



**INDIGENOUS
PARTNERSHIP
FOR AGROBIODIVERSITY
AND FOOD SOVEREIGNTY**



NO ONE SHALL BE LEFT BEHIND INITIATIVE

**Biodiversity for Food, Nutrition and Energy Security
for 3000 Households in Meghalaya and Nagaland, North East India**

NOVEMBER 2020 UPDATES



SUMMARY

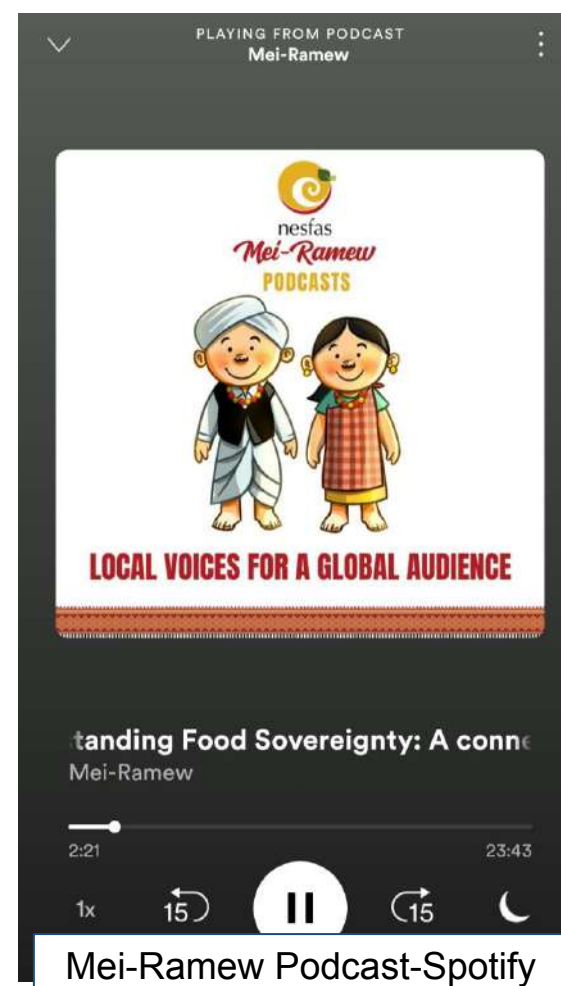
During this pandemic, NESFAS has been able to advocate the importance of growing diverse crops in their own kitchen gardens. With the help of community facilitators, around 2294 households from 45 different communities were actively involved in this activity. It is a major outcome as community members have set up these kitchen gardens at the household level and as a collective initiative through unity gardens. At the same time, the team also held awareness campaigns across several communities on the importance of Indigenous Food Systems, how to incorporate them in people's daily life and adapt to local conditions in order to revive indigenous food crops. On the other hand, SURE also launched a Mei-Ramew Cafe in Cham Cham, West Jaintia Hills as part of the livelihood component. The communications team also published its second podcast episode where they were able to highlight Food Sovereignty. The podcast is one of NESFAS' main tools to help reach a wider audience through digital audio media.



Community garden initiative at Khweng
November 1, 2020; Photo by B. Syiem, PV Fellow



Kitchen garden of Kong T Pyngrope, Custodian Farmer
from Mawpynthymmai
November 18, 2020; Photo by L. Dohling, NESFAS



Mei-Ramew Podcast-Spotify



Food served during the inauguration
of Roly Phawa's Mei-Ramew Cafe



Inauguration of Roly Phawa's Mei-Ramew Cafe, Cham Cham
November 30, 2020; Photo by W. Shadap, SURE

KITCHEN GARDENS



Pest management at Mawpynthymmai
November 30, 2020
Photo by N Pyngrope, CF Mawpynthymmai

SEED SAVING



Seed harvesting at Jongksha
November 3, 2020; Photo by Pdiangshailin, SSC

SCHOOL GARDEN



BERKELEY COMPOSTING



Setting up of composting unit at Mulum
November 27, 2020; Photo by H. Suchiang, SURE

COMMUNITY GARDENS



Land preparation by Youth club at Mulum
November 19, 2020; Photo by D. Bareh, SURE



