### Local Initiatives for Biodiversity, Research and Development

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#### **E**DITORIAL

We are pleased to inform you that 12 issues of LI-BIRD Newsletter have been published, and with this issue we are entering our fifth volume. We will make every attempt to produce useful issues that will also include highlights of research and development for the well-being of resource poor and disadvantaged groups. This issue's Feature Article shares good practices generated from the Home Garden Project to diversify sources of nutrition for improved family health.

LI-BIRD has been promoting the home garden approach to reach out to resource poor and marginalised people in rural areas of Nepal for the last seven years. The Home Garden Project, with financial support from SDC Nepal, has demonstrated that home gardens could play strategic roles in increasing dietary diversity of poor families. Although home gardens as a traditional land use practice spans centuries, focus on home garden production system as a development strategy is relatively recent. Based on lessons from earlier phases, one new project phase (2009-2013) will expand its outreach by widening partnerships to complement various livelihood enhancement activities among resource poor and disadvantaged groups. The project studies showed that intervention to promote nutrition-oriented crops through home garden diversity kit increased access to species diversity. Thus, this approach has a high potential for scaling up in rural areas to increase nutrition security.



#### News and Events

# Symposium on Promotion of Home Gardens

he symposium on 'Promotion of Home Gardens in Nepal: Recent Development and Direction for Future' was organised by LI-BIRD at Pokhara on 28 April 2009 within the context of launching a new phase of the Home Garden Project. The two-day symposium aimed to consolidate research outputs, development outcomes, practices, insights and lessons on home garden promotion in Nepal. More than 52 participants from different organisations (CEAPRED, FORWARD, TASK, RDTA, NASRI (NARC), Regional Agriculture Directorates, LILI/HELVETAS, RHDP, SECARD Nepal, SAHAS, HKI Nepal, World Vision, IAAS Rampur, SDC and LI-BIRD) along with DADOs from seven districts participated in the symposium. 21 papers on research, experiences and thoughts on home gardens were presented and will help with project planning and implementation. Key points of the symposium included the importance of a holistic view to understand the home garden concept, as well as the need for a paradigm shift in agriculture development policy to address resource poor and disadvantaged groups.



Guests of the Symposium on Promotion of Home Garden

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## FIRST NATIONAL LOCAL INNOVATION FAIR 2009

The first National Innovation Fair was held from 2 to 4 May 2009 by PROLINNOVA (PROmoting Local INNOVAtion) Nepal with LI-BIRD, and supported by National Working Group EcoCentre, Practical Action-Nepal, Institute of Agriculture and Animal Sciences, Tuki Sunkoshi, and Department of Agriculture Mustang. 50 participants displayed their innovations using prototypes, pictures and photographs. The fair was inaugurated by ex-Minister of Agriculture and Cooperatives, Mr Jay Prakash Prasad Gupta, in the City Hall. A selection committee established by the fair organisers selected two outstanding innovators who were awarded at the Fair.



Minister Jay Prakash Prasad Gupta innagurating the fair

# Innovation Asia-Pacific Symposium

he Innovation Asia-Pacific Symposium was held from 4 to 7 May 2009 in Kathmandu, Nepal. It was jointly organised by CIAT (International Centre for Tropical Agriculture)-Asia, ICIMOD and PROLINNOVA, in collaboration with LI-BIRD (a PROLINNOVA-Nepal partner) and Practical Action–Nepal with primary funding support from Research Into Use (RIU) UK, and additional funding from the International Development Research Centre (IDRC) Canada, and organising partners. 90 participants from 25 countries including Asia and the Pacific, Africa, Latin America and Europe attended the symposium. Participants included researchers, development practitioners, policy makers, farmers and several



Ms. Rajju Malla-Dhakal, Executive Director of LI-BIRD welcoming the participants in the Symposium

donors. The keynotes address by Jacqueline Ashby of CIP (International Potato Centre) challenged participants to address issues of power and politics for creating an environment conducive to multistakeholder innovation processes. The marketplace in the symposium provided a good opportunity for participants to communicate informally on different cases of innovation systems.

