



News letter

GOOD FARMING-GOOD FOOD



Inside... Event

Launched

- Good Farming- Good Food Website.
- Good Farming – Good Food Logo.
- Solidaridad-TSA 20:20 Mehta Model.
- Book - Reclaiming Sustainability in Medicinal Plants and Herbal Medicine Sector.

Inauguration

- Solidaridad led Training-Cum-Resource Centre.

Celebration

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Attractions...

- ❖ FARMER FIELD DAY
- ❖ RECIPE OF THE MONTH
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- ❖ STAKE HOLDER MEETING
- ❖ NATIONAL NUTRITION MONTH
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Good Farming – Good Food

Sustainable Food and Nutrition Security and Transforming Smallholders' Livelihood
Solidaridad Regional Expertise Centre (SREC)



Solidaridad



FROM THE PEN OF PROGRAMME CORDINATOR... 

Dear Readers,

An “inception phase” is a dedicated period at the beginning of a program that is focused on learning and better understanding the context for implementation. It is indeed a special privilege and a pleasure to share that inception phase of one of our ambitious programme “Good Farming, Good Food” programme completed successfully and launched the implementation phase on 29th Sep. Along with this

A book “Reclaiming Sustainability in Medicinal Plants and Herbal Medicine Sector”; and a mobile App Solidaridad – TSA 20:20 MEHTA Model also launched. Under the Good Farming – Good Food programme, Solidaridad and its partners organised a stakeholder’s event on 29th September, 2021, Bhopal.

Padma Shri Dr M H Mehta, Trustee, Solidaridad Regional Expertise Centre and Former Vice-Chancellor of Gujarat Agriculture University, Mr Jeroen Douglas, The Executive Director of Solidaridad Network and Managing Director, Dr Shatadru Chattopadhyay were also the part of event. Apart from many other important stakeholders, Mr. Bart De Jong-Consul General-Consulate General of The Kingdome Of Netherlands -a delegation from the Netherlands Embassy India also joined the stakeholders’ event.

The month of September celebrated as National Nutrition Month. The purpose behind celebrating is to spread awareness about good nutrition and health. Initiatives have been taken up by the Solidaridad nutritional team focussing on nutrition ,good food and healthy diet. Good Farming Good Food, along with Solidaridad and its stakeholders’ support, celebrates National Nutrition month with women from the farming community of Madhya Pradesh, through the numerous awareness sessions, exhibitions, food festivals and training on nutrition management

In the month of September, the crop of Soybean had entered in to flowering and Pod initiation stage and attained its full development by month end. The Standing crop of Soybean attained its pod formation stage from the beginning of the month. The grain filling of the same was also seen to be taking place as the variety JS 2034 is 86 days variety hence the crop had already completed it flowering stage.

The initiation of weekly series of Krishi Choupal/Nutrition Choupal(on line training platform) by our subject expert has created a wave of awareness and sensitization among the farmers which has been profoundly appreciated by the farmers , ground team and entrepreneurs. The programme has found its greatest support from the acceptance by the farming community 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 Kharif season and happy reading.

Dr Suresh Motwani
Programme Coordinator
Good Farming – Good Food





GROUND ACTIVITIES

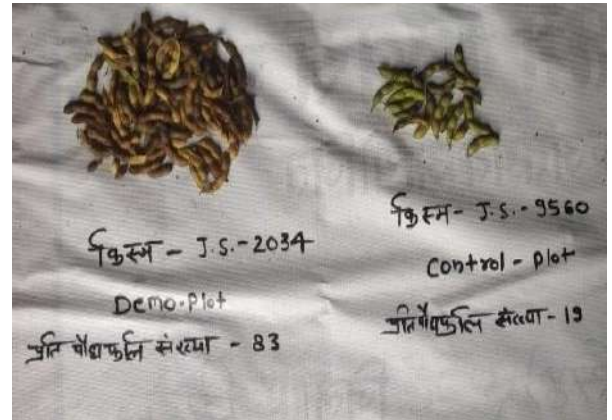
FARMER FIELD DAY- KEY TOOLS FOR TECHNOLOGY TRANSFER

Solidaridad has been demonstrating different technologies with different approaches at all project district. In Sehore and Ujjain district, a number of technologies have been tested at farmer's field level for the last two years. Experimental research on soil nutrient amendment through soil test based recommendations and improved management practices were also conducted. Beside this, transferring these technologies to the end user has also been done. To achieve this, farmer field day were considered as key tools for technology transfer, promotion, and knowledge sharing. The major aim of organizing field days is to promote information exchange and technology transfer easily from farmers to farmers or among different stakeholders. In this regard, Solidaridad and partners organized a big field day in Sep month. The field day commenced in the morning. As per the culture of the local community, the field day started off with blessing from elders from the community.



