

Newsletter

Good Farming – Good Food



Inside the Newsletter

- ❖ FARMERS INTERACTIONS WITH HONORABLE PRIME MINISTER OF INDIA
- ❖ POST-HARVEST MANAGEMENT AND STORAGE OF SOYABEAN
- ❖ PRE-SOWING PRACTICES FOR RABI CROP
- ❖ AWARDS AND ACKNOWLEDGEMENT
- ❖ KRISHI CHOUPAL
- ❖ CELEBRATION OF INTERNATIONAL DAY OF RURAL WOMEN
- ❖ VISIT OF DELEGATES FROM NETHERLANDS
- ❖ HEALTH AND NUTRITION AWARENESS
- ❖ POSHAN CHOUPAL
- ❖ TEAM MEET
- ❖ SUCCESS STORY



GOOD FARMING-GOOD FOOD

Sustainable Food and Nutrition Security and Transforming Smallholder's Livelihood

Solidaridad Regional Expertise Centre





From the Desk of Programme Coordinator

Greetings to all our esteemed Readers



Welcome to the October edition of “Good Farming-Good Food” monthly Newsletter. In Madhya Pradesh Month October is very crucial in context of agriculture as it’s a transition period between Kharif and Rabi Crops. It’s a period of harvesting of Kharif Crops and land preparation/sowing of Rabi Crops. A long spell of rain in some places has disrupted the farming scheduling up to an extent. Such uncertainties in climate might turned up

as a havoc to the farmers. In such situation farmers need a hand holding support to pave their way on Do’s and Don’ts in farming.

Here, use of technology has come up as big saviour for the farmers associated with Solidaridad. There are several instances where farmers have reported that advisories given to them on weather condition have helped them to decide the right time for irrigation and harvesting of Kharif Crop. “Indian Mobile Congress and Launch of 5G network” is one such event where farmers expressed their views on benefits of agriculture advisories in a virtual conversation with the Honorable Prime Minister of India.

Farmers have also been sensitized on post-harvest management of Kharif Crop and land preparation and sowing practices for Rabi Crop through a series of intensive training programmes, which are well cited inside the newsletter.

The Month October has witnessed the power of Rural Women as “International Day of Rural Women” has been celebrated in this month with gusto. We take it as a pride that a large number of women farmers/beneficiaries associated with “Good Farming-Good Food” programme are establishing a benchmark in Agriculture and Nutrition. Their emerging capabilities as entrepreneurs certainly contribute to the Rural Economy.

Wishing you all fruitful *Rabi* season and happy reading.

Dr. Suresh Motwani
Programme Coordinator

“Each member of this team has an equal stake on this organisation. All the participants are welcome to come forward with new ideas that can bring a sustainable change in rural society. We assure all supports if the team wants to initiate a new endeavour.”

Dr. Suresh Motwani
During Team Meet of Solidaridad Team



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**GOOD FARMING****FARMERS INTERACTIONS WITH HONORABLE PRIME MINISTER OF INDIA ON SMART AGRICULTURE.****Farmers are content with the introduction of technology in farming**

In an event of “Indian Mobile Congress and Launch of 5G network”, Mr. Pawan Parmar, a resident of Village Bilkisganj District Sehore and Mrs. Dewli Bai from Village Gunga District Bhopal got to have a virtual conversation with Honorable Prime Minister of India Mr. Narendra Modi. Mr Parmar and Mrs. Dewli Bai are one of farmers associated with Solidaridad for a long time.

During the conversation with Honorable Prime Minister, Mr. Parmar expressed that with the introduction of technology in farming they are acquiring huge advantages. He mentioned that Drone technique has helped the farmers of his region in obtaining advanced irrigation practices, which subsequently saved their time and capital. They are receiving regular advisories related to climate, soil moisture, wind direction, air temperature, humidity, leaf wetness, wind speed helping them to get a desired profit in agriculture.

