

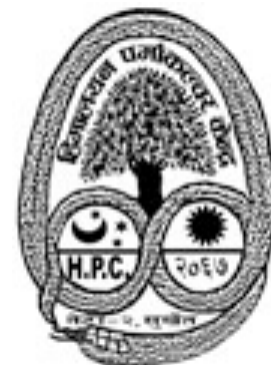
# Himalayan Permaculture Centre

[www.himalayanpermaculture.com](http://www.himalayanpermaculture.com)

## Building Household and Community Resilience

### Interim Report

Date of this report: April 2014



#### Introduction and background

This report summarises activities carried out by the Himalayan Permaculture Centre (HPC) in its working areas of Surkhet and Humla districts during the period October 2013 to March 2014. This covers the first 6 months of the second year of HPC's "Building Household and Community Resilience" and activities are reported below.

#### Highlights

- HPC villages in Humla declared "smoke-free" with 100% of households having installed smokeless stoves (see 1.2)
- HPC staff and farmers learn to make training videos (see 1.3)
- HPC delivers clean drinking water at a cost of only \$60 per household or \$10 per person (see 2.2)

#### Working Areas

An up to date summary of groups' names, locations and demographics is given below.

		Households	Women	Men	Total
Surkhet	2 VDCs, 10 villages	172	523	577	1100
Humla	3 VDCs, 11 villages	260	771	766	1537
Total	5 VDCs, 21 villages	432	1294	1343	2637

#### Activities

##### 1.0 FOOD SECURITY PROGRAM

##### 1.1 Resource Centers

Increase in diversity and productivity has continued to be mapped at HPC's 2 Resource Centres (RCs) in Surkhet and Humla. Vegetable production from Baragaun's 0.4 acre Resource Centre farm has increased from 40kg in 2012 (12 crops) to 128kg between October 2013 and March 2014 (21 crops). Fodder from grass and trees have increased from 350 to 450kg over the same period, 20 new seedlings have been planted including Strawberry, Almond, Honey Locust, Passion fruit and Comfrey, and 38 grafted fruit seedlings have been distributed to visiting farmers.

At Dapka RC in Humla, comprising just over 1 acre in plots owned by 7 families along with 720kg maize, there have been 1211kg of vegetables produced including potato, pumpkin, beans, turnips, taro, slipper gourd, garlic and daikon radish. In addition 360kg of peaches, 330kg of plums, 230kg apples, 60kg of walnuts and 27

**kg of apricots** have been harvested. On the land **239 new seedlings** have been established including apple, peach, plum, pear, walnut, comfrey, blackcurrant, apricot and perennial kale. From the nurseries on the RC, **259 of various grafted fruit seedlings** have been distributed.

## 1.2 Farmers' demonstrations

All 21 groups continue to be supplied with a range of resources such as tools, seeds\* and seedlings with which to establish demonstrations on areas of private and community land. Over winter new grafted fruit seedlings have been acquired from Judith Chase's organic farm near Dhulikhel. Judith was a pioneer in marketing organic produce in Kathmandu in the '90's and is carrying out various aspects of research and development from her farm. The seedlings acquired will be for use as mother trees for future grafting and propagation. They include late fruiting apples (in Humla research has found that most apple trees are finished ripening by September), almonds, cherries, stone pine (edible nuts), grape, passion fruit, blackberries and strawberries.

In the autumn groups in Humla were also supplied with plastic for **13 small polytunnels** in which to extend the growing season.

\*Vegetable seed includes radish, cabbage, cauliflower and tomato from the market, and broadleaf mustard, turnip, aubergine and spinach from local sources under the seed production program. Tree seeds included wild peach, crab apple, wild apricot, wild walnut, Siberian Pea Shrub (*Caragana arborescense*) and "Bakaino" (Chinaberry, *Melia azardarach*) "Lapsi" (Hog Plum, *Choerospondias axillaris*).

