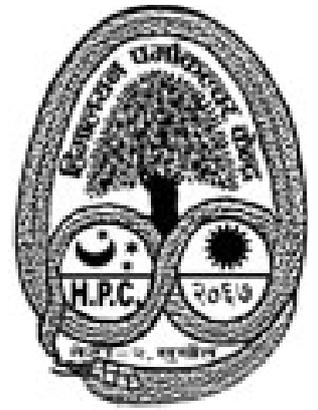


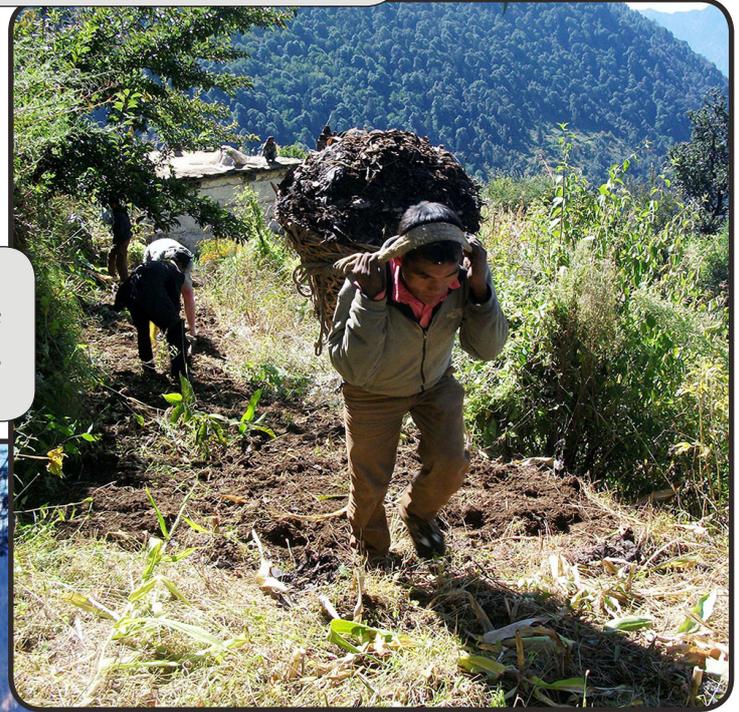
HPC Report April -September 2014

Photo Gallery – Humla



Left and below - On Dapka RC a plot is prepared for a demonstration of no-till cropping which involves sowing the autumn crop (here barley) with white clover. The clover acts as a weed suppressant. As weeds are the main reason to plough, the clover replaces this function as well as fixing nitrogen in the soil.

In the spring, the barley will be harvested and the summer crop – probably a millet - sown into the clover. The process is repeated in the Autumn. Without cultivation, weed growth diminishes over several seasons.



Left - A view of much of Madana VDC from the route between Gallabada and Majpur. HPC villages shown are 1 Dapka (site of the Resource Centre), 2 Satti, 3 Dalitbada, 4 Badhauda, 5 Gallabada. In the frame but out of site are Lotpata, Seri and Chihi villages. Off to the right is Sirupata; over the other side of the mountain is Barigaun, 4 hours from Dapka (up and over the top), and the photo is taken almost half way to Majpur (10 hours from Dapka), making 11 villages in total.



Right - Gallabada village, a newer member of HPC in Madana VDC. Gallabada is a Brahmin village; HPC currently only works in the lower village but will start work with the upper village this year.



