

Growing gold in Nepal



Photo: Prabodh Malla

Mina Tamang lives in Baluwapati, Nepal, with her father, mother in law, husband and son. Agriculture was the only source of income for Mina's family but poor productivity of the traditional crops (maize, millet and paddy) and degradation of the soil meant that they couldn't earn enough to make a living.

Mina and her husband didn't know how to grow vegetables so they had to purchase them. This meant that they often didn't eat any vegetables at all and as a result Mina's son was malnourished and unwell.

In 2006, Mina became a member of a women's group established by **Tearfund's partner Share and Care**. She was later selected to be coordinator of the group. Her group started

saving some money and, after receiving training, they started to grow vegetables. Recognising the enthusiasm of the group, Share and Care helped them to establish a nursery so they could grow vegetable seedlings commercially. Mina and her group now earn 150,000 Nepalese Rupees (£130) per year selling seedlings and vegetables and they are sharing their agricultural knowledge with other women's groups in the community.

Mina and her family are happy with the income that they are now making through agriculture. They have started to consume green vegetables daily and her son's health is progressing. She says,

"Nothing is impossible if we really want to do it. If we are dedicated, we can grow gold in our soil."

Food Security