# INTERACTION PROGRAMME ON WORLD ENVIRONMENT DAY

"Your Planet Needs You! Unite to Combat Climate Change" was the theme of World Environment Day 2009. It reflected the urgency for nations to agree on a new deal at the crucial climate convention meeting in Copenhagen later in 2009, and to recognise links with overcoming poverty and improved forest management. LI-BIRD celebrated World Environment Day on 5 June 2009 by organising an interaction programme entitled "Climate Change: Common Challenges and Our Responsibilities" with different local stakeholders/actors from Kaski District.



A woman paricipant putting her BICHAR in the interaction programme

Participants included the civil society, farmers, business houses, financial institutions, women, children, teachers, youth, artists, fishermen, health workers, tourism & hotel entrepreneurs, media, government, I/NGO officials, human rights workers, and transport, industry and academic institutions. The interaction programme was also broadcast live on Radio Gandaki in technical cooperation with Radio Barahi

#### ROPAI MELA TO CONSERVE RICE LANDRACES

Nepal celebrates National Paddy Day or Ropai Mela on Asad 15 (corresponding to 29 June) of the Nepali calendar every year as the end of the paddy planting period. For the first time this year, LI-BIRD and Krishak Samuha Samanwaya Samiti, Patharaiya, jointly organised a Ropai Mela in the Western Terai Landscape Complex Project (WTLCP) area as a part of diversity block of upland rice. Attractions of the event were rice planting competition; hilo khelne (playing in mud); panche baja (traditional musical instruments); singing Asare songs in both Tharu and Nepali; and serving traditional food items such as dahi (yoghurt), chiura (flattened rice), khir (sweet rice pudding) and kera (bananas). Representatives from district line agencies, media persons, and more than 200 farmers and project staff participated the Mela. Farmer groups planted 15 local landraces like Karangi, Nirmoi, Thapachini, Santha Seto, Satha Kalo, Saunthayari, Ratanpuri, Santhayari, Kalonath, Lal chand, Bel khole, Anjana, Ghyupuri, Bejanta, Anjani, and Bagari during the rice planting competition programme.



Local people participating in rice planting cometition programme.

#### Training on Understanding Home Garden at Grassroots Level

LI-BIRD organised a two-day grassroots level training programme from 17 to 18 July 2009 In Sindhupalchowk District to increase awareness on the home garden.. The training aimed to develop a critical mass of local farmers who will promote the home garden concept at grassroots level, and who will also help with scaling up of the home garden approach within both government and non-government sectors. The training, which was designed for field-level implementers, provided an opportunity to learn about the home garden, its relevance in DAGs livelihoods, and approaches to promote home gardens. 20 participants from TUKI Sunkoshi, TUKI Dolakha, RHDP, NSCFP, CEAPRED, SAHAS Nepal, ASCs and DADOs took part in the training. The training was facilitated by LI-BIRD staff.

#### STAKEHOLDERS MEETING ON CBSP

n order to assess the possibilities of integrating good practices of Community Based Seed Production (CBSP) in the District Self Seed Sufficiency Programme (DISSPRO), and to prepare policy guidelines for effective implementation and institutionalisation of CBSP in Nepal, LI-BIRD, FORWARD and Support Foundation jointly organised a 'Stakeholders' Meeting on CBSP and Social and Policy Constraints for Land Remaining Fallow After Rice Harvest in Nepal Terai' on 27 July 2009 at Kathmandu, Nepal. The meeting was chaired by Mr Shanker Prasad Pandey, Secretary of Ministry of Agriculture and Cooperatives (MoAC), while Dr. Hari Dahal, Spokesperson of MoAC, was also present. The meeting was participated by 43 delegates from 21 organisations including MoAC, Department of Agriculture, NARC, SEAN and various I/NGOs.

# Workshop on Farmers' Access to Innovation Resources

I-BIRD-Dhangadi, organised a one day workshop on 'Farmers Access to Innovation Resources (FAIR)' on 29 July 2009 with an aim to recognise and motivate farmers as innovators in agriculture and natural resource management. The purpose of the workshop was to raise awareness among farmers and district level stakeholders, to form the Local Innovation Support Fund (LISF) committee, and to define a

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Terms of Reference (ToR) for this committee. 34 participants representing DADO, DFO, DLSO, YAC Nepal, WTLCP, NGOs, district level and local CBOs, and farmers' representatives - including innovator farmers - participated and shared their local innovations in the field of agriculture and natural resource management. The workshop concluded with the formation of a nine-member LISF Committee and finalisation of their ToR.