Fruit tree production is an important part of HPC's work, with an aim of locally producing a variety of fruit tree species and varieties for planting in the working areas in orchards and agro-forestry plots. This winter grafting has taken place in all areas, as well as planting of fruit and other trees and shrubs and is summarized below:

	<b>Fruit trees planted</b>	<b>Other trees and shrubs planted</b>	<b>Grafting</b>	<b>Cuttings</b>	<b>Total</b>
Surkhet	145	144	800	3077	<b>4166</b>
Humla	1368	277	2526	168	<b>4339</b>
<b>Total</b>	<b>1513</b>	<b>391</b>	<b>3326</b>	<b>3245</b>	<b>8475</b>

Fruit species include apple, pear, peach, walnut, plum and apricot (including wild varieties as root stock). In Humla wild almond and wild apricot produce a high quality oil that has demand on the international market, so groups have started to graft these varieties onto their own rootstock in order to produce a relatively fast producing seedling (it is possible for 4-5 year old grafted trees to start producing fruit, and thus seed kernels, as opposed to 10-15 years if from seed). Other species include *Melia*, Honey locust, mulberry (for fodder), comfrey, perennial kale, cardamom and willow.

Meanwhile, and as a result of training (see below 1.3) and demonstrations at the RCs and in farmers' fields, groups are involved in implementing various types of practical work in their houses and fields to increase household self-reliance. Most of these

activities are illustrated in the Farmers' Handbook. A summary of all new practical work carried out in the groups in the current reporting period is as follows:

	<b>Practical Activities</b>	<b>Surkhet</b>	<b>Humla</b>	<b>Total</b>
	<b>No: households implementing</b>	<b>172</b>	<b>260</b>	<b>432</b>
1	House hygiene	169	87	<b>256</b>
2	Stove	23	39	<b>62</b>
3	Toilet	36	11	<b>47</b>
4	Grinder	160	21	<b>181</b>
5	Water pot	167	74	<b>241</b>
6	Hay box	0	0	<b>0</b>
7	Sweepings	98	31	<b>129</b>
8	Waste water management	46	139	<b>185</b>
9	Plate/pot rack	75	15	<b>90</b>
10	Compost	45	3	<b>48</b>
11	Fodder trough	16	5	<b>21</b>
12	Salt lick	54	23	<b>77</b>
13	Kitchen garden/vegetables	154	19	<b>173</b>
14	Mulching	5	3	<b>8</b>
15	Liquid manure	28	6	<b>34</b>
16	hot bed	25	7	<b>32</b>
17	Leaf pots	19	19	<b>38</b>
18	Home nursery	0	0	<b>0</b>
19	Fruit nursery	76	63	<b>139</b>
20	Air nursery	39	0	<b>39</b>
21	Off season onions	0	11	<b>11</b>
22	Grafting	68	32	<b>100</b>
23	Budding	0	16	<b>16</b>
24	Top grafting	7	1	<b>8</b>
25	Air layering	24	16	<b>40</b>
26	Pot irrigation	4	13	<b>17</b>
27	Orchard	8	19	<b>27</b>
28	Agro-forestry	0	7	<b>7</b>
29	SRI	0	0	<b>0</b>
30	Green manures	1	0	<b>1</b>
31	No till	0	0	<b>0</b>
32	Bamboo cuttings	2	0	<b>2</b>
33	Improved plough	170	21	<b>191</b>
34	Fruit tree Pruning	24	36	<b>60</b>
35	Green house	0	13	<b>13</b>

#### **Smoke-free wards in Madana VDC.**

In a major achievement for HPC in Humla, every household in Madana VDC and 2 wards of Maila and Kalika VDCs have built HPC's design of smokeless stoves. Villagers have officially registered 2 wards as "smoke-free zones" with local government, due to 100% coverage of the stoves. Every household in Lotpata (ward 6

and Satti (ward 7), led by *Janadisa Krishi* and *Pragatishil Krishi* farmers' groups respectively, have installed the stoves in a total of 46 households (comprising 149 female and 143 male). In fact all households in the VDC have installed the stoves but have yet to officially declare them as this is to be done in cooperation with a Water Resources Office, who are also declaring the same wards as "open toilet-free" zones as a result of their toilet building program. This means that in HPC's area a total of **260 households** comprising **1537 men, women and children** have installed stoves over the past 2 years, although many more have been installed in areas outside of HPC's working area. Over the next 6 months HPC expects that all 9 wards of the VDC will be officially declared smoke free. Following this a detailed survey will begin to try and calculate the effects of the stoves on firewood consumption.

