



# Solidaridad

**GOOD FARMING - GOOD FOOD**

# NEWSLETTER



Netherlands Enterprise Agency



EAST-WEST SEED INTERNATIONAL

# Solidaridad



## GOOD FARMING-GOOD FOOD

**Sustainable Food and Nutrition Security and Transforming Smallholder's Livelihood  
Solidaridad Regional Expertise Centre**



## FROM THE DESK OF PROGRAMME COORDINATOR

Dear Readers



We are delighted to bring you the latest edition of the "Good Farming-Good Food" Newsletter. This month, our focus is not just on the good harvests that grace our fields but also on the very essence of sustenance — nutrition.

September marks the beginning of the Nutrition Month, an annual event in India aimed at raising awareness about the importance of nutrition and promoting healthy dietary habits. It's a time when we pause to reflect on the crucial role nutrition plays in our lives. In this edition, we embark on a journey through the various facets of nutrition, exploring the intersection of good farming practices and the creation of wholesome, nourishing food.

Our farmers are the backbone of our society, and their practices significantly influence the nutritional value of the food we consume. We shine a spotlight on sustainable farming practices that not only yield abundant crops but also prioritize the health of the soil, water, and the overall ecosystem.

In this Newsletter we take you to the demonstration plots of soybean where harvesting is started with the end of month September. We'll keep you updated about the production received and the impact of Good Agriculture Practices on Soy production this year in our upcoming Newsletter.

Thank you for being a part of the Good Farming-Good Food community. Together, let's sow the seeds of health, harvest the fruits of sustainability, and nourish lives for generations to come.

Warm regards

Dr Suresh Motwani



Netherlands Enterprise Agency  
Netherlands Enterprise Agency



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



The September month mark the celebration of the sixth Rashtriya Poshan Maah (Sixth National Nutrition Month) initiated by the Prime Minister of India to address the issue of malnutrition in the country. This year, the objective is to comprehensively tackle malnutrition through a life-cycle approach.

The focal point of Nutrition Month 2023 is to cultivate widespread awareness concerning critical human life stages: pregnancy, infancy, childhood, and adolescence. The aim is to foster nutritional understanding across India through a theme centered on “Suposhit Bharat, Sakshar Bharat, Sashakt Bharat” (Nutrition-rich India, Educated India, Empowered India).

In the spirit of celebrating Nutrition Month, the month-long festivities under the Good Farming-Good Food programme brought together village community members, and organizations in a collective effort to celebrate the importance of nutrition, well-being and sustainable food practices. Focus was given to let the rural community understand that the good health can be achieved with the minimal investments also.

### Highlights of the Celebration

**Educational Seminars and Workshops:** Throughout the month, a series of engaging seminars and workshops were conducted by nutrition experts and sustainable agriculture specialists. Topics covered a wide range, from understanding nutritional labels to the benefits of locally sourced and organic produce, a special focus was given to Soy food. These sessions empowered participants with valuable knowledge to make informed and healthier food choices.



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...Nutrition Month Celebration: A Feast of Health and Well-being

**Cooking Competition:** In the spirit of promoting healthy eating habits and celebrating Nutrition Month, Recipe Competition had been organised that brought together rural community's culinary talents. The competition aimed not only to showcase creative and nutritious recipes but also to inspire individuals to explore the intersection of flavor and well-being. Winners were selected and awarded with prize.



**Culinary Delights:** The Farm-to-Table Culinary Extravaganza was a highlight, featuring nutrition team who demonstrated how to create nutritious and delicious meals using locally sourced ingredients and Soy. Cooking demonstrations, recipe sharing, and tasting sessions allowed participants to experience firsthand the joy of preparing and enjoying wholesome, farm-fresh dishes.

**Community Engagement and Participation:** The community's response was remarkable, with an enthusiastic turnout at events and widespread engagement on the awareness events.