The participants expressed thanks to Solidaridad for creating such opportunity and then, called upon all invited farmers and stakeholders to carefully observe what host farmer has been doing practically on the field and share the best experiences to

each other and officially announced the opening of the field day. Solidaridad team helps communities and individual farmers to increase the production for crop. Activities include introduction of new technologies and practices, improved management approaches,



new varieties of crops, as well as better water management techniques. To introduce these new approaches, the team helps set up and train community organizations.



**...FARMER FIELD DAY- KEY TOOLS FOR TECHNOLOGY TRANSFER**

To help communities increase the value of their products, the project trains farmers how to grade, package, pack, and market their products, helps to find better paying markets, and trains farmers how to work with buyers and suppliers in order to increase sales revenues and profits. The project also seeks to increase the participation of women in income earning activities. In the farmer field day farmers very much appreciated and shared the performance of JS-2034 in demo plots and compared with JS- 9560 on yield parameters. Some plants were taken from the demo versus control plot crop to see the outcome, farmer were happy to see that the number of pods per plant in the demo was eighty three and similarly the number of pods per plant in the control plot were nineteen, it's a huge difference. All farmers visited demonstration field and observed the impact of good agriculture practices and lead farmers shared experiences of their field.

PROMOTION OF HERBAL GARDENS UNDER AZADI KA AMRIT MAHOTSAV

Azadi Ka Amrit Mahotsav is an initiative of the Government of India to celebrate and commemorate 75 years of progressive India and the glorious history of its people, culture and achievements. This Mahotsav is dedicated to the people of India who have not only been instrumental in bringing India thus far in its evolutionary journey. Azadi ka Amrit Mahotsav is an embodiment of all that is progressive about India's socio-cultural, political and economic identity. The official journey of "Azadi ka Amrit Mahotsav" commences on 12th March, 2021 which starts a 75 week countdown to our 75th anniversary of Independence and will end post a year on 15th August, 2023.

Under "Azadi Ka Amrit Mahotsav" SDGP and its esteemed partners have organized numerous demonstration sessions for promotion of Herbal Gardens at ground level, which aims to benefit the target households. Training and handholding support in setting up such home herbal garden is being provided by our Subject Expert Dr Gurpal Singh Jariyal. Promotion of Home Herbal Gardens intend to establish herbal and medicinal plants of various types to popularize the usefulness of commonly available and frequently used medicinal herbs among the various stakeholders and sensitize the community about our traditional knowledge. Herbal Gardens of various kinds will be promoted to create awareness about traditional usage of medicinal plants. Encouraging herbal gardens in the homes is a good way to promote use of medicinal plants for primary health care at the household level.

**ONLINE SESSIONS****AWARENESS SESSION ON DIFFERENT SOURCE OF INCREASING THE SOIL HEALTH FOR CROPS**

Human society has developed through utilization of our planet's resources in amazingly unique, creative, and productive ways that have furthered human evolution and sustained global societies. Of these resources, soil and water have provided humans with the ability to produce food, through



**...AWARENESS SESSION ON DIFFERENT SOURCE OF INCREASING THE SOIL HEALTH FOR CROPS**

agriculture, for our sustenance. In human history, our relationship with the soil has affected our ability to cultivate crops and influenced the success of civilizations. This relationship between humans, the earth, and food sources affirms soil as the foundation of agriculture.

While soil is frequently referred to as the "fertile substrate", not all soils are suitable for growing crops. Ideal soils for agriculture are balanced in contributions from mineral components (sand: 0.05–2 mm, silt: 0.002–0.05 mm, clay: <0.002 mm), soil organic matter (SOM), 25% air, 45% mineral and 25% water. It takes about 200 to 400 years for the formation of one centimeter soil.

The balanced contributions of these components allow for water retention and drainage, oxygen in the root zone, nutrients to facilitate crop growth; and they provide physical support for plants.

Under the Good Farming – Good Food programme, Solidaridad and its partners organise multiple training sessions for the farmers from five districts of Madhya Pradesh. The training sessions are themed according to the time and crop requirements. In the Kharif season, farmers require a solid and reliable source of knowledge for better crop production. Therefore, one training programme to enhance the learning and understanding of farmers regarding soil health was organised on 3rd Sep. Notable and renowned subject specialist Dr O.P. Joshi helmed the educational exercises through an established communication channel for more than 90 farmers.

An introduction to facts and figures becomes vital to support the understanding of the problem. A brief prologue to the losses faced by farmers due to soil health formed the basis of training. The detail discussions on Impact of cropping system on soil quality/health, impact of tillage on soil quality/health, Impact of nutrition management on soil-quality/health and contribution of organic manure crop residues to sustainable farming held during the session.

During the session the farmers were also suggested to apply organic manure in field on regular basis like (farm yard manure, compost, vermi-compost, poultry manure) and crop residues. It was also suggested that the farmer should minimize tillage as it helps reduce soil compaction, minimize soil erosion and enhances soil organic matter.

The awareness on soil/soil erosion management (keeping the soil covered, avoiding soil compaction, taking care of the slope of the land in sowing, water conservation, rowing of wind resistant trees) etc provided to the farmers during the sessions.

