



# NEWSLETTER

Innovations  
&  
Best  
Practices



Rural  
Empowerment  
Initiatives



Trainings  
&  
Knowledge  
sharing





## FROM THE DESK OF PROGRAMME COORDINATOR



Welcome to the monthly Newsletter of 'Good Farming-Good Food'. During the Rabi season, wheat crop dominates agricultural cultivation in Madhya Pradesh. This Rabi season, farmers here have sown wheat early and the unseasonal rains will prove to be a boon for the wheat crop. Solidaridad is all set up to encourage farmers to embrace Good Agricultural Practices (GAPS) and our field team is braced up for online and offline training programmes for the same. Our team regularly visits the farmers to monitor the progress of the crop and resolve any issue faced by them.

The Good Farming- Good Food programme has enhanced the lives of countless rural farmers and their families, directing them to a better, healthier and wealthier lifestyle. Our nutrition workers are playing a vital role in creating awareness in the rural areas about benefits of consuming Soy and incorporating it in their routine meals. This initiative aims to promote both agricultural sustainability and improved nutrition in rural communities. Soybeans, a rich source of protein, essential amino acids, and various nutrients, offer a viable solution to enhance dietary diversity.

Biggest motivation for any team is having a team meet where the entire team assembles to work and share some informal friendly moments together. Take a glimpse of all these activities from the field and a sneak peek into our Team Meet in this Newsletter.

**Happy Reading!**

**Dr. Suresh Motwani**



Netherlands Enterprise Agency



**Solidaridad**



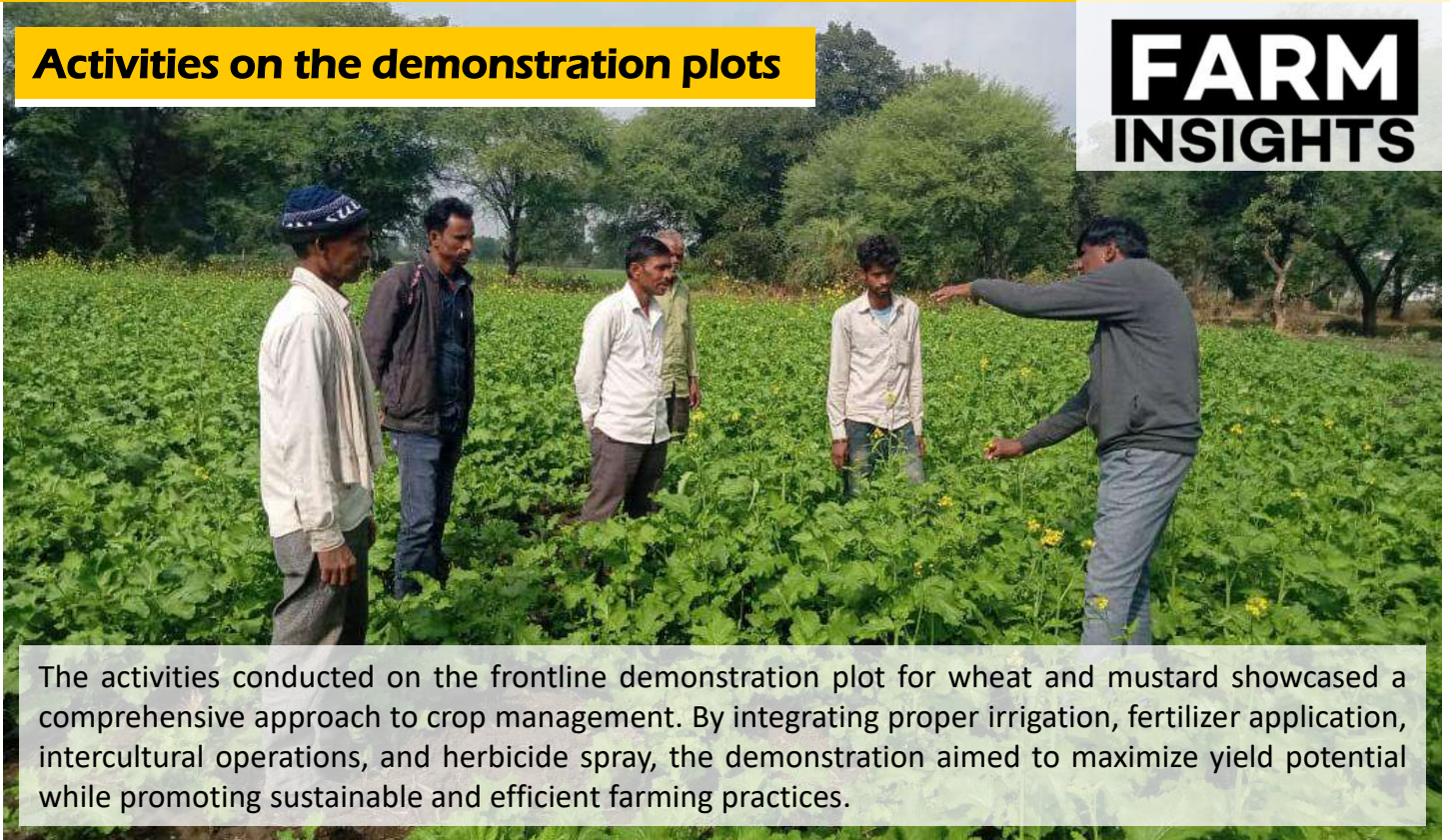
Visit our website - <https://www.goodfarminggoodfood.org/>

