



## SUCCESS STORY

### Nepali woman uses small plot of land to generate income

Man Maya Lama is uneducated and her husband, a carpenter, is not able to find work. They own a small tea shop near their home in Manikapur VDC, but the couple struggles to earn enough to feed their two children. When the USAID/Nepal Flood Recovery Program (USAID-NFRP) started activities in their district, Lama jumped at the opportunity to find a way to make a living in agriculture on her small plot of land.

Lama had tried farming on her 0.3 hectares before, but had never produced enough to feed her family, much less extra to sell at the market.

USAID-NFRP technician Durga Khadka introduced Lama to new crops that were nutritious for her family and in demand at the market. Lama learned the program's cultivation techniques growing cucumbers, long beans, brinjal, pumpkins and cauliflower. Her first crop cycle with program assistance generated sales of NRs 45,000. She was able to buy more land to expand to a total of 0.5 hectares and pay for new clothes and school fees for her children.

For the second crop cycle, USAID-NFRP helped Lama find high-quality seedlings and helped her build a nursery. She added cabbage, chilies and tomatoes to diversify her farm. The new crops generated NRs 60,000. With it, Lama bought supplies to finish an extension on her home and a cow to provide milk for her family. She also harvested and dried 50 kilograms of chili that she can sell between harvests.

Lama is one of 38 farmers receiving assistance from USAID-NFRP through participation in the Manikapur farmer group. USAID-NFRP has provided two drip irrigation sets to cover eight hectares of members' land.

USAID-NFRP works with flood-affected communities throughout the Terai region to increase farmer productivity and income, rehabilitate and develop small-scale community infrastructure, improve awareness of sanitation, nutrition, gender and protection issues, and strengthen local organizations by expanding participation among youths and vulnerable populations. The program is made possible by the generous support of the American People through the United States Agency for International Development (USAID).



Man Maya Lama tends to her fields in Manikapur VDC. At left, she works out of her tea shop near her home. Lama is learning to diversify her farm with new crops through training from USAID-NFRP.

Photos by Fintrac Inc.