**Maintaining a Nutrition Garden:** During Nutrition Month Nutrition team had paid a special attention towards maintenance of Nutrition Garden developed under the programme to ensure a sustainable source of fresh and nutrient-rich produce.



**Impact and Reflection of Nutrition Month:**

The Nutrition Month Celebration left a lasting impact on rural community, fostering a greater awareness of the importance of nutrition and sustainable food choices. Participants expressed a newfound appreciation for local produce, soy food and a commitment to integrating healthier practices into their daily lives.

**Future Initiatives:**

Building on the success of this celebration, plans are underway for future initiatives. The establishment of a community garden, ongoing nutrition workshops, and collaborations with local schools are among the exciting projects on the horizon. These initiatives aim to cultivate a sustained commitment to health and well-being within our community.



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Third Annual General Meeting of Rakshika Women Farmer Producer Company Ltd. (A Bhopal based women farmers FPO supported by Solidaridad) held on 30<sup>th</sup> September 2023, this gathering was a testament to the resilience, collaboration, and empowerment that define the Rakshika FPO.

### Highlights of the Meeting

**Celebrating Achievements:** The meeting commenced with a reflection on the accomplishments of the past year. From increased participation in livelihood activities to successful entrepreneurship ventures, our collective achievements were a source of pride and inspiration.

**Financial Empowerment:** Financial literacy and empowerment took center stage as we discussed the economic strides made by FPO members. The meeting provided insights into the financial health of the FPO, fostering transparency and trust among our community of women farmers.

**Skill Enhancement Programs:** Empowering women through skill development programmes was a highlight of the meeting. Discussions revolved around upcoming training sessions, aimed at enhancing members' expertise in modern soy processing techniques and agro-processing.

**Leadership Nurturing:** The Annual Meeting also served as a platform for recognizing and nurturing leadership within our ranks. The election of office bearers for the upcoming term ensured a diverse and dynamic leadership team dedicated to advancing the goals of Rakshika Women FPO.

**Community Engagement:** Rakshika Women FPO's commitment to community engagement was evident throughout the meeting. Members discussed various community development initiatives, including new agro business ventures for the families associated with the FPO.



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Farm Insights

As the month of September draws to a close, farmers in many parts of the project areas across the soybean-growing regions are gearing up for one of the most critical phases of the agricultural calendar - soybean harvesting.



The decision to initiate soybean harvesting at the end of September is a well-considered one, influenced by a combination of factors including weather conditions, crop maturity, and market dynamics.



Farmers monitor the soybean fields regularly to assess the crop's maturity. The ideal time for harvesting is when the beans are fully developed and have reached their maximum size and moisture content. This year, the places where sowing was done with seed variety JS 9560 are mostly harvested in September. Seed variety RVS 2024 given in demonstration plots are yet to attain maturity level and will be fit to harvest in 95-100 days around mid of October.



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TRAINING ON PRE AND POST-HARVEST MANAGEMENT OF SOYBEANS: ENHANCING QUALITY AND SUSTAINABILITY



In the realm of soybean agriculture, the significance of post-harvest management cannot be understated. To equip farmers with the necessary skills and knowledge, specialized training programs have been conducted in the month to enhance post-harvest practices. These sessions focus on a range of methods aimed at preserving soybean quality and ensuring sustainable agricultural practices.

Key Components of Training

**Harvest Timing:** Trainings emphasize the importance of harvesting soybeans at the right time, ensuring optimal maturity. Harvesting too early or too late can affect the quality and market value of the crop.

**Moisture Management:** Participants are educated on monitoring and managing moisture levels in harvested soybeans. Proper drying techniques are crucial to prevent mold growth and maintain the beans' quality during storage.

**Storage Techniques:** Farmers are trained in effective storage methods to preserve soybeans post-harvest. This includes using proper storage facilities, aeration systems, and pest control measures to prevent spoilage.

**Quality Assessment:** Training programs often include sessions on assessing the quality of soybeans. Farmers learn to identify signs of damage, insect infestation, or other factors that may compromise the quality of the harvest.