#### FEATURE ARTICLE

Home Garden Diversity Kit: Increased Access to Diversified Sources of Family Nutrition

Vegetables and fruits are crucial to human diet. However, in comparison to cereal crops, the value of vegetables in food security has not been given sufficient attention in Nepal. Farming communities are generally resource poor and economically vulnerable, hence they cannot afford to purchase vegetables from the market. Most home gardens in Nepal are vegetable-based, and there is a huge gap between family requirement and garden supply. However, a project being implemented by LI-BIRD has provided evidence that efficient management of home garden biodiversity can increase farmers' access to year round supply of vegetables, along with other biological services. This article highlights the significant role played by the Home Garden Diversity Kit (HGDK) in increasing vegetable diversity for family nutrition.

## Home Garden Diversity Kit

Access to an adequate amount and variety of safe foods at all times is a basic individual right. while access to seeds, saplings and plant genetic resources is vital for food security and sustainable development. The project studies show that inadequate access to seeds, planting materials and knowledge are major constraints faced by rural poor and disadvantaged groups for maximising the potential of home gardens. Major sources of home garden seeds are self-saved and informal means such as relatives and neighbours. This informal seed system contributes to increase diversity in home gardens. However, resource poor and disadvantaged groups who do not possess such a social seed network face problems in accessing seeds, saplings and other planting materials. As a result, LI-BIRD's

Home Garden Project introduced the Home Garden Diversity Kit for resource poor community members. The Diversity Kit is a set of small quantity of seeds, saplings and planting materials of vegetables, spices, fruits, fodder, forage, medicinal, cultural, religious and other value plants. The diversity kit is provided to resource poor and disadvantaged households with the aim of complementing their available resources. The diversity kit is based on analysis of nutritional gaps, demands of local farmers, season and agro-suitability. Species demands of local farmers are collected at village meetings and are assessed by a technical group for their agro-ecological suitability after which the kit is developed (Table 1).

Table 1. Preferences for crops in home garden diversity kits.

Category	Crop Growing Environment	Composition of Diversity Kits			
of Home Gardener		Terai	Mid-hills		
Resource Poor Farmers	Crops growing on fences and roofs	Cucurbits, Malabar night shade (poi saag), Ivy gourd (kundruk)	Air potato, Yam, Chayote, Cucurbits, Malabar night shade		
	Crops flourishing around kitchen waste deposits	Winter bean, Local chilly, Banana, Wild coriander, Broad leaf mustard	Winter bean, Chilly, Banana, Tree tomato, Broad leaf mustard		
	Small space requiring fruits	Banana, Citrus, Papaya, Pineapple, Guava, Pomegran- ate, Mulberry			
	Marginal land crops	Water spinach, Air potato, Taro, Yam	Cassava, Water cress, Swiss chard, Taro, Turmeric, Broom grass		
General Farmers	Vegetables and fruit crops that generally require some fertile land and space (in addition to crops found in resource poor gardens)	Radish, Brinjal, Carrot, Cabbage, Cauliflower, Pointed gourd, Bean, Okra, Potato, Sweet potato, Onion, Mango, Litchi, Jackfruit, Grape, Java fig (Kabhro), Black plum (Jamun), Monkey jack, etc.	Radish, Brinjal, Carrot, Cabbage, Cauliflower, Bean, Okra, Potato, Cress, Spinach, Garlic, Onion, Asparagus, Jackfruit, Avocado, Peach, Plum, Pear, Gogan, Litsea (Kutmero), Napier etc.		

The nutritional calendar not only explains existing situation on the supply of different nutritionally rich vegetables from home gardens, but it also serves as a basis for introduction of different plant species to improve the composition of home gardens. The calendar clearly shows the months when there is availability and deficiency of dietary diversity from home gardens. Locally suited traditional crops are highly promoted in consideration of their special characteristics such as perennial nature, multi-harvesting potential, nutrition, climate change resilience, and higher varietal diversity.

