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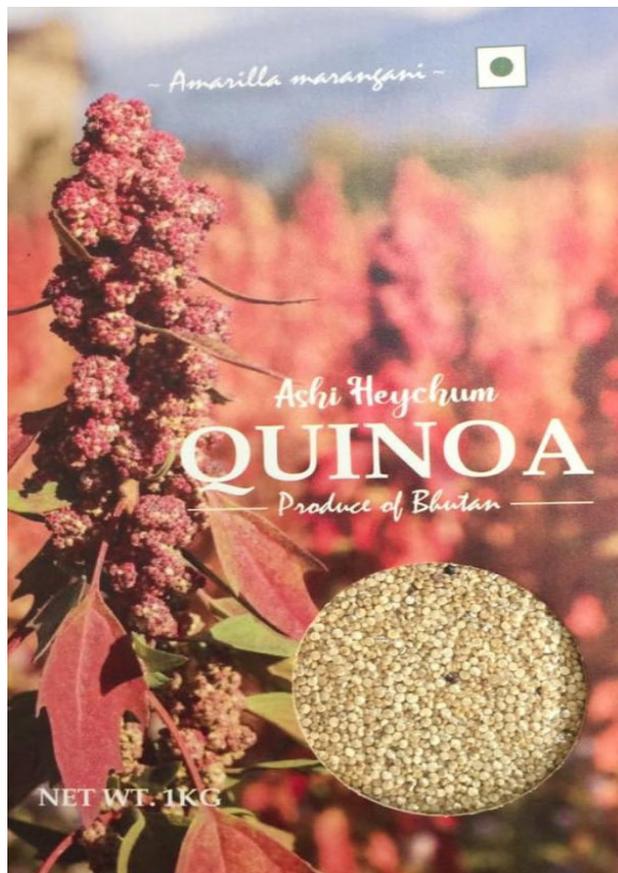
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Quinoa finding its way to FCBL outlets in attractive packaging

FCBL & ARDC Wengkhari



Ashi Heychum
QUINOA
— Product of Bhutan —

Health Benefits:

- ~ Quinoa is a good source of quality protein, dietary fibre, polyunsaturated fats and minerals.
- ~ It helps eliminate toxins & waste product from the body & has low Glycemic Index which is good for Blood Sugar Control.

Storage:

- ~ Store it in a clean and air tight container under cool and dry condition once opened.

AVAILABLE IN ALL FCBL OUTLETS

Ashi Heychum
QUINOA
— Product of Bhutan —

COOKING TIPS:

Quinoa Fried Rice:
Rinse quinoa in cold water. Add 1 cup of quinoa in cups of water and cook it for 12 - 15 minutes. Remove from the heat and let it steam for 5 minutes. Heat little oil in a pan and add finely chopped onion, tomato, carrot and sauté for a minute. You may also add vegetables of your choice. Add cooked quinoa, sprinkle some salt, stir nicely and serve it hot.

Vegetable Quinoa Soup:
Take a pot and heat some oil. Add chopped onion, carrot, garlic, celery/spring onion and sauté until vegetables turn soft. Season with salt and pepper and add quinoa, beans and tomatoes. Pour vegetable/chicken stock/water in the pot and cook for 25 minutes in a medium heat. Cook until quinoa grain becomes tender. You may also press cook to speed up the cooking process.

You may also mix quinoa with rice and cook in a regular cooker (rice/pressure cooker) and serve with ema/shamu/kewa datshi.

Components (per 100gm of products)	
Proteins(gm)	12.1
Lysine(gm)	0.8
Fats(gm)	6.7
Fiber(gm)	5.1
Calories	350

Net Content : 1KG
MRP (Nu.) :
Packed on :

Best Before 24 months from date of packaging.

GLUTEN FREE 100% NATURAL

KEEP BHUTAN CLEAN RECYCLABLE KEEP IN COOL DRY PLACE

Farmers of Bartsham, Dremtse, Narang and Shongphu can now see their quinoa as packaged product on the shelves of Food Cooperation of Bhutan Limited (FCBL) outlets. FCBL has been our major buyer every year despite the difficulties. The recent inauguration of commercial scale quinoa

processing and packaging brings relief and opens a reliable way forward through a market linked production program.