Mrs. Dewli Bai shared her experience with Honorable Prime Minister, “due to regular advisories we receive on farming, it becomes easy to decide when to start irrigation which helps in saving a lot of our capital.

Team Solidaridad demonstrated spray of pesticide with the help of Drone.



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**POST-HARVEST MANAGEMENT AND STORAGE OF SOYBEAN**

Under the programme Good Farming – Good Food, farmers have been mobilized to disseminate information and knowledge on harvesting and post harvesting management i.e., drying, threshing, grading and storage of Kharif Crops.

- Farmers were informed about the Soy harvest maturity index to avoid shattering losses. When 90% of the pods and leaves turn from green to brown or yellow in colour and grains are hardened having 16% to 17% moisture content, it is a suitable time to start harvesting.
- This year JS 2034 and JS 2069 variety of Soybean had been made available to farmers which takes around 86 days and 92-95 days respectively to mature.
- After harvesting of Soy crop, it should be kept in the field itself only for 3-4 days, followed by the process of Threshing, winnowing and Grading.
- Special focus must be paid on bagging of Soybean. Bag should be clean, free from storage grain pests, Grain Bags should be kept above the ground with help of a palette or slab to protect it from moisture. Optimum moisture for storage is 10%.
- Stack of bags should not be more than 04 to 05 as it may damage the seed coat due to pressure.
- Neem leaves could be placed on grain bags or storage bins to protect the crop from storage grain pests.



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PRE-SOWING PRACTICES FOR RABI CROP



Training/Sensitization and Seed distribution

The month of October is a time when field preparation for Rabi crop is at its peak. In view of Rabi crop season, a series of training and sensitization has been done majorly focused on land preparation, selection of seed, seed treatment, sowing method and weed management, irrigation Management, Integrated Nutrient Management, Integrated Pest Management and crop storage management. Due to long spell of rain this year which lasted till mid of October in some places, farmers were advised to delay the ploughing and sowing of Rabi crop for about a week to let the moisture content in soil reduced.



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Major Learnings of Training programmes

- Farmers of Targeted Districts were given technical inputs on seed treatment. Seed treatment is very crucial before sowing as it protects the crop from seed and soil borne diseases.
- In places where moisture content was suitable, farmers were advised to go for land preparation for Wheat- Immediately after harvesting of Kharif crop, prepare the field by ploughing, so that the accumulated moisture can be utilized.
- The effect of sucking pest problems in Mustard can be mitigated up to 80% with the use of yellow card in Mustard Crop.
- Certified HYV Mustard seed of Giriraj 31 and DRMR 1165-40 have been distributed to the farmers who intend to do Mustard cultivation. These seed possess unique quality of resistance to biotic and abiotic stress and good yield potential.
- Technical inputs on Mustard cultivation like right time of sowing, temperature, land preparation, pest management and the harvesting of Mustard crop were given to farmers.
- Farmers were advised grow onion nursery in view of Rabi Season.



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AWARDS AND ACKNOWLEDGEMENT



A two-day International Soy Conclave, 08 – 09 October, 2021 organised by the Soybean Processors Association of India (SOPA) at Brilliant Convention Centre, Indore with an objective to provide a platform to all the stakeholders dealing with Soy processing for interaction, networking and knowledge sharing. The team Solidaridad participated in the event as Sustainability Partner with many other stakeholders from all over country.

In the Conclave, during the presentation session, Dr. Suresh Motwani, Programme Head, briefly explained the organization’s intervention in cultivation and consumption of Soy under “Good Farming Good Food” programme. A stall has also been setup to by team Solidaridad to exhibit delicacies made of soy products. Visitors got an insight of activities taken up under “Good Farming Good Food” programme and admired the entire endeavour. Team Solidaridad is honored and grateful as Dr. Shatadru Chattopadhyay, Managing Director has been awarded for “Significant contribution to sustainability in oilseed sector in asia”. Dr. Suresh Motwani, programme head received the award on his behalf.