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



## Activities on the demonstration plots

## FARM INSIGHTS



The activities conducted on the frontline demonstration plot for wheat and mustard showcased a comprehensive approach to crop management. By integrating proper irrigation, fertilizer application, intercultural operations, and herbicide spray, the demonstration aimed to maximize yield potential while promoting sustainable and efficient farming practices.

- 1. Second Round of Irrigation in wheat crop:** Farmers are suggested to apply second round of irrigation where wheat crop has attained tillering and flowering stage. Urea application was also suggested to be carried out along with second irrigation. The dosage was determined based on soil nutrient analysis and recommended agricultural practices.
- 2. Nutrient Management:** Nutrient management is critical during the tillering and flowering stages of wheat, as these phases significantly influence the crop's development, yield potential, and overall health. Proper nutrient supply during these stages ensures optimal growth. In a few places, leaf yellowing has been observed. Sulphur is recommended with Urea using a foliar spray to target the leaves only.
- 3. Intercultural Operations:** Under intercultural operations manual or mechanical weeding methods were employed to control weed growth in wheat crop. Weeding was carried out to minimize competition for nutrients, water, and sunlight.
  - **Identification and Classification:** Farmers were educated on recognizing and categorizing prevalent weeds in the Rabi crop cycle, facilitating targeted intervention strategies.
  - **Integrated Weed Management:** The training emphasized holistic approaches, combining cultural, mechanical, and biological methods to minimize reliance on chemical herbicides.
  - **Herbicide Application Techniques:** Practical sessions demonstrated the proper and judicious use of herbicides, considering safety and environmental impact.
  - **Sustainable Alternatives:** Farmers were introduced to eco-friendly weed control methods, encouraging a balance between pest management and environmental responsibility.



Netherlands Enterprise Agency

**Solidaridad**

Visit our website - <https://www.goodfarminggoodfood.org/>

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



...Activities on the demonstration plots



**4. Thinning and Gap Filling in Mustard Crop:** Project areas where Mustard crop which has attained the stage of 25-30 days, farmers are advised to opt for thinning process which involved removal of extra plants to maintain inter and intra row spacing. This helps good crop growth. Similarly, crops of this stage are also suggested for first irrigation.

**5. Nipping or Topping in Mustard:** Topping in mustard crop refers to the practice of removing the growing tip of the main stem. This agricultural technique is employed to manage plant height, encourage branching, and enhance overall crop productivity. Farmers of project areas where mustard crop has attained 35-40 days of age are suggested to start Nipping/Topping.

**6. Farmers training on Good Agriculture Practices for Rabi Crop**

In the ongoing pursuit of promoting sustainable and responsible agriculture comprehensive trainings have been provided to farmers in the project areas during the month of November. This initiative focuses on empowering farmers with essential knowledge and skills good agricultural practices (GAPs) specified for the Rabi Crop, contributing to the principal goal of ensuring quality produce and thriving agricultural community.