Sustainable and successful farming would ensure both the growth of the farming community and the country's food security. With the planned interventions by Good Farming – Good Food, the farmers of Madhya Pradesh are expected to gain improved results in farming and earn a better livelihood.

ONLINE SESSIONS**AWARENESS SESSION ON SOY FOOD AND VEGETABLES AS IMMUNITY BOOSTER**

While the world continues to tackle the novel coronavirus and its mutated strains, nutrition consciousness has emerged as a new area of focus and discussion as both precautionary measures and post Covid-19 healthcare. Although vaccination drives are creating hope for the world in the battle against the pandemic, to rely on nutritious food consumption for better health management continues to remain one of the top most recommendations of world leaders and eminent nutritionists. Living in a mask-free and safe environment will no more be a distant dream if people focus on self-care with nutrition.



**...AWARENESS SESSION ON SOY FOOD AND VEGETABLES AS IMMUNITY BOOSTER**

Ever since the outbreak of Covid-19 last year public awareness campaigns such as the Right To Protein initiative led the charge in associating the macronutrient, Protein, with its core function - immunity to increase awareness for better health management at such a crucial time. Together several brands, industry leaders and organizations quickly joined the tide in helping people understand that constant and adequate protein consumption can help boost immunity - which was perceived as one of the most important weapon against the virus.

It still continues to be true; Immunity remains to be one of the top most health measures that the world is relying on as the novel coronavirus has been mutating in to different strains. And as this remains to be the case it is important that people equip themselves with the best and the most updated information. The role of protein in developing immunity is not a secret. Amino acids that make protein are responsible for developing immunity. To understand this better, it is important to learn which protein rich foods must be consumed.



Good Farming – Good Food is a programme that ventures into the role of collective community awareness on good agricultural practices and good eating habits. Thus, nutrition becomes a focal point of its awareness approach. Similar sessions would feature under the programme in the coming future.

Good Farming – Good Food, along with its prestigious partners, strives to reach the farming community of Madhya Pradesh with a motive to raise the level of nutrition awareness. To amplify its reach, the nutrition team from Solidaridad organises a weekly awareness training programme called Nutrition Chaupal. Women farmers from the all project districts and nutri sakhis and para workers converge through effective digital means of communication to gain knowledge from the session on importance of soy food and vegetables as immunity booster with Mrs. Rashmi Shrivastava-Senior Clinical Dietitian in Hospitals and MP State Sports Nutritionist-as the nutrition expert.The virtual session reached out to more than 50 women farmer.



...AWARENESS SESSION ON SOY FOOD AND VEGETABLES AS IMMUNITY BOOSTER

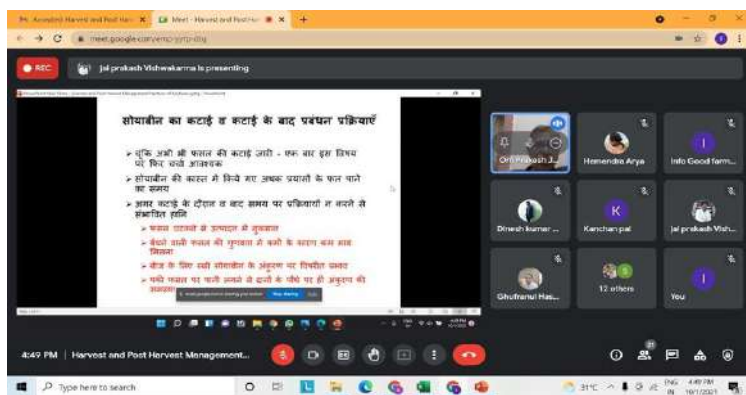
The session was organised to highlight with food preferences, vegetarian, non-vegetarian, eggetarian etc. Emphasis was given on inclusion of soy foods such as soy beans, soy nuts, soy chunks, soy chaap, soy milk, soy flour, tofu etc., in daily diets. Soy has been gaining popularity among non-vegetarians recently because of its meat like texture - wherein a lot of brands are offering soy foods as alternative protein options to animal protein. The session gave a brief understanding of what is Immunity (Importance of Immunity) , how to Increase Immunity and boost our immunity with Soy Food and Vegetables.

Nutritionists- Mrs. Rashmi Shrivastava urged women farmer to have balance meals with soy food and vegetable to get optimum nutrition from all sources possible. Balancing soy foods with vegetables, would be a full-proof proposition of increasing protein, there by receiving all essential amino acids and to finally boost immunity. Considering the role of soy protein for better immunity is now important more than ever. To consistently strengthen immunity, a well-balanced diet, along with an effective health management routine will help start a new regimen of health, and people must ensure that adequate consumption of protein must include soy foods among all other protein rich foods.

