

# Newsletter



# Solidaridad

SEPTEMBER 2024  
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## Solidaridad



Netherlands Enterprise Agency



GOOD FARMING - GOOD FOOD - GOOD HEALTH

Celebrating four years of nutritional impact: Building future pathways together

पोषण कार्यक्रम के प्रभावी चार वर्ष: संयुक्त रूप से बेहतर भविष्य की ओर अग्रसर

11th September 2024

Bhopal, Madhya Pradesh



**GOOD FARMING  
GOOD FOOD  
GOOD HEALTH**



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EAST-WEST SEED  
INTERNATIONAL



VIPPY



WIC Dry Seed Storage



JIPING  
ICAR





## GOOD FARMING- GOOD FOOD- GOOD HEALTH

### From the desk of programme coordinator



#### A warm welcome to our esteemed readers!

September is dedicated to nutrition awareness in India, aligning with the government's National Nutrition Week 2024 theme, "Nutritious Diets for Everyone." Good-Farming- Good Food- Good Health is committed to promoting healthy eating habits and educating the community about balanced diets while supporting the farmers who consistently provide our food.

As Indian farmers started harvesting their soybean crops from this month, they face a mix of hope and anxiety. Our mission is to empower farmers, help them overcome obstacles, and ensure they receive the knowledge they deserve. Through our programme, we provide guidance, skill development, and market access, equipping them with the tools they need to thrive.

Our programme focuses on improving nutrition and livelihoods in rural areas. By promoting sustainable agriculture, offering training in healthy cooking and food preservation, and supporting local farmers, we aim to create a more resilient and food-secure rural population. We have prioritized infants, toddlers, pregnant women, and lactating mothers, providing them with essential nutrients and guidance on healthy eating habits.

This month we have celebrated the Good Food-Good Farming-Good Health : Celebrating Four Years of Nutritional Impact." During this event, we launched special books that showcase our achievements and the positive changes we've made in the farming community.

We look forward to sharing more updates on the progress of our **Good Farming - Good Food - Good Health programme in our upcoming newsletter.**

**Happy Reading!**

**Dr. Suresh Motwani,**  
**Programme Coordinator**



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## GOOD FARMING- GOOD FOOD- GOOD HEALTH

### GOOD FARMING

### Soybean harvesting and post harvest management



### Harvesting the golden crop

The soybean fields are turning yellow and ready to be harvested and farmers have already initiated the harvesting. The anticipation of a bountiful harvest fills the air as farmers prepare to reap the fruits of their labour

As the harvesting season begins, the process of carefully extracting the soybean pods from the plants commences. Harvesting is a critical phase that determines the quality and quantity of your yield. The optimal time to harvest is when the pods have matured to 90% and their colour has shifted from green to a golden yellow or brown hue, provided the moisture content doesn't exceed 17%.

### Efficient harvesting with combines:

Soybean harvesting is typically done using combines. These machines efficiently cut, thresh, and separate the beans from the pods. It's essential to ensure the combine is set to the right height and speed to avoid damaging the beans.



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## GOOD FARMING- GOOD FOOD- GOOD HEALTH



### Post – harvest management: Preserving quality

Once the beans are harvested, the focus shifts to post-harvest management, a critical step in ensuring the quality and value of the produce. Drying, grading, sorting, and storage are essential components of this process.

#### Drying: Removing excess moisture

The harvested soybeans are typically spread out in a thin layer to facilitate drying, either in the open field under the sun or in specially designed drying sheds. Adequate drying is crucial to prevent spoilage and maintain the beans' viability. The moisture content of harvested soybeans should be reduced to 11% to prevent spoilage. This can be achieved through natural sun drying and checked by grain moisture meter. The recommended speed for a hand-driven threshing drum is around 300 -400 revolutions per minute (rpm).

#### Grading and sorting: Ensuring quality

Grading and sorting involve separating the beans based on size, quality, and any defects. This ensures that the produce is categorized appropriately for different market requirements.