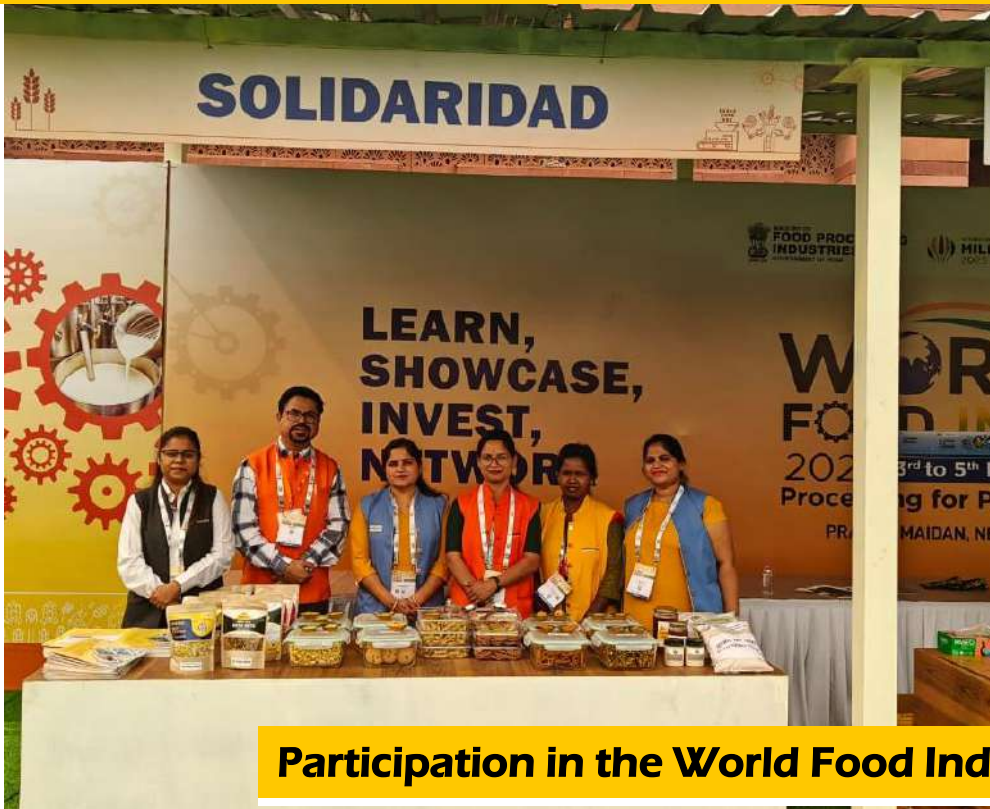
Netherlands Enterprise Agency





# NEWSLETTER

## EVENTS



**Participation in the World Food India 2023 (WFI) event**



Solidaridad had an incredible time participating in the World Food India 2023 (WFI) event held on November 3-5, 2023 at Pragati Maidan, New Delhi, with the invaluable support of the Netherlands Embassy, which provided us with a dedicated pavilion to showcase our impactful initiatives under the Good Farming-Good Food programme.

WFI 2023 was organised by Ministry of Food Processing Industries, Government of India with the objective to introduce the world to the rich Indian food culture as well as promoting investments in the diverse food processing sector of the country.

Marisa Gerards (Ambassador of the Kingdom of the Netherlands to India) and Michiel van Erkel (Agricultural Counsellor, Netherlands Embassy) visited the Solidaridad pavilion to further encourage our efforts

Participating in World Food India 2023 aligns perfectly with Good Farming-Good Food mission and offers a unique opportunity to showcase our contributions to a sustainable and responsible food and agriculture sector.





## Workshop on the Benefits of Soybean and its Processing



In a collaborative effort between Solidaridad and the IAPEN Indian Association for Parenteral and Enteral Nutrition (IAPEN), a workshop focusing on the benefits of soybean and its processing unfolded with sessions led by prominent dietitians and nutritionists in Bhopal, Madhya Pradesh.



