

## ***Change in life Engendered by Vegetable Production.***

A single woman, Haru Bist, age of 48, is the permanent resident of Patan



Municipality ward no. 8, Salmadi, Baitadi. The head of the seven membered family surviving with two sons, two daughters in laws, and two grandsons and granddaughters, Mrs. Bist has rarely experienced satisfaction throughout life especially after the demise of her life-partner falling down from a steep hill nearby his house fifteen years ago.

The great havoc cursed upon and brought immediately after the untimely tragic death of her husband compelled her to send the small sons to abroad in search of job managing the loan with high rate of interest in the dearth of money to afford for their education and nutritious meal. She pointed out, “We used to engage in the traditional way of farming that could not produce sufficient to eat full stomach even for two months”.

Integrated Development Society(IDS) Dadeldhura has launched REFLECT class under Social and Economic Empowerment Program for the most vulnerable and marginalized families with the financial partnership of FCA in 2022. She enhanced her competency on agricultural production and women rights after being provided with the opportunities to participate in the trainings promoting skills on modern ways of farming after joining the REFLECT class run by the project. Her dedicated engagement in class and participation in various trainings relevant to farming contributed Mrs. Bist change her attitude to traditional way of farming and demanded for seeds and poly house for the production of tomato from the project after the conclusive discussion of the center instead.

She has succeeded to make her fortune by earning the total amount of NRs.Two Lakhs annually consisting 50,000.00 from the sale of produced 8 quintals of Tomato, Coriander seeds of 9,000.00, Spinach of 8,000.00, 28,000.00 from Cabbage exceeding 10 quintals, 20,000.00 from Capsicum and 85,000.00 from Radish, Cucumber and Potato. Since the land she has owned is equal to the area of two Ropani and does not appear to be sufficient to produce more, she has taken the additional land on lease for vegetable farming. The farming has rewarded her with the management of household expenses and depositing NRs. 200.00 in a saving and credit cooperative per month.

She has summoned back her sons from abroad and engaged them in vegetable farming in the village. The farming has rewarded her with the annual of income of NRs Two Lakhs during the rainy season. That has contributed to add satisfaction to her life along with the resources to manage household expenditure and educational expenses of her grandchildren. Recognized as the successful farm lady, Haru Bist declares, “I would not have suffered so much only if I had started vegetable farming from the time my husband left me behind uncertainty and poverty”. The success of Mrs. Bist is not limited to her prosperity rather it has attracted the other women in the community and groups to commence vegetable farming.