ONLINE SESSIONS

AWARENESS SESSION ON PRECAUTIONS IN HARVESTING AND POST HARVESTING HANDLING OF SOYBEAN

In the past, the harvesting and storage of maturity crops was generally a slow and arduous task, today the reverse is usually the case, because of the availability of harvesting machinery and handling and loading equipment. Harvesting should be done in the shorter time possible to avoid grain deterioration and subsequent occurrence of shattering that might affect its conservation and storage. In developing countries, there are still many farms, often the small farms, where insufficiency of knowledge and of machinery, equipment, labour and storage facilities, make it difficult to proceed in the right manner, with the result that storage is not always successfully accomplished and the and the quantitative and qualitative losses are high. Harvesting and storage is one of the most essential part of farming today. The marketable surplus generated through this activity is often responsible for the surplus needed for the nation. Under the programme Good Farming – Good Food, farmers acquire the improved knowledge of harvesting and post harvesting management i.e drying , threshing , grading and storage. The farmers from the five districts of Madhya Pradesh took keen interest in learning the new and improved methods of harvesting and storage. Under the Good Farming – Good Food programme, Solidaridad and its partners organise a training sessions for the farmers to enhance the learning and understanding of farmers regarding precautions in harvesting and post harvesting handling of soybean was organised on 10th September . Notable and renowned subject specialist Dr O.P. Joshi helmed the educational exercises through an established communication channel for more than 85



**GOOD FARMING – GOOD FOOD****... AWARENESS SESSION ON PRECAUTIONS IN HARVESTING AND POST HARVESTING HANDLING OF SOYBEAN**

farmers. The farmers were suggested to harvest the soybean soon after its maturity. It is necessary to harvest at the right time. Harvesting should be done on attaining physical maturity. He further emphasized on time for harvesting as recommended when the plants turn green, golden, yellow, brown or black (depending on the variety) during its time of maturity. Any delay in the same would result in seed germination (11-33% reduction), adverse effect on seed quality, yield loss due to cracking etc. Soybean threshing and cleaning are also part the briefing for the participating farmers.



They were advised to undertake after drying the seeds, they should be brought to the place of storage carefully after filling them in bags. The good quality bags are often used to make the process effective. For sowing in the next season, carefully place the protected seed on a wooden or iron platform or on a thick layer of straw. The crop which is to be used as grain and is not to be used as seed, should also be kept on the platform itself. The Soybean produce which is to be used for seed should be stored in well cleaned bag at a moisture not more than 9%. The seed coat of Soybean is sensitive and therefore stack of bags should not be more than 3 to 5 layers. Any crack or damage to the seed coat will seriously damage the germination potential. During the course of threshing the speed of thresher should be adjusted to 350-400 RPM. He also advised to make sure that the stored soybeans are away from the wall. Farmers were advised to use new gunny bags.

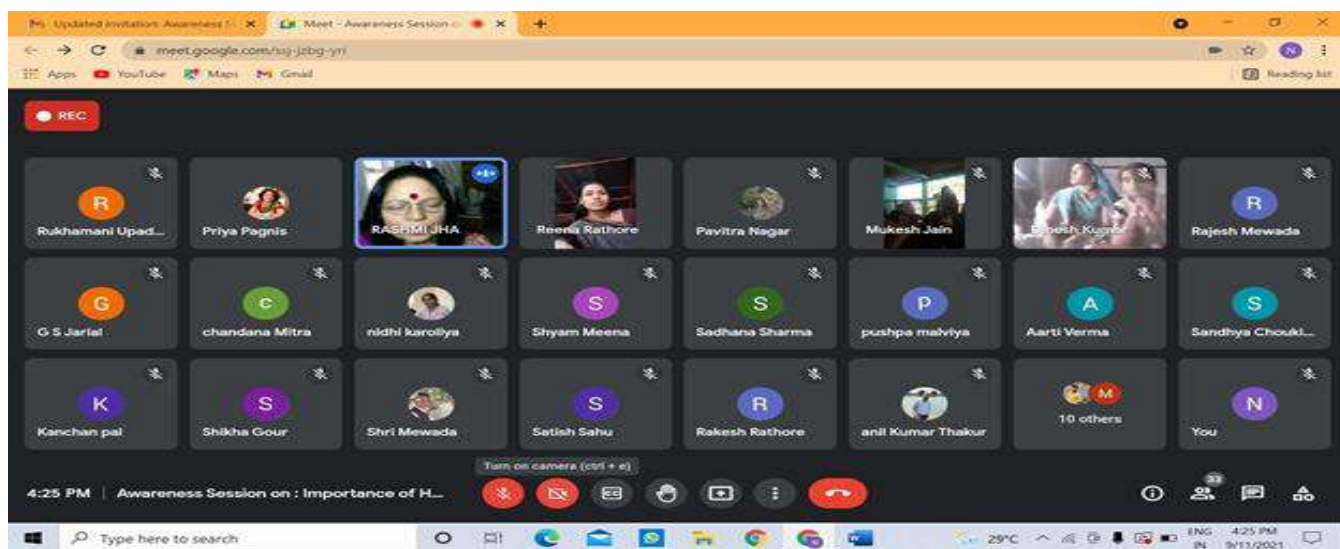
Harvesting and storage might be the last in the practices of agriculture, but it remains to be the most crucial stage where the grains finally find its protection. A number of promising and experienced farmers were trained from the five target districts of Madhya Pradesh Under the Good Farming – Good Food programme.