School garden preparation at Nohron
November 27, 2020; Photo by J Lyting, CF Nohron

NUTRITION CAMPAIGN



Nutritional campaign for children held in Nongwah
November 7, 2020; Photo by Stialinda Khasain, CF of Nongwah



Nutrition Campaign cum Mid Day Meal for the MGNREGS
at Rapleng
November 27, 2020; Photo by A Lyngdoh, PV Fellow, SSC

WASH CAMPAIGN



WASH Campaign in Umkhoi
November 6, 2020; Photo by Rebanjohn, SSC



WASH Campaign in Umkhoi
November 6, 2020; Photo by Rebanjohn, SSC

AGROBIODIVERSITY WALK



ABD walk at Thangbuli
November 13, 2020; Photo by F. Pohleng SURE



ABD Walk at Nongwah
November 7, 2020; Photo by S Khasain, CF Nongwah

PGS FARM DIARY



Farm diary distribution for PGS farmers at Darichikgre
November 8, 2020; Photo By B B Marak

BAMBOO SCHOOL



Follow up of Bamboo craft workshop for youth at Khweng
November 1, 2020;
Photo by N Nongsiej, FC NESFAS

FARM ON WHEELS



Farm on Wheels initiative by lohlynti PGS Group, Pyngkya
November 10, 2020; Photo by S Umsong, CF, Pyngkya

FOOD PROCESSING & VALUE ADDITION



Workshop by NESFAS for communities on livelihood opportunities through local food at Meghalaya State Rural Livelihoods Society (MSRLS), Shillong
November 5, 2020; Photo by MSRLS



Roselle jam by Daribokgre SHG, at Daribokgre
November 28, 2020
Photo by S C Marak, NESFAS

MEI-RAMEW WEAVES



Eri Silk production training in Khweng
Date: November, 2020
Photo by A. Tariang, FC NESFAS

