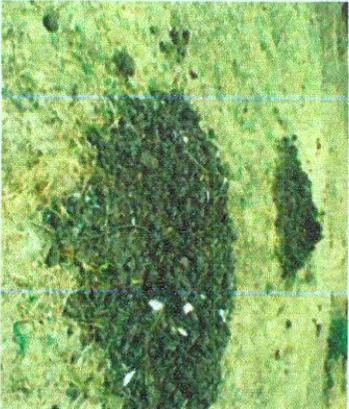




individual families for adapting organic farming in their agriculture system.

Organic Farming is an integrated system that strives For Agriculture Sustainability, enhances soil fertility and Biological diversity, and prohibits synthetic Pesticides, antibiotics, synthetic fertilizers, genetically modified organisms, and growth hormones, and protects environment.



The mountain areas agro-ecology Suffer Under-Nutrition and to Address problem NMA goal is to contribute and improve the Access to sufficient nutritious food for rural communities in nutrition. Nutrition sensitive agriculture deals with organic farming which leads to source utilization of organic matter to maintain the soil fertility and regular supply of nutrients for longer time. It maintains the field capacity and pH of the soil to provide maximum nutrients availability to crop plants. It also increases soil quality and quantity. The productivity of the soil is increased by supply of nutritious and also provide conducive agriculture environment.



Organic Farming-Nutrition Sensitive Agriculture

Composting is one method of improving soil quality.

Composting is the process by which organic waste material is converted to humus,

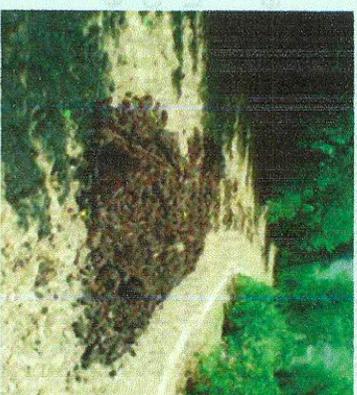
Which helps in increasing the fertility and structure of the soil. Humus provides the soil with more nutrients which are essential for high crop yields and quality crop production.



Organic material includes vegetation such as crops, plants, weeds, stalks of maize, and Pulses, vegetable waste such as rice bran, tree leaves and Cereal straw, woody materials such as sugar cane trash, tree bark and saw dust.



The best particle size for organic material is about 2 inches. If the material is bigger than this, then it needs to be broken down. This can be achieved either



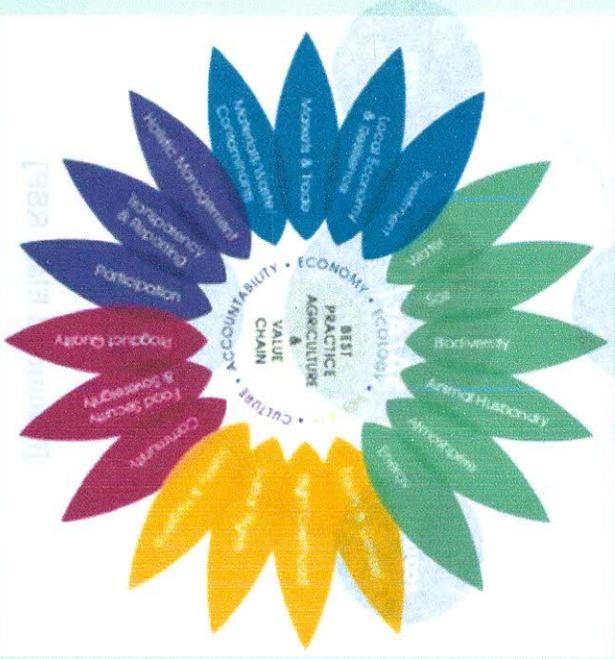
Organic Farming-Nutrition Sensitive Agriculture

chopping the material, soaking it or laying on a road and allowing traffic to break it up.