#### Storage: Safeguarding the harvest

The sorted beans are then packed into gunny bags which should properly sanitized, a traditional and widely used method of storage. Proper storage conditions, including a dry and ventilated environment, are essential to safeguard the beans from pests, moisture, and other factors that could compromise their quality. For proper storage it is generally advised to keep the sacks 1 feet away from the wall to refrain from moisture and some bricks or woods should be placed beneath to avoid the attack of rodents and the sacks shouldn't be kept more than 4-5 layers to avoid breakage from excess pressure. while storing 5-10% neem leaves are kept to protect the grain from pest.



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## GOOD FARMING- GOOD FOOD- GOOD HEALTH

### Activities with farmers

#### Training for effective post-harvest management:

To equip farmers with the necessary knowledge and skills for effective post-harvest management, training programmes are being conducted. These programmes cover various aspects of the process, from drying techniques to storage practices. By empowering farmers with the right information, we can help them optimize their yields and maximize the value of their soyabean harvest

#### One-day training program was organized at the District KVK Agar Malwa



A one-day training programme was organized at the District KVK Agar Malwa to equip farmers with essential knowledge on harvesting and post-harvest management of soya crops. The event provided a platform for farmers to learn about the best practices for ensuring optimal yields and preserving the quality of their produce.

The training also extended its focus to the upcoming rabi season, highlighting the importance of proper mustard farming techniques. Participants were guided on seed selection, seed rate, variety selection, and effective management practices to mitigate the impact of seasonal challenges.





## GOOD FARMING- GOOD FOOD- GOOD HEALTH

### Empowering rural women



Recognizing the significant role of women farmers in agricultural development, a separate training session was conducted to enhance their entrepreneurial skills and empower them to adopt best farming practices for wheat and mustard crops. The five-day training program covered a wide range of topics, including farming techniques, entrepreneurship development, value addition of soya, and processing of soya-based food items. By equipping women with these skills, the program aimed to empower them to generate income from home-based entrepreneurial activities



This comprehensive training initiative at KVK Agar Malwa has undoubtedly empowered farmers to make informed decisions and adopt sustainable farming practices. It is a testament to the institute's commitment to supporting the agricultural community and promoting agricultural growth in the region.





**GOOD FARMING- GOOD FOOD- GOOD HEALTH**

**GOOD FOOD**

**Poshan Maah (Nutrition Month)**

September is National Nutrition Month, and this year, the theme is "Nutritious Diets for Everyone." we at the GFGFGH initiative are fully supporting this effort. we are dedicated to promoting healthy eating habits and raising awareness about balanced diets while supporting farmers and rural entrepreneurs. Poshan Maah (Nutrition Month) is a key time for promoting nutrition. our Good Farming- Good Food -Good Health (GFGFGH) programme highlights healthy eating through activities like culinary sessions, establishing Poshan Vatika (nutrition gardens), and using organic manure. This month encourages everyone to focus on better nutrition.



Nutrition is essential for providing our bodies with the energy, protein, healthy fats, vitamins, and minerals needed to grow and stay healthy. a balanced diet is crucial for well-being, as unhealthy foods can lead to health issues. GFGFGH organizes awareness sessions, exhibitions, food festivals, and training for women in the farming community under the project areas of the programme to improve knowledge about nutrition and healthy eating habits. We focus on health and nutrition for children aged 0-6 years, teenagers, and pregnant and breastfeeding women. Participants learn to cook the Take Home ration from anganwadi centers and understand the benefits of consuming green vegetables and pulses. cooking activities are also conducted with self-help groups preparing Mid-day Meals at schools.





**Supporting  
 The PM  
 Poshan  
 Programme**

## **GOOD FARMING GOOD FOOD GOOD HEALTH**



### **Key focus areas of the programme include:**

- **Community-based nutrition education:** GFGFGH conducts culinary sessions, establishes nutrition gardens, and promotes organic farming practices, empowering communities with sustainable and healthy food choices.
- **Targeted nutrition training:** The programme provides tailored training to women on nutrition for children, adolescents, and pregnant and breastfeeding individuals, helping them make informed dietary decisions.
- **Anganwadi center collaboration:** GFGFGH works closely with anganwadi centers to optimize the use of Take Home Ration, ensuring children receive nutritious meals.
- **School Mid-day Meal enhancement:** By partnering with self-help groups, GFGFGH incorporates soy-based foods into Mid-day Meals, providing balanced nutrition to school children.
- **Community engagement:** GFGFGH actively involves the community in nutrition initiatives, fostering a sense of ownership and responsibility for health and well-being.