Visit our website - <https://www.goodfarminggoodfood.org/>

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



# NEWSLETTER

## ...Workshop on the Benefits of Soybean and its Processing



Breakout sessions facilitated by Solidaridad nutrition team, prominent dietician and officials from IAPEN in soybean processing and nutrition provided a deeper understanding of the journey from soy cultivation to the final product. Solidaridad’s nutrition team from the Good Farming-Good Food programme area engaged in discussions on the nutritional changes during processing and learned about the impact of different processing methods on the final nutritional profile of soy products. A hands-on session led by a culinary nutritionist showcased practical and delicious ways to prepare soy products like Soy milk, Tofu, Soy nuts etc. and integrate soybean into daily meals in prescribed amount. Cooking tips and nutritional benefits were highlighted throughout the demonstration. A panel discussion featuring the workshop presenters allowed participants to engage directly with the dieticians and nutritionists.



Visit our website - <https://www.goodfarminggoodfood.org/>

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



## Team Review Meet - November 2023

The month of November commenced with Solidaridad’s yearly Team Review Meet from 07 - 09 November 2023. Solidaridad members including from projects areas of Good Farming- Good Food participated in the meet and shared their progress reports. The three-day meet threw a light on the upcoming targets, achievements and gave an open platform for discussion on various issues and topics related to Key Performance Indicators (KPIs) of the project.

Each team gave their presentations that were closely observed by a panel of experts and reviewed accordingly. Each session was followed by a question-and-answer session where open discussions led to more clarity into the insights of the working process.





# NEWSLETTER

**BEST  
PRACTICES**



## Farm to Market - Producing and Procuring the best

November proved to be a good month for Dewas Farmer Producer Organisation. One of the major objectives of the Good Food-Good Farming programme is to provide a better market access to soy farmers of the project areas. In this pursuit, the Dewas Farmers Producer Organisation (Dewas FPO) supported by Solidaridad, kick started their soy procurement of quality Soy from the farmers this month. The FPO successfully purchased approximately 30 quintals soy from the farmers and sold nearly 28 quintal certified good quality Soy to VIPPI Industries and aim at increasing the volume by December 2023. Dewas FPO was established in 2019 and since then has been working towards starting the procurement process.



“We are thankful to VIPPI Industries for their support. They have always kept FPO on priority while purchasing crops. This reduces the travel expenses of the FPO’s and the Farmers”.



**Solidaridad**





## A Diwali Celebration with Soy Delights

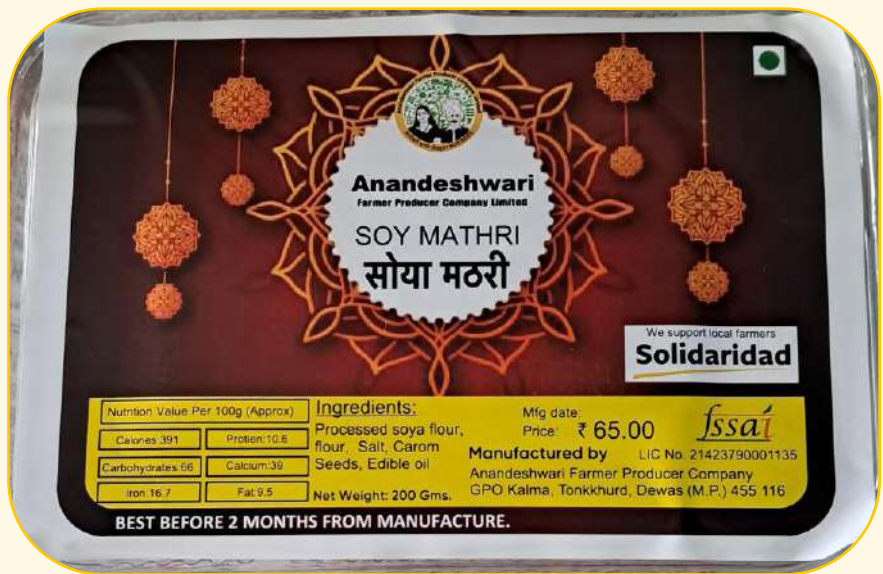


In the spirit of promoting sustainable agriculture and empowering farmers, the Good Farming-Good Food programme has brought a positive change. This Diwali, district Dewas based FPO- Anandeshwari Farmer Producer Company Ltd took a leap into entrepreneurship by creating and selling soy-based snacks.