MEI-RAMEW CAFE

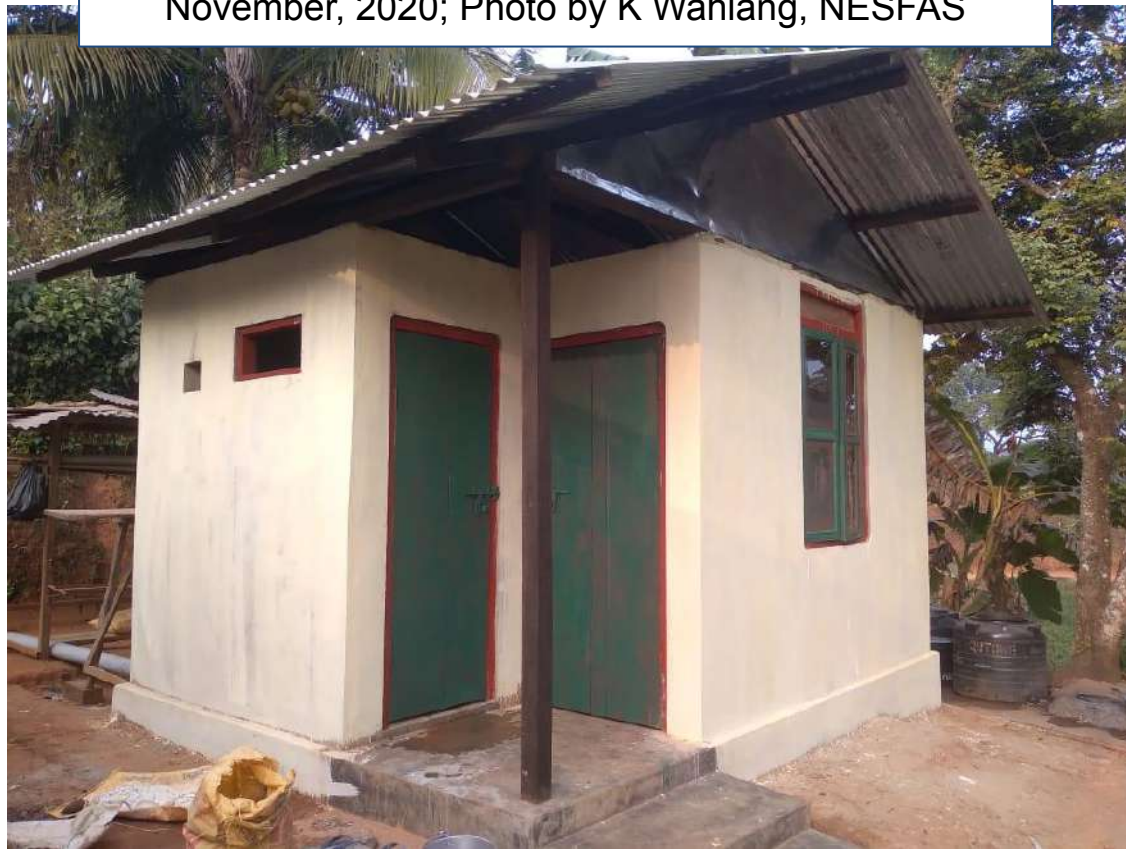


Inauguration of Roly Phawa's Mei-Ramew Cafe, Cham Cham
November 30, 2020; Photo by W. Shadap, SURE

ELDERLY PROJECT

*Creating safety rooms
for traditional knowledge holders*
Work in progress

Mrs. P Klein's safety home which is under construction
in Plasha
November, 2020; Photo by K Wahlang, NESFAS



Mrs. Bie Nongrum's safety home which is under construction in
Umsawwar
November, 2020;
Photo by D Suting, CF,
Umsawwar



P A SYSTEMS SUPPORT



Distribution of PA System
at Wakritongre
November 9, 2020
Photo by J C Momin, FC, NESFAS

TRAINING ON NESFAS NUTRI APP

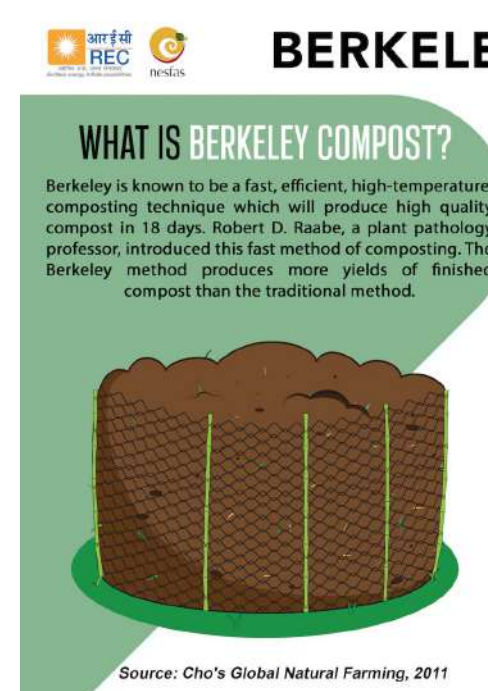
Trainings and data analysis:
ongoing



Training
community
members to
enter
information on
the app for
monitoring the
progress of
Dietary
Diversity
Score.

COMMUNICATIONS *Stories from the Ground*

1. Ri-Bhoi communities to diversify their crops by reviving Millet
2. National Education Policy-2020 and Indigenous Knowledge System
3. NESFAS helps community members of Nongpriang, Umwang Nongbah pave way to healthy future
4. Umsawwar takes step forward in achieving a chemically free farming system
5. Community children at Khweng identify aquatic life to strengthen biodiversity
6. Nohron community members' obtain good quality Berkeley Compost
7. NESFAS grieves the passing of Mr. Lawrence Diengdoh
8. Aman A•song Café owner pioneers using local ingredients in the kitchen
9. NESFAS team guides communities on how to improve value added products
10. The pilgrimage of a few: Mawpynthymmai sets as model community
11. Two community members learn the art of Eri-Weaves at 55 & 65 years



WHAT IS BERKELEY COMPOST?
Berkeley is known to be a fast, efficient, high-temperature, composting technique which will produce high quality compost in 18 days. Robert D. Raabe, a plant pathology professor, introduced this fast method of composting. The Berkeley method produces more yields of finished compost than the traditional method.

