

## Nishtha Farm Report 2019-20

Last year three of the Nishtha farming team attended a 2 day workshop in natural farming techniques held by the Govt. North Region Agricultural Department. This year Nishtha farm team has, therefore, made a rigorous effort to apply this zero budget, natural farming method in our demonstration farm. We learned about how important it is to mulch thickly and the method of preparing and applying the natural composting system called JeevAmrit. This natural organic manure is produced from mixing the cow urine, cowdung, Besan and Jagari with unchlorinated water. The resultant JeevAmrit is very effective if you spray both before cultivating the land and after the crops emerge.

Sujata and Vandhana are permanently engaged in mulching, cultivating, sowing and cropping whilst Sunil along with whoever of our male Nishtha staff is available, does the hard work of digging and cutting. The team is supervised and helped by Mohinder who particularly manages the composting systems, and Ram when he can be spared from the clinic.

The products this year were much improved, especially the medicinal plants which are grown for our ayurvedic pharmacy such as turmeric, calendula, ginger and garlic.

The vegetables, rice and soya beans were used to supplement the school nutrition program and meals for the volunteers from the Shiv Mandir Kitchen.