ONLINE SESSION**AWARENESS SESSION ON IMPORTANCE OF HERBS & MEDICINAL PLANTS IN PRIMARY HEALTH CARE**

Certain medicinal herbs have disinfectant property, which destroys disease causing germs. They also inhibit the growth of pathogenic microbes that cause communicable diseases. Herbal medicine practitioners recommend calmative herbs, which provide a soothing effect to the body. Medicinal plants provide several essential oil and alkaloids, with medicinal properties due to presence of natural compounds. Medicinal plants are useful for curing human diseases and play an important role in healing due to presence of Phyto chemical constituents.

The usefulness of the common-factor approach as a method of engaging other health promoters in propagating the ideals of medicinal plants is highlighted. Medicinal plants play vital roles in disease prevention and their promotion and use fit into all existing prevention strategies. However, conscious efforts need to be made to properly identify, recognise and position medicinal plants in the design and implementation of these strategies.



**... AWARENESS SESSION ON IMPORTANCE OF HERBS & MEDICINAL PLANTS IN PRIMARY HEALTH CARE**

Solidaridad and its partners organised multiple training sessions for the women, nutri sakhies and paraworkers from all project districts of Madhya Pradesh in month of September this year. The training sessions are themed according to nutrition requirements. A training programme to enhance the learning and understanding of women regarding awareness on importance of herbs & medicinal plants in primary health was organised on 11th September. Notable and renowned subject expert -Dr. Rashmi Jha- Ayurveda Medical Officer -M.P. Government, helped the educational exercises through an established communication channel for more than 60 women.

ONLINE SESSIONS**AWARENESS SESSION ON PREVENTION OF ANEMIA IN ADOLESCENCE BY SOY FOOD AND VEGETABLES**

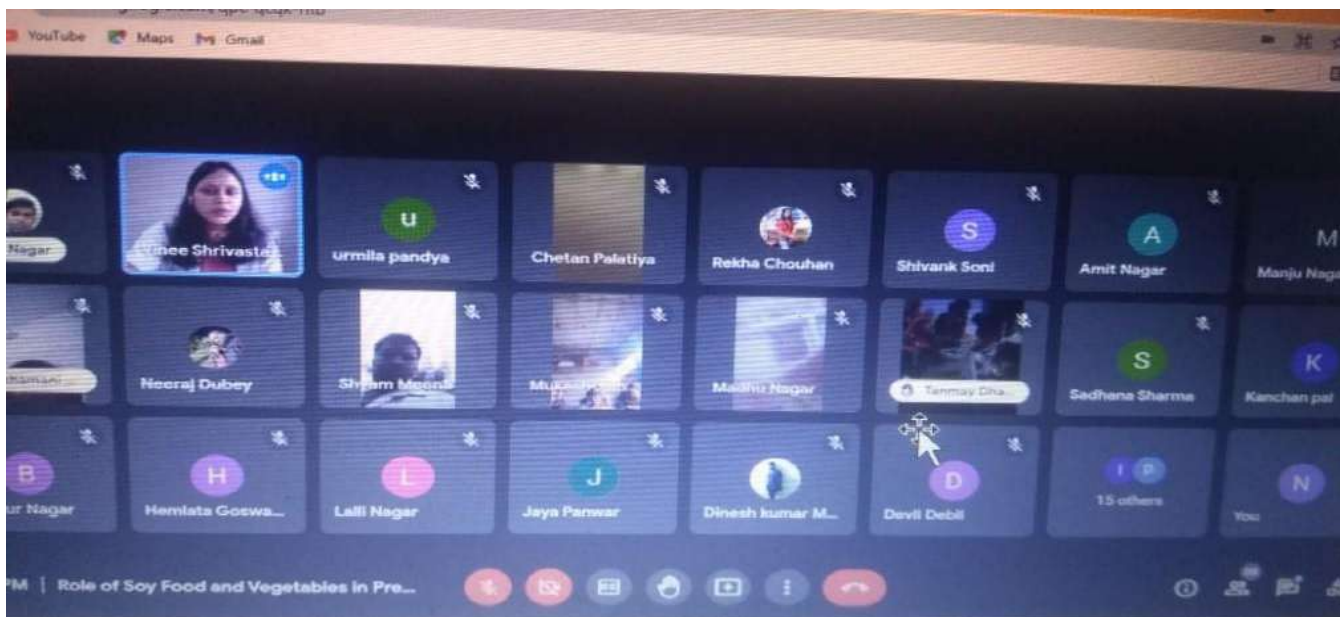
Anaemia is a critical public health problem in India that affects women and children throughout the lifecycle. Anaemia in boys and girls limits their development, learning ability, reduces concentration in daily tasks, increases their vulnerability to infection, increases school dropout rates, reduces physical fitness and work productivity. Anaemia in girls during pregnancy is associated with premature births, low birth weight, and peri-natal and maternal mortality. Adolescence is an opportune time for interventions to address anaemia, as it is an important time of growth and development. Missing out on nutrition education and IFA supplementation at this time may push young boys and girls further into the cycle of iron deficiency and anaemia. In adolescent girls, apart from meeting growth needs, sufficient iron intake is also essential before and during pregnancy.