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**GOOD FARMING- GOOD FOOD- GOOD HEALTH**

**4 years journey of  
 Good Farming- Good Food- Good Health**



**Recollection  
 of the moment  
 GFGF  
 Launching**

Over the past four years, GFGFGH has made remarkable achievements in creating healthier communities by empowering thousands of rural households with knowledge about nutritious, locally sourced foods and sustainable farming. We've transformed the lives of 1.32 lakh household members by incorporating soy and vegetables into their diets, ensuring they enjoy healthier meals. We nurtured 492 Nutri Sakhis: empowering community health champions with essential nutrition knowledge.

Our efforts have turned 466 schools and Anganwadi centres into hubs of nutrition, introducing soy-based and vegetable-rich meals, while empowering 72,276 women with vital food knowledge to develop healthier communities. We've also established model kitchen gardens and converted over 3400 bare lands into thriving sources of sustainable food.

Training 3,658 nutrition advocates: Engaging MDM, AWW, ASHA, and other dedicated community members in nutrition education and the Poshan Vatika initiative. We've also reached nearly 300,000 families through innovative outreach methods, such as nutritional songs, quizzes, and community festivals. GFGFGH commitment to sustainable practices and health education is making a tangible difference.





## GOOD FARMING - GOOD FOOD - GOOD HEALTH

### Events :

### Celebrating 4 Years of Impact!



Good Farming Good Food Good Health programme completed four impactful years, making a significant impact on improving nutrition in rural areas.

A special event was held on September 11 in Bhopal, titled "Celebrating Four Years of Impact on Nutrition: Building Future Pathways Together."

We were honoured to have **Ms. Nirmala Bhuria, Hon. Minister of Women and Child Development Madhya Pradesh**, as our chief guest at our event. She praised the programme's great achievements and highlighted the importance of expanding local food systems, encouraging everyone to strive for a healthier future.



**Our Chief Guest**



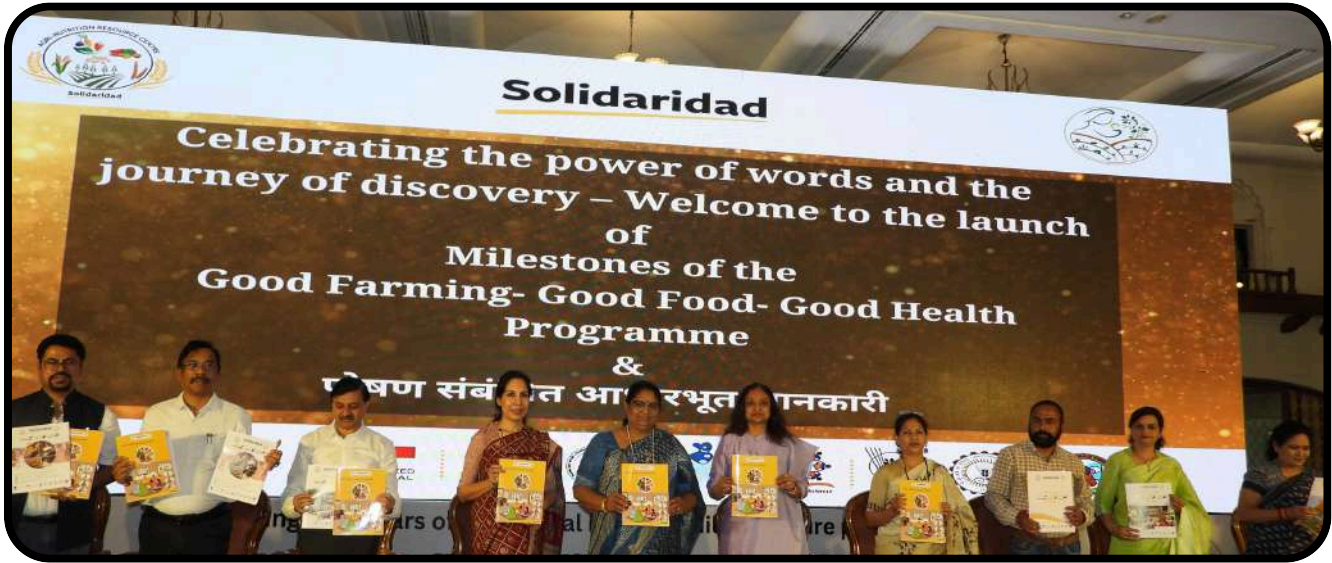
Dr. Suresh Motwani, the Programme Coordinator, highlighted the Good Farming Good Food Good Health programme's role in uplifting rural communities by promoting better nutrition, health, and sustainable farming practices over the past four years. Important government departments like **PM-POSHAN, ICAR-CIAE, the Health Department, and NRLM participated in the event.** They shared their inspiring experiences with the programme, showcasing their dedication to uplifting health and nutrition in the community.





