



GOOD FARMING-GOOD FOOD NEWSLETTER



Sustainable Food and Nutrition Security & Transforming Smallholders' Livelihood in Madhya Pradesh



Netherlands Enterprise Agency



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FROM THE DESK OF PROGRAM COORDINATOR



Welcome to the October 2023 edition of the Good Farming-Good Food programme Newsletter!

October has proven to be a pivotal month, marked by significant events and milestones in the Good Farming-Good Food programme. With a focus on stakeholders' meetings and the inauguration of a Nutrition Agriculture Hub, this month has brought together a diverse group of individuals and organizations dedicated to reshaping the future of farming and nourishing communities.

At the heart of our programme lies the belief that good farming practices lead to good food, and good food is the foundation of good health. This holistic approach recognizes the intricate connection between the way we grow our food and the impact it has on individual well-being and community health. In October, we took significant strides to fortify this connection.

As we bask in the glow of the Kharif harvest, October also ushers in the season of preparation for Rabi crops. The transition from Kharif to Rabi requires meticulous planning, as we prepare the soil, select the right seeds, and implement sustainable practices for the upcoming sowing season.

This Newsletter brings many more activities occurred throughout the month. Stay tuned for updates, insights, and stories of positive change as we progress the vision of Good Farming, Good Food for Good Health.

Dr Suresh Motwani



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Visits of Delegates

The visit of Ms. Ella Lamers, Senior Advisor, Netherlands Enterprise Agency and Mr. Prasad Parte, Agriculture Advisor, Consulate General of the Kingdom of the Netherlands to the project areas of 'Good Farming-Good Food' programme marked a significant milestone in programme's journey toward sustainable agriculture and better nutrition.



Highlights of the Visit:

- 1. On-Site Progress Inspection:** Ms. Lamers and Mr. Prasad Parte accompanied by our project coordinators and local farmers, conducted an on-site inspection of project areas.

Site Visit Highlights

- Visit to Rakshika Farmer Producer Organization, interaction with women leaders, female micro-entrepreneurs on soy food processing and marketing.
- Interaction with Madhya Pradesh State Rural Livelihood Mission (MPSRLM) team.
- Interaction with ICDS - Anganwadi Centre workers and women beneficiaries on the behaviour change about the soy food and its consumption, culinary class on soy and nutritious food recipes.
- Interaction with Farmer at Hirapur village and observe farmer training on vegetable cultivation by EWS.
- Visit to Village Bhaishakhedi for interaction with Farmers at Farm Field School on Improved Soy Production as well as diversification with vegetables.
- Visit to farmers' Plot to observe the adoption of GAPs in Soy and diversification with vegetables.
- Visit to Mid-Day Meal School at Village Lalakhedi.
- Visit to nutrition garden set-up by the school, interaction with School management, Sarpanch, children, MDM cook & Lead farmers.
- the MDM Cook training at ICDS Anganwadi Center.
- Meet with farmers trained by EWS Key farmer – Get an insight on how they got trained on the techniques and how they are using them for vegetable cultivation.
- Visit to Processing Facility by Vippy Industries Ltd. and discussion with Vippy representative.
- Visit to Krishi Vigyan Kendra (KVK) at Dewas and discussion with KVK scientists to understand the cooperation.
- Visit to Samarth Seed Processing Facility and interaction with the BoDs on soy seed production, marketing of soy seeds etc.



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...Visits of Delegates

This allowed them to witness firsthand the progress and impact of this sustainable farming initiatives. She observed the cultivation of diverse crops, the implementation of organic farming methods, and the integration of livestock into the agricultural ecosystem.



- 2. Interactive Workshops:** The visit featured workshops and discussions where Ms. Lamers engaged with our team, partners and stakeholders. These sessions provided a valuable platform for knowledge exchange, the sharing of best practices, and collaborative problem-solving.
- 3. Participation in Nutri Fair – Interaction with women members, Nutri Sakhi, Nutrition Team, Mid-Day Meal, Anganwadi, Health Department, Agri Department, KVK.**
- 4. Commitment to Collaboration:** Ms. Lamers recognized the potential for knowledge transfer, capacity building, and joint initiatives to advance sustainable agriculture and nutrition in our region.

Looking Ahead:

Ms. Ella Lamers visit has reinforced our belief in the power of robust partnerships and knowledge sharing. This visit not only strengthens our programme's resolve but also opens doors to future collaborations that will benefit our region and contribute to the global movement for more sustainable and nourished communities.



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HIGHLIGHTS OF THE MONTH

Solidaridad Participated in International Soy Conclaves Sustainability Partner



The Sixth International Soy Conclave organised by SOPA successfully took place on 7-8th October 2023 at Indore to mark the completion of 50 years of Soybean in India. Solidaridad participated in International Soy Conclave as Sustainability partner and co-organiser. Mr Ghufuranul Hassan, Sr Programme Manager Solidaridad as co-panelist made a detailed presentation on some of the key works being undertaken in sustainable production of Soybean, climate smart practices. A detailed outline of the work Solidaridad is working in the areas of smart production practices, inclusion of Soy in diet, weather based advisory, regenerative practices and farmer's collective like FPOs were also discussed. Solidaridad is also working to develop ecosystem of viable sustainable model of Soy and other crops with industry linkages and stakeholders. Solidaridad also set up a stall on the occasion to showcase its works on advancing scientific soy production and soy integrated nutrition.