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...Training on pre and post-harvest management of soybeans: enhancing quality and sustainability

**Drying Technologies:** Advanced drying technologies are introduced to farmers, including methods such as batch drying, continuous flow drying, and the use of solar dryers. These techniques enhance efficiency and reduce the risk of spoilage.

**Packaging and Handling:** Proper packaging and handling are crucial to maintain soybean quality. Farmers are trained in selecting appropriate packaging materials and methods to minimize physical damage and contamination.

**Market Access:** Training programs often include information on accessing markets. Farmers learn about market requirements, grading standards, and how to position their soybeans for sale in both local and international markets.

**Sustainability Practices:** The importance of sustainable post-harvest management is highlighted. Techniques like conservation tillage, which retains crop residues in the field, are promoted to enhance soil health and reduce environmental impact.

**Risk Management:** Farmers are educated on risk management strategies, including crop insurance and diversification, to safeguard against potential losses during the post-harvest period.



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To reach out a masses of farming community, an online training on Pre and Post-Harvest management organised on 22nd September 2023 to address the growing need for efficient and sustainable agricultural practices. As soybean is a vital crop with diverse applications, optimizing its cultivation and handling is essential for both economic and food security reasons. Online platforms provide a convenient and accessible way for farmers to acquire knowledge and skills from experts in the field.

### Key Aspects Covered:

- **Pre-Harvest Practices:**
  - ✓ Monitoring crop growth and health.
  - ✓ Implementing proper irrigation techniques.
  - ✓ Assessing readiness for harvest.
- **Harvesting Techniques:**
  - ✓ Timing of harvest for maximum yield.
  - ✓ Proper use of harvesting equipment.
  - ✓ Minimizing losses during the harvesting process.
- **Post-Harvest Management:**
  - ✓ Safe and efficient storage practices.
  - ✓ Drying methods to prevent mold and decay.
  - ✓ Grading and quality control measures.

## ONLINE TRAINING ON PRE AND POST HARVEST MANAGEMENT OF SOYBEAN

### Smart Agri Hub

SOLIDARIDAD - VI ONLINE SMART WEEKLY KRISHI CHAUPAL

Training on  
**Pre and Post Harvest Management of Soybean**  
 सोयाबीन की कटाई से पहले और कटाई के बाद का प्रबंधन



Online Training Session Organized by  
**Smart Agri Hub**

22<sup>nd</sup> September 2023  
 (Friday)  
 3:00 to 4.30 PM

For More Information PLEASE CONTACT

Mr. Anil Khare  
 8251071818

HOW TO JOIN ?  
 Click on the link below after installing Google Meet  
<https://meet.google.com/ddd-nade-ykk?hs=224>

- **Value Addition:**
  - ✓ Introduction to processing techniques.
  - ✓ Exploring opportunities for product diversification.
  - ✓ Market-oriented approaches to enhance profitability.



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## EMPOWERING HEALTH

# HEMA'S JOURNEY TO WELLNESS THROUGH GFGF'S NUTRITION AWARENESS DRIVE

Hema, an Anganwadi worker of Village Karadiya Pari District Dewas found herself at the forefront of a health revolution thanks to the awareness drive initiated by the Good Farming-Good Food Programme (GFGF). The foundation aimed to promote nutrition and well-being, particularly among pregnant women, and it turned out to be a catalyst for positive change in Hema's life.

Before the GFGF awareness drive, Hema, like many others in her village, had limited knowledge about the significance of proper nutrition during pregnancy. Malnutrition was prevalent, and Hema, in her role as an Anganwadi worker, witnessed the adverse effects it had on the health of pregnant women and their infants.

The GFGF campaign in Hema's village provided educational materials, conducting workshops, and collaborating with local health workers to spread awareness about the importance of a balanced diet, especially during pregnancy. Hema eagerly participated in these initiatives, absorbing the information like a sponge.

