

Case Study Three (Hamsapur Community)

Kitchen Gardening Support my Household Expenditure

Sita Poudel, a literate female of 46 years, lives at Hanspokhari community of Rupa Rural Municipality Ward No - 7. She lives with her husband, 3 sons and 3 daughters in law and a granddaughter in a small house.



She says: “Vegetable farming was traditional in our society and sometimes the production did not meet the expenditure. People were not interested to do vegetable farming as their family could not be sustained through vegetable farming.” She further added that local villagers were involved in multiple other occupations such as buffalo and goat herding, kitchen gardening and other agricultural activities.

The Hamsapur Solar Lifting Water Supply and Sanitation Project started in the community from 11th December 2017. Red Cross and Unica Foundation helped the rural community. “Where it takes a lot of time to fetch water, vegetable farming is shaded. We are trained on income generating methods. I have also participated in the Basic Kitchen Gardening Training provided by the Red Cross. I am trained in practical and theoretical manner with adequate knowledge and skills of systematic vegetable farming. Seeds of different vegetables and money for kitchen gardening management are provided to me. The training and material has encouraged me to turn to vegetable farming.”



Currently, Sita is busy with systematic vegetable farming depending on the season. “I spent my water fetching time during vegetable production. Although the direct market access is not available for our community, I can sell my production locally and thus manage my family expenditure. I have around ten thousand rupees. It has helped our family to manage our household. I am very happy with the income generating training of the project and would like to thank Red Cross and Unica Foundation for their initiation of the project and their support to rural women like us.”