### Community Funds

HPC's work includes training groups to set up and manage community funds where each household contributes a monthly sum (normally 10-20 rupees) and from which they provide short-term loans to households. These are sometimes for micro-enterprise activities such as buying a breeding pig or chickens, sometimes to help with food purchase in times of food deficit, or to help with medical fees in case of sudden illness when there is no cash in the household. A recent audit detailed a total value of **NRs 13,03,135 (about GB£8,140)** that is transacted by the groups.

### 1.3 Training

HPC provide 2 types of farmers' training: an integrated multi-topic training held over 3-5 days and covering a range of issues and techniques, and short technical trainings (for example compost making, beekeeping, grafting, etc.) ranging in duration from an hour to a day. The integrated training is delivered in two ways, either as a residential 5-day course at the Resource Centres in Surkhet (Baragaun) and Humla (Dapka), or as a mobile training in each village lasting 3 days. Specialised mobile trainings are also provided in **Livestock Management** and **Women's Health** (see below 2.1).

Surkhet	No: Trainings	Days	Participants		
			Women	Men	Total
Residential Farmers' Training	1	5	8	12	<b>20</b>
Organisational Capacity training	1	0	0	0	<b>0</b>
Mobile Farmers' Training	8	24	92	82	<b>174</b>
Technical Trainings	21	22.5	75	92	<b>167</b>
<b>Total</b>	<b>29</b>	<b>51.5</b>	<b>175</b>	<b>186</b>	<b>361</b>

### Humla

Residential Farmers' Training	1	5	8	9	<b>17</b>
Mobile Farmers' Training	9	27	103	85	<b>188</b>
Technical Trainings	28	17	96	118	<b>214</b>
<b>Total</b>	<b>38</b>	<b>49</b>	<b>207</b>	<b>212</b>	<b>419</b>
<b>Total All Areas</b>	<b>69</b>	<b>101.5</b>	<b>382</b>	<b>398</b>	<b>780</b>

**Slide and Film shows**

In Surkhet and Humla staff have been showing slides and films in the villages using solar-powered pico-projectors. Between October 2013 to March 2014, **23 slide and film shows** have been shown in **14 locations** in villages and HPC Resource Centers, to a total of **741 villagers (375 women and 366 men)**. Slide shows have included orchard management, vegetable growing, integrated pest management, agro-forestry and stove construction. Films have included Child marriage.

### **Training in video production**

In February HPC was lucky to receive the expertise of Ms Marleen Bovenmars, a graduate of Sustainable Development at the Centre for Alternative Technology. Marleen took time off from her company, [InsightShare](#), for a self-funded visit to train HPC staff and farmers in making and presenting video films. She was fortunate to have with her a skilled translator and technical assistant, Renu Sakya from Kathmandu. [InsightShare](#) specialise in *participatory video*, a set of techniques to involve a group or community in shaping and creating their own film. The idea behind this is that making a video is easy and accessible, and is an effective way of bringing people together to explore issues, voice concerns and share stories, experiences, knowledge and skills.

The aims of her visit and ensuing activities were 2-fold: capacity building (a training course) and research. The aim of the research part of the project is to test and explore the value of farmer-to-farmer videos for disseminating permaculture techniques amongst farmers in Surkhet. The aim of the training part of the project is to build the capacity of 2 HPC staff members and 4 farmers, so that – after my departure – the HPC could continue to use farmer-to-farmer videos.

Against this background her visit consisted of 2 stages: firstly training **4 farmers and 4 staff** in producing and presenting a short participatory video, and secondly to research into the effectiveness of farmers watching the video and participating in subsequent discussion (and in the long term effectiveness of the video in achieving its own training goals).

The research question was “Does video-mediated farmer-to-farmer extension have the potential to increase farmers interest in and/or uptake of unfamiliar permaculture techniques amongst farmers in Surkhet, Nepal? If so, could this method be integrated in the current work and structure of the HPC, and what resources would this take?”

HPC chose **stove building** as the technique to model on the training, as it satisfied the following criteria: that the technique is -

- 1) clearly valuable – so that the farmers easily understand the value;
- 2) not too complicated to learn – so that the trainee farmers can learn all that is necessary in 1 day
- 3) that it is already implemented by HPC - so that the success/results can be filmed
- 4) if not relevant all year round then relevant to the season – so that the farmers could try it out straight away
- 5) 'low risk' and not complicated to apply – so that the farmers could try it out straight away
- 6) free or relatively inexpensive – so that it is accessible to many/all farmers
- 7) a technique that staff members could teach

**The video that was produced and a photo story of the training will soon be available to view on the HPC website**

Over the next 6 months HPC will use the skills learned to carry on creating short videos in the same mold as the Farmer' Handbook. Participants have produced work plans that aim to create similar short videos for training in SRI, green manures, sweepings pits and women's health.

