

Bio-intensive crops applied by female peasants to promote safety, food sovereignty and agroecology

Good Practice *AT A GLANCE*

KNOW-HOW
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Experience by Entre Mujeres Foundation (FEM) in the departments of Estelí, Matagalpa and Jinotega, NICARAGUA

Most of the communities where FEM works are in the strip of the dry corridor of Nicaragua. This region is characterized by agro-industrial monocultures, which lead to deforestation, the exhaustive use of agrochemicals, the deterioration of soils, pollution, etc.

The solution was to promote organic farming through the production of native seeds and bio-intensive crops

IMPACT

- Higher income for women (self-consumption and sales)
- Food security for women and their families
- Awareness of the importance of self-care and agroecology
- Exchange of seeds and knowledge
- Rescue of ancestral knowledge and native seeds
- Improvement of soil fertility and care for the environment

Experience description

Bio-intensive farming is an agro-ecological practice that uses nature to obtain high yields in a small space, cultivating without agrochemicals and with a low consumption of water. The result is organic farming that produces nutritious and organic food for self-consumption and small-scale sales. Open-pollinated seeds and organic fertilizers are used. Bio-intensive farming needs a space of at least 10 square meters to make a double-excavation-bed. Farmers produce bio-intensive compost and lime sulfur and use microorganism and the right combination of plants. Moreover, to guarantee the autonomy of the producers, it is important that they cultivate their own native and organic seeds.



Other characteristics



BENEFICIARIES

- Women organized in FEM
- Families of the women
- Cooperatives of FEM



CHALLENGES

- Lack of initial motivation (high work load at the beginning)
- Lack of awareness and knowledge



LESSONS LEARNED

- Need to dedicate time to raise awareness and train women on the importance of changing production and eating habits
- Importance of involving students of FEM in agroecology
- It has to be a local initiative that is linked to global actions

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