



Left - participants on a farmers' training learning how to plant a fruit tree. Since November over 1300 fruit trees and shrubs have been distributed and planted in 7 vil-lages in Humla.



Right - participants from Lauthi in Kalika VDC, a new village, learn how to construct and plant a fruit nursery from Mrs Nanimaya Buddha, a barefoot consultant (BC) from Sathi village who has much experience from her own community and household work. There are several BCs from "old" villages that are responsible for training "new villages".



Above - BC Nanimaya also trains farmers from Lauthi to graft fruit trees in fruit nurseries
Right - Mrs Singha Buddha prunes a plum tree on her land in Dapka village, site of the Humla Resource Centre



Above -in Bhadaura village Mrs Padamkali Aidi and Mrs Bhaikati Aidi graft apples, peach, pear and plum in their home nursery. Nearly 3000 fruit trees have been grafted in nurseries this winter in Humla.



Above - Mrs Vimkala Buddha testing the jab planter, manufactured in the government's Agricultural Technology Centre in Kathmandu. The jab planter is designed to plant large seeds such as corn, beans and peas through thick mulch. The mulch has the function of retaining moisture and preventing weeds (while also contributing biomass to the soil), and so crops can be sown without tillage/ploughing disturbing the soil and its micro-life.



Above - beds to be in a poly-tunnel are prepared and sown in November. Local BC Mrs Vimkala Buddha trains local women in Seri village (Masta Dev Krishi group).

Right - Mrs Padamkali Aidi harvests greens from her polytunnel in February. These villages are at 2000m altitude, and for 5 months greens can't normally be grown. Poly tunnels have now allowed this.





Left - wild root stock seed is sown in Nandabir Rawal's new fruit nursery in Bhadaura village (Bahubaikalpik Group). Humla is rich in wild fruit trees that can be used as root stock - wild varieties of apple, pear, apricot, peach, almond and walnut, even chestnut, grape and hazel can be found.



Above - improved Bull buffalo (Rango) calf provided to Gallabada village.



Left - salt lick and feed trough are part of the dietary improvements taught by HPC.



Right - Sanimaya Aidi places a pan of freshly boiled rice in the "hay box" - a "doko" or traditional basket insulated with corn husks. Here, it will carry on cooking without the need for fuel, ready to eat in around 30-45 minutes.



Left - Residents of Bhadaura complete a water tank for small scale irrigation to kitchen gardens and fruit nurseries in their village.



Above - a solar drier, manufactured in Surkhet, with a capacity to dry up to 10kg of fruit and vegetables. This is on its way to Humla for testing



Above - Mrs Dhankauri Dhakal of Dhakal Samaj Sudhar group, Gallabada, with Chayote fruit (*Sechium edule*) she has saved for seed for distribution (Chayote first came to Humla from Sunrise Farm in Kathmandu many years ago).
Left - Ms Janaki Rokaya facilitates a mobile women's health training in Satti village (Pragatshil Krishi group).



Above - HPC's Humla Women's Health Network visit the nurseries and kitchen gardens of Dhakal Samaj Sudhar group, Gallabada as part of a local observation field trip.

Left - Mijara Budha of *Bahu Baikalpik Krishi group*, Bhaudaura, using a simple hand-operated machine that removes the corn from the cob. This is traditionally a lengthy process, taking many days for all the family to process a household's corn. This simple machine has been shown to process an equivalent amount of corn in 25%-30% less time. HPC have provided 10 such machines for evaluation to groups in Humla.