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Women Economic Empowerment through Kitchen Gardening

Kitchen gardening training sessions were held with 60 female farmers'. ESMA and Agriculture Department of Agriculture, AJK professional staff took part in these trainings and elaborated the importance and benefits of kitchen gardening at household level. The training experts gave training on promoting kitchen gardening among female gender, imparted skills in kitchen gardening, provided knowledge regarding pre and post-harvest management skills, reducing kitchen expenses, improving supply of fresh and hygienic vegetables and beautifying household surroundings. These training sessions have very positive effects and now women have developed good kitchen gardens which can be seen in the following pictures.



PIONEER IN ORGANIC AGRICULTURAL

Poultry and Goat Trainings and Distribution of Poultry Sheds in Garhi Doatta (AJK)



In AJK region, where poultry and goats are an essential part of daily life and source of meat, eggs and milk especially. Productivity in goats and poultry is less due to lack of resources, awareness and management techniques. LSF arranged trainings on poultry and goat keeping during the month of October especially management techniques to facilitate the female farmers'. Trainers were engaged from the Livestock and Agriculture Department of AJK. Trainers shared local indigenous treatment methods with female farmers because livestock, poultry and goat management is mostly done by female farmers. The topics covered following topics in training sessions, shed management, vaccination schedule, fodder management, production management, and poultry hatching processes. Two initial trainings were organized for 60 female farmers for poultry and goat program and poultry sheds were distributed to the 20 deserving female farmers during the reporting period for poultry keeping.

Poor Woman tells a Success Story in Poultry Farming

Farhat Bibi of Village Dopatta is most thankful to Lok Sanjh for opening their eyes to the great potential that lies in the traditional poultry farming. She also attributes her successful entry into the business to on-site practical training by Lok Sanjh in modern poultry management, close technical support by the project, provision of credit in the form of poultry birds, and availability of a reliable market for local chickens through the value chain contract arrangement with Lok Sanjh. Farhat Bibi's success story represent several untold stories of farmers in the Lok Sanjh project areas in AJK, whose lives have been transformed through commercial production of indigenous chickens. In less than a year after the implementation of the project, local chicken production had increased from an average of 5-10 chickens per farmer to 20 or more chickens each. The number of production cycles also increased from only 1 in 12-18 months to 3 in 12 months, enabling farmers to earn more frequently from the business.

Farhat first learnt about the project through a meeting organized by Lok village Badyala to map stakeholders in the traditional poultry farming. He learnt about the project in detail during the first stakeholder meeting where Lok Sanjh shared with farmers and other stakeholders its plans to introduce production of local chickens. He listened attentively as the Lok Sanjh project team shared the commercialization dream. Her gut feelings told him that he could be part of the team to turn the dream into a reality. He made a decision to sign up for the project. The project team asked him to ready himself up for the commercial take-off by building an appropriate shelter for the chickens he was about to start keeping. She was given guidelines on how to build the structure using locally available materials. As soon as the shelter was ready, Farhat received from LSF a whole box of 100 day old chicks together with guidelines, and a register for record-keeping. It was a moment of great joy to this poor farmer but one laced with anxiety and some degree of fear. Farhat had never raised such a large number of chickens before, and here she was with 100 day old 20 chicks whose survival depended on her. However, her hopes were renewed and fears diminished upon realizing that the program had assigned a veterinary advisor to make periodic visits to her home on frequent basis, guiding her step by step on how to take care of the birds. Her story has inspired several men and women in Garhi Dopatta area of District Muzaffarabad. Farhat Bibi's earnings from eggs are given as below:



Duration	Egg Sales	Rate of Eggs
Nov, Dec, Jan	Rs.10/egg	Rs. 5000/-
Feb, Mar, Apr	Rs. 7/egg	Rs. 3000/-
May, June, July	Rs. 5/egg	Rs. 2000/-

Lok Sanjh Facilitates Women Farmers in Wheat Seed Saving in AJK

Wheat is temporarily stored in jute sacks which are not safe at all. Smaller farmers generally keep more wheat grain for home consumption. The wheat food grains are usually stored at the farm in specially constructed mud bins, protected by a cover, inside the house or in the open courtyard. Wheat may also be stored as a heap covered by straw, mud and dung plastered, loose in a room, or in bags, metal bins, baskets and pots. These widely contrasting storage practices may explain the range of storage loss. For the storage of wheat seed, no special practices are made, therefore, good quality wheat seeds are generally available at household level and farmers are forced to purchase wheat seed from the market.

Keeping all above mentioned conditions, Lok Sanjh provided wheat grain bins to save seeds to 60 women in the project area. Ms. Aliya Bibi of village Mujhoi in the following picture is showing her wheat seed which remained safe until sowing in the field. She told that type of storage plays a fundamental role in storage efficiency. If a concrete or mud storage structure can absorb water or allow the water vapours to pass through, in the case of a jute bag, the bio-chemical changes and mould attack are minimal, but the risk of insect infestation increases. Therefore, steel grain bins proved to be the best seed saving technology in her home and village.



Introduces Sisal Plant in Chakwal Region



In Chakwal field area two hundred farmers group was registered from seven villages for sisal nursery development. Three training session was arranged in NARC for registered farmers to train them for nursery development.

In this event shared the experience of Tanzania sisal industry and value added products making by female group. Miss shazia shared with female farmers who are involved in sisal nursery development with hope that sisal fiber will create small businesses to increase household income that a training may be arranged for female farmers group for preparation of value added products.

In briefing of sisal project in Chakwal, Dr Shahid zia cleared the concepts of farmers that LSF take initiative of sisal nursery development with farmers cooperation to secure economic returns to women farmers in more challenging environment, Sisal also helps in stabilizing land and local environment, reducing soil erosion. With more research, trainings, and private sector linkages, the proposed project aims at strengthening women farmers and entrepreneur's space in Sisal value chain. Group of 25 women will be identified and trained in development of sisal products. Marketing strategy will also be developed with in first phase of project. Female farmer also shared that they have very hope with LSF sisal project all of them are happy for creating a business opportunities at their household level. At the end 1st installment of sisal plantation was given to 11 female farmers who collected suckers and develop nursery.



HEALTH CORNER

5 Benefits of Carrot Juice!

1. Carrot juice is one of the richest sources of Vitamin A. Vitamin A and beta-carotene helps maintain vision.

2. Carrots are deep soil root vegetables, and this enables them to absorb an abundant array of minerals beneficial to health and healing.

3. Drinking carrot juice cleanses and helps restore the liver.

4. Carrots are rich in poly-acetylene anti-oxidant falcariinol. Research at the University of Newcastle has shown carrot falcariinol destroys pre-cancerous cells in tumors. Carrots do help keep cancer away.

5. The Beta-carotene in carrots gives our skin a warm glow and is a major antioxidant. It also helps maintain epithelial tissue, the tissue surrounding internal organs. This tissue is susceptible to cancerous growths.



CARROT
JUICE
BENEFITS

Quick

Always buy organic carrots to juice or else you are drinking chemicals with your juice.

Remember Juicing should not replace whole foods that contain colon-cleansing fiber vital for health

Tips

Don't store the juice, drink it fresh as soon as you have made it.

Use sweet baby carrots as older ones contain too much raw starch.