#### **1.4 Livestock**

HPC's Livestock program revolves around training for farmers and treatment of livestock by qualified staff and barefoot consultants that have been trained by HPC or the government and belong to a group aligned with HPC. There are currently 2 barefoot vets in Surkhet and 2 in Humla that augment the work of 2 specialist staff.

**Training** in livestock health is provided through the mobile format (see above 1.3) and in this reporting period 11 mobile trainings each 3 days have been delivered (4 in Surkhet and 11 in Humla) to a total of 260 farmers (140 women and 120 men).

In total **500 livestock** have been treated by HPC in this reporting period. Treatment of livestock has been mainly for worms/liver fluke and skin parasites as summarised below:

##### **Combined summary**

	<b>Cow</b>	<b>Buffalo</b>	<b>Goat</b>	<b>Pig</b>	<b>Total</b>
Humla	10	0	61	0	<b>71</b>
Surkhet	42	26	358	3	<b>429</b>
<b>Total</b>	<b>52</b>	<b>26</b>	<b>419</b>	<b>3</b>	<b>500</b>

##### **Treatment**

	<b>Humla</b>	<b>Surkhet</b>	<b>Total</b>
Internal parasite	0	429	<b>429</b>
External parasite	50	0	<b>50</b>
Retained Placenta	0	0	<b>0</b>
Castration	21	0	<b>0</b>
<b>Total</b>	<b>71</b>	<b>429</b>	<b>500</b>

In Humla, **Livestock fodder seed** has been distributed to 14 households in 8 villages: Red clover 2.3 kg, White clover 1.9kg and Alfalfa 2.5kg.

#### **1.5 Irrigation**

In this reporting period there have been no irrigation works, with activities focussed on drinking water systems' development (see below 2.2). Due to the integrated nature of HPC's water systems, however, the provision of drinking water tap stands strategically placed around villages automatically enables water from the taps as well as grey water from washing activities to be diverted to various areas requiring irrigation such as kitchen gardens and tree nurseries.

### **2.0 HEALTH PROGRAM**

HPC's health program comprises Women's Health and Drinking Water programs and linked to smokeless stove, toilet, kitchen garden and fruit practical activities contained within Farmers' demonstration activities. The Women's Health Program (WHP) is

further divided into Training (residential WHT and mobile WHMT), Clinics (WHC) and Networking (WHN).

## **2.1. Women's Health Program**

### **2.1.1 Training**

In March a residential WHT was carried out in Surkhet at HPC's Resource Centre in Baragaun where **17 women and 2 men** from HPC's groups attended. The course was facilitated by HPC WH staff and experienced activists from WOREC and aligned organisations.

<b>Topic</b>	<b>Issues</b>
<b>Gender</b>	Effects of cultural practice and effects on health e.g. education, taboos
<b>Physiology</b>	Differences between external and internal female and male reproductive organs
<b>Adolescence and puberty</b>	Physical and psychological changes in girls, and importance of health issues at this time
<b>Menstrual cycle</b>	Health, hygiene, workloads and cultural issues (taboos, discrimination, etc.)
<b>Common reproductive system-related ailments</b>	Symptoms, importance of health, hygiene, diet as preventative and curative measures; treatment using simple techniques and local herbs
<b>Family planning</b>	Temporary family planning methods used by men and women; effectiveness; side-effects on women; need for gender-participation
<b>Pregnancy and childbirth</b>	Growth stages/process and the importance of health, diet; dangers
<b>Women in the economy</b>	Role of women; access and control of finance; means of production
<b>Herbs for women's health</b>	Reliance on allopathic drugs, their side-effects and correct use; examples of local herbs and their use; empowerment through use of local resources

A total of **15 Mobile Trainings** (WHMT) have been facilitated by HPC staff in Humla and Surkhet for a total of **284 women** throughout the reporting period.