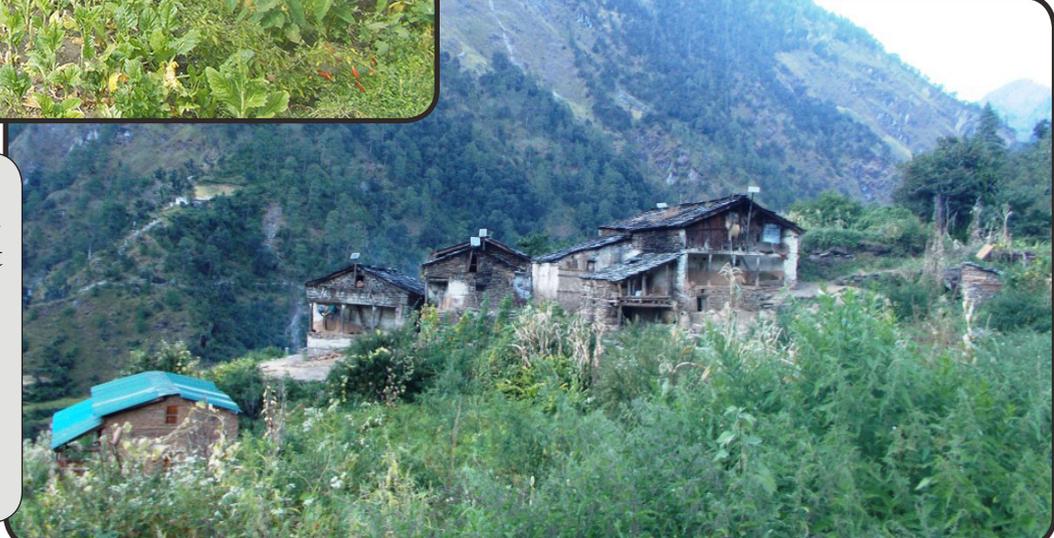
Left - Barefoot consultant and demonstration farmer Bir B. Buddha on his plot in Satti village, next to a nursery of young apple rootstock with larger grafted apple behind. In the foreground is recently harvested SRI plot, on the left is mulberry nursery for agro-forestry planting.

Right - One of the most mature demonstration plots in the area: Sagun Bohora's land in Lotpata village, showing 6-year old Melia azadirach inter-planted with mulberry on the terrace edge. Inside the terrace are fruit nursery beds sown with root stock seeds and inter-planted with a grain amaranth which will be harvested to leave the emerging seedlings.



Left - Anga B Aidi of Bhadauda on his demonstration plot, showing to the right SRI in process of harvesting, foreground small plot of green leaf vegetables. Behind Anga are grafted apple seedlings and wild apple rootstock next to mulberry plants for propagation.

Right - Majpur (Maila VDC 7) is HPC's most remote village, a full day's walk from the nearest of Madana (Gallabada). HPC have kept programs there on the insistence of locals because of its acute remoteness and lack of access to development programs.



Right - Mrs Kausila Buddha of Majpur in her mixed veg plot used as a demonstration during a farmers' training. The mixed vegetable technique reduces inputs of weeding and watering due to dense planting and continuous ground cover, while the diversity of plants' leaf shape, texture, size, colour and scent (using aromatic herbs amongst the vegetables) helps to control pests.



Left - HPC technician Hangsa Buddha in his mixed vegetable plot at home, Dapka village.



Right - Group members from Satti village discuss elements of their smokeless stoves with evaluator Punaram Panthi from capacity-building specialist NGO Sahakari Samaj. Mr Panthi stayed in Madana for a week, interviewing sample groups to evaluate the stoves' effects.



Left - The stoves can be compared with the traditional tripod open hearth, here being used to make rotis. A tripod may cost over a thousand rupees and needs to be purchased and carried from distant markets. Using the smokeless stove saves this cost, as well as saving fuel and reducing smoke in the kitchen.





Left - Instead the enclosed stove, made from stone and home-made bricks, uses up to 30-50% less fuel and removes smoke from the house.

Below - Smoke exiting from the chimney, no longer able to cause a myriad of health problems such as eye, nose, throat and lung infections



Left - Women interviewed say that a load of firewood lasts up to 50% longer with the smokeless stove

Right - Farmer in Kakhe village of Kalika VDC, outside of HPC's program area, making bricks for her own smokeless stove under instruction from Sagun Bohora, one of HPC's trained "barefoot consultants" who have been responsible for over 100 extra stoves built outside of HPC's direct working area.