Human blood contains a red pigment called haemoglobin, which is rich in iron. It carries oxygen to different parts of body. Deficiency of iron in diet leads to decreased amount of haemoglobin, making the blood thin and less red in colour which leads to less supply of oxygen to different parts of the body; this state is known as anaemia. There are many different types of anaemia. They could be nutritional or non -nutritional causes (heavy/chronic bleeding, infections, genetic disorders or cancers). Nutritional anaemia, particularly, is the most widely prevalent form of anaemia in the country.





... AWARENESS SESSION ON PREVENTION OF ANEMIA IN ADOLESCENCE BY SOY FOOD AND VEGETABLES



SOLIDARIDAD, along with its partners, have organised Nutrition Chaupal for the woman farmer, nutri sakhies and paraworkers for all project district from Madhya Pradesh. The awareness and training sessions are drawn around the redressal of on prevention of anemia in adolescence by soy food and vegetables, which is common in rural areas of the country. Under the session, a reputed nutritional expert, Dr. Vinee Shrivastava-B.H.M.S,M.D- Government Homoeopathic Medical college and Hospital, Bhopal recommended to take all types of food items in the diet so that all the nutrients can be found in the diet. To control anemia in girls, it is recommended to include soy food in the routine diet. In Madhya Pradesh, anemia is fifty two percent and the reasons for anemia are attributed to worms in the stomach and women ignoring their food and uncleanliness. Under the training session, the expert covered various aspects related to anemia in adolescence, reason of these diseases, symptoms and type of food required to prevent them from these diseases etc.

NATIONAL NUTRITION MONTH 2021: THE POWER OF A NUTRITIOUS MEAL

The month of September celebrated as National Nutrition Month. The purpose behind celebrating is to spread awareness about good nutrition and health. Initiatives have been taken up by the Solidaridad nutritional team focussing on nutrition ,good food and healthy diet. A balanced diet is important for good health and well being.





... NATIONAL NUTRITION MONTH 2021: THE POWER OF A NUTRITIOUS MEAL



Nutrition is the science or practice of consuming and utilising foods. Food provides our body with energy, protein, essential fats, vitamins, and minerals to live, grow, and function properly. Therefore, a balanced diet is important for good health and well-being. It is said that an unhealthy diet increases the risk of many diet-related diseases. Therefore, we can say that a balanced diet plays an important role in our life to be healthy and for that proper knowledge about nutrition is very necessary. So, to make community aware of healthy life and

intake of diet National Nutrition month is celebrated in September month. Good Farming – Good Food, along with Solidaridad and its stakeholders’ support, celebrates National Nutrition month with women from the farming community of Madhya Pradesh, through the numerous awareness sessions, exhibitions, food festivals and training, receive an opportunity to grow and improve awareness on nutrition management.

KEY HIGHLIGHTS-FARMERS MOBILIZED FOR VEGETABLE PRODUCTION WITH SOYBEANS

Good Farming – Good Food works with women farmers to spread the word of nutrition amongst their community, along with the facilitation of good agricultural practices and livelihood for the farmers. Apart from this ,farmers were also mobilized for vegetable production along with soybean in various training sessions as well as village level meeting. In this context ,the team Solidaridad encouraged farmer to vegetable cultivation in village Barithia of Ujjain district.



One of a prominent farmers, Mr. Manohar Dhakar, planted four varieties of vegetables-bottle guard ,lady’s finger ,green chilly and cucumber in his two bigha land(1 Bigha=0.258 acre) out of his total 7 bighas land. In which chilli was planted as major vegetable . Mr. Manohar Dhakar participated in all the training for advanced techniques of vegetable production organized by the Solidaridad under Good Farming Good Project and never missed any opportunity. Because of all these good agriculture practices the outcome is that he got good fruiting and healthy vegetable without any issues. In the first harvesting of chili in the moth of September ,seventy kilogram of chillies were produced. This behavioral change is bound to bring a drastic change in the rural community of Madhya Pradesh,



Netherlands Enterprise Agency



Solidaridad





... KEY HIGHLIGHTS-FARMERS MOBILIZED FOR VEGETABLE PRODUCTION WITH SOYBEANS

where programmes like Good Farming Good Food would continue to influence the life of farmers for a change that matters.