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**WEEKLY KRISHI CHOUPAL**

“Weekly Krishi Choupal” (Weekly Agriculture Meeting) is an online platform where our team and farmers get connected in a single platform to obtain timely information and knowledge sharing on Good Agriculture Practices (GAPs) for sustainable soybean-based farming system in the State Madhya Pradesh. The foremost objective of the Krishi Choupal is to inform and empower the farmers on sustainable agriculture methods, subsequently improving agricultural productivity and quality of life of the farmers.

Month October is very crucial in context of agriculture as it is the time to harvest Kharif Crop and land preparations/sowing for Rabi Crop. Our agriculture experts well covered these two important aspects this month. There are 02 Krishi Choupal(s) have been organized this month wherein farmers of targeted Districts joined and learnt best practices on agriculture on following themes: -

1. Soybean Harvesting and Post harvesting management.
2. Improved variety of wheat and Gram.

**Training on
Soybean Harvesting and Post-Harvest Management**
सोयाबीन में कटाई एवं कटाई उपरांत प्रबंधन



Date : 7th Oct, 2022
(Friday)
Time : 3:00 to 4:30 pm

Online Training Session Organized by
SMART AGRI KNOWLEDGE AND INFORMATION HUB

HOW TO JOIN ?

Click on the link below after installing Google Meet
<https://meet.google.com/rqw-fhzt-ssm>

For more Information Please contact



Ms. Namrita Bhanweria
9644195248



Mr. Anil Khare
7089501837

**Training on
Improved variety of Wheat and Gram**
गेहूँ एवं चने की उन्नत प्रजातियाँ

(Friday)
October

28

2022

Time : 3:00 to 4:30 pm

Online Training Session
Organized by
Soli VI Resource Centre Bhopal

**How to Join ?**

Click on the link below after installing
Google Meet

<https://meet.google.com/utt-crwy-ork>



For More Information Please Contact

Namrita Bhanweria – 9644195248
Anil Khare – 7089501837



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CELEBRATION OF INTERNATIONAL DAY OF RURAL WOMEN



Rural Women Cultivating Good Food for All

The contribution of rural women in the upliftment of the rural economy has come to the fore. There have been many such examples where rural women have created history in the field of agriculture and entrepreneurship. To celebrate and highlights the achievements and contributions of Rural Women towards Rural Development and Agriculture, International Day of Rural Women has been celebrated on 15th October 2022 at Village Bilkisganj, of District Sehore. Honorable delegates from Netherlands attended the event as the special guests.



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Highlights of the event “International Day of Rural Women”

- Rural Women who have done exemplary works in the field of Rural Development, Agriculture and Rural Entrepreneurship have been felicitated and rewarded.
- Officials of Department of Rural Development, Agriculture, Horticulture and Health participated the event and gave detailed information about the provision under various schemes for rural women.
- Women FPOs, women entrepreneurs/farmers associated with Solidaridad exhibited and Sale Soy products, which was highly appreciated by the visitors.
- Exhibition of agricultural goods by the industries involved in production of agriculture products.
- Exhibition of handicrafts and other utility products made by women Self-help groups associated with Rural Livelihood Mission of Government of MP.
- Soy Food competition organised for women participants where women showed their culinary skills.
- Villagers were also made aware on various issues like trade, agriculture, nutrition and health.



Felicitating women participants



Food Competition



Exhibition Cum Sale



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VISIT OF DELEGATES FROM NETHERLANDS

Ms. Fernanda, from RVO – Netherlands Government and Mr. Seth Tallvik, Solidaridad, Netherlands Office have visited our joint project “Good Farming – Good Food” from 13th – 15th October 2022. The objective of the visit was to meet with the project partners, stakeholders and the community as well as to see the progress of the project on the ground.