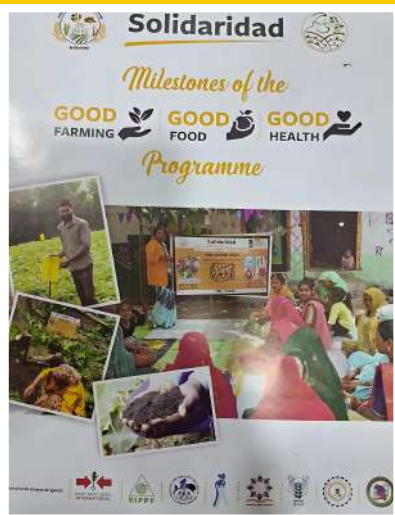
**GOOD FARMING- GOOD FOOD- GOOD HEALTH**

**Books Launched**



At the event, we proudly launched two significant books: "Milestones of the Good Farming-Good Food-Good Health Programme" and "Basic Information on Nutrition."

**Milestones of the Good Farming-Good Food-Good Health Programme**



The first book showcases the achievements of Good Farming- Good Food- Good Health programme over the past four years, highlighting our commitment to empowering rural communities through enhanced farming practices and improved overall health and livelihoods.



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**The second book on  
 “Basics of Nutrition”**

“Basics of Nutrition” is a book where you can learn about the nutrients found in everyday foods and how they can help address common health problems. Find out which foods to eat when recovering from issues like anaemia and malnutrition. Get simple tips on the best diet for important life stages, such as adolescence, pregnancy, and early childhood (6 months to 2 years). Discover how to get the most nutrients on a budget and the benefits of preserving food to make it last longer while staying healthy.

These books highlight Solidaridad strong dedication to empowering rural communities in their journey toward a sustainable and prosperous future through the Good Farming-Good Food-Good Health programme.

**Solidaridad hosted a panel discussion in FI India event**



Solidaridad hosted a thought-provoking panel discussion at the Fi India event, titled “Good Food- Good Health: Towards Sustainable Food and Supply Chain Management.” .



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## GOOD FARMING- GOOD FOOD- GOOD HEALTH



The discussion highlighted key issues around sustainable practices in the food value chain, technological advancements in food processing, evolving consumer preferences for healthier and sustainable products, and the essential role of partnerships in fostering sustainable food systems

### The panel featured esteemed experts, including:

1. Dr. Suresh Motwani, General Manager, Solidaridad, Bhopal
2. Dr. Nita Khandekar, Former Director, ICAR-IISR, Indore, Principal Scientist and Head of the Center of Excellence on Soybean Processing and Utilization, ICAR-CIAE, Bhopal
3. Mr. Sumit Agarwal, Managing Director, Bio Nutrient, Bhopal
4. Mr. Rajesh Tiwari, Managing Director, Tejaswani Herbs and Herbals Products, Bhopal

The panel discussion highlighted the importance of integrating sustainability into every aspect of the food supply chain, from production to processing and consumption. The collaboration between public and private sectors, as well as the empowerment of rural communities through technological innovation and entrepreneurial opportunities, emerged as key drivers of a sustainable food future. Through discussions like these, Solidaridad continues to lead the charge toward creating resilient, inclusive, and sustainable food systems.