The other main category of the organic material is animal waste, can be liquid in the form of urine, or solid in the form of manure. Urine is a good source of potassium which is essential for good crop growth.

In order to overcome malnutrition and nutrients deficiency, we need to increase soil quality and soil quantity which can be improved by using organic matter contents.

The Sustainability Flower:
 Accountability
 Economy
 Ecology
 Society & Culture





NUTRITION IN MOUNTAIN AGRO-ECOSYSTEM (NMA)

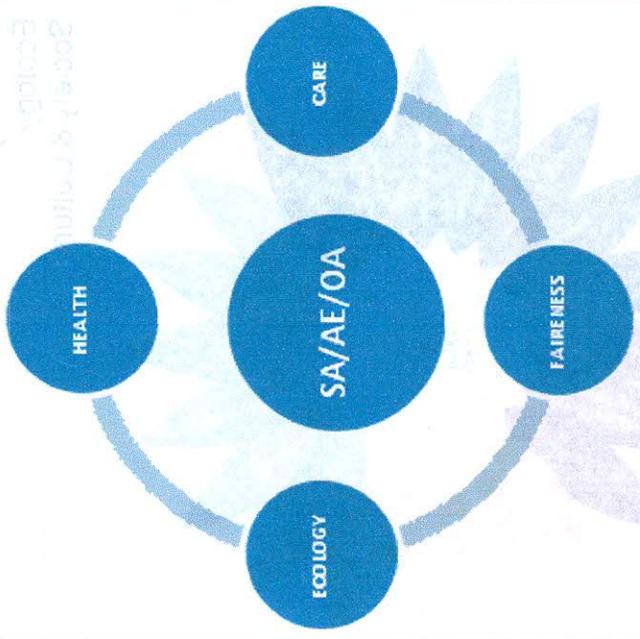
MOUNTAIN AGRO-ECOSYSTEMS ACTION NETWORK (MAAN)

Facilitates in Rich Nutrients Crops To Overcome Malnutrition and Nutrient Deficiencies

BEER UNION COUNCIL DISTRICT HARIPUR

ORGANIC FARMING

NUTRITION SENSITIVE AGRICULTURE



[Mahmood Elahi RSP]

Organic Farming-Nutrition Sensitive Agriculture

IFOAM

Is an International Federation of Organic Agriculture Movements in the world working on organic agriculture, through a worldwide participatory stakeholder approach? It has developed principles of organic agriculture, based on health, ecology, fairness and care.

The principle of health means that organic agriculture should sustain and enhance the health of soil, plant, animal, human and the planet, as well.

The principle of ecology exhibits that organic agriculture is based on living ecological systems and cycles that work with them, follow them and facilitate them to sustain.

The principle of fairness includes that organic agriculture should build on relationship that ensure fairness with regard to the common environment and life opportunities, and

The principle of Care means that organic agriculture should be managed in a participatory and responsible manner to protect the health and well being of current and future generations and the environment.

Organic Farming-Nutrition Sensitive Agriculture

HELVETAS Swiss Inter-Cooperation:

Is another partner which collaborates administratively and works in Pakistan and supports livelihood program for rural households in improving their livelihood strategies based on their potentials to reduce vulnerability.

The MAAN Project is run through the partnership of IFOAM and HELVETAS Swiss Inter-Cooperation, and facilitates in rich nutrition crops to overcome malnutrition and nutrition deficiencies.

Beer union council, being mountainous area, has been selected to probe the nutrition status of the food dietary of the people, especially women of the selected villages to undertake the work on nutrition sensitive agriculture to reduce the negative effects of malnutrition and nutrition deficiencies.

The project interventions oriented with the "NMA minimum dietary diversity score" and "Focus Group Discussion" to predict diet of women, 24 hours recall.

The recorded observations of baseline survey reflected a high level of nutrient deficiencies in Beer Union Council and needed to tackle the problem through mass awareness raising and counseling with