The plant set up at a cost of Nu 3.4 million by FCBL with support from the Enhanced Integrated framework under Ministry of Economic Affairs now produces

packaged Bhutanese Quinoa. The Agriculture Research and Development Centre at Wengkhari under Department of Agriculture is responsible for National Quinoa Program in collaboration with the Regional Agri-Marketing Office. The

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Dzongkhag Agriculture Officers and farmers shall facilitate a market linked production plan from the coming season in which farmers of quinoa growing areas shall grow and sell the grains to FCBL, who will process and package the grains and market it.

The eastern region currently produces more than 90 % of the quinoa. Over the years, there has been increasing trend in production scaling up to 34 MT last year. This is mainly due to the crops suitability in the region and the available supports in partnership with CARLEP - IFAD/ MoAF for a Quinoa intensification program implemented by ARDC Wengkhaz and Dzongkhags.

Multiple farm produce processing machine using clean energy source to be established

ARDC wengkhaz



The multiple farm produce processing machine using clean energy source that is from a nearby stream is agreed to be established in Thangrong Daksa. The key innovator Tshewang, 46 of Thangrong Daksa developed a flour mill, milk churner and tegma machine using only wood, stone and a pair of bearing with some rubber tubes which is run on the energy from free flowing stream. It is a nicely arranged

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and a display of good wood and stone work but unfortunately the technology is not put into full use due to several short comings.

In order for promoting indigenous knowledge, preservation of traditional methods and more so from a climate resilience perspectives of using clean energy, the local innovator Tshewang, Chungku, the gewog agriculture supervisor and Dr. Tshering Penjor, specialist from ARDC Wengkhari has agreed to remodel the set with some improvements in efficiency and effectiveness.

The focus will be on making and reviving the effective traditional flour mill with other options for milk churning and tegma making, all run on clean energy as a part of climate resilient farming technology development.

The model will be supported through partnership with CARLEP - IFAD / MoAF and will directly benefit 9 households in Daksa and several others from nearby villages.

The works will begin later in February when Tshewang completes his house construction.





Youth skilling and engagement program followed up by establishment of farming enterprise: A Youth in farming strategy

ARDC Wengkhar with image courtesy of Tshering Dorji and Phub Gyeltshen



Desuup Phub Gyeltshen from Ngatshang, Mongar attended a commercial farming training organized by Desuung Skilling Program (DSP) and Department of Agriculture (DoA, MoAF) earlier in May and June 2021.

Phub Gyeltshen attended the engagement program with ARDC Wengkhar. After completing the program, with assistance of ARDC Wengkhar, a commercial oyster mushroom cultivation business plan was developed. The business plan targeting 1000 bags capacity to begin with is cost shared between Phub Gyeltshen and ARDC Wengkhar CARLEP - IFAD / MoAF Program. The proponent invests 30% project cost secured through CSI Bank loan and 70% cost (in kind) is invested through partnership with ARDC Wengkhar - CARLEP IFAD / MoAF support.

A 1000 bags capacity shed house 5 m x 20 m with concrete

floor was established recently. A syntax tank, pipes, chaff cutter, nets, bags, spawn and technical assistance is also arranged as a package led by ARDSC Khangma, subcentre of Wengkhar and house of the mushroom program in east.

Phub began his first inoculation of substrate with spawn this week. Converging development support and credit investment is adopted as a financing strategy in ARDC Wengkhar program on youth skilling and engagement program in line with the need to provide package of program focused to a commodity. Credit investment arranged inculcate a sense of responsibility to the proponent and enhances sustainability of program supports.

ARDC Wengkhar, DoA MoAF targets a total of 12 mushroom farms this year. Meanwhile, Ugyen Tenzin another trainee from Lumang

gewog, Trashigang from the same batch of first DSP - MoAF program is currently preparing to set up mushroom farm. Engaging youth in farming needs proper skilling and engagement program followed up with Post Training enterprise development with adequate guidance, mentoring in crop management practices, post-harvest and marketing.

