Farmers’ Handbook for Farmers, Extension Workers, Development Workers; for everyone interested in improving the well-being of the millions of small farmers in Nepal.

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

**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: sunrisefarm.ktm@gmail.com
www.himalayanpermaculture.com
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.

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**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

**Illustrations**
- all in all over
  - 400 colour photos
  - 100 bw photos
  - 600 drawings

**Bag**
- Practical waterproof carrying bag

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**A selection from the over 50 illustrations in the “Top-Grafting” chapter**

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