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The Partners Stakeholders meet under the Good Farming - Good Food Programme



The Partners Stakeholders meet under the Good Farming - Good Food Programme organised in Bhopal on 11.10.2023 in the gracious presence of Ms. Ella Lamers, Senior Advisor, Netherlands Enterprise Agency and Mr. Prasad Parte, Agriculture Advisor, Consulate General of the Kingdom of the Netherlands. The meet serves as a pivotal platform for collaboration, dialogue, and synergy among the key partners involved in the programme. This gathering brings together a diverse group of Government and private partners and stakeholders, developing a collective effort to advance sustainable agriculture and promote a healthier food system.

During the panel discussion session stakeholders and partners shared their valuable insights, best practices, and success stories, feedback and way forward about the Good Farming- Good Food programme contributing to a collective pool of knowledge.

A nutrition song has also been launched during the meet. This song is an innovative tool to communicate key messages about the nutritional benefits of soybeans.



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Inauguration of Agri Nutrition Resource Center in Bhopal



The Agri Nutrition Resource Center has been inaugurated in Bhopal, Madhya Pradesh on 14 October 2023. The Agri Nutrition Resource Center is an initiative of Solidaridad, with the support of Netherlands Enterprise Agency (RVO) under the Good Farming – Good Food programme. The center is designed to bridge the gap between nutrition and agriculture, fostering a healthier and more sustainable society. This collaborative platform brings together various stakeholders, including government institutions, research organizations, policymakers, nutritionists, businesses, farming community as well as consumers, with the aim of improving the nutrition outcomes and promoting nutrition-sensitive agriculture.



The extension of the "Good Farming – Good Food" initiative to "Good Farming-Good Food-Good Health" represents an evolution in the approach to sustainable agriculture and nutrition. This expanded initiative recognizes the intricate connection between farming practices, the food produced, and its direct impact on human health.



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Organisation of Nutrition Fair



A nutrition fair organized in village Kachnaria, district Agar-Malwa, Madhya Pradesh. The primary goal of the nutrition fair is to educate and engage the community in discussions about the importance of soy-based nutrition, healthy food choices, and overall well-being. During the event nutritionists, local health experts delivered talks on various aspects of nutrition and its impact on overall health. There was a diverse range of activities organised during the event like food exhibition, cultural show on nutrition, health screening, nutrition-themed games to connect community with the importance of nutrition in a fun and engaging way. Along with the team Solidaridad and the officials of Netherlands Embassy, the event was enthusiastically participated by the officials of Government Department.



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FARM INSIGHTS

The Ongoing Soybean Harvest: A Continuation from September to October



As September transitions into October, the soybean fields remain a hive of activity as the harvesting season continues.

The Ongoing Soybean Harvest:

1.Perfecting Maturity: In October, soybean farmers in project areas continue to monitor their fields to determine the ideal time for harvesting. The maturity assessment remains crucial, ensuring that the soybean pods are at the peak of ripeness. As the pods turn a golden hue and the seeds reach the desired moisture content, it's the signal to commence harvesting.

2.Gathering the Bounty: The process of harvesting in October closely resembles that of the previous month. The combine harvester carefully cuts the soybean plants and conveys them into the machine for separation. The beans are released from the pods, and the thorough cleaning ensures a pure and high-quality soybean harvest.



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Post Harvest Management and Storage of Soybean



Soybean is a valuable crop that significantly contribute to the Good Farming - Good Food programme goals. Implementing effective post-harvest management and storage practices is crucial for reducing post-harvest losses and ensuring the availability of high-quality soybeans for various purposes, including food production. By following these practices, farmers can not only improve their income but also provide nutritious food for their communities, further advancing the mission of the Good Farming - Good Food initiative. With the harvesting of soybean, a series of trainings have been organised for famers of project areas about the post-harvest management of Soybean.



Drying: After harvesting, soybeans often contain excess moisture, which can lead to mold growth and quality deterioration. Drying is a fundamental step to reduce the moisture content to safe levels. Farmers are suggested to employ natural sun drying methods. Proper drying ensures uniform moisture levels and maintains seed quality.

Cleaning and Sorting: Cleaning and sorting soybeans are essential to remove foreign materials, damaged seeds, and impurities. This process not only enhances the quality of soybeans but also prevents contamination and infestation during storage. Clean soybeans are less susceptible to spoilage and maintain their nutritional value.

Packaging: Soybeans should be packed in suitable containers to protect them from moisture, pests, and physical damage. Common packaging materials include jute bags, plastic bags, or hermetically sealed containers. Properly sealed packaging ensures a longer shelf life and maintains the nutritional quality of the soybeans.



