

# Forest, Soil, & Other Topics



*The Farmers' Handbook*



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The Farmers' Handbook is about techniques for sustainable farming and this is the fifth of 5 volumes. There are 5 techniques and several miscellaneous topics presented here. In five volumes there are 40 techniques and approaches in total.



This Farmers' Handbook is meant for education and awareness raising as well as practical gardening uses. It is permitted to photocopy for such purposes, but please remember that photocopying can cause pollution to the environment, is expensive & does not give a good quality.

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## The Farmers' Handbook - this Volume's Introduction

This is the fifth volume of a five volume production of the Farmers' Handbook. In all, there are forty techniques & approaches shown, of which six are in this fifth volume. Because this is the final volume, its design is slightly different to the previous 4 volumes. At the start of this volume we introduce you to some of the techniques used in community forests, and for regenerating land. The chapter on Land Design then summarises all the chapters in this Farmers' Handbook. Finally, there are some miscellaneous topics.

This Farmers' Handbook has been prepared to provide information about sustainable farming techniques as well as being a resource to run literacy programmes. Information about such programmes and how the Handbook can be used is provided in this volume. As well as technical information, a glossary of new and difficult words is also provided in this volume.



## Aims

The main aim of this handbook is to help farmers make their own farms more successful. This is done by providing information about using simple methods which strengthen, rather than damage the environment, and help to create sustainable livelihoods for future generations.

## Background

The techniques described in the handbook are the results of research made by the farmers of Surkhet and Jajarkot districts of Mid-Western Nepal. We believe these methods will also work well for farmers of other countries. However, around the world there are diverse climates and soils, and so we expect that small changes will need to be made in the techniques according to this diversity. Similarly, it may be necessary to change plant species according to climatic region, but their function will remain the same. For example, the chapter on the **Living Fence** describes the use of thorny plants as a barrier. In the low altitude, hot Tarai of southern Nepal, "Babool" (*Acacia nilotica*) is suitable for this. But this does not grow in the higher elevations. Here, species such as wild pear, wild blackberry and Sea Buckthorn make a good living fence.

## Evaluation & Feedback

Comments and questions about the techniques and approaches described in this handbook will be most welcome. Suggestions for improvement will be used for future editions of this handbook and other similar publications.

## Thank You

We would like to say a big thanks to all the friends who helped us to complete this Farmers' Handbook. Apart from those named and pictured here, there are countless others who have supported us throughout the task.



Various farmers' groups have helped to develop and evaluate the Handbook. It is for such groups that the Handbook has been produced.



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So on behalf of the  
Farmers' Handbook, here's a  
*very, very big Thank You !*

From the Producers and Designers



Jakob Jespersen



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# Techniques

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