



**EDUCATE THE CHILDREN
NEPAL**



**It really
matters.**

Fifty-seven dollars. That's how much money 380 women farmers in ETC's supported villages made last year, on average, by selling the extra produce from their kitchen gardens.

This may not sound like much, but for marginalized families in rural Nepal, it can represent *an increase in household income of 25 percent or even more*. And it's one of many reasons why ETC's work in Nepal's villages really matters.

Among the many practical training opportunities we offer for Nepal's rural women are hands-on training in *cole crop cultivation*. Cole crops are vegetables that belong to the *Cruciferae* family, such as cabbage and cauliflower. They tolerate light frosts and can be grown in the cooler late fall and winter temperatures of the villages in which ETC is presently working. They are also vitamin-rich, containing among other nutrients:

- Vitamin C (important for the immune system and wound healing),
- Vitamin K (important for blood clotting and bone health),
- Vitamin B6 (important for healthy skin, the nervous system, and the immune system), and
- Folate (important for energy and red blood cell production)

With ETC's training and support, the women's crops grow bountifully, providing the triple benefits of ensuring a year-round supply of nutritious food for their families, more consistent food security, and ongoing income generation opportunities.

However, the women must be able to store their vegetables between harvesting and consumption or selling at market. Since they have no electrically-powered refrigeration, improper storage could result in the loss of much nutritious and profitable produce.



Transplanted cauliflower and cabbage seedlings will provide nutritious food and important income for this woman and her family during the winter months

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If you prefer to write a check or to have us process your credit card gift, please fill out the following:

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To help them overcome that challenge, ETC provides practical training and information about cole crop storage, most recently for 90 women during August and September.

Harvested cole crop vegetables can be stored for two to six weeks at a temperature of 0°C (32° F) and for at least one week at temperatures between 0° and 10° C (32° to 50° F). Given that these villages are located at high altitude, the vegetables can be properly stored in a relatively dark and not too dry ground floor room such as these women's homes typically possess. The women and their families can then consume the vegetables over the course of several weeks, or sell them at their local and regional markets.



These sorts of high-impact trainings really matter in the lives of Nepal's rural women and their families. And it's all possible because of you!
Will you please renew your support today?



Above: Kamala Thami of ETC's Shivalaya Women's Group in her thriving kitchen garden.

Left: Bhoti Maya Thami of ETC's Balambu Women's Group shows off her beautiful cole crops.

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