Right - Making liquid manure from local plants such as Artemisia, nettle, garlic and marigold during a Farmers' Training in Madana. The plants are added to cow dung, urine and wood ash in a drum topped up with water and left in the sun with constant stirring for several days before being ready to use.



Left - Hangse Buddha applies liquid manure to a vegetable plot at the Dapka RC using a back-pack sprayer. As well as being a liquid feed the concoction also helps to repel pests and disease in the garden.

Right - Mrs Padam Kali Aidi of Bhadauda scything wheat straw after the grain has been harvested. The scythes and initial training were provided by scything expert Alexander Vido from Scythe Works in Canada.



Left - Farmer from Majpur learning air layering during a mobile farmers' training, taught by HPC Humla coordinator and technician Paumal Aidi.



Left - Participants learn budding of fruit trees during a mobile farmers' training. Budding, like grafting, is a way of "cloning" quality fruiting varieties onto local rootstock. It is done during the summer months as opposed to grafting which is usually done in the winter dormant season.



Right - In June women on a Farmers' Training at Dapka RC learn about planting SRI style by doing it. In both Humla and Surkhet the number of farmers trying SRI is gradually increasing.



Left - Participants on a Farmers' Training at the Dapka RC play the "web of life" game to learn the beneficial connections between elements they role play, such as an apple tree, garlic, a marigold, the compost heap, a goat, etc.

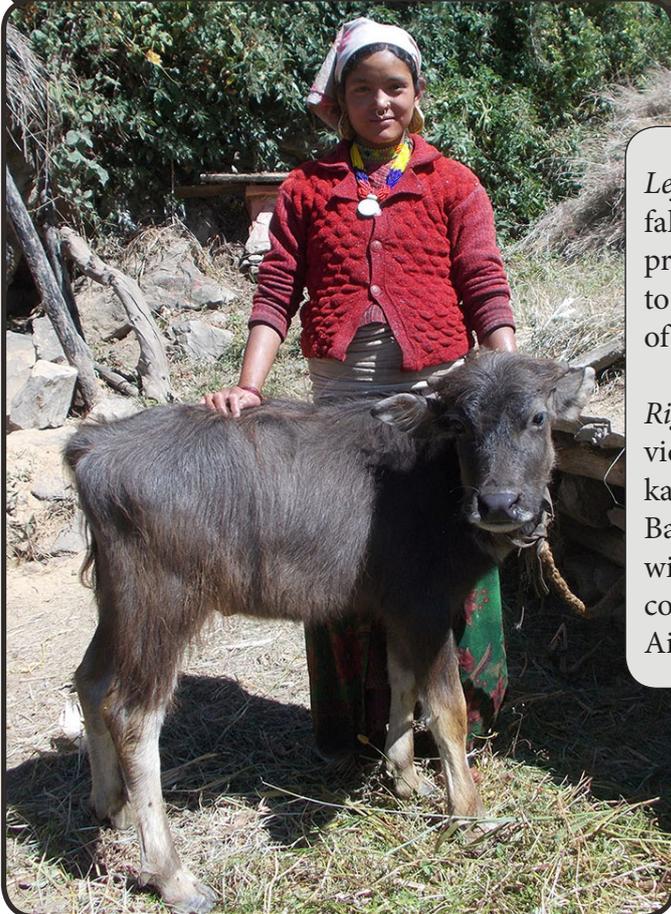


Right - Chabilal Kuord practices pruning during a mobile farmers' training in his village at Majpur, May. Pruning removes dead and diseased and competing branches while opening up the canopy to allow more light to the leaves and fruit.

Right - Participants learn how to use an A-Frame to mark out contours on a farmers' training in Madana. The contours can then be used to make water conservation ditches and level terraces, or as lines for agro-forestry tree planting.



Left - Participants at the end of a Farmers' Training at Dapka RC take home fruit seedlings from local nurseries to plant at home.



Left - The first buffalo calf by the bull provided last year to Pragatishil group of Satti village.