The distribution mechanism of home garden diversity kits itself is a good practice to encourage poor and disadvantaged groups. Emphasis is placed



Local farmers getting involved in the preparation of diversity kit.

on identifying local and improved varieties for the diversity kit. Initially, the diversity kit is provided free of cost. In order to increase ownership of the kit, farmers collect a certain charge which is deposited in the Farmers' Group account. Local farmers fix the rate of each seed and sapling after considering the economic status of all farmers so that every interested farmer can afford them. Funds generated from the sale of such seeds and saplings is maintained by the Farmers Group with plans to invest in purchasing seeds and other inputs that are not supplied by the project. Farmers are trained in cultivation practices of the vegetables and fruits, informed of their nutrition values, and provided with leads to seed/sapling sources for future use. The project provided home garden diversity kits to households in the first year of intervention along with technical information for cultivation and promotion of home garden species. In the second year, the community themselves prepared home garden diversity kits to increase sources of nutrition in their gardens. Each household saved their own seeds, prepared their nursery to raise seedlings and saplings, and also exchanged seeds and seedlings with neighbours, thereby sustaining the home garden diversity kit approach. Sometimes farmers themselves explore and acquire quality seeds from formal sources such as government agencies, agrovets and markets.

## Vegetable Sufficiency for the Family

Promoting nutrition-oriented crop diversity in home gardens through diversity kits resulted in positive and significant impacts at all project sites. There was a significant increase in average number of vegetables in almost all households. In the beginning, 87 % of surveyed households (1,100) experienced vegetable insufficiency during the year, but by the end of 2008, 56 % of surveyed households were able to produce sufficient vegetables throughout the year in their own home gardens. Dalit households, one of the target beneficiaries of the project, generally relied on privileged households for vegetables and fruits. However, by the end of 2008, Dalit farmers reduced their dependency on other households significantly, 24% of Dalit households indicated that they were selfsufficient in vegetable production following project intervention and no longer depended on others.

"We Dalit households families did not used to grow vegetables but we used to collect a meager amount from our patrons' households with a mindset that we are the lower caste and we should depend on the upper castes even for our daily need for vegetables. But after home garden intervention, we have been organised in groups, received technical skills and home garden diversity kit. After this we started to grow vegetables in our own garden. This has increased our self dignity and changed our mindset that even Dalits can have good skills and knowledge and lead a dignified life through appropriate use of our limited land. Now we are converted from 'magne jat' (beggar caste) to 'gari khane jat' (self-reliant caste)."

Home Garden Farmers Group from Dolakha, 2008

## Impacts of Home Garden Diversity Kits

- Increased access to diversity and choices of home garden seeds, saplings (home garden germplasms)
- Increased practice of cultivating different home garden species
- Farmers more interested in improved varieties rather than hybrids
- Increased awareness regarding importance of dietary diversity for family health
- Increased sources of dietary diversity (i.e. vegetables, fruits)
- Income generation through sale of surplus vegetables

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#### Conclusion

Home garden diversity kits have proven as a strategic approach for increasing access to diversity and choice of seeds, saplings and plant genetic resources. The cost-effective participatory approach of diversity kits encourages households to diversify their sources of nutrition through the home garden. It is a good practice as diversity kits maintain, enhance and create crop genetic diversity, while ensuring their availability in the community where access to information and materials are limited or difficult because of geographical terrain, poor infrastructure and social discrimination. The practice of home garden diversity kits could contribute significantly to the well-being of resource poor and disadvantaged groups.

#### Research and Development highlight

# COMMUNITY PERCEPTION ON EFFECT OF CSB ON LOCAL SEED SYSTEM

Community Seed Bank (CSB) is a farmer-led seed conservation approach in which farmers are involved in collection, storage, exchange and distribution, and maintenance of local genetic resources. Implementation of CSB was found to be an effective mechanism for conservation and promotion of local varieties and agrobiodiversity. With the changing global context on use and exchange of genetic resources, CSB is also being evaluated as one of the community-based mechanisms to ensure Farmers' Right (FR) and implement Access to and Benefit Sharing (ABS) regime, although previously not devised for these purposes. LI-BIRD is evaluating CSB as one of several such community level mechanisms that contribute to protecting farmers' rights over local genetic resources.

