

HPC Report November 2015 - April 2016
Photo Gallery – Surkhet



Above - Mrs Usha Gurung of Shanti Group, Salkharka village with a package of grafted fruit seedlings from her nursery, ready for distribution. Seedlings from Surkhet were provided to earthquake-affected villages this winter. Right - HPC staff give grafting training for Jagaran Group of Khatakura village



Above - Om Bahadur Oli of JanaJyoti group in Pakhapani village sits quietly at home grafting fruit trees in his nursery. He uses root stock of wild peach and pear trees to graft on scion of peach, plum, apricot, almond and pear from good fruiting trees. Right - participants in a 5-day residential farmers' training held at Baragaun resource centre play the "web of life" game where they learn how different elements are integrated through beneficial connections in a system.





Left - farmers of Jagaran group in Khaltakura plant a bamboo cutting. This method lays a short piece of parent material with nodes and branches in a certain way to ensure quick growth with minimal work, compared to the traditional way of propagation.



Right - farmers' trainer Chitra Bahadur Pulami demonstrates *Air layering* on a Guava tree - a method of propagation from high quality fruiting trees that ensures the resulting seedlings give as good fruit as the parent.



Left - Farmers during a training course learn about maintenance of agroforestry (AF) systems on farmland. The numerous benefits of AF are clear, but if established multi-layered tree and shrub systems are not maintained and harvested regularly and in the right way, they can drain the land of fertility and moisture, and result in an overall loss of farm productivity.

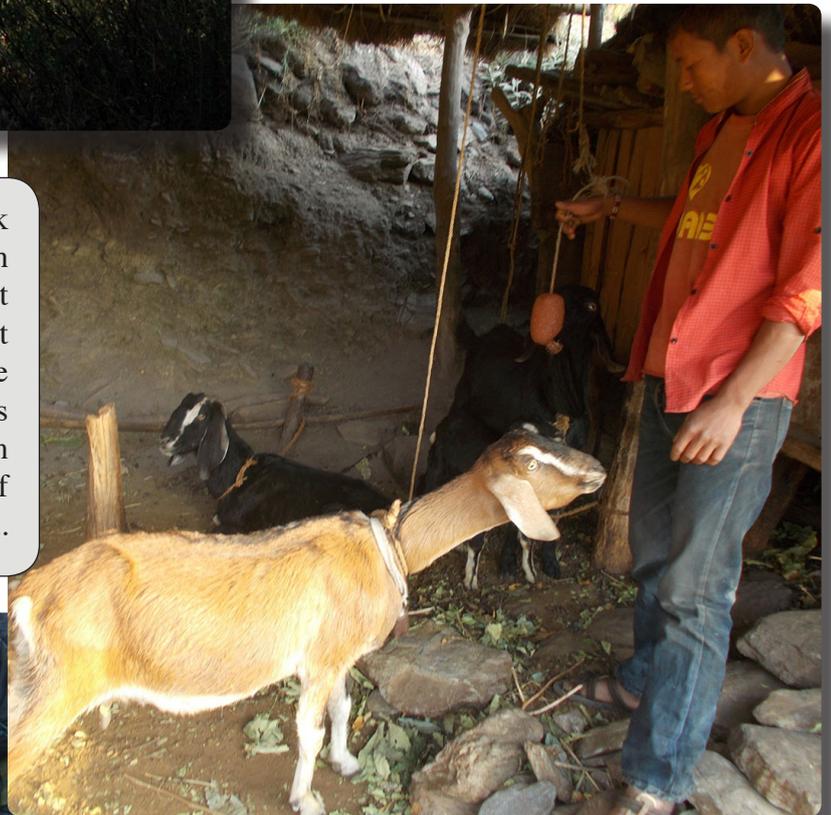


Right - Ms Srijana Buddha of Jana Sahayogi group in Subbatol harvests from her *Daubenton's Kale* - a perennial kale that can last for several years providing a continuous supply of nutritious greens, with very little maintenance once the plant is established. It is also very easy to propagate and multiply