### **2.1.2 Clinics**

Immediately after the WHT in Surkhet, a WH Camp was provided to provide treatment and counselling clinics for women in the area. Doctors from the district Health Office (DHO) were also invited and other experts from WOREC supported HPC's women's health staff. A total of **71 women** attended the clinics and provided treatment and counselling. Of these 36 were provided conventional medicine, while 33 were provided herbal treatments such as neem leaves, willow bark and advised yoga exercises as well as preventative measures such as rest, posture and diet. The types of problems that herbal remedies and counselling can treat successfully are summarised below.

<b>Diagnosis</b>	<b>Treatment</b>
Prolapse uterus	Ring fitted, counselling
Menstrual difficulties	Counselling, neem oil
Painful uterus	Rest, posture, counselling
White discharge	Neem oil, counselling
Hiatal Hernia	Rest, posture, counselling
Worms	Herbal medicine (neem, bark of <i>Myrica esculenta</i> , bark of mulberry tree)
Headache	Re-hydration, willow bark
Ulcer	Herbs (dhubo, <i>Cynodon dactylon</i> ), milk
Asthma	Rest, reduce smoke

### **2.1.3 Networking**

Women's Health Networks (WHN), established in 2012, have been meeting periodically to share experience, review programs and plan new activities. In this reporting period WHNs have met twice in Humla and Surkhet.

### **2.2 Drinking Water**

In Surkhet, 2 drinking water systems have been completed for Sanu and Thulo ("small" and "big") Khaltakura villages in Neta VDC ward 3. HPC has supplied drinking water via **29 tap stands** to **63 households** comprising **421 beneficiaries (205 female and 216 male)**. Khaltakura has suffered from serious lack of local, good quality drinking water, and the distance from which water has been piped - nearly **4 kilometres** - has made this a relatively expensive system to construct. It has been made much cheaper by using HPC's unique cement-free technology, and the fact that villagers have provided most of the labour as their community contribution. These factors have delivered clean drinking water at a financial cost of just **NRs 6350/- (£40) per beneficiary household** or **NRs 950/- (£6) per person**. Local villagers have been trained in maintenance of the system and have set up a monthly payment fund to ensure any replacement parts such as pipe, taps, gate valves etc. can be purchased. Beneficiaries contributed a total of **803 person-days** of labour in transport of materials and construction of the system, worth **NRs 2,81,000/- (about GB£1800)**. The system has also benefitted **877 cows, buffalo, pigs and goats** by having drinking water closer to home.

## **3.0 EDUCATION PROGRAM**

### **3.1 Practical Literacy Classes**

In this reporting period **4 facilitators** have been trained and **4 new classes** have commenced, 2 in Humla (Dapka and Sirupata villages) and 2 in Surkhet (Khaltakura and Chaurgaun villages). At present **90 people** (87 women and 3 men) are enrolled on the PLCs.

### **3.2 Schools' Program**

In Surkhet, HPC staff have started providing educational classes to pupils at the **Sidheswori Primary School** in Baragaun. The school's 5 classes and has 63 pupils comprising 30 girls and 33 boys from households in Baragaun and surrounding villages. HPC's school coordinator, with occasional help from other staff, has started the pupils' permaculture education by providing training, combining theory (why do



it/what are the benefits) and practical work (how to do it) at the same time setting up systems such as fruit tree nurseries and orchards, compost heaps and vegetable gardens in the school grounds. The following trainings have been provided to various form years under a timetable to fit in with the pupils normal classes:

<b>Subject</b>	<b>Time (minutes)</b>	<b>No: pupils</b>
Hygiene	30	63
Bottle irrigation	20	41
Discipline in design	30	40
Pruning fruit trees	60	21
Sports	15	20
Sweepings pit and waste bin	120	31
“Pinching” * of fruit seedlings	20	3
Planting fruit trees	120	2
Drinking water	60	3

\* “pinching” means removing leaves sprouting from below the graft, that originate from the root stock thus can “rob” nutrients from the developing scion

In Humla HPC has made a program with 4 schools (1 Secondary and 3 Primary) in its working area to provide fruit tree seedlings to students selected because they are orphaned or from especially poor households. A total of **130 students** received one seedling each to take home and plant, and if they are able to plant and nurture them well will receive pens and books as prizes.

### **3.3 Education materials**

This activity involves purchase and distribution of the Farmers’ Handbook (FHB) to groups in HPC working areas. The FHB, originally printed in 2001, is currently out of print and efforts are being made to secure funds for re-printing. This was planned for January this year but has so far been unsuccessful. However, printing is going ahead in April/May and HPC have set aside its budget for acquiring the books to use as advance printing costs. There are so far enough orders for the FHB (including HPC’s) to cover 40% of printing costs.