AN EXPOSURE VISIT AT NIPANIYA SIKKA VILLAGE - DISTRICT SEHORE

Under the Good Farming – Good Food programme, Solidaridad and its partners organised one exposure visit on 28th Sep at Nipaniya sikka village -Icchawar Block in one of the project district Sehore. The objective of the exposure visit was to build capacity of farmers and inspire them to take up good agriculture practices through experience gained from various subject experts and live demos.

Farmer's Day and Farmer's seminar program was also organised by the ICAR-Indian Institute of Soybean Research-Indore for the participating farmer during exposure visit. A total 28 potential farmer from different villages of Bikisganj cluster participated in the exposure visit. Dr. Nita Khandekar -Director, ICAR-IISR - addressed the participants in the farmer's seminar and briefed good agriculture practices and their institute's



The farm owners at Nipaniya village showcased live demonstration of various farming systems through their experiences and tried to motivate participants to adopt good agriculture practices in farming.

STAKE HOLDER MEETING AND PROGRAMME LAUNCHING



Under the Good Farming – Good Food programme, Solidaridad and its partners organised a stakeholder's event on 29th September, 2021 at Hotel Jehan Numa Palace, Bhopal. The event was started with lunch followed by one-to-one meetings, press meet, stakeholders/launch event, so far.

Solidaridad Asia and partners have united in a consortium to launch the implementation phase of one of the flagship projects 'Good Farming – Good Food'. The project is a





GOOD FARMING – GOOD FOOD

... STAKE HOLDER MEETING AND PROGRAMME LAUNCHING

with the Netherlands Government, aimed at reducing malnutrition among the vulnerable population particularly women and children, in Madhya Pradesh, India, and is jointly funded by the Dutch multinational East West Seeds; Vippy Industries and the Dutch Government—the Netherlands Enterprise Agency (RVO). Padma Shri Dr M H Mehta, Trustee, Solidaridad Regional Expertise Centre and Former Vice-Chancellor of Gujarat Agriculture University, Mr Jeroen Douglas, The Executive Director of Solidaridad Network and Managing Director, Dr Shatadru Chattopadhyay were also the part of event. Apart from many other important stakeholders, Mr. Bart De Jong-Consul General-Consulate General of The Kingdom Of Netherlands -a delegation from the Netherlands Embassy India also joined the stakeholders' event.



'Good Farming – Good Food' was implemented by the partners last year. The inception phase has helped in creating a strong foothold in the region and strengthening relationships with the communities. During the event Solidaridad has launched the implementation phase of one of our ambitious programme "Good Farming, Good Food" programme. Along with this a book "Reclaiming Sustainability in Medicinal Plants and Herbal Medicine Sector"; and a mobile App Solidaridad – TSA 20:20 MEHTA Model also launched. In the event organized different close group meetings and discussions took place during the day to discuss about the synergies and development of new programmes/associations. The event culminated with cultural event and networking dinner.

EVENT

SOYA FOOD FESTIVAL

When pinned down by a flu, people often turn towards health and nutrition to get better. For over a year now India and the entire world has been battling with the novel coronavirus. It's taken a global pandemic crisis for people on this planet to shift their focus almost entirely towards efficient health management. After being blind-sided by COVID-19, the last twelve months have been nothing but a ride - right from national lockdowns, crumbling economy, loss of life, to hope, with the development of the vaccinations and implementation of nationwide vaccination drive, and to finally live in a mask-free and safe environment. Protein' and 'immunity' quickly emerged as buzzwords only to further be actioned for better health management at a crucial time to begin this battle against the pandemic.





Solidaridad nutrition team organized a soy Food Festival on 30th Sep to promote soy food and its different recipe at one of the project village Gunaga of Bhopal district, Madhya Pradesh. Mr. Jeroen Douglas, Executive Director, Solidaridad Network, along with Mr. Bart De Jong-Consul General-Consulate General Of The Kingdom Of Netherlands , Dr Nilay Ranjan, CSR Head, Vodafone Idea, Shatadru Chattopadhyay, Managing Director, Solidaridad Asia and Dr. Suresh Motwani-General Manager- Solidaridad participated in the festival.



Soy protein is a rich source of quality protein. The goodness of proteins in soybeans further helps growth, repairs tissue, builds muscle and renews cells. Balancing soy foods with vegetables would be a full-proof plan of increasing protein, thereby by receiving all essential amino acids and to finally boost immunity. It is more important now than ever to consider the role of protein in constantly strengthening immunity.

The recipe competitions are organised for the women in the villages. The persons who cook the most nutritious variety from the soy processing and local ingredients are encouraged and felicitated with prizes. The whole objective is to make the people aware about the unique nutritional value of soy food and vegetables. The aim is also to equip families with the desire to eat more nutritious and healthy food and equip them with the knowledge of how to achieve it. Thirteen women participated actively and prepared various soy food and vegetable recipes. Food Festival allots stalls that have innovative and nutritious dishes prepared by soy food like soya pudding, soya milk, soya pakoras, soy tofu, soy Momo etc—the list is endless.