- ❖ On the first day of visit, delegates from Netherlands have had a Field Visit and meeting with Key Project Partners
- Meeting and interactions with knowledge partners National Rural Livelihood Mission (NRLM), Integrated Child Development Services (ICDS), ICAR-CIAE team and discuss on their experience of joint working with Solidaridad in the GFGF project and scope of future associations.
- The team further went on to have an interaction with BoDs and women farmers of Rakhsika FPO at Gunga village, Berasiya. The women BoDs shared their experiences on using soy food products in their daily food intake, and its benefits. They also discussed the initial challenges, they faced, in adoption of soy food products and scope of opportunities that they find these project holds for them. The women BoDs also showed the Soy Tofu processing plant to the guests and explained its working in detail.



Delegates visiting VIPPY industries



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Discussion with partners

- ❖ The Second day of visit was dedicated to the visit of partners. Delegates had a visit to VIPPY Industries at District Dewas where they first got to understand Soybean procurement process. Thereafter, visit of Soy processing plants and machinery. Team visited a vegetable demonstration plot at District Sehore implanted by East-West Seed.
- ❖ The third day delegates participated in International Day of Rural Women on 15th October 2022 as special guest.



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HEALTH AND NUTRITION AWARENESS CONTINUES...



Culinary activity with soy products



Nutrition garden at beneficiary's house

After a month-long activities under “Nutrition Month” in September, Health and Nutrition team get into action for the Month October as it is a crucial time when harvesting of most of the Kharif crop viz., Soy, Paddy, Maize get starts and farmers have plenty of crops available in their possession. It’s a high time when villagers can be hands on with Health and Nutrition activities as they can reserve a good quantity of crops for themselves.

Our Nutrition team has prepared a detailed month-long programme keeping in view the seasonal dynamics of month October.



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HEALTH AND NUTRITION AWARENESS ACTIVITIES

- **Facilitating pregnant women for health checkup** – Timely health check-up during pregnancy and preventive measures help pregnant women not only to deal with pregnancy complications but also helps in post pregnancy and health of new born. Solidaridad's grassroots team facilitate such women to maintain a regular health checkup. They take them to checkup center along and maintain an individual health diary. Intake of healthy food including Soy has also been advised to pregnant women.
- **Awareness on Soy Nutrition** – Team Solidaridad in continuation of spreading awareness on Soy food, have mobilized and sensitized women on processing and consumption of Soy food. Sharing of recipes and hands on training on preparing healthy Soy food are one of the activities done on regular basis.
- **Facilitating women farmers in developing Nutrition Garden** – Nutrition Garden has a dual benefit as it helps in adding nutrition value to their food plate and in case of excess of vegetable, it can be sold out which in turn add an extra income. Solidaridad helped the rural households in developing nutrition garden on spare part of their house. Kitchen garden seed has also been distributed to the families interested in Nutrition Garden.



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POSHAN CHOUPAL (MEETING ON NUTRITION)

ONLINE SESSION ON NUTRITIONAL IMPORTANCE OF SOY ENRICHED DIET AND VEGETABLES FOR ADOLESCENTS AND TEENAGERS.

“Poshan Choupal” is an online platform for women farmers/beneficiaries to get timely information and knowledge on good health and nutrition. Every month our Nutrition Experts choose a theme related to health and nutrition to have a discussion on virtually. Women farmers/beneficiaries have an easy to connect with these sessions through their mobile phone. This month the theme was “Nutritional importance of Soy enriched diet and Vegetables for adolescents and teenagers”.

“Adolescence is a significant period for physical growth. Stimulation of hormones lead to change of mood and behaviour. Exam stress is another major factor associated with this age. Nutrition being an important determinant of physical growth of adolescents is an important area that needs attention. Inadequate nutritional intake during adolescence can have serious consequences throughout the reproductive years and beyond. There can be a loss of appetite during exam time”.