Source: Cho's Global Natural Farming, 2011

REQUIREMENTS

- Mash 3 m
- Polythene sheet 4 m
- Cow dung* 50 kg
- Dried grass 50 kg
- Fresh grass 50 kg
- Rope
- Jaggery (Optional)
- Algae (Optional)

PROCEDURE

1. Finely chop the dried grasses and the fresh grasses to about 2 inches.
2. Assemble the mash in a cylindrical form. Bamboo structure can also be used with bamboo poles as supporting beams.
3. Add 3 buckets of finely chopped dried grass into the mash & sprinkle water. 1 bucket of finely chopped grass & 8 sprinkle water.
4. Add 1 bucket of cow dung (preferably fresh) and then sprinkle water over the mixture.
5. The addition of jaggery and algae is optional.
6. Repeat step 3 and 4 till it reaches the top of the mash.
7. Cover the entire mash with the polythene sheet and tie it with the help of the rope so that the heat does not escape the mash.
8. After 4 days, remove the mesh and the polythene sheet and turn the compost.
9. After turning it, cover the compost again with the polythene sheet.
10. Turn the compost after every alternate days until 18-25 days until it is ready.

*In case of less availability of cow dung, it can be mixed with water to increase its volume quantity.

FUNCTIONS OF FOODS
"Healthy Today, Secure Tomorrow"

Pumpkin (Pathaw/Gominda)	Tree Tomato (Soh baingon dieng/ Baring meseng)	White Sweet Potato (Phankaro liet/ Ta•milang)	Orange Sweet Potato (Phankaro rong soh/ Ta•milang gitcak)	Papaya (Soh kymphor/Modipol)
GOOD FOR THE EYES	GOOD FOR THE EYES	GOOD FOR THE EYES	REGULATES BLOOD SUGAR LEVELS	GOOD FOR THE EYES
BOOSTS IMMUNITY	DETOXIFIER WHICH HELPS CUT DOWN FATS	REDUCES CONSTIPATION	BOOSTS IMMUNITY	BOOSTS IMMUNITY
PREVENTS SKIN DISEASES	HELPS IN ANTI-AGING	WEIGHT MANAGEMENT	PROMOTES DIGESTION	HELPS IN ANTI-AGING

(Source: Dar et al. (2017), Longvah et al. (2017), Fernando (2018))

Information, Education & Communication Materials
Podcasts
Social Media



EP:2 UNDERSTANDING FOOD SOVEREIGNTY: A CONNECTION BETWEEN WHAT YOU EAT AND WHAT YOU ARE

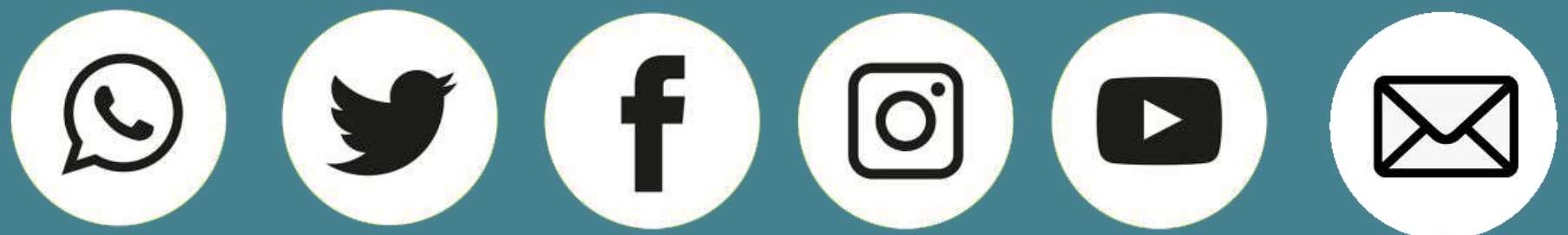


ITM SHILLONG 3 - 7, NOV, 2015

URNS 5!

LOCAL VOICES FOR A GLOBAL AUDIENCE

CONNECT WITH US



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