

Case Study (Kalika Community)

Kitchen Gardening As A New Way of Income Generation

Asha Bhandari, a literate female of 26 years, lives at Kalika Community of Pokhara Metropolitan City wards No - 28. She lives with her mother in law, brother in law, husband and a son in a small house as a joint family.

She said: “We used to adopt subsistence vegetable farming in a traditional way. It was not sufficient for family use. We had to expend money to buy vegetables. People were not interested to do vegetable farming as their family had not sustained from vegetable farming.” She explained that local people were involved in multiple occupations jointly such as insubstantial buffalo, goat, and poultry farming along with traditional agriculture.



“The Kalika Solar Lifting Water Supply and Sanitation Project started in our community at the 8th of August 2016. The Red Cross and the Unica Foundation have been helping our rural community. Where local villagers expended a lot of time to fetch water, they did not have time left to generate income. The water fetching issue has made the village life a lot more complicated. The people of Kalika do not have knowledge and skills regarding income generating activities. The Red Cross has trained us on vegetable farming with income generating training. I am trained with adequate knowledge and skills in practical and theoretical manner of systematic vegetable farming. Red Cross has provided 10,000 Nepalese Rupee through the Water User Committee for seeds of different vegetables. I bought different vegetable seeds and started vegetable cultivation in 2543.7 sq meter land. I have earned 77,000 Nepalese Rupees per lot, selling cucumbers, tomatoes, cauliflowers, cabbages and beans. The training and support has encouraged me to turn to vegetable farming.



Currently, I am busy with systematic vegetable farming depending on the season. The time I previously used to fetch water, I can now put into vegetable production. I sometimes sell vegetables at the Kalika bazaar and sometimes I send my vegetables to the vegetable shop (mundi) in Pokhara through bus. The income from selling vegetables has become a strong source of family expenditure management. I am very happy with the income generating training of the project and would like to thank the Red Cross and the Unica Foundation for initiation of the project and support to rural women like us.”