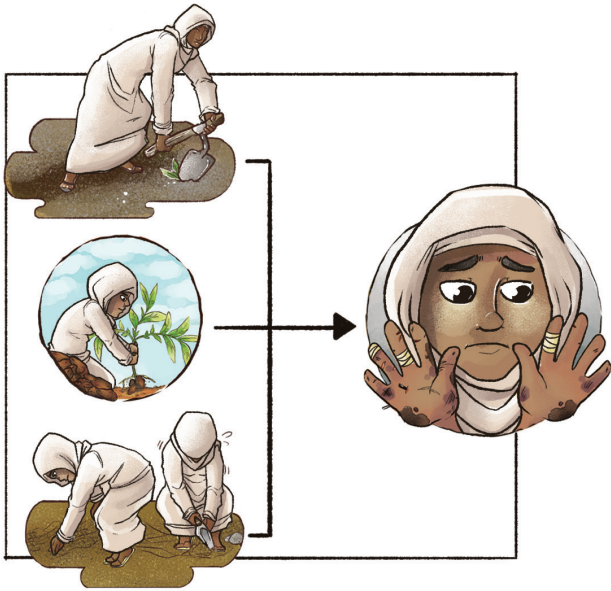
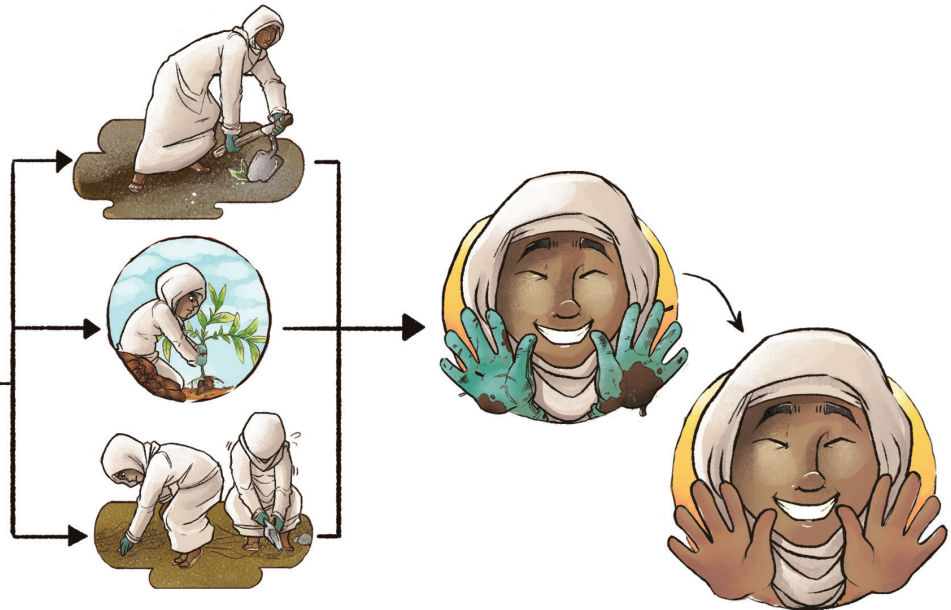


Lesson: Gloves reduce pain and damage to hands.