A systematic research was carried out to evaluate the effect of CSB on local seed system. The main objective of the study was to explore the perception of farmers on how CSB has affected different aspects of local seed system relating to FR as defined by Article 9 of International Treaty on Plant Genetic Resource for Food and Agriculture (ITPGRFA), mostly Article 9.3 (i.e. right of farmers to save, use, exchange and sell farm saved seed), Article 9.1 (i.e. right to protect traditional knowledge related to PGRFA) and Article 9.2 (i.e. right to equitably participating in sharing benefit arising from utilisation of PGRFA). The hypotheses were: if CSB contributes to strengthening some attributes of local seed system like conservation, saving, exchanging and selling of seeds; and if CSB

is a legitimate and well accepted institution to provide consent to use protected genetic resources, it eventually contributes to ensuring FR as defined earlier, 120 farmers from Kachorwa VDC in central Terai of Nepal, among which 90 had participated in CSB since 2003, were sampled systematically to administer a predefined questionnaire set. The study showed that CSB mechanism is contributing positively in some of the attributes to strengthen local seed system like increasing access to local varieties, identification and conservation of local landraces, reducing dependency of farmers on seed of private entrepreneurs, and promoting self storage of seed without affecting traditional practice of seed exchange, which ultimately contribute to protect farmers right on seed. It also supports in protecting ownership of local community over their genetic resources.

Table 2. Effect of CSB on different aspects of local seed system.

Aspects of seed system	Ne	gative	No	effect	Positive		Very posi- tive		Do not know	
Access to seed of local varieties					59	(50)	37	(31)	23	(19.3)
Access to seed of improved varieties			18	(14.8)	66	(54.5)	10	(8.2)	27	(22.3)
Support in new variety development					66	(55.9)	19	(16.1)	33	(27.9)
Conserva- tion of local landraces					65	(54.6)	23	(19.3)	31	(26)
Identifica- tion of local landraces					72	(61)	10	(8.4)	36	(30.5)
Protect ownership of local genetic resources			2	(1.6)	64	(53.7)	5	(4.2)	48	(40.3)
Local seed system	1	(0.85)	11	(9.4)	54	(46.1)	2	(1.7)	49	(41.8)
Self storage of seed in household	14	(11.6)	29	(24.1)	45	(37.5)	2	(1.6)	30	(25)
Exchange of seed from/to neighbours	9	(7.62)	48	(40.6)	26	(22)	5	(4.2)	30	(25.4)
Exchange of seed to other villages	11	(8.66)	57	(44.8)	23	(18.1)	1	(0.78)	35	(27.5)

Table 2 shows that all of the farmers asked in the study perceived that CSB has some positive effect on increasing access to local seed varieties, supporting new variety development through PPB, identification and conservation of local landraces in the village, and protecting ownership of local genetic resources to the community. A large number of farmers claimed that CSB contributed profoundly (rather than some degree of positive effect) in increasing access to local varieties, conservation of local landraces, and supporting development of new varieties through PPR



A local Community Seed Bank.

A majority of the farmers also felt that CSB has some positive effect on increasing access to improved varieties of seed. The result seems realistic as CSB in Kachorwa also have CBSP as a supplementary activity to generate income, where they also produce seeds of improved varieties. About 46% of the farmers felt that CSB has some positive effect on local seed system, contributing to reduce dependency on private seed entrepreneurs, but there was a large number of farmers unaware about this effect. Only 36% of the farmers felt that CSB has increased the practice of self seed storage in households, whereas 24% felt it has no effect. 12% of the farmers even perceived that CSB has negatively affected the practice of self seed storage since they could acquire required seeds from CSB. Most farmers perceived that CSB has no effect on the traditional practice of seed exchange from/to neighbours and from/to other villages. 22% perceived that it has some positive effect on promoting exchange of seed within the village, and 18% felt it has promoted inter-village exchange of seeds.

CSB was found to be a creditable and well-accepted institution in the village to provide access to seeds of landraces to external researchers. The study showed that about 82% of the farmers perceived that the institution operating CSB may enjoy the ownership of local landraces protected in CSB, and 69% also felt that CSB is eligible to provide access over these genetic resources to outsiders.

Table 3. Effect of CSB on different aspects of local seed system.

Actors	Ownership of varieties protected in CSB		Provide Access to seed in CSB		
CBM committee	5	(4.2)	4	(3.3)	
CSB/ADCS	98	(81.7)	83	(69.2)	
VDC	3	(2.5)	4	(3.3)	
All farmers of Kachorwa	3	(2.5)	10	(8.3)	
Nation	1	(0.8)	3	(2.5)	

Thus, the study verified that CSB has strengthened the local seed system, reduced dependency of farmers on external sources for seed, and promoted use of local varieties. It has also contributed in protecting community ownership of local genetic resources. In villages, where proper legitimate institution to provide access to local genetic resources to outsiders is lacking, CSB was found to be a creditable and accepted institution to provide consent on behalf of farming communities. Therefore, CSB will in due course contribute to protection of FR on seed and local genetic resources.

