



*Above* - Netra Gurung of Jana Sahayogi Group, Subbatol in his kitchen garden with spectacular cabbages. All farmers growing vegetables are using organic techniques such as organic compost, companion planting and liquid manure.  
*Right* - Nirmala Buddha, member of Jagaran group, Khal-takura, pruning one of the pear trees on her land.



*Above* - hot bed made by Pragatshil group of Gurung Gaun, a new village joining HPC, during a mobile farmers' training.

*Right* - agro-forestry demonstration of Dip B.Gurung and family of Sirjana group, Chaurgaun, showing fodder trees (such as mulberry, *Ficus* and *Grewia*) and cardamom on terrace edges, and garlic on the level parts of the terrace.





*Above* - pit for collection of "grey" (waste) water from domestic use, before being used for irrigation on the kitchen garden and nursery, Jagaran group, Khaltakura.



*Above* - participants on a soil and water conservation lesson of a farmers' training use an "A"-frame to mark out contours, which will be dug into ditches, called swales" to catch overland flow of water, preventing soil erosion, and allowing it to penetrate the soil to feed plants there.



*Left* - on another farmers' training, participants practice making bamboo cuttings for planting - specific nodes are selected, and ends of the bamboo are filled with manure and soil mix, enabling several cuttings to be planted from 1 mother stem.

*Right* - very productive cardamom understorey crop with alder overstorey, created by Kul B.Pun of Shanti group, Bhalim. Alder is nitrogen fixing, winter deciduous and casts light shade, perfect for the cardamom. Farmers in this area have produced a third of the total production of 10 villages - 135kg out of 412kg.



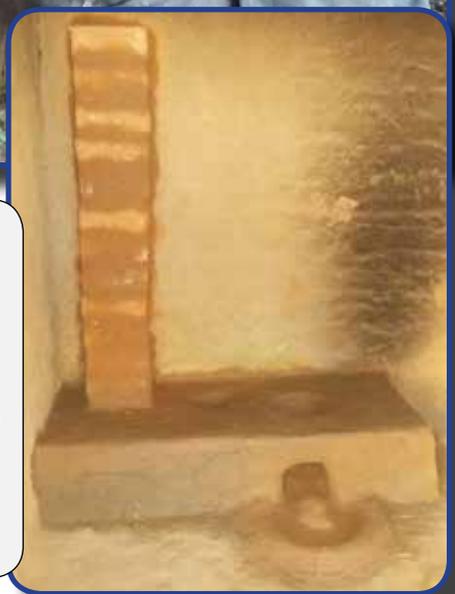
*Right* - members of Pragatshil group in Guring Gaun dig a tank for their irrigation project. This is a community labour contribution, with HPC providing technical expertise, pipe and plastic tank liner (*below*) to allow water to be gravity fed into the tank. From here it will be distributed, again by pipe and gravity, to fields below the tank. This is particularly useful for the winter crops of wheat and mustard, and spring crops of maize, when drought can severely reduce crop productivity. It can also be used for cash crops of vegetables, and kitchen gardens.



*Below* - this breeding billy goat was provided to Janajyoti group of Pakhapani. This breed is selected for strength, resilience and fast growth.



*Left* - Mr Thaman Giri, a new bare-foot consultant (BC) at work building smokeless stoves for another village group. *Right* - completed stove. Made from entirely local resources, the stoves are very popular and nearly all households in HPC's working area in both Surkhet & Humla have constructed them.





*Left* - participants at the end of a 3-day nutrition training gather gifts of seedlings to take home for planting in kitchen gardens. The training was hosted by Hariyali group of Khalikharka in Rajena VDC.



*Right* - "superfood" made of corn, wheat and soybean flour (in the ration 1:1:2) mixed with water and/or milk with a spoon of honey (or less sugar) is fed to a young child having been prepared as a practical exercise on the nutrition training.

*Below* lead barefoot consultant Hommaya Gurung facilitates a class on a mobile women's health training for Janajyoti group in Pakhapani village.



*Right* - villagers from Khalikharka (Hariyali group) carry a load of pipe for their drinking water project. Beneficiary groups provide their own contribution to implementing these systems, with HPC providing the pipe, fittings and technical expertise while training villagers in building and maintaining the systems.





Above-left villagers from Pragatshil Krishak group of Gurung Gaun provide labour to dig a trench that carries pipe for their irrigation system. Above - pupils from Khaltakura Primary School (Jagaran Krishak group) sow wild peach seed in a fruit nursery at their school. The peach will be used as root stock for peach grafting next year.



Above - Pakhapani school (Janajyoti group) in Rajena VDC where HPC has completed support by plastering all rooms of the school. Right - some of the 25 different educational posters produced for HPC Farmers' Trainings. The posters are printed on waterproof plastic for long life against wear and tear





*Left* - some of the vegetable seed produced for sale and exchange by village groups in Surkhet.  
*Below* - roofing and chimneys being built on the pilot cold store at Baragaun resource centre (see diagram in report for details).

*Below* - Dominic from Biogas International cleans the envelope of the flexi-biogas system installed in December at Baragaun RC. Behind is the kitchen where biogas will be piped for cooking.



*Right* - after a few days the envelope is full of gas from 30kg of dung used to start the fermentation process that produces the methane. After this the system can be maintained with fresh vegetable matter - grass etc. gathered from the farm. The poly-tunnel (*below*) helps maintain the heat required for gas production. *Bottom right* - stove burning on biogas!





*Left* - ginning machine procured from Gujarat, India for the organic cotton growing program. The ginner removes cotton seed from the boll which can then be provided to farmers for planting, and also crushed to make lubricant and/or biodiesel, and high-protein livestock cake.



*Above* - farmers from Humla on their field trip to Surkhet view a vertical leaf-pot nursery in Jagaran Krishak group of Khaltakura. The leaf-pot nursery is used for growing plants that cannot be bare-root transplanted such as legumes and pumpkins. *Below* - 46 farmer leaders from Rajena VDC meet for an exchange of experiences and future plans, hosted by Shanti group of Bhalim/Sal Kharka village.



*Right* - HPC director Bhuwan Khadka facilitates a Group Leadership development training for 29 leaders of 8 groups in Rajena VDC





*Left* - village representatives make a procession to open the annual farmers' festival in Surkhet, held outside the Baragaun resource centre in March.  
*Below* - a dance from a village group in the cultural program held as part of the festival, in which around 900 villagers took part.



*Left* - volunteers staying at Sunrise Farm in Kathmandu help with the re-build after the earthquake of April 2015. A new training hall has been constructed and damage to the main farmhouse repaired. A livestock barn is still under completion.  
*Below* - Sunrise Farm manager Saroj Shrestha making a lime mix for plastering during the international lime-based building training held at the farm in November 2016, where 24 participants from Nepal and other nations attended.