A group of farmers envisioned that it will not only showcase the benefits of sustainable farming but also provide a unique, healthy alternative for Diwali festivities. Drawing inspiration from the nutritional value of soy, they decided to create soy laddu, soy nuts, and soy namkeen as their main snacks for the occasion.

Soy, being a rich source of protein, is not only a healthy dietary option but also aligns with the ethos of the Good Farming-Good Food programme, emphasizing the importance of balanced and nutritious meals.

Through this creative venture into soy-based snacks, they not only demonstrated the potential of FPOs to transform rural livelihoods but also offered a tasty and nutritious alternative for festive occasions.





# NEWSLETTER

**"Growing a Healthy Future: Supporting rural households and anganwadis with winter vegetable nutrition gardens"**

## HEALTH & NUTRITION



The "Good Farming-Good Food" team is making significant strides in supporting rural households and anganwadis for developing nutrition gardens focused on winter vegetables. This initiative recognizes the crucial link between good farming practices and the production of nutritious food, especially during the winter months when access to fresh and diverse vegetables can be challenging in rural areas.

The team is actively engaged in empowering local communities, particularly rural households and anganwadis, to cultivate nutrition gardens that cater to the specific dietary needs of the population. Winter vegetables are rich in essential vitamins and minerals, making them crucial for maintaining a balanced and healthy diet, especially for vulnerable groups like children and pregnant women.

Through awareness campaigns and hands-on training sessions, the Good Farming-Good Food team educates communities on sustainable and organic farming practices suitable for winter vegetables. These initiatives not only enhance agricultural productivity but also contribute to the overall well-being of the community by ensuring a diversified and nutritious food supply.



The support provided by the team goes beyond just imparting knowledge. They actively collaborate with local farmers and anganwadi workers to facilitate the establishment and maintenance of these nutrition gardens. By promoting community involvement and ownership, the initiative aims to create a sustainable model that continues to benefit these communities in the long term.

In addition to promoting health and nutrition, the initiative has positive ripple effects on the local economy by creating opportunities for income generation through the sale of surplus produce. This not only encourages self-sufficiency but also contributes to the economic resilience of rural households.



Netherlands Enterprise Agency



**Solidaridad**



Visit our website - <https://www.goodfarminggoodfood.org/>

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



## How minor changes in lifestyle helped Kala Bai fight pain in her life

## SUCCESS STORY



The first wealth in life is health. To remain healthy, we need to eat healthy and soy is the key ingredient that plays a vital role in maintaining the nutrition level in our body. Over time, with its nutritional benefits, soy has emerged as a powerhouse of nutrition and transformed many lives, not just in developed cities, but also in remote rural areas.

For Kala Bai, a 43-year-old woman farmer residing in the remote village of Khari in Sehore district Madhya Pradesh, India, soy has been a boon for her family. “We are Soy farmers, but we never knew that consumption of soy is so nutritious for our body. We just produced the crop and sold it in

without even knowing the real value of soy, until we were introduced to the Good Farming-Good Food Programme”.

Weakness, frequent fever and dizziness were very common in Kala Bai’s family. Under the Nutrition Program of the Good Food- Good Farming, Kala Bai was told about the benefits of eating soy and the process of consuming it.

“We provided our family with good food but we missed on providing food with nutritional value. We started consuming soy about six months ago and incorporated it into our daily food consumption and it has helped us move back to a healthy life,” Kala Bai said.

### Fighting Pain - How Soy and Drumsticks benefitted Kala Bai’s family?

Kala Bai’s husband, Man Singh Mevada, suffered from acute knee pain for years. The family visited many doctors and spent thousands on heavy medications, but in vain.

“I am a farmer and have a laborious job. My knee pain refrained me from even carrying out my routine activities. I could not sit or stand without support. One of the doctors even suggested that they can operate on my knees to reduce the pain, but we did not want an operation.”





Worried, Kala Bai sought every option to get her husband out of pain, but none really worked. On the advice of Good Farming-Good Food nutrition workers, she learnt about the benefits of naturopathy and the importance of consuming a healthy diet. “I was advised to use leaves of drumstick trees while preparing Dal or parathas (wheat bread). They explained to us in detail the process of using soy and drumstick leaves and within a few months, the results were positive. My husband now has a lot of relief in pain,” she adds.