Right - Goat provided to Bahubai-kalpik group of Badhaua village with HPC Humla coordinator Paumal Aidi





Left - Women's Health training and counselling expert Mrs Januka Bhattarai explains the aims and activities of the women health camp held in Humla July.

Right - In July a Women's Health Training was held in Humla. Here participants discuss the nutritional benefits of local foods such as millet, buckwheat, fruits, nettle and soya. Often, villagers ignore these benefits of their traditional crops, preferring imported and lower-nutritional white rice and wheat.



Left - Participants of the women's health training make "super flour" from corn, soya and barley for a children's meal, along with greens from the kitchen garden. This is a more sustainable way of providing a nutritious meal than vitamin and processed supplements promoted by the government and many organisations.

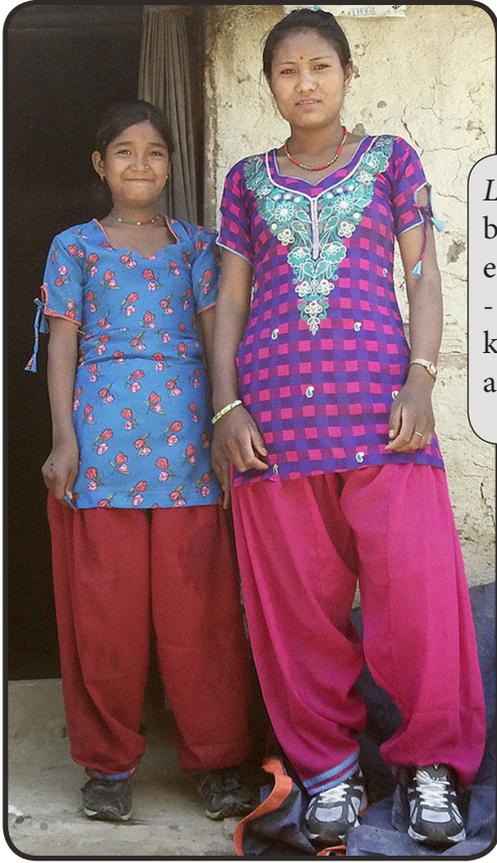
Right - HPC has distributed 131 seedlings (pear, peach, plum and comfrey) to disadvantaged students at 4 local schools in Madana VDC (Sirupata, Gallabada, Chihi primary schools and Madana High school). Here Urmila Nepali from the High school, who has paralysis in her left shoulder and arm, plants her peach tree at home and along with other children was provided with a prize of extra books and pens for helping it to flourish.



Right - Trainees during the sewing training held in Madana from March to May. Two women and 3 men were each provided with a foot pedalled sewing machine. Ganesh Nepali (standing at the back) was trainer of 5 apprentices selected for the sewing training.



Left - Clothes made by the sewing trainees being modelled - the traditional kurtha-suruwal (top and trousers)



Right - Sagun Bohora of Lotpata with mushrooms he's produced after training from a local partner NGO Sahabhagi



Left - PITEBA © hand operated oil expellar being tested in Humla. This machine can expel oil 10 times faster than the traditional way of hand-squeezing, and also recover up to 90% of the oil content of many types of seed, compared to only around 20% with the hand method. Here it's being tested with wild almond seed but can also be used for wild apricot, walnut, sunflower, mustard and pumpkin seed grown locally for oil seed.



Above - Farmers from HPC groups in Madana VDC (Sirupata, Seri, Lotpata, Dapka, Satti, Dalaitbada, Bhadauda and Chihi) on their way to a farmers exchange visit to "Shipti" Farm in neighbouring Srinagar VDC. There, they saw a cold store that could be adapted to their own area, vegetable seed production, medicinal herbs cultivation, and interestingly, mulberry agro-forestry using plants and design ideas learned originally from Madana several years ago!



Left - Staff and stakeholder representatives in Humla participate in the annual review and evaluation process, followed by overview of the next year's activities