## **4.0 LIVELIHOODS PROGRAM**

### **4.1 Beekeeping**

The past Autumn honey season was severely affected by the late finish to the monsoon, when it was still raining as the important *Chiuri* was flowering from late September and into October. As a result the nectar is washed off the flowers and bees are not able to harvest. It is estimated that honey harvests were up to 90% lower than usual due to this unseasonal weather.

In this phase training has been provided to farmers groups in hive management (in particular moving bees) and honey extraction from combs.

### **4.2 Vegetable seed production**

Training has been provided to selected groups in Humla and Surkhet in vegetable seed production and farmers are setting aside plants in their vegetable gardens for producing seed. At present seeds

are in the process of ripening and more detailed outputs will be described in the next report.

#### **4.3 Sewing**

Although there are no activities in this reporting period work has started in Humla to find a trainer and acquire materials (sewing machines) for this training.

#### **4.4 Herbs development**

There has been continued planting of medicinal herbs in vegetable plots and forest gardens on farmers' land. Members of Women's Health Networks in Surkhet and Humla have each pledged to plant 5 species of medicinal plants on their land.

#### **Nettle Training**

In a new development farmers in village areas of Rajena VDC have been trained in harvesting and processing of the wild nettle (*Girardinia diversifolia*) that grows profusely in the area. In March a 45-day training has commenced for 10 farmers representing 3 village groups in Surkhet with the cooperation of the District office of the Department for Handicrafts (DoHa). The DoHa have provided a trainer for this to teach farmers to make thread from the nettle that has been harvested and processed locally. The DoHa and HPC have provided 3 hand-spinning wheels to start, with a view to providing further machines once thread has been assessed. This activity will be reported further in the next report. HPC aims to direct market the thread to industries in Kathmandu but eventually to be able to weave cloth from the thread in Surkhet, and further to sew products from the cloth to ensure the highest value product can be marketed while also providing employment to local families.

#### **4.5 Cardamom**

Cardamom is a valuable cash crop in some areas of Surkhet and some HPC farmers are successfully cultivating it for an income. HPC's aim here is to become more skilled in its cultivation and harvesting, and for more farmers to be able to grow it as an agro-forestry crop on terrace edges along with other fruit and multi-purpose perennials, as well as under alder woods. It will also grow in Humla and so HPC wants to facilitate its expansion there as well, again to help provide valuable income in this very impoverished region.

The delayed training in cardamom cultivation and harvesting was finally held for 20 participants (2 women and 18 men) from 8 of HPC's Surkhet groups in December, provided by the government Agriculture Development Office in Surkhet. Training topics included:

- Importance and history of cardamom farming
- Varieties of cardamom
- Climatic and soil preferences in site selection
- Providing shade
- Time of planting
- Making cuttings
- Land preparation
- Planting distance and digging pits
- Planting method
- Propagation from seed
- Maintenance
- Harvesting and processing

#### **4.6 Mills**

Construction has started on a multi output (flour milling, rice de-husking, vegetable oil extraction and planking) hydro Mill in between Chaurgaun and Pakhapani villages in Rajena VDC of Surkhet. The mill and pipe for 35m of head race have been procured and transported to site. HPC groups in the area have agreed to pay 64% of the cost of this project with HPC contributing the balance of 36%. There will be **362 beneficiaries (170 women and 192 male)** of mill from **60 households** in villages. This project will be described in more detail in the next reporting period after the construction is complete.

## 5.0 CAPACITY BUILDING PROGRAM

### 5.1 Permaculture Design Course

No activities in this period

### 5.2 Trainers' Training

No activities in this period

### 5.3 Organisational development

This training was planned in Surkhet for March but the provider, Sahakari Samaj, was not able to organize the course in time, so it has been postponed until April and will be reported in the next period.

### 5.4 Farmers Field trips

In January **10 farmers** and 1 HPC staff from Humla visited HPC centre and working areas in Surkhet. Participants, including 4 women, viewed activities on the Resource Centre in Baragaun, and also toured villages in HPC's working area to meet member farmers there and see what they were doing on their land. The following table describes what they saw and where.