Phub Gyeltshen plans to sell the produce later to Yadi town, Central School in Yadi and Mongar town. Phub Gyeltshen is influenced by another youth entrepreneur in Kalapang who imparted the training.

Youths from six eastern Dzongkhags interested and serious to establish similar commercial farm may contact ARDC Wengkhar at 17644921 with the business idea for discussion and improvement prior to implementation.



Leisure

Oyster mushroom cultivation on rice straw

1. Oyster mushroom cultivation on rice straw is a simple and practical cultivation method.
2. It is carried out during the cool, dry season, when there is little competition for microbial contaminants, and the fact that it uses low-nitrogen rice straw as the substrate.
3. The method does not work well if it is carried out in the hot, rainy season or when nitrogen-rich materials (such as rice bran) are added to the substrate.
4. Location is also an important consideration when using this cultivation method.
5. If oyster mushrooms are going to be cultivated on a farm where shiitake are already being cultivated, a location must be chosen that is far from the shiitake cultivation facility, while taking wind direction into consideration

JOKES



A farmer and his car

A farmer owned a nice car which would get ruined because his chickens kept pecking the hood.

After several weeks of fuming at his chickens for making scratches and small dents in the hood of his car he decided to find a solution.

Coincidentally a salesperson came by his house and offered a special spray which would coat the car in a special finish to protect it from chickens.

The farmer sprayed the coating and placed the chicken on the hood. To his pleasure the chicken was unable to make a single scratch with it's beak.

The sales person asked the farmer to leave a review about how he found the product.

He wrote just one word: "Impeccable"

Did you know?

For rice straw mushroom cultivation, the procedure from rice straw preparation to inoculation is completed over 3 days. If the time frame for this work is shortened to 1 or 2 days, various problems will occur

Please submit your articles for RNR-Newsletter at

communication@moaf.gov.bt



The Ministry's week

Ministry celebrates Royal Civil Service Award 2021



Coinciding with the auspicious day, the Ministry of Agriculture and Forests celebrated the Royal Civil Service Award ceremony.

The Ministry is deeply honoured to take part in this very special award ceremony to pay a tribute to His Majesty The Druk Gyalpo for the honour and privilege that has been bestowed for receiving the medals.

This year, about 349 civil servants under the RNR Sector received the

award. Out of 349, 59 received the Lifetime Achievements Award, 38 received the gold, 99 received the silver and 153 received the bronze medals.

The Hon'ble Sanam Lyonpo, Yeshey Penjor graced the award ceremony held at Thimphu Residency Conference Hall. It was also attended by the Hon'ble Agriculture Secretary and Heads of Departments, Non-departments and Agencies.

Nationwide Free-roaming dog survey

As a part of the nationwide Accelerated Dog Population Management and Rabies Control Program (NADPM & RCP), the Department of Livestock in collaboration with the De-suung Office, Local Government and relevant stakeholders carried out the nationwide free-roaming dog survey on the 29 and 30th December 2021 covering 19



Dzongkhags, Throms and 197 Gewogs, excluding Thimphu Dzongkhag and Throm which was completed earlier. The main objective of the free-roaming dog survey was to obtain baseline information on the free-roaming dog population to enable effective planning and successful implementation of the nationwide sterilization program.

ECCC begins consultation on Forest and Nature Conservation Bill of Bhutan 2021

The Environment and Climate Change Committee (ECCC) conducted its first consultation meeting on the Forest and Nature Conservation Bill of Bhutan 2021 with a team from the Ministry of Agriculture and Forests led by the Agriculture Secretary.

The Bill with 11 Chaptered comprises of new features

such as clearly specified Power and Functions of Ministry and Department, Declaration and management of Protected Areas, Promotion of nature recreation and ecotourism in State Reserve Forest Land and Provisions on Human-Wildlife Conflict management measures among others.



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