Left - Dhan Bahadur Pulami of Jagaran Krishal group in Khaltakura ties weights onto branches of one of his peach trees during the winter dormant season. As a result, of this technique the branch bends downwards and because of the tension the branch will grow more fruiting buds (as opposed to leaf buds), and so produce more flowers and fruit the following year. It also helps to open the canopy of the tree to allow more light to all branches, and better air movement, which will lower the occurrence of fungal disease. Finally, the branches will grow stronger from where they are attached to the main stem.

Right - Mr Ammar Sijali of Pragatshil Krishak group in Salghadi provides his livestock with a home made salt lick, which they are taught to make on the basic livestock trainings that HPC's staff and barefoot consultants teach. The lick provides salt and other minerals and herbs in a demand-based way, so that livestock can self-administer, which is a more efficient way of providing nutrients than regular addition to feed.



Left - farmers bring their honey for inspection and weighing at the local market. Beekeepers from several of HPC working areas and some from neighbouring villages that have received training from HPC have pooled their production to sell. The honey is from the Chiuri tree (*Aesandra butyracea*) and is of exceptional taste, comparing with New Zealand Madhuca honey, and has medicinal qualities. Over the past 2 years farmers have planted over 400 of the Chiuri. This year farmers harvested 411kg honey.



Left - HPC barefoot consultants provide training in grafting to participants from Pragasthil Krishak group in Salghadi village. Good quality grafting knives (like the one on the paper in the foreground/bottom of the picture) are not available in Nepal and are imported from UK, but all other tools such as secateurs, pruning saws etc. can be found in local markets.

Right - Aloe vera (Nep. "Ghiu kumari") plant grown as a medicinal herb by HPC groups. Aloe sap can be directly applied to skin to have a soothing and moisturizing effect, and is especially effective at treating burns. There is also evidence that if its extract is orally administered it might be effective in reducing blood glucose in diabetics.



Above - Women queue for the women's health camp held at Neta VDC in March, in collaboration with the VDC and district health offices. 140 women received diagnosis, treatment and counselling for a range of ailments. At the same time HPC put on educational programs to increase awareness of women's health issues and women's rights.

Right - participants of the women's health training held prior to the camp.





Left - pupils at Lali Gurans Primary school (35 pupils), Mavidanda village, showing their nail clippers provided by HPC (along with the carpet provided for sitting on cold cement plastered floors!) as part of the aim to improve hygiene for kids.

Right - a clean, neat and tidy school with mirror and nail clippers (provided by HPC), Nera Primary school (31 pupils), Chyarku in Sub-batol village in Rajena VDC.



Left - Mr Thaman Giri of Pragashil Krishak group, Khlatakura, cleaning the stems of his Cardamon plants. The flowering buds at the base of the plant can be seen. Cardamon is an increasing crop for HPC groups following their introduction, and has netted £2000 this year.

Right - Nick Mason, an organic cotton growing expert from UK, giving a class on integrated pest management in cotton. Cotton is notoriously affected by various pests, but using an integrated, organic approach with techniques such as rotational cropping, mulch and companion plants like sunflower (which attracts a predator bee) and legumes (which fix nitrogen) help to remove the need for artificial poisons and fertilizer, use of which ultimately reduce the plants' and the soil's ability to remain healthy.





Left - some of the exhibits from farmers' groups at the recent "Homestead festival" (Mela) held at HPC's resource centre in Baragaun. Prizes are awarded for exceptional and original exhibits



Above - girls and boys from Jana Sahayogi group, Subbatol village, exhibit traditional dance at the festival (their performance won the dance section). Left - locally made handicrafts on display at the festival, including cloth spun from local nettles.



Below - School pupils at the festival receive their prizes after an inter-school quiz involving questions related to permaculture as well as general knowledge.