Place visited	Demonstrations viewed
Gumi (HPC Coordinator's home farm)	Living fence, cuttings nursery, livestock, mulberry agro-forestry, green manures, SRI, biogas, tree pruning, mixed vegetable growing (polyveg), cold store
Baragaun (HPC Centre)	Non-cement drinking water and irrigation, community labour contributions, forest protection and management plan, school improvement program, agro-forestry, cash crops (cardamom)
Salghari	Traditional homestead, nursery, fodder feeding method, compost
Khaltakura	Cuttings nursery, air nursery, waste water management, sprinkler irrigation
Thulo Khaltakura	Air nursery, sweepings pit, water management, handicrafts made from local resources
Salkharka/Bhalim	Potato tower (in doko/sweepings pit), plastic-lined irrigation pond, community building, salt lick
Pakhapani	Vegetable farming, improved livestock husbandry
Subbatol	Vegetable farming, citrus orchard, vegetable seed production
Chaurgaun	Chiuri planting, nurseries, compost, integrated drinking water/irrigation
Ghatutol	Cardamom farming, compost

After viewing the work of farmers' groups in Surkhet, the visitors from Humla made commitments to carry out activities such as new fruit nurseries for cuttings, grafting, growing more vegetables and improving compost making and livestock diet.

### **5.5 Farmer-Farmer extension**

A range of activities are happening in the Farmer-to-farmer exchange program. Representatives of groups meet together periodically to review activities and share exchange experience. This program also supports **barefoot consultants** to teach other farmers about certain techniques. This has been used primarily for extension of the stoves program. In Humla 2 men and 2 women barefoot consultants, along with support from HPC staff, have been responsible for the 100% coverage of stove installation in all HPC villages (see above 1.2).

### **Farmers Exhibition festival**

As another aspect of farmer-to-farmer exchange, in early March HPC held its second Farmers' Festival at Baragaun Resource Centre. About 250 villagers attended representing all groups in Surkhet. The festival holds competitions and exhibitions of local song, dance, handicrafts and crops. Prizes are awarded for the best in each category which this year included a 7 kg taro root and a 7.5kg cabbage. The inter-village volleyball was a popular attraction, won this year by Baragaun's Himal Lali Gurans group.

### **Community contributions**

In Surkhet and Humla it has been calculated how much voluntary contribution the community has made into its own development. For projects such as drinking water construction and maintenance, mill maintenance, community building, paths maintenance, grafting in community nurseries and making schools' playing fields, **401 women and 708 men** worked on various projects for a total of **25** days, giving nearly **1800 person-days** of voluntary labour worth an impressive **625,800/-** (over **£3900**).

### **HPC Website**

HPC's website, [www.himalayanpermaculture.com](http://www.himalayanpermaculture.com) was created February 2009. Up to the time of this report (March 2014), over **71,000** hits have been recorded.

### **Challenges for HPC during this period**

- In Humla the District Health Office (DHO) have prevented all NGOs, including HPC, from administering any health treatment, requiring villagers to use only government or commercial medical health services. HPC is discussing ways of collaboration with local VDC health office in Madana, as in Surkhet where the recent Women's Health Camp was co-facilitated by HPC and the DHO, who contributed staff, medicines and some training materials to the camp (see above 2.2).
- Training delays have occurred due to staffing and time constraints of the consulting and training organisations for Women's Health and Capacity building programs.
- A broken digital camera in Humla has meant that many activities were not able to be recorded in photos. A new camera has recently been provided.

- Unseasonal rainfall in the Autumn has resulted in low output of honey and thus reduced income for farmers, as well as reducing bee populations and the overall number of hives managed by farmers.
- Strikes and public actions have occasionally hampered movement of staff and materials when travelling by road.

**Activities planned for the next 6 months:**

All sectors have on-going activities continued from the first 6 months as follows:

<b>Sector</b>	<b>Activity</b>
<b>1. Food Security:</b>	Resource Centre operation, farmers' trainings, farmers' demonstrations, livestock, irrigation (Surkhet)
<b>2. Health</b>	WHC, WHT, WHN, Drinking water (Surkhet)
<b>3. Education</b>	PLCs, schools program, educational publications
<b>4. Livelihoods</b>	Beekeeping, vegetable seed production, sewing, herbs development
<b>5. Capacity building</b>	NGO/groups capacity building (Surkhet & Humla), farmer-farmer extension

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