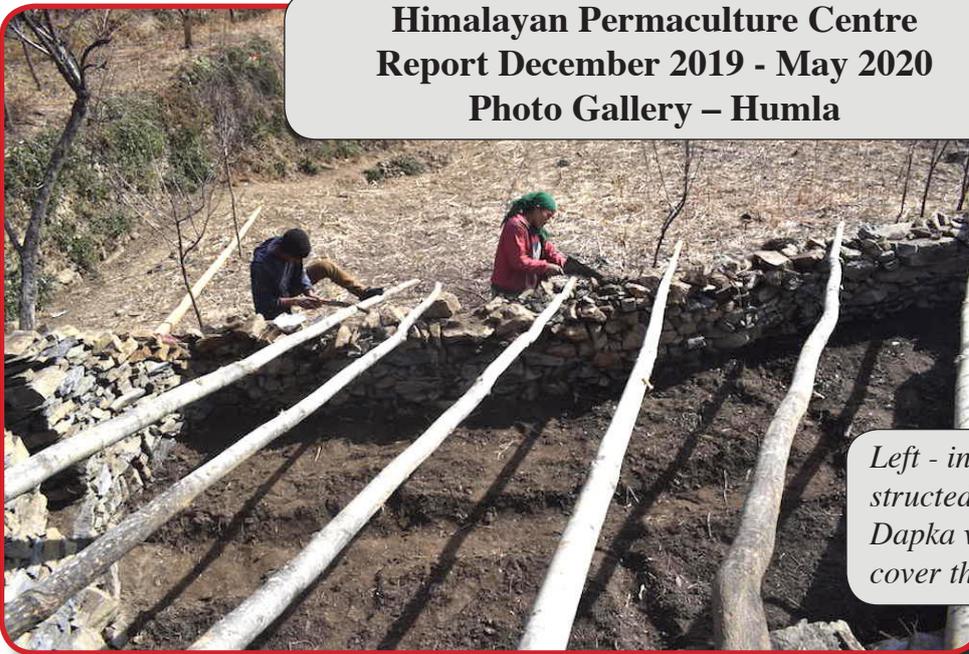


Himalayan Permaculture Centre
 Report December 2019 - May 2020
 Photo Gallery – Humla



Left - in December a new greenhouse is constructed at the HPC Resource Centre/office in Dapka village. U/v resistant plastic is used to cover the structure made from local resources.

Right - inside the greenhouse a winter crop of broad-leaf mustard greens is harvested. This region traditionally doesn't see green vegetables between November to April due to the cold winter climate, so the greenhouses are a great way of extending the season to eat fresh greens



Above - in February, outside the greenhouse the greens are still small but already several crops have been harvested and eaten from inside.

Right - Mrs Chameli Budha of Dapka with her improved stove: less smoke, less firewood, less fire-risk; cheap to build, home-made entirely of local resources.





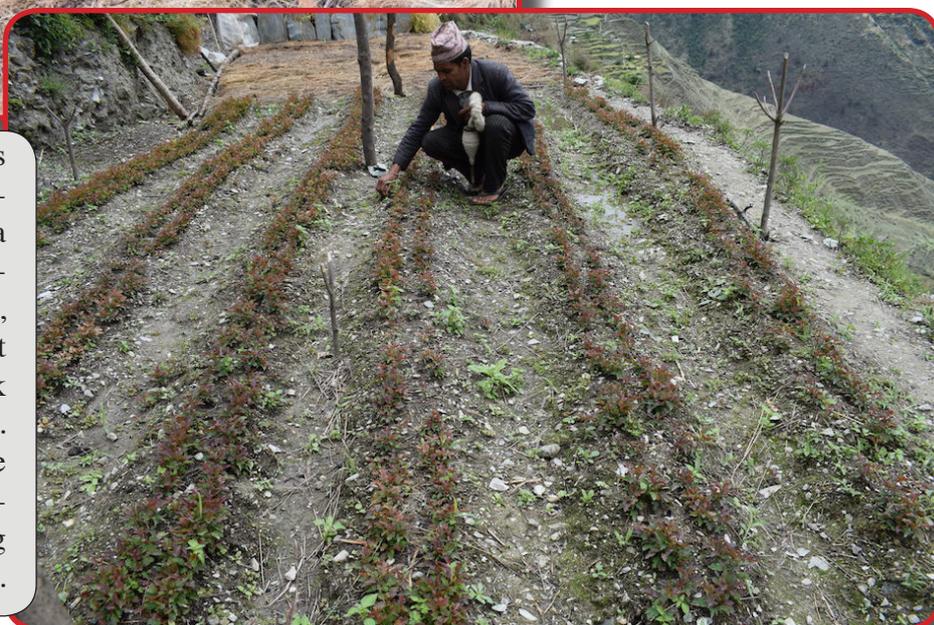
Left - Mrs Janaka Rokaya with a specimen blackcurrant originally from Herefordshire, grown in her kitchen garden in Seri village (Masta Dev Krishi group).

Below - Mr Dhurba Aidi and Mrs Padamkali Aidi of Bhadaura village (Bahu Baikalpik Krishi group) sowing wild rootstock seed into a newly constructed nursery.



Left - the nursery is then mulched over winter to keep weeds down and conserve moisture. This is Mr Bhumi Kami's nursery in Chihi village (Kailash Dev Krishi group).

Right - in the Spring the rootstock starts to germinate. They will grow on for another season or 2 before grafting. Humla is blessed with rich bio-diversity including wild varieties of apple, pear, peach, plum, apricot, almond, walnut and sweet chestnut that can all be used as rootstock on which to graft improved varieties. Farmers are also planting more of the wild varieties to maintain the biodiversity but also because there is a growing market for rootstock seeds.



