Balanced use of fertilizers is essential for maximum fertilizer use efficiency and minimize deleterious environmental impact caused due to indiscriminate use. It would not only economise crop production but would also sustainably improve crop production. No single source is enough for supplying the required amount of nutrients; therefore, integrated use of all available sources is a must to provide balanced nutrition to plants. A number of factors influence balanced fertilization. It does not necessarily mean adding Nitrogen, Phosphorus and Potassium to the soil in the form of fertilizer. It is essential to take into account certain factors like- the availability of the nutrients already in the farm soil, farmer's ability to invest, agricultural techniques used, soil moisture regime, weed control measures, seed rate, sowing time, salinity and alkalinity of the soil, microbiological condition of the soil, available nutrient, cropping sequence, etc.

The best way forward to propagate the correct fertilization is by Soil Testing. Soil testing remains to be one of the most effective tools to promote balanced fertilization. Since balanced fertilization varies from crop to crop, soil testing can help the farmers about the type, kind, and amount of fertilizer to be used for each specific crop. Solidaridad is consistently helping farmers to adopt appropriate nutrient management practice based on soil test at least once in three years. Emphasis is placed on doing so in right time, right method and right place.

Under Good Farming - Good Food, similar

exercises became a part of the month schedule for the pre sowing Rabi season. Emphasis is given towards better field preparation by application of organic compost.

### VERMICOMPOSTING- AN EFFECTIVE OPTION FOR RECYCLING ORGANIC WASTES

Vermicompost is known to be the world's best fertilizer. Vermicomposting is a method of preparing enriched compost with the use of earthworms. It is one of the easiest methods to recycle agricultural wastes and to produce quality compost. Earthworms consume biomass and excrete it in a digested form called worm casts. Worm casts are popularly called Black gold. The casts are rich in nutrients, growth promoting substances, beneficial soil micro flora and having properties of inhibiting pathogenic microbes. Vermicompost is stable, fine granular organic manure, which enriches soil quality by improving

organic carbon content, salinity and soil erosion are the main problems faced by the farmers, and the use of vermicompost improves soil structure, texture, aeration, water holding capacity and prevent soil erosion. It is an easily adoptable low-cost technology. It is much economical as compared to chemical fertilizers. This year, Solidaridad provided some of the critical inputs which were much needed to showcase the farmers about the benefits of vermicomposting bag, waste decomposer bio compost culture, and earthworms etc to ensure composting in proper way by way of technical support and on field demo. Earthworm (*Eisenia foetida*) had been given in a quantity of two kilogram per bag to each composting unit and farmers had been assisted in incorporation of the same in the compost unit.

The Tetra pack (the composting bag, a reusable light weight container made of plastic and fibre) which was earlier provided to farmers in all project districts is now ready with its first batch of good quality vermicompost and the farmers have engaged themselves in proper extraction. Farmers across all the district area now is applying this Vermicompost in to the soil during their pre sowing land preparation of Rabi this year. Farmers have properly followed the on field advisory and support in process of vermicomposting and therefore very happy to obtain the very first batch of good quality vermi compost to the extent of 5 to 10 quintal per bag. This is going to help farmers in reducing the application of chemical fertilizer by at least 15 to 20%. The lead farmers are very much aware now about the importance of vermicompost and now going for refilling the bag for next batch.



its physicochemical and biological properties. It is highly useful in raising seedlings and for crop production. Vermicompost is becoming popular as a major component of organic farming system. Using Vermicompost can fulfill the requirements for organically grown products.

Soil nutrient deficiency, depletion of soil



Overjoyed with immense benefits, some of the farmers have even made their own makeshift arrangement to prepare additional quantity of compost by adding more number of bags or even setting up new units in available tarpaulin covered with straw thatch. Such lead farmers are taking their own initiative. Seeing the benefits of the Tetra pack which was earlier provided, to

promote composting, other progressive farmers of the target cluster also raised demand of tetra pack, therefore it was provided again to five hundred farmers prior to Rabi season this year.



SDGP and its esteemed partners have organized numerous demonstration sessions at ground level for the farmers of Madhya Pradesh in hopes to conserve agro ecology, reduce carbon emission, mitigate climate induced risk and improve soil health by reducing the need for chemical fertilizers and recycle the farm waste, FYM and crop residue in to rich manure.

