



## Green gram for nutrition and livelihood security

Agriculture is my main livelihood. I have one acre of low land, 3 acres medium land, 0.3 acre upland and 0.1 acre backyard area. I usually grow rice in low and medium land, finger millet in upland, and spine gourd and broad bean in the backyard during kharif. After harvesting rice, I cultivated green gram in one acre of low land and rice in some portion of medium land. I normally harvested 20 quintals rice, 2 quintals each of finger millet and green gram.

I became aware of LANSa project in MSSRF during rabi 2013. The project staff organised a village meeting and advised to grow green gram in rice fallow land. As I am used to growing green gram after harvesting rice, it was easier for me to accept the same. I used improved cultivation practices, such as land preparation, use of appropriate dose of fertilizer, and timely weeding. I received quality green gram seed for cultivating 0.5 acre of land. By changing seed variety and cultivation practice, I harvested 140 kg of green gram from just half an acre instead of the previous 200 kg from an acre. Although farmers in my village have cultivated green gram for a long time, financial issues caused them to sell entire produce and use the money for children's education and other household expenses. Sometimes, we also purchased processed dal from the weekly market at higher price for household consumption. I was selected by my village to undergo training on 'Nutrition Awareness' under LANSa and am now aware of the importance of pulses in daily diet. After the training, I asked my wife to include dal in our every day meals. My children are in college, and they also convinced their mother on importance of pulses in daily diet. We now eat dal 5-6 days in a week.

After my experience from the first year, I cultivated one acre land with improved green gram seed and followed improved practices in rabi 2014. Since rabi 2015, I have

cultivated green gram in 1.5 acres land and harvested 400-450 kg per year. After retaining 80-90kg for family use, I sell the remaining produce in the local weekly market and utilise the money for children's education, clothing and other household expenses.

Very recently a dal mill was installed in our village with support from the LANSa project. We did not have a processing mill before, so farmers used to sell the raw dal in local market at a low price and buy processed dal at a higher price. Now, we are very happy with processing our dal for the village. We save money and time, and our dependence on the market. We are now encouraged to grow more pulses like green gram and black gram. I keep encouraging my fellow farmers to grow more pulses and include pulses in their daily diet as well.

**Name : Niranjan Khada**

Village : Chikima,

Block : Boipariguda, District: Koraput

Age : 53 years

Caste : Rana (OBC)

Occupation : Farmer (4.4 acres)

Family size : 5 (adults)

Written by: **Balaji Mohanty,**

Field Assistant, FSN study under LANSa.