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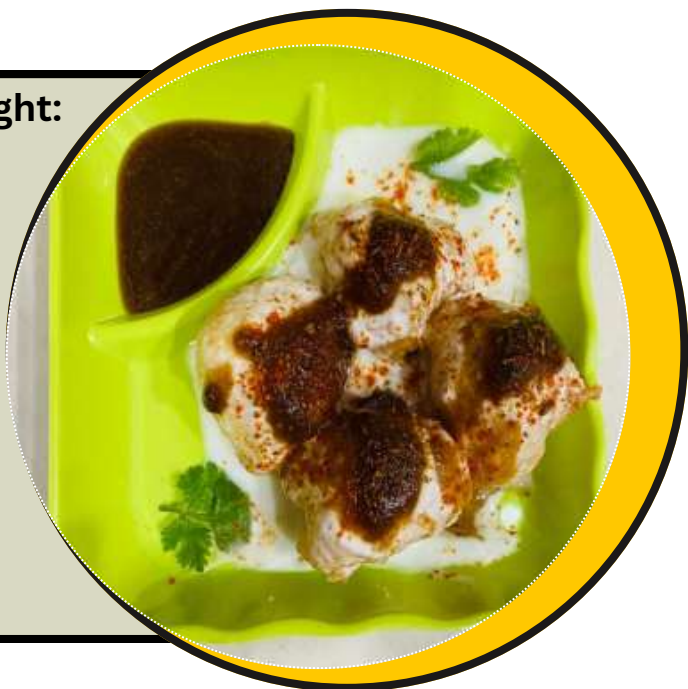
## Recipe of the month



### Nutritious Twist to a Classic Delight: Soybean Dahi Vada

#### Ingredients (for 4 people):

- Soybeans - 10 grams / 1 tablespoon
- Split urad dal - 90 grams / 1 small bowl
- Curd - 150 grams
- Green chilies - 4-5
- Ginger - 10 grams
- Salt - as per taste
- Oil - 75 ml (for frying)



#### Method:

- Soak soybeans and urad dal separately overnight in water.
- Rub the soybeans with your hands to remove the outer skin and boil them for 10 minutes.
- Grind the soybeans and urad dal together with ginger and green chilies.
- Beat this mixture until it becomes light and fluffy.
- Heat oil and make small vadas, frying them until they turn golden brown.
- Soak the vadas in warm water.
- Mix the curd well and add salt to it.
- Squeeze the water out of the vadas and place them in the curd.
- While serving, garnish with cumin, red chili powder, and fresh coriander leaves.

## Enjoy!



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## GOOD FARMING- GOOD FOOD- GOOD HEALTH

### From poverty to power: Reena Bai's Story



In Barothiya, a village near Ujjain, farmers were struggling to make ends meet. However, in 2019, the "Good Farming-Good Food" programme brought about positive changes by improving farming practices and introducing crucial health knowledge. Reena Bai recalls her previous situation: "I used to grow food grains on my 2.0 acres of land but wasn't earning much. I'd spend ₹30,000 but only make ₹34,000."

When the Good Farming-Good Food programme came to our village, the team taught us sustainable farming techniques and shared knowledge about Poshan Vatika (Nutrition Garden)—helping us understand how to obtain nutrition through farming. They educated us about the nutrients found in everyday foods and how they can help address common health problems. I learned what to eat when recovering from various health issues and received simple tips for a healthier diet.

Following their advice, I decided to grow vegetables on 1.0 acre, utilizing soil testing and organic fertilizers. With the information provided by the Solidaridad team, we focused on sustainable agriculture methods like germination tests, seed treatment, proper seed rates, and correct spacing. We also began using organic products made from local resources, such as Panchagavya, Matka compost, cow dung water, neem extract, coconut chutney, and heap NADEP. This approach has helped reduce costs on chemical fertilizers and pesticides by up to 80%. To my surprise, I made ₹68,000!

Now, I grow vegetables on more land and make between ₹60,000 and ₹75,000 per season. I'm incredibly thankful for the programme's support in helping me turn my life around. "I used to work in the fields from dawn till dusk, with barely any time for my family. But now, thanks to the programme, I have more time to spend with my loved ones. I'm proud of what I've achieved, and it's inspiring to see other farmers in our village follow my example and start growing vegetables. Together, we're building a more sustainable and prosperous community."



**-Reena Bai commented**



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## Contact us

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