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...Post Harvest Management and Storage of Soybean



Storage: Proper storage facilities are crucial to preserving soybean quality and reducing post-harvest losses. Here are some key considerations for soybean storage farmers are informed about: -

- a. **Pest Management:** Implement pest control measures use of botanical pesticides, or controlled atmosphere storage to prevent insect infestations.
- b. **Temperature and Humidity Control:** Maintain storage facilities at an appropriate temperature and humidity level to prevent mold growth and maintain seed quality.
- c. **Ventilation:** Adequate ventilation is necessary to prevent condensation and to regulate temperature and humidity.
- d. **Regular Inspection:** Regularly inspect stored soybeans for any signs of spoilage, pests, or quality deterioration. Remove any damaged or spoiled beans promptly to prevent further contamination.



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Laying the Foundation for Abundant Rabi Crops: Pre-Sowing Practices



To set the stage for a successful Rabi crop, diligent pre-sowing practices are paramount. The month of October is also time of undertaking preparatory activities for Rabi field preparation. In view of the crop season of Wheat, Gram, Mustard prepared the training calendar and training modules covering aspects like land preparation, sowing method, seed practices, intercultural operation and weed management, irrigation Management, Integrated Nutrient Management and Integrated Pest Management.

Successful Rabi crop cultivation begins with meticulous land preparation. Farmers plow, harrow, and level their fields to create a fine and firm seedbed. This ensures that the soil is conducive to seed germination and root development while preventing issues like waterlogging. Soil testing is the farmer's compass in guiding nutrient management. By analyzing the soil's nutrient content, pH level, and deficiencies, farmers can make informed decisions about the application of fertilizers and soil amendments. The choice of seeds is a pivotal decision. This year for mustard crop seed variety of Giriraj DMRIJ-31 and for wheat seed variety PUSA TEJAS were distributed to the farmers.



To safeguard seeds from soil-borne diseases and pests, farmers were counseled to opt for seed treatment using Azotobacter and PSB. This practice enhances germination rates and initial crop establishment, setting the stage for healthy plant growth.

Nutrient management based on soil test results and crop requirements is key. Rabi crops usually need nitrogen (N), phosphorus (P), and potassium (K) in appropriate proportions. Proper fertilizer application ensures optimal growth. Farmers associated with the programme are facilitated with NPK, Neem Oil, Yellow Sticky Card and Neem Oil for the optimum growth.



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NUTRITION

Awareness session on importance of soy food and vegetable in daily diet

In rural areas, where agriculture often serves as the backbone of livelihoods, it's crucial to educate and empower households about the importance of incorporating soy foods and vegetables into their daily diets. Under the Good Farming- Good Food programme intense trainings and awareness sessions have been organised throughout the month. By doing so, we not only promote better health but also strengthen farming practices and local sustainability.



Soy foods and vegetables, often underappreciated in rural diets, have the potential to be game-changers. These humble ingredients carry immense nutritional value and can contribute to both the well-being of rural households and the resilience of farming communities.

The magic happens when soy foods and vegetables are combined in daily meals. This partnership results in balanced, nourishing diets that help rural households stay healthy, work efficiently, and reduce the environmental impact of agriculture. By growing more soy and vegetables households can not only improve their well-being but also enhance the sustainability of their farming practices.



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...Awareness session on importance of soy food and vegetable in daily diet



In awareness sessions, we explored practical tips for rural households to incorporate soy foods and vegetables into their daily diets. From cultivating these crops at home and conserving the harvest to simple recipes and meal planning, the programme offers guidance tailored to the unique needs and resources of rural communities.

It's about ensuring that good farming practices extend beyond the fields and into the kitchen. A balanced diet is as crucial for farming families as it is for the crops they cultivate. By embracing the benefits of soy foods and vegetables, rural households can contribute to healthier, happier lives and a more sustainable future for their communities.

Krishi Chaupal- Online training on Agriculture

Online training on Good Agriculture Practices also known as Krishi Chaupal, is a valuable resource for both new and experienced farmers looking to enhance their knowledge and skills in cultivation. This month online during online training good agriculture practices in Mustard crop an essential oilseed crop discussed. Mustard is a versatile crop known for its oil-rich seeds, culinary uses, and potential health benefits.

To ensure a thriving mustard crop, adopting Good Agricultural Practices (GAP) is essential. These practices not only increase productivity but also promote sustainability, quality, and safety in mustard farming. During the training session a wide variety of issues such as variety selection, site selection and preparation, seed quality, seed rate and spacing, irrigation management, fertilizer application, weed control, disease and pest management etc. have been thoroughly discussed.

Training on
Good Agriculture Practices (GAP) in Mustard Crop
सरसों की फसल में अच्छी कृषि प्रथाएँ




Online Training Session
Organized by
SMART AGRI HUB

On
6th October, 2023
(Friday)
Time : 3:00 to 4:30 PM

HOW TO JOIN ?
Click on the link below after installing Google Meet
<https://meet.google.com/umb-ppes-ngr?hs=224>
For More Information Please Contact
Smart Agri Hub Helpline
8251071818, 766907747

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