Kala Bai’s entire family, including her one-year-old granddaughter, consume soy and other delicacies with more nutritional value and also encourage people from other households from their villages to do so.



...How minor changes in lifestyle helped Kala Bai fight pain in her life



### Good Health Good Income

“Nutrition is a first step towards leading a healthy life. Good Farming-Good Food is working towards giving access to nutritious food to children and such households across Madhya Pradesh, particularly soy products. This is one of our major goals,” Dr. Suresh Motwani, Programme Coordinator, said.

“Raw soy contains Trypsin which may interfere in protein digestion. So, soy first needs to be soaked for 10-12 hours, boiled for half an hour, dried and only then used. It has to be used in the ratio of 10%,” Nutrition Programme In-charge, Sandhya Choukiker said.

“When we heard of Kala Bai, we approached her approximately 6 months ago. Her husband’s condition was not very good. We counseled her family and asked them to save some portion of the soy they produced in their farm and use it for their own consumption,” Shiv Kumari Patel, Cluster Incharge said.

Good Farming-Good Food nutrition team initially conducted a meeting in their village and made them understand the nutritional value of soy. The workers also conducted culinary activities and training and taught women to teach them the proper processing of soy and various recipes that can be made from soy.

The field workers associated with Good Farming- Good Food taught Kala Bai’s family different recipes of Soy and Drumstick leaves. “Nutrition workers taught us to prepare soy laddu, soy nuts, etc. which is healthy and tasty. Since we have learnt the process of consuming soy and preparing various delicacies from it, we have also started accepting orders for the same. Since we got our health back, we are able to increase our wealth as well.”

“We thank this initiative by Good Farming-Good Food for introducing us to such a healthy lifestyle and generating opportunities at remote levels,” Kala Bai said.





## Empowering Farmers through Online Training

### Integrated Nutrition Management in Rabi Crops (Wheat, Gram and Mustard)

रबी फसलों में एकीकृत पोषण प्रबंधन  
(गेहूँ, चना एवं सरसों)



ONLINE TRAINING SESSION ORGANIZED  
BY  
**SMART AGRI HUB**

3<sup>rd</sup> November, 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/xds-khkt-fgo>

For More Information Please Contact  
**Smart Agri Hub Helpline**  
8251071818, 766907747



### Training on Good Agriculture Practices in Onion and Garlic प्याज एवं लहसुन की खेती में बेहतर कृषि क्रियाएं (GAPs)



ONLINE TRAINING SESSION ORGANIZED  
BY  
**SMART AGRI HUB**

Date: 24<sup>th</sup> November 2023 || Time: 3:00 to 4:30 pm



#### HOW TO JOIN ?

Click on the link below after installing Google Meet  
<http://meet.google.com/fnn-emma-qhb>



For More Information Please Contact  
**Smart Agri Hub Helpline**  
8251071818, 766907747

On a transformative journey together through our online training sessions, this month we focused on Integrated Nutrition Management in Rabi Crop and Good Agriculture Practices in Onion and Garlic to enhance skills and knowledge of our agriculture community and promote sustainable farming practices.

The Integrated Nutrition Management sessions were equipped with valuable insights into optimizing crop nutrition for Rabi crops, developing healthier soils, and ultimately improving yields.

Our exploration of Good Agriculture Practices in Onion and Garlic aimed to provide our farmers with practical and efficient methods—from cultivation to post-harvest handling—that not only increase productivity but also contribute to the overall well-being of your farms.

### SOLIDARIDAD REGIONAL EXPERTISE CENTRE

### GOOD FARMING – GOOD FOOD

Address: - Shreenath Kripa Apartment (GF), D-26,  
Kohefiza, Bhopal - 462001 (M.P.)

Contact no.- +91 7552548160, +918251071818

Website: - <https://www.goodfarminggoodfood.org>

Email – [suresh.motwani@solidaridadnetwork.org](mailto:suresh.motwani@solidaridadnetwork.org)



Netherlands Enterprise Agency



**Solidaridad**



Visit our website - <https://www.goodfarminggoodfood.org/>

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