

Successful Shift to Commercial Farming How SFL changed Ms. Bimaya Tamang's Life



Ms. Bimmaya Tamang, a 33 year old young and energetic farmer, is a resident of Helambu-4, Sindhupalchok. With one son and two daughters she has a family of five.

The primary occupation of her family is farming. Owning 14 ropani land, she grew vegetables only on 2 ropani in a traditional way. Therefore, the agriculture produces were just suffice for her family consumption around the year, leaving no any surplus to sell. This further forced her to work on a daily wage basis to meet her family needs.

Speed for life Sindhupalchok district staffs visited her village and formed group “Lahremane Farmers Group”. Ms. Tamang got herself enrolled and listed in project data base. She received 2 trainings from project (GAP & three days vegetable seed production technical training). This motivated her to change the traditional farming practices and be fully engaged in commercial farming, as well as, seed production of chilly.



Ms. Tamang sold her produces (akabare chilly, green chilly, tomato, bitter gourd & bottle gourd) to the local market in Helambu at reasonable price. She was able to earn NPR 60, 808 from the sale. This money is used for her children education, cloths and other basic requirements.

Now, she considers herself an economically successful and socially recognized farmer. Her life has changed for better. “It was due to SPL livelihood activity promotion program that encouraged her to diversify farming practices” – said Ms. Tamang proudly. She is forever thankful to CEAPRED/ASIA-AID project.

At present, she grows vegetables like tomatoes, akbare chilly, bitter-gourd, bottle gourd, chilly, cowpeas and beans in 2 ropani. And, in 12 ropani land, she grows maize & practices intercrop farming. She is also promoting commercial farming in her community. She regularly visits traders, rural municipality & SFL staffs for regular guidance as well as for subsidy support.

SFL project support:

- Material Support: Drip irrigation 1 set, Plastic mulch, silpaulin plastic, sprayer tank, seeds.
- Gap Training.
- Jholmal preparation training.
- Seed production training (3days).

Sale and income record: ongoing

Total vegetable sale: 1031 kg

Total sale amount: NPR, 60, 808.00

Tomato Production open & tunnel 642 kg @ Rs52 per kg = NPR 33,384/-

Akabare Chilly 36kg @ 220 per kg = NPR 7, 920/-

Beans 170 kg @ 55= NPR 9,350/-

Chilly 56 kg @75= NPR 4,200/-

Bitter gourd 62 kg @52= NPR 3,224/-

Bottle gourd 65 kg @ 42=NPR 2,730/-

Total Earned Amount: NPR. 90,600/-