



Quarterly newsletter

JAN TO MARCH 2022 VOL- 01



"The Environment and the economy are really both two sides of the same coin. If we cannot sustain the environment, we cannot sustain ourselves."
-Wangari Maathai

After eating potatoes and rice for a week, we were mentally tired. This happened when we reached Noontara village to stay with the community, they were offering only rice and potato. This was a great reflection for us, about how the community is eating only rice and potato for several years and children, women and girls everyone facing malnutrition. And that reflection became our kick to introduce the nutritious uncultivated food, millets and agroforestry. We were also shocked to see the huge deforestation by cutting trees and unused barren land which can be used to grow millets.

Here I am sharing my newsletter with you all which includes the activities which we have done in the last three months and how we want to go forward. I will kindly request you to share it with them who can benefit from this.

OUR ACTIVITIES

FROM JAN 2022 TO MARCH 2022

Visited 20+ Naxal affected and remote villages in Simultala

Simultala region belongs to Chhotanagpur Plateau where local people face water scarcity, which leads to no employment opportunities. For livelihood, the local community cut the tree to sell firewood and to use for cooking purposes. And this is causing to decrease in the forest cover.

When we checked their food diet for nutrition, we found most of them only ate potatoes and rice. Because these are only two things that they grow on their farm. And this is giving poor nutrition to children and women and they face malnutrition.

Historically this place was famous for growing millets, as millet can grow quickly in this region, but nowadays people stopped growing because of a lack of machines to process it. But comparatively, from rice, millet has a high potential to increase the nutrition in children and women.

While visiting, we also found even Bihar has banned liquor, in these villages, many people sell it and most of the men drink it openly.





Introduction of Cassia Tora Coffee, an uncultivated food

Cassia tora is a widely grown weed, which has high nutrition, and many people were used to eating the leaves of the plant but they were unknown of the usage of the seed. Tribals were used to eat its leaf as spinach. Cassia tora Seeds can be a substitute for coffee, with 70% taste similar to coffee, having no caffeine and with lots of herbal properties. We gave training in two villages Noontara and Ghotari, on the complete process of harvesting to making coffee and its benefits. Also, we purchased raw seeds from 9 marginalized women and made coffee to sell in the market.

Introduction of Palash flower

While visiting one day, we found a similar kind of tree in one place. When we asked the community, this is the Palash tree which gives beautiful flowers. We were amazed to know that this community is also unknown for using Palash flowers. We asked the community to collect flowers and made juices of the Palash and given training at the anantmool learning centre and in Noontara village on how we can use it as a summer drink and body bath.

We gave training to the local community on how we can use it as a summer drink and body bath.

We purchased 15 kg of Palash flower from marginalized women to sell it which created a source of livelihood.





Boundary making to create indigenous plant nursery

We got land of 1500 sqft where we are building our first indigenous food nursery. To build it, we have done the first work of putting the net as fencing. From this, we will be able to work safely inside the fencing.

For this nursery, we are working on collecting seeds from the forest. But because of lack of funding, we are only able to collect seeds on a sample basis. We need more people and support to collect seeds from the local forest.

Meeting on growing millets

Initially, the local community were used to growing millets and eating millet. When we asked the first time about millet, they said that millet became now their past and no new generation wanted to eat it.

We have collaborated with a farmer FPO who grows millet in Chakai to provide seed and consultancy.





Celebrated eco-friendly holi with flowers and indigenous food

By collaborating with anantmool learning centre, we are trying to make children and their parents conscious of the health benefits of indigenous and uncultivated food.

We celebrated the holi festival, where we made dishes from millets, juice from Palsh flowers and used colour from fresh Palash flowers. Children are the ones who are presenting its health and environmental benefits in front of their parents and community.



Nature walk with anantmool kids to connect with nature

Also we organize nature walks with children, where we make them conscious about how our forest biodiversity is decreasing day by day? and why forest fires are dangerous for the forest? we also collected seeds and identified many forest plants with children.

To make children conscious of forests and trees, we organized reflective skits on how our ecosystem destroyed when one element of our ecosystem was disturbed.



Next planning

1. This year we planned to cultivate millets for at least 50 farmers and do value addition on it.
2. Make an agroforestry model of farming on a farmer's land.
3. Create a small nursery of endangered forest plants and in monsoon plant it on the barren land and deforested area.
4. To focus on the marketing side of indigenous and uncultivated products by making a traditional food outlet in the city, or selling online.
5. Installing leaflet machines for generating employment to make natural plates and also create a movement against plastic plates.

We are raising funds for

1. Solar dryer to dry seeds and leaves
2. Agroforestry model farm creation
3. Millet cultivation and processing cost
4. Nursery for indigenous plants
5. Nutrition research on value-added food.
6. Looking for a leaflet machine.

wild in media

1. Kanthari blog- "Born to be wild"
2. Dainik Jagran News- "Kayi prakar ke rog men labhkari Cassia Tora"
3. Dainik Jagran News- "Paramparik Khan-Pan ko kar rhi jagruk"



*Dear supporters and friends,
It was a great learning for us to work in a remote and Naxal affected village and we were able to come up with strong planning to enhance the livelihood, and environment and improve the health of the community.*

I would like to kindly request you to visit us and support our work.
-wild team

You can contact us to make a donation- at 9334105347

Donate through UPI
9334105347@ybl



VISIT OUR WEBSITE- WWW.WILD-INDIA.ORG

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