## AWARENESS PROGRAMME ON RABI CROPS

Rabi crops are sown in the winter season. It is sown in the months of October till December. The major Rabi crops in the project districts are wheat, gram and mustard. Wheat is the second most important cereal crop of India and plays a vital role in food and nutritional security of the country. Nearly 55 per cent of the world population depends on wheat for about 20 per cent of calories intake. It is one of the major food grains of the country and a staple food of the state of Madhya Pradesh, where people have a preference for chapati.

Sowing of Rabi crops has commenced from mid-October onwards across the project operational districts, despite the pandemic of Covid-19. Wheat and Gram are major Rabi crops grown in all target districts.

Under the programme Good Farming – Good Food, Solidaridad and its partners organized multiple training sessions for the farmers from all project districts of Madhya Pradesh in the month of November. The training sessions are themed according to the crop calendar and crop requirements.

With the arrival of the Rabi season, farmers require a solid and reliable start. The sessions were organized as per the calendar of activities. In the beginning of November sowing in most of the districts were almost complete. Therefore, a training programme to enhance the learning and understanding of farmers regarding Pre-Sowing Operations and Precautions in Sowing of Wheat and Gram Crops was held in second week of November. Notable and renowned subject specialist



Dr. Omprakash Joshi and Dr Amar Nath Sharma helmed the training exercises through an established communication channel of webinar for more than 51 farmers.

The session began with a brief background information about Pre-Sowing Practices which involves Land preparation, FYM application, soil testing, selection of seed, germination test and seed treatment.

In the Rabi season, farmers from Madhya Pradesh prepare their fields for wheat, gram and mustard cultivation. Under pre sowing practices, Farmers are requested to under go land preparation for wheat, gram and mustard, prepare the field by ploughing, so that the accumulated moisture can be utilized and a good tilth could be obtained for better germination and good crop establishment.

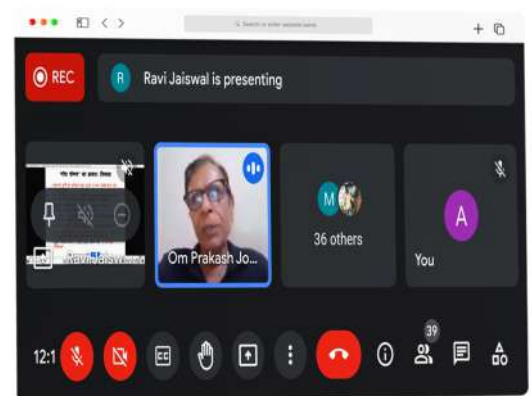
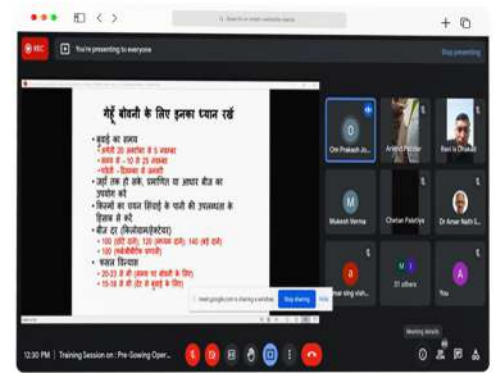
It was recommended to adopt sowing with BBF (Broad Bed and Furrow) or ridge and furrow system. The selection of seed quality also plays an integral part during the pre-sowing activities. Farmers were advised to check seed germination percentage which would eventually help the farmer decide on the final seed rate. Farmers are also requested to perform seed treatment for the holistic growth of the plant and also as a protective measure from insects and diseases. Treatment of seed is elementary to the sowing process.

Sustainable and successful farming would ensure both the growth of the farming community and the country's food security. With the planned interventions by Solidaridad, the farmers of Madhya Pradesh are expected to gain improved results in farming and earn a better livelihood. The success and sustainability of our pre sowing practices shape the success and sustainability of agriculture as a whole.

## AWARENESS SESSION ON I.N.M IN RABI CROPS

Integrated Nutrient Management (I.N.M) is a practice where all sources of nutrients namely organic, inorganic (chemical fertilizer), biofertilizer can be combined and applied to soils so that crop growth is enhanced and we can get good yield with quality product. Integrated Nutrient Management (INM) has to be considered an integral part of any sustainable agricultural system. Integrated nutrient management is the maintenance or adjustment of soil fertility and plant nutrient supply at an optimum level so to sustain the desired crop productivity. This is done through optimization of the benefits from all possible sources of plant nutrients in an integrated manner. In other words, integrated nutrient management is the use of different sources of plant nutrients integrated to check nutrient depletion and maintain soil health and crop productivity. If in the past, the emphasis was on increased use of fertilizer; the current approach should aim on educating farmers to optimize use of organic, inorganic and biological fertilizer in an integrated way. Plant nutrition today requires judicious and integrated management of all sources of nutrients for sustainable agriculture.

