



Content :

Inside the House

- Diet & Nutrition
- House Hygiene
- Improved Stove
- Hay Box

Near the House - part 1

- Waste Water Management
- Integrated Pest Management
- Non-Cement Drinking Water
- Livestock Management
- Sweepings
- Pit Latrine
- Compost
- Mulching
- Double Digging
- Seed Production
- Liquid Manure
- Beekeeping
- Urine collection



Near the House - part 2

- Kitchen Garden
- Vegetable Polyculture
- Off-Season Onion Growing
- Herbs
- Home Nursery
- Hot Bed
- Air Nursery
- Producing Fruit Trees (5 chapters)
- Leaf Pot Nursery



The Fields

- Green Manures
- Zero Tillage
- Agro Forestry
- Integrated Fruit Orchard
- Planting Fruit Trees
- Top Grafting
- Air Layering
- Bamboo Propagation
- Living Fence
- SRI Rice Cultivation



चरन र वन



Forestry, Integrated Literacy, Permaculture etc.

- Forestry • Soil Improvement
- A-Frame • Village Funds
- Climate Change
- Value Chain Marketing
- Design, Glossary
- Practical Literacy,
- Permaculture, Etc.

हिमाल एसोसिएशन
HIMAL ASSOCIATION - wrote :

“A Gift Package for Organic Agriculture

The idea of publishing a series of booklets on agriculture for Nepali farmers, using simple Nepali language, is a wonderful concept. The planned series will surely be a milestone in trying to reach out to farmers with useful and up-to-date information on sustainable agriculture. An additional attraction is that this series will also act as follow-up literacy material in a country where so little readable information reaches the neo-literate population in the rural areas. Neither is the text and presentation so simplistic that educated farmers will not find interest in what is offered.”

Kanek Dutt

Second Edition

So popular it has sold **7500** copies, now being reprinted with 4 extra chapters

How much ? Rs 1350/-

The whole handbook is 45 chapters in 5 volumes, total over 800 pages, including over 170 colour pages of photos & illustrations. Cost includes a waterproof carrying bag + a design poster

When ? The handbook will be published in July 2014

From Where ?

The handbooks will be available from:

Himalayan Permaculture Centre (HPC)
• Sunrise Farm, Rani Pati-4, Sita Paila, Kathmandu

Tel: (01) 4272167, mo. 98493 85502
email: sunrise-farm.ktm@gmail.com
www.himalayanpermaculture.com

2nd edition

Farmers' Handbook

for

Farmers,

Extension Workers,

Development Workers;

for everyone interested

in improving the well-being of the millions of small farmers in Nepal.

2nd edition

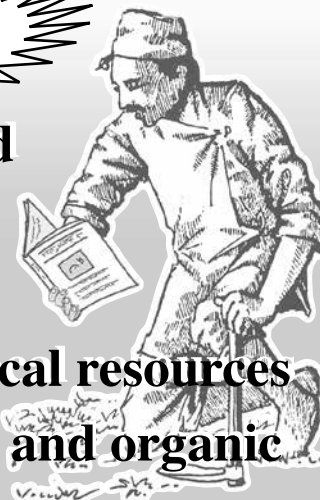
• easy to read

• practical

• robust

• based on local resources

• sustainable and organic techniques






Why a Farmers' Handbook for Nepal ?

• Sustainable Livelihoods

Most people in Nepal depend on home production of food. However with more people, and landholdings becoming smaller, there is a need for raising the productivity of the small Nepali farm in a way that will also allow their grandchildren to produce food, fibre, fodder, firewood etc. from the land. This way is through sustainable, organic agriculture.

• Reading Skills

The handbook is well suited for literacy and post-literacy programmes, and village libraries. It has been developed as reading and information material for formal & informal Practical Literacy Programmes. One of the great benefits of reading skills is to access knowledge. This can help people improve their living standard by using techniques which:

-  - use & enhance local resources
-  - increase & diversify production
-  - decrease cost of production in terms of time, land & labour

• Strong Economies

A strong economy is built from the base - it grows like a tree. A healthy natural resource base and robust production at the small farm level means that local, district and national economies can grow sustainably, meeting the needs of the land *and* the people.

• Structure of the Chapters :

Each chapter deals with one or a few techniques and is structured in the following way :

1. What is it ?
2. Why do it ?
3. How to do it ?
4. How to maintain it ?
5. Links between the books
6. Farmers' Experiences

A selection from the over 50 illustrations in the "Top-Grafting" chapter

• Illustrations :

all in all over
400 colour photos
100 bw photos
600 drawings

• Bag :

Practical
waterproof
carrying bag

• 5 volumes

• 800 pages