Right - Pardip Jaycee of Pandebada vil-
lage (not one of HPC's working mem-
ber villages) went on a farmers' train-
ing and has established a root stock
nursery at his home - wild apple and
wild pear seen germinated here. This
demonstrates how HPC's approaches
are spreading beyond its direct activ-
ity areas. *Below* - Mrs Amrita Rawal
and Mrs Padmakala Aidi grafting new
apple trees outside their home in Bha-
dauda village (Bahu Baikalpik Krishi
group). There are literally dozens of
such skilled women now in Humla, and
sale of plants is a significant income.



Below - HPC Humla coordinator
Paumal Aidi starts to graft peach
onto its rootstock, growing as a wild tree
outside a house in Badechaur village -
also outside of HPC's working area.



Left - checking the grafted
apples in Mr Bikas Budha's
nursery in Chihi village
(Kailash Dev Krishi group).



Left - grafting training for Mastadev Krishi group, here in the nursery of Mrs Mani Rokaya. This winter 267 farmers (115 women and 152 men) have been trained in nursery construction and operation, grafting, fruit tree planting and pruning in Humla.

Right - participants on a farmers training learn how to plant fruit trees, here thickly mulching around the newly planted tree and establishing companion planting of comfrey, garlic and other aromatic herbs



Left - Participants on a farmers' training learn how to prune established fruit trees. For many deciduous fruit trees such as apple, pear, walnut, almond, apricot and plum this can be done in winter or summer, but farmers usually have more spare time in winter when there is less farm work.

Right - cuttings of mulberry planted in a nursery in Bhadauda village. Mulberry is a useful tree primarily used for summer leaf-fodder, also good for fruit, firewood and bee forage, and will grow on terrace edges in agro-forestry systems.



Right - on a mobile 3-day Farmers' training held in Pandebada village, participants learn how to make a fruit nursery. Pandebada is outside of HPC's working area but villagers there have requested training, so HPC sends its barefoot consultants (BCs) - local skilled farmers - to train anywhere they are invited.



Left - Man Bahdur Budha of Chihi village (Kailash Dev Krishi group) plants an apple on his land following a farmers' training.



Right - A fruit tree planted in Tallo Barigaun village (Phulbari group). In Humla, 17 groups have planted nearly 2800 fruit trees this winter, including 1880 apples.



Left - Farmers learn to re-cycle waste plastic bags to use as planting pots for growing orange seedlings in a home nursery.



Left - HPC technician Sagun Bohora prunes an apple tree during a farmers' training in Chihi village. Pruning removes any dead or disease branches and opens up the canopy for more light and air movement, as well as resulting in larger fruit. There is also a valuable firewood yield.



Right - women's health consultant Hommaya Gurung, herself an accomplished grafter and agro-forestry practitioner, inspects the pruning of a grafted fruit tree in Chihi village where farmers have planted 379 fruit trees including 250 apples this winter.



Left - participants at the end of a 5-day integrated Farmers' Training at the resource centre in Dapka all take home a free grafted fruit tree of their choice



Right - participants of a 3-day Livestock health training held at HPC resource centre in Dapka

Right - participants from Satti village (Pragatishil Krishi group) at the end of their menstrual pad-making training, one of 5 provided to village women's groups in Humla this year.



Left - trainees on a training in Dalitabada learn how to make menstrual pads. A total of 112 women have now received the training and learned how to make the pads.

Right - women's health barefoot consultant Hommaya Gurung with a "live model" during a workshop on "The Golden 1000 days" given to 23 women in Humla. The 1000 days represent the first 3 years after conception, and the workshop covers essential issues of diet and hygiene for both mother and child.



Left - the Golden 1000 workshop was run for 2 groups in collaboration with the ward municipality. More workshops were planned but were postponed due to lockdown.



Left - 19 women representatives from different groups in HPC's working areas during a 5-day Women's Health training held at Dapka Resource Centre.

Right - members of Pragatishil Krishi group in Satti village receive one of 5 stretchers distributed to groups in Humla



Above - carpenters learn how to construct solar dryers during a 5-day training at HPC's resource centre in Dapka village in Humla. The dryers are based on an imported model, copied using local timber and raw materials bought from the market at a fraction of the cost.

Right - Dev Prasad Dhakal of Gallabada village and Nande Damai of Dalitbada take their group's completed solar dryers. A single dryer will be shared between 3-4 families.



Right - Mr Gore B.K. of Dalitbada village has received support to raise chickens under an HPC livelihoods program to support particularly disadvantaged households in the area. HPC provide training, the breeding chickens, and some materials to build a coop. Note Gore has home-made the chickens' drinking water vessels out of wood, suspended above the ground to keep the water clean.



Left - members of Mastadev Kri-shi group in Seri village try out the sugar cane press provided in Humla. Sugar cane is grown on a small scale and mainly for domestic use in Humla. It is an important source of energy and nutrition, and can be grown in diversified and integrated kitchen gardens, orchards and agro-forestry systems.

Right - grafted fruit trees, mainly apple, leave the villages in Humla on their way to the remote villages of Linjho and Puru in northern Dhading district, of Central Nepal. The area was near the epicentre of the earthquake that hit Nepal in 2015, and the trees are part of a regeneration program that HPC is involved with.





Left - the bundles of seedlings are opened and distributed in Puru village after a 7-day journey across Nepal. Over 1600 trees have been provided this year, part of a target of 3000.

Right - Humla coordinator Paumal Aidi demonstrates how to plant the fruit trees to farmers of Puru and Linjho. There are currently 2 barefoot consultants working in the area to help design and maintain orchard areas, where locals have planted HPC's fruit trees on their own land.

