

Inside the House



The Farmers' Handbook



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The Farmers' Handbook is about techniques for sustainable farming, and this is the first of 5 volumes. There are 4 techniques presented here. In five volumes there are a total of 44 techniques and approaches.



This Farmers' Handbook is meant for education and awareness raising as well as practical gardening uses. It is permitted to photocopy for such purposes, but please remember that photocopying can cause pollution to the environment, is expensive, and does not give a good quality.

Subject	Chapter No:
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Chapters are separated by a yellow page

The Farmers' Handbook - this Volume's Introduction

This is the first of five volumes in the Farmers' Handbook. In all there are forty techniques and approaches shown, of which three are in this first volume. Here, we introduce you to some technologies used inside the house. The titles of these are given on the previous contents page.

This Farmers' Handbook provides information about sustainable farming methods, and can also be used as a resource to run literacy programmes. Information about these, and how the Handbook can be used, is provided in volume five. A list of new and/or difficult words and their explanation is also provided in volume five.



Aims

The main aim of this handbook is to help farmers make their own farms more successful. This is done by providing information about using simple methods which strengthen, rather than damage the environment, and help to create sustainable livelihoods for future generations.

Background

The techniques described in the handbook are the results of research made by the farmers of Surkhet and Jajarkot districts of Mid-Western Nepal. We believe these methods will also work well for farmers of other countries. However, around the world there are diverse climates and soils, and so we expect that small changes will need to be made in the techniques according to this diversity. Similarly, it may be necessary to change plant species according to climatic region, but their function will remain the same. For example, the chapter on the **Living Fence** describes the use of thorny plants as a barrier. In the low altitude, hot Tarai of southern Nepal, "Babool" (*Acacia nilotica*) is suitable for this. But this does not grow in the higher elevations. Here, species such as wild pear, wild blackberry and Sea Buckthorn make a good living fence.

Evaluation & Feedback

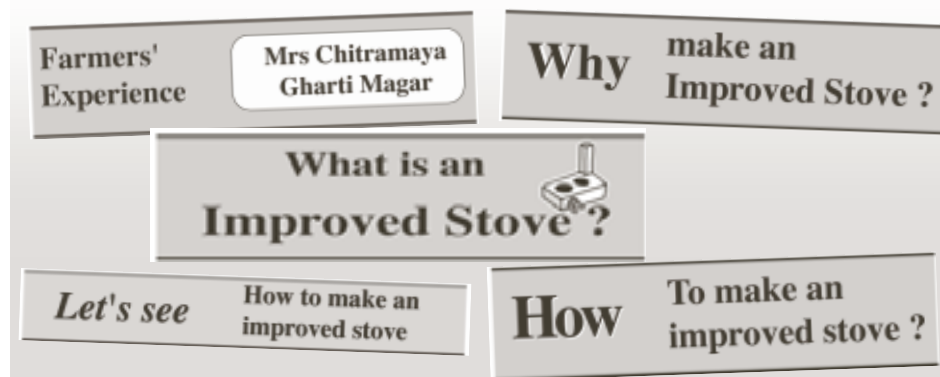
Comments and questions about the techniques and approaches described in this handbook will be most welcome. Suggestions for improvement will be used for future editions of this handbook and other similar publications.

Structure of the Handbook

Inside the handbook each method is described in a separate chapter, or chapter. All methods are described in the same way:-

- "What is?" - the method is defined and described.
- "Why?" - the benefits of using this method are then described.
- The main part is then "How to?" make or do the method;
- In the "How To" section the centre pages show colour pictures about the method.
- After describing how to create the method, how to maintain, care for, manage and/or operate it is described.
- After this, there is an interview with an experienced farmer who has built and used the method.
- Finally, information is given about other chapters in the Handbook which are directly connected to this method.

There are minor changes to this structure as necessary.



Techniques

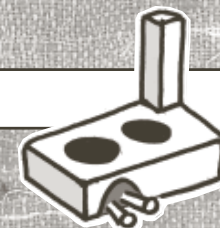
2. Diet & Nutrition



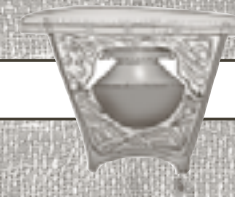
3. Household Hygiene



4. Improved Stove



5. Hay Box Stove



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