Mrs. Jyoti Kushwaha was the 1st prize winner for her best recipe soy laddu with sugar and with jaggery.

The event culminated with a vote of thanks by the nutrition team and with Soybean Cake Cutting Ceremony. Everybody likes a good cake prepared by soybean. Nutrition team thanked to all the senior management team, participants and organizer for showing keen interest in the food festival.

All senior management team appreciates the program and shows pleasure to see the ground work of Solidaridad team at field level.



INAUGURATION

TRAINING-CUM-RESOURCE CENTRE FOR WOMEN FARMERS AT GUNAGA VILLAGE (BHOPAL)

Good Farming – Good Food and its partners encourage FPOs and assist farmers in materializing their resources and emerge as self-sustaining FPOs in their areas. A training cum resource centers have been established for women farmer in all five district of Madhya Pradesh under Programme Good Farming – Good Food. Solidaridad has been providing technical and logistic support in all project district.



The inaugural ceremony was held on 30th Sep in coordination with team Solidaridad at Gunaga village of Bhopal district, Madhya Pradesh for Rakshika Mahila Kisan producer company. The inauguration & lighting of lamp were done jointly by Mr Jeroen Douglas, Executive Director, Solidaridad Network along with Dr Nilay Ranjan, CSR Head, Vodafone Idea, Shatadru Chattopadhyay, Managing Director, Solidaridad Asia and Dr. Suresh Motwani-General Manager-Solidaridad, inaugurated a training-cum-resource centre for women farmers in the Gunaga village of Bhopal district, Madhya Pradesh, India.

In the Inaugural Function, addressing the participants, the senior leadership team graced the occasion and welcomed the members of farmer producer company and board of directors, shared a brief introduction on the project, interventions and highlights so far and also stressed on the importance of farmer producer company, role and responsibility of governing body etc.





GOOD FARMING – GOOD FOOD

CAPACITY BUILDING TRAINING FOR EXTENSION TEAM AT SEHORE

Bhopal, September 30th : Solidaridad , organized a training for Capacity Building For Extension Team at Hotel Graces, Sehore

Solidaridad provided one day training to strengthen their capabilities to develop, implement and maintain effective extension services among target groups etc. This is important to helps team impart their respective trainings more efficiently and effectively. It actually gives them an opportunity to work on their skills and core competencies and come out with something more exciting, innovative and unique, eventually benefitting the end – stakeholder.



The healthy discussion held on various field related issues during the training and sharing relevant information regarding project outcome.

Mr Jeroen Douglas, Executive Director, Solidaridad Network along with Dr Nilay Ranjan, CSR Head, Vodafone Idea, Shatadru Chattopadhyay, Managing Director, Solidaridad Asia appreciated the initiatives taken by the Solidaridad team. Dr M H Mehta, Trustee, Solidaridad Regional Expertise Centre and Former Vice-Chancellor of Gujarat Agriculture University and Mr. Vikash Sharma- Head-Godrej Industries Limited also graced the event.

The event culminated with the vote of thanks by the team Solidaridad .The entire extension team participated actively in the training programme.





RECIPE OF THE MONTH

Diet Soy Flour Cake

Turn on the oven to 325°F. Line a square baking pan with a baking paper.

Pour the apples and the egg whites into the food processor and blend until it reaches a smooth consistency. It will look like an apple white smoothie.

In a large mixing bowl combine the flour with the baking powder and the sugar, stir in the apple smoothie and add the yogurt. Stir well with a wooden spoon. Transfer batter into the prepared baking pan and place in the preheated oven. Bake about 45 minutes. Remove from the oven and allow to cool about 5 minutes in the baking pan. After that time, remove the cake from the pan, remove the baking paper and cool completely. The perfect way for this sweet is to be baked at the morning, then to be served for the afternoon tea time.

Just before serving, sprinkle with confectioners' sugar if desired, cut into squares, place each square into a paper cup and serve.

Important tips: When you choose to bake with the soy flour, remember to use a slow oven heat, because the flour gets brown very fast.

This cake remain soft even if it's completely cooled. The fruit can be substitute with pears, canned and dried peaches, strawberries... You can add chocolate chips and raisins to the batter before baking.

The soy flour is very high in protein and low in carbs, it has 1 gm fat.



Minutes to Prepare: 5
Minutes to Cook: 45
Number of Servings: 10

Ingredients

- 160 g soy flour
- 2 tsp baking powder
- 100 g brown sugar
- 300 g apples (one large apple), peeled, cored and chopped
- 4 egg whites
- 2 tbsp plain soy yogurt

Nutritional Info

Servings Per Recipe: 10

Amount Per Serving

Calories: 116.7

Total Fat: 0.4 g

Cholesterol: 0.1 mg

Sodium: 128.1 mg

Total Carbs: 24.5 g

Dietary Fiber: 3.6 g

Protein: 9.7 g



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