#### Success Story

### School Gardening: Innovative Methodology to Promote Nutrition Education

A school garden is an innovative teaching and learning tool and strategy that engages students by providing a dynamic environment. School Gardens are a special kind of learning centre, allowing students to become active participants in the learning process. The concept of school gardening is new in the Nepalese context. LI-BIRD has initiated school gardening as a pilot programme in two districts of Nepal: Gulmi representing western hill, and Bardia representing mid-western Terai. The priority of this programme is to raise awareness on child nutrition. It also aims to develop the school garden as a resource centre for enhanced food and nutrition.

Rudrawati Women Home Garden Group of Balithum-6, Gulmi District, initiated the school garden approach in their village. The group and project staff approached Shree Majhi Primary School, Balithum, to establish a school garden in



Photo: Photo Bank, LI-I

2007. The School Garden Promotion Committee was formed comprising of school teachers, students, project staff, and representatives among parents and home garden women group members. The Committee made an agreement between the school management team and women group to implement planned activities of the school garden. The project provided both technical and material support to establish the school garden. Project staff also conducted weekly awareness-raising nutrition and health classes to enhance students' knowledge on the value of home gardens, nutrition and biodiversity. Students were provided with an opportunity to learn how to grow, tend and harvest diverse plant species in the garden, as well as home practical skills. The school garden in Balithum has become not only a sharing and learning centre

for students, but it is also a source of income for group members. As per the agreement, a portion of the income is contributed to the Home Garden Group fund, while the remaining amount is used to support management of the school garden and nutrition programme.

Linking home gardens with school gardens will reinforce the concept of food and nutrition and open the way for the exchange of knowledge and experience between the school and the community. This will ultimately help in achieving the home garden project objectives of increasing dietary diversity and enhancing biodiversity management. This is a relatively new concept, so its sustainability, management, and effectiveness needs to be further tested and evaluated.



Before the school garden concept, this land (about 750 square metres) was used as an open toilet by school children. We used to consider it a wasted space. But it is now a rich source of species diversity. In this garden, one can observe more than 30 species like avocado, banana, papaya, lemon, lime, guava, litchi, jack fruit, yam, taro, sweet potato, winter bean, broom grass, napier, ginger, garlic, neem, turmeric, cinnamon, rudrakshya, coffee, etc (vegetables, fruits, ornamental plants, grasses, medicinal plants, religious plants, spices and other different use value crops). We also provide space to the women group to raise their nursery, which encourages students to learn the practice, while also contributing to raising school garden funds. Different management practices like vermi-composting, soil and water management, spatial and temporal management, and layer management not only enhance school garden diversity, but also increase ecosystem services. Now the school garden in our village is an inspiration for other schools.

- Mrs Ambika Gautam, school teacher, Balithum, Majhi Gaun, Gulmi



Incoming Staff

LI-BIRD family hearty welcomes the following new staff members.

-	Indra Bahadur Magar	18 May 09
-	Lal Kumar Jirel	18 May 09
-	Chandra Man Tamang	19 May 09
-	Basanta Rajgaiya (Chaudhary)	28 May 09
-	Rajan Dhakal	4 Jun 09
-	Tekendra Pradhan	5 Jun 09
-	Indeshwar Mandal	7 Jun 09
-	Brinda Linkha	9 Jun 09
-	Kesh Bahadur Thapa	9 Jun 09
-	Chandra Bahadur Magar	11 Jun 09
-	Januka Ambuhang	28 Jun09
-	Sita Bantha Magar	2 Aug 09

#### Outgoing Staff

LI-BIRD family extends its best wishes to the following staff members who have left organization after their successful tenure.

-	Sandhya Karki	25 July 2009
-	Govinda Shrestha	31 July 2009
-	Suman Manandhar	4 Aug 2009
-	Bimal Raj Regmi	16 Aug 2009
-	Bishnu Prasad Ghimire	12 Aug 2009



#### For further information:

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