One key aspect emphasized by the programme was the inclusion of soy-based foods and homegrown vegetables in daily meals. Hema was particularly drawn to this idea because it seemed practical and accessible. The nutrition team distributed soy seeds and provided guidance on setting up home gardens. Hema, inspired by the newfound knowledge, took the initiative to implement these changes in her own life.



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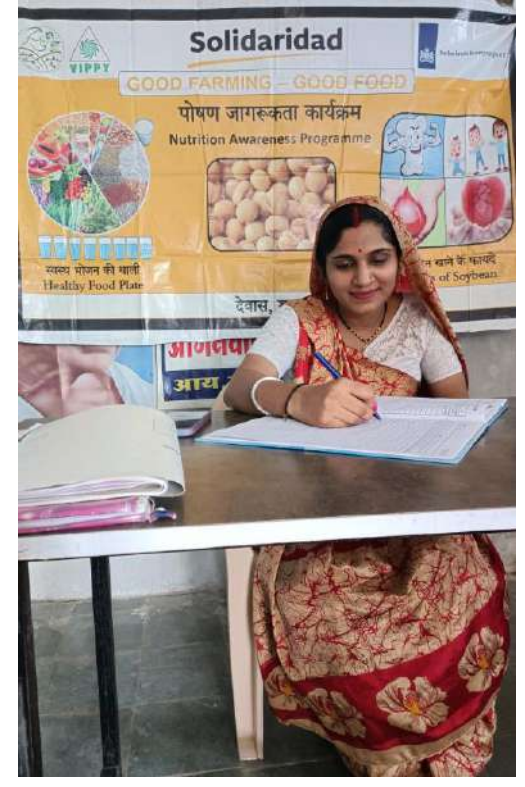
...Hema's Journey to Wellness Through GFGF's Nutrition Awareness Drive



She started incorporating soy products like soy chunks and soy milk into her diet, ensuring a protein-rich intake. Simultaneously, she cultivated a small vegetable garden around her home, growing a variety of vegetables such as beans, tomatoes, and leafy greens. The GFGF support extended beyond awareness—Hema received guidance on proper gardening techniques and nutritional counseling tailored to her pregnancy.

As weeks passed, Hema not only noticed improvements in her health but also felt more energetic and resilient even during her pregnancy period. Her commitment to a nutritious lifestyle did not go unnoticed, and the women in her community began to take note. They, too, started participating in the GFGF initiatives, creating a ripple effect of positive change.

Hema's personal success story became a powerful tool in the GFGF awareness campaign. She shared her journey during community meetings, highlighting the positive impact of soy foods and homegrown vegetables on her health and the health of her unborn child. The village started to embrace these dietary changes, resulting in a visible reduction in cases of malnutrition among pregnant women.



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# FARMERS FIELD DAY



Farmers Field Day (FFD) organized for farmers in project areas to provide them with practical knowledge, skills, and information related to agriculture. There were around 20 farmers field day were organised in the 05 project districts. A group of around 30-40 farmers got the chance to visit demonstration plots where the lead farmers shared package of practices they have adopted. This practical exposure helps in better understanding and adoption. Farmers could compare the demonstration plots with control plots wherein to observe number of plants, number of pods, growth pattern, efficacy, productivity, reduction in cost of cultivation, benefit cost ratio etc.

## PLANNING FOR RABI SEASON



As we bid farewell to the monsoon season, it's time to gear up for the upcoming Rabi season in the project areas. Choosing the right crops for the Rabi season is crucial. Wheat, mustard and chickpeas are popular choices in the region. So far it is determined to establish 150 mustard demonstration plots in district Dewas, Ujjain and Agar-Malwa. Preparations are done to establish Wheat and Chickpeas crops. Considering the upcoming Rabi season agricultural workshops, training programmes, and interacting with fellow farmers to exchange ideas and best practices have already been taken place.

### CONTACT US

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