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Nutrition Choupal

On 1st October, 2022
(4:00 to 5:30 PM)

Nutritional Importance of Soy Enriched Diet and Vegetables for Adolescents and Teenagers
किशोरावस्था में सोया से समृद्ध आहार और सब्जियों की महत्वपूर्ण भूमिका

Experts
Ms Nidhi Karoliya
SOLIDARIDAD

Agenda

- 1 Recommended dietary allowance for adolescents and teenager groups
- 2 Dietary needs of adolescents and teenagers
- 3 Importance of protein in diet for physical growth and development

How to Join ?
Click on the link below after installing Google Meet
<https://meet.google.com/xqx-hnrk-rzj>
For More Information Please Contact

Ms. Lipy Bhargva- 7489805772 nidhi.karoliya@solidaridadnetwork.org
Ms. Kanchan Pal - 6267118140 sandhya.choukiker@solidaridadnetwork.org

Participants got detailed information on a balanced diet that includes all nutrients (carbohydrates, proteins, fats, vitamins and minerals) for adolescence. Consumption of Soy products is a perfect solution to meet up nutritional requirement. At the same time, adolescence should always be encouraged for not to eat fast food rather foods like dals, chapati or rice, green vegetables, easily available fruits and milk have more nutritional value.



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Quarterly Team Meet



Solidaridad Bhopal organised its quarterly team meet from 20-22 October 2022 where entire team from Bhopal Office and team from targeted Districts of Madhya Pradesh, Rajasthan and Karnataka participated. The objective of the team meet is to give a way for team to gather, exchange ideas, share feed back, and learn from each other. It also gives a platform to discuss the district wise key performance indicators of different programmes. In the team meet, participants presented their last three months progress and planning for coming three months. Dr. Suresh Motwani, Programme Head, along with expressing his expectations from participants, motivated them to give an extension to their work area with new ideas.

Programme in-charges from Bhopal office in their presentations explained the different programmes briefly citing what inputs required from grassroots team.

The meeting cheerfully summed up with Diwali celebration and the exchange of wishes.



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People who are bringing change....

Hemlata grabbed the opportunity, leading towards a happy life

Smt. Hemlata wife of Kanhaiya Lal, is a resident of Village Napakhedi District Ujjain, belongs to a family of smallholder farmer. She is the President of the self-help group of her Village. In spite of being a smallholder farmer, Hemlata and her family had been involved in grain cultivation which was not yielding a desired profit for the survival of a family of 05 members. Which apparently entangling them in the vicious circle of poverty.



She once got an opportunity for the very first time to participate in a meeting in her village organized by Solidaridad under the project "Good Farming- Good Food". During the meeting with Solidaridad team she narrated her misery with them. After doing a deep analysis of land she possessed and climate of that region, team Solidaridad paved her ways for a better way of cultivation. She was advised to opt for vegetable cultivation, on which she gave her consent after due clarification of her doubts and queries.



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Team Solidaridad introduced her with East-West seed company (East-West seed is associated with Solidaridad as a partner). Team Solidaridad and East-West Company established a demonstration plot in 500 square meter area of her farm, where they sow seed of lady finger.

Meanwhile, she had given a thorough training on land preparation, raising nursery, maintaining a distance between plants, identification of diseases, using a balanced amount of fertilizer and harvesting. The total cost incurred in cultivation of Lady finger was Rs. 2000 while there has been a production of 3.7 quintals which costs around Rs. 11000. Thus, Hemlata obtained a total profit of Rs. 9000 from first crop of vegetable. Hemlata got so motivated with cultivation of vegetable that she started growing Brinjal crop in another 500 square meter area of her farm.

Hemlata cheerfully expresses that ***“earlier we used to have seasonal income from the farming we used to do. We did not have a means of regular income, but now we are earning a good sum of amount though selling of vegetable.”***

Her work is appreciated by her family and other neighbours. Other women of Village are also motivated to start vegetable cultivation. Hemlata herself now trains women of nearby 04 Villages in vegetable production and nutrition garden. In view of her interest in organic farming, she took a training in vermi compost and started vermi composting on her own plot.



CONTACT US

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