Under the programme Good Farming – Good Food, Solidaridad and its partners organized multiple training sessions for the farmers from all project districts of Madhya Pradesh in month of November.



In this context, one training session was organised to create awareness on Integrated Nutrient Management (INM).

Notable and renowned subject specialist Dr Om Prakash Joshi helmed the training exercises through an established communication channel for more than 48 farmers.

The session began with a brief background on integrated nutrient management. The session covered the need of integrated nutrient management. The increasing use of chemical fertilizers to increase the production of food and fibre is causing concern for the following reasons: - Soils which receive plant nutrients only through chemical fertilizers are showing declining productivity despite being supplied with sufficient nutrients. The decline in productivity can be attributed to the appearance of deficiency in Secondary and micronutrients. The physical condition of the soil is deteriorated as a result of long-term use of chemical fertilizers, especially the nitrogenous ones. It also aggravates the problem of poor fertilizer use efficiency. Excess nitrogen use leads to groundwater and environmental pollution apart from depletion of the ozone layer through release of Green House gases like Nitrous oxide.

The training helped farmers grasp the basics of Integrated Nutrient Management (INM). Online sessions like these provide the participants to clear their doubts and raise queries and share experiences with associated farmers. The webinar involved plenary session wherein farmers were able to raise their queries, seek solution for the problem in field and share their experiences on adoption of GAP.

The session helped motivate the farmers in adoption of Integrated nutrient management for Rabi crops. Solidaridad, along with its partners, strives to bring the farming community close to sound and sustainable agricultural practices through effective online communication channels.

Overall, this forum highlights the importance of INM for bringing sustainability in production and ensure the same through regular application for optimum crop growth and higher productivity. Adoption of INM helps bring improvement and maintenance of soil fertility and reduce adverse impact on agro-ecosystem.

### NEW INITIATIVE: SOLAR ENERGY BASED INSECT PESTS TRAP



Under the programme, Good Farming – Good Food, Solidaridad and its partners are extensively contributing at ground level with new initiatives on good agriculture practices. The month was marked by having an intensive and extensive approach of demonstration at the



cluster and village level in all the five target districts. Farmers in the project districts can look forward to reducing their dependence on toxic chemicals for pest control and therefore to encourage the adoption of this, Solidaridad has introduced solar energy-based pest trap in the project districts.

To reduce the cost on pest management, farmers are advised to adopt protective measures which means controlling the pest before they attack the crop. One such device is solar insect trap. Solidaridad has procured 200 such solar operated light traps which has been installed in farmers' field in the month of November. The adult insect gets attracted towards the light in evening and get drowned in water kept below the bulb. The bulb remains on throughout the night and traps a large number of insects that could otherwise damage the crop. Being solar based, it is energy efficient device and provides an easy solution to farmers to control pest without using toxic pesticide. The trap has been installed in plots where the crop like Chickpea, vegetables are being taken in the current Rabi season.

## AWARENESS SESSION ON IMPORTANCE OF SOY IN PREPARATION OF HEALTHY MEAL AND NUTRITIONAL SECURITY AT HOUSEHOLD

Solidaridad have organized one nutrition chaupal for the woman farmers, nutri sakhis and paraworkers for all project district from Madhya Pradesh. The awareness and training sessions of drawn around the of Importance of Soybean in Preparation of Healthy Meal and Nutritional Security


  
**GOOD FARMING – GOOD FOOD**

**Weekly**  
**Nutrition Choupal**  
 ( Every Saturday 4:00 to 5:30 PM )

**Importance of Soy in Preparation of Healthy Meal and Nutritional Security of Household**  
**सोया आधारित पौष्टिक भोजन एवं पोषण सुरक्षा में सोया का महत्व**

**Date**  
**13th November, 2021**

**Expert**  
**Ms. Kanchan Pal**  
**Solidaridad**

**Agenda**

- ❖ Importance of Food and Nutritional Security
- ❖ Safe storage of Soybean at Household level
- ❖ Benefits of Soy inclusion in daily meal

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

**For More Information Please Contact**  
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 Ms. Shikha Gaur - 6263442834  
 Ms. Kanchan Pal - 6267118140

of Household. During the session, our nutritional expert-Ms. Kanchan Pal, gave the participants a detailed account on healthy meal and dietary practices to be adopted. Emphasis was given on role of nutritional diet (Soy integrated) to boost immunity. The session was participated by over 46 women. The women got the opportunity to raise several queries on health and nutrition and shared their problems which was satisfactorily answered by the trainer. This also indicated the importance of such issues for the community and women in particular.

Human body needs a wide range of nutrients to lead a healthy and active life. This can only ensured through good nutrition and proper intake of food in relation to the body's dietary needs. Poor nutrition can lead to reduced immunity, increased susceptibility to diseases and reduced productivity.

Nutrition is important for everyone. However, the requirement is different for every individual may it be an infant,

growing child, adolescents, pregnant women and elderly people.

Protein plays a vital role as one of the major food components for providing necessary nutrition. Protein is an organic compound consisting of essential amino acid made of carbon, hydrogen, oxygen and nitrogen. The fundamental role of protein in sustaining life can be clearly understood by its function of forming the protoplasm of all cells in living beings. Protein derived from plants and animal for self-consumption helps to maintain a steady growth of body and mind.

Under the training session, the expert covered various facets related to healthy meal and nutrition security. Basic information was given about the soy enriched meal, preparation and cooking and their effects on health outcome in terms of physical and mental growth, boosting immunity and physiological functions of the body.

Products like soy flour and soy chunks in the daily diet are affordable and beneficial in the long run. Their nutritional value remains at the top of the chart. Many kinds of research and practical experience of its consumption have demonstrated that soybean has rich nutritional value in terms of highest Protein content, Iron, Vitamin and minerals and in way much cheaper source of Protein than Egg and Paneer. During such training exercises, participants are also educated with some of the cooking methods to prepare different kind of soy added food items which is palatable for the people and much easy to adopt like Soy Milk, Soy Paneer, Soy snacks, Soy sprouts, Soy, Soy flour etc.

Solidaridad seeks to promote and deepen community ownership in the programme and thereby create collective community awareness on good eating habits. Thus, nutrition becomes a focal point of its awareness approach. Similar sessions would feature under the programme in the coming future.

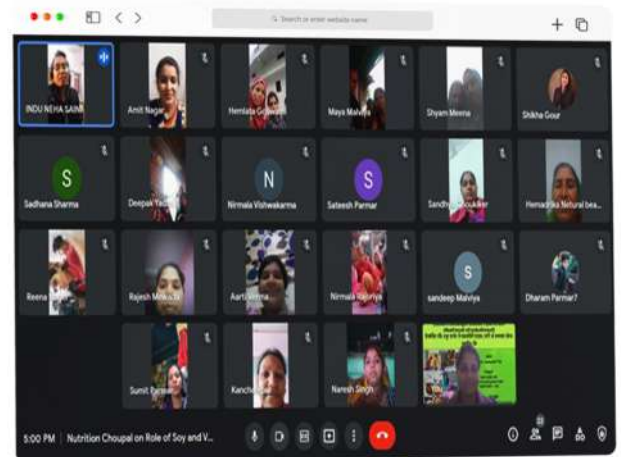
### IMPORTANT ROLE OF SOY IN FOOD

Nutrition education and counselling is a widely used strategy to improve the nutritional status of all. The strategy focuses primarily on promoting a healthy diet by increasing the diversity and amount of food consumed/promoting adequate weight gain through sufficient and balanced protein and energy intake/promoting consistent and continued use of micronutrient supplements, food supplements or fortified foods.

Dietary diversification interventions are interventions that change food consumption at the household level.

Healthy, diversified diets consisting of nutrient-rich sources of food, such as fruits, vegetables, beans and pulses need to be made available, accessible, affordable and acceptable.

Solidaridad and its partners organized a training session for the women, Nutri Sakhis and Para workers from all project districts of Madhya Pradesh on 20th November. The training programme aimed to enhance the learning and understanding on the role of soy food and vegetable in dietary diversification for good health. Notable and renowned subject specialist Ms. Neha Saini-NRC (Nutrition Rehabilitation Centre) Feeding Demonstrator from Ashok Nagar district, helmed the educational exercises through an established communication channel for more than 55 women. Soy



and soy foods are common nutritional solutions for vegetarians, due to its high protein content and versatility in the production of meat analogues and milk substitutes. The characteristics of soy and soy foods, focusing on their nutrient content, including phytoestrogens and other bioactive substances that are noteworthy for vegetarians. In the last decade, vegetarian diets have become more widespread among the population. The reasons for this choice are different and include mainly ethical, ecological and health aims.

During the training session, interested women were briefed about role of soy food and vegetable in dietary diversification for good health. A healthy diet contains adequate energy, protein, vitamins and minerals, obtained through the consumption of a variety of soy foods, including green vegetables and fruit. Soy food can be a healthy part of dietary diversification. Soy food is highly nutritious, and it is power-packed with iron, magnesium, fibre, omega- 3 fatty acids, vitamin K, manganese, phosphorus, and copper. Along with these, Soybean is also a good source of flavonoids and isoflavonoids, phytoalexins, phytosterols, phenolic acids, proteins, saponins, and peptides. Similarly, green vegetable benefits include fiber, vitamin C, vitamin K, vitamin A, calcium, iron, folate, and potassium.

A plenary session was organized wherein the women showed interest to know about the role of soy food and vegetable in dietary diversification for good health. Solidaridad, along with its partners, strive to sensitize and create behaviour change in dietary practices for having good health. The expecting women must have a balanced and nutritious diet, this involves the right balance of proteins, carbohydrates, and fats, and consuming a wide variety of plants like soy, vegetables.

### **AWARENESS PROGRAMME ON NUTRITION AND HEALTH BY THE TEAM OF NUTRI-SAKHI**

Nutri Sakhi is the frontline force of nutrition aspect of Programme Good Farming - Good Food. Their presence and joint action towards conveying the message of nutrition has benefited numerous families so far. With a motive to transform the health of the rural community, especially the women and children in the farming community, Nutri Sakhis have constantly participated in training and nutrition programmes.

Solidaridad and its partners organized

numerous awareness sessions for the nutri sakhis and paraworkers in all project districts of Madhya Pradesh in the month of November. The training session was themed according to nutrition requirements. The training programme was aimed to enhance the learning and understanding of good nutritional practices.

These training and orientation programmes are held to improve and upgrade their awareness of key nutrition aspects and to increase one's capability and engagement through improved knowledge retention. This has helped a number of Nutri Sakhis to reach out to the women farmers with correct information.

An action plan for upcoming month was also prepared by Nutri sakhis. This would help to strengthen the health, hygiene and nutrition status of malnourished children and women who need such assistance the most. To bring diversity to one's meal, Nutri Sakhis are trained



in disseminating various recipes that can be made from soy. Therefore, an extensive training and orientation programme under the nutrition banner becomes necessary to accomplish the programme's nutritional objectives.



### FPO UPDATE: AN ORIENTATION SESSION ON FARMER PRODUCER ORGANISATION FORMATION AT TRAINING CUM RESOURCE CENTRE -SEHORE

Good Farming – Good Food and its partners encourage Farmer Producer Organizations and assist farmers in materializing their resources and emerge as self-sustaining FPOs in their areas.

An office cum resource centers have been established in all five districts of Madhya Pradesh under Programme Good Farming – Good Food. Solidaridad has been providing technical and logistic support in all project districts.



Solidaridad organized an orientation program for farmers of Thunakala cluster on FPO formation at Siddhapur FPO training cum resource center, Sehore district.

The sessions discussed key topics like process adopted in forming FPOs, registration process, their working and role and responsibility, share capital, existing commodity and future plan.

### FPO UPDATE: VISIT OF DEPUTY DIRECTOR AGRICULTURE – TRAINING CUM RESOURCE CENTER AT DISTRICT AGAR MALWA

On 13th November 2021, Mr. A.K. Tiwari-Deputy Director Agriculture (DDA) from Department of Farmer Welfare and Agriculture Development, District Agar along with Mr. Bhupendra Singh visited Ajeevika Training Cum Resource Centre -Agar.

A discussion was held on the process adopted in forming farmer producer organization, their working and role and responsibility and future plan. Mr. Ghufranal Hasan - Programme Manager – Bhopal gave a presentation on process being pursued for formation of new farmer producer organization at Susner Block of district Agar. Mr. Ram Singh-CEO Samarth Kisan Producer Company -Agar has also participated in the meeting. Mr. Tiwari ensures and discussed about various activities implemented by district team in Agar under Good Farming Good Food. He stated that the programme is aimed at developing various agriculture resources in the district and would help in improvement of the socio-economic conditions of the small holder farmers.



The district team shared their field experiences and presented their valuable views on good agriculture practices as well as on farmer producer organization. The stakeholders indicated their satisfaction and joy about the doorstep technical knowledge on good agriculture practices being provided to them. The entire team showed their interest to visit the field level activities of Solidaridad.

### SUCCESS STORY OF DURGESH HADA, BHOPAL



Durgesh is a marginal farmer from a remote village of Phanda kalan of Bhopal district of Madhya Pradesh. He owns only 5 acres of agricultural land. Basically, a marginal farmer, he has shown interest in organic practices of agriculture recently. Though his fellow farmers are not interested in organic farming and have less technical expertise, he is so enthusiastic to move ahead in organic agriculture. His educational background is B. A. (Graduate from Art stream). He has been associated with Solidaridad for the past three years.

Knowing organic practices through numerous training sessions organised by Solidaridad on good agricultural practices, he started organic practices in his farm of 1.5 acres, where he is growing vegetables such as tomato, chilli, brinjal, bottle gourd, sponge gourd, Bitter gourd with fully organic process and also cultivating wheat in remaining land in

Rabi season. He shared that “I participated in all the meetings and training organized by the Solidaridad under Good Farming Good Project and never missed any opportunity. I am very much happy to share that I have adopted the organic practices as advised by the team Solidaridad and adopted all the good agriculture practices in my field.

He uses farm yard manure occasionally as it is a scarce resource to him. Team Solidaridad regularly visited his farm and advised him on organic practices in agriculture to avoid chemical residues in farm products. Team Solidaridad also advised him to use waste decomposer and refine preparation of organic extracts such as Jeevamrit keeping in view of highest beneficial bacterial count and time/method of use. Recently he is utilising waste decomposer on his farm waste and directly on soil/crops as well. This practice has resulted in better decomposition and making soil-enriched with major as well as micro nutrients. With the intervention of Solidaridad, Mr Durgesh improved techniques in Organic Farming and his marketing strategy also improved to make profits out of his organic produce. He is also preparing and using organic extracts like neem extracts for plant nutrition as well as for plant protection purposes. Now he also prepares Dasparni extract, Matka compost, cow urine and chilli garlic extract for experimenting in disease control and improve production.



For the last few years, Mr. Durgesh is not applying any chemical fertilizers in his farm. His family sustains on farm harvest products of wheat, vegetables and pulses from his own farm under the

guidance of Solidaridad. He is marketing surplus vegetables like Tomato, Chilli, Brinjal, bottle gourd, sponge gourd. Bitter gourd has been sold at premium rates i.e., around 50% above market price at nearby town. Now he has his own trusted customers who are getting nutritious and chemical free vegetables and wheat. Consumers themselves are of the opinion that quality and taste of these vegetables are good and the shelf life of vegetables being supplied by Durgesh is far longer hence is economical too.

Mr. Durgesh is determined to scale up the replication of organic practices in other crops as well. He constantly enhances knowledge by following the farming innovations suggested by the team Solidaridad under Good Farming Good Food project. He is taking the proactive initiative to spread awareness about good agriculture practices among other farmers as well.



ISSUE 11 | NOVEMBER 2021

### GOOD FARMING – GOOD FOOD

## Nutrition Bulletin

PRESCRIBED SOY RECIPE FOR THE MONTH

### Soyabean Flour Gulgule

#### Ingredients : For 4-5 persons

Soya flour - 25 grams  
Wheat flour - 250 grams  
Jaggery - 100 grams  
Cardamom powder - 5 grams  
Oil - 175 grams



#### Method

1. Make a thick batter by mixing soya and wheat flour in jaggery water.
2. Add cardamom powder to the solution.
3. Fry in hot oil on a low flame like pakoras.
4. Serve dumplings rich in iron and protein.

#### Nutritive value

Ingredients	Grams	Calories	Protein (Gram)	Fat	Iron (M.Gram)
Soy Flour	25	108	10.8	4.8	2.5
Wheat Flour	250	852.5	30	4.2	12.2
Jaggery	100	383	--	--	11.4
Total		1343.5	40.8	9	26.1



Netherlands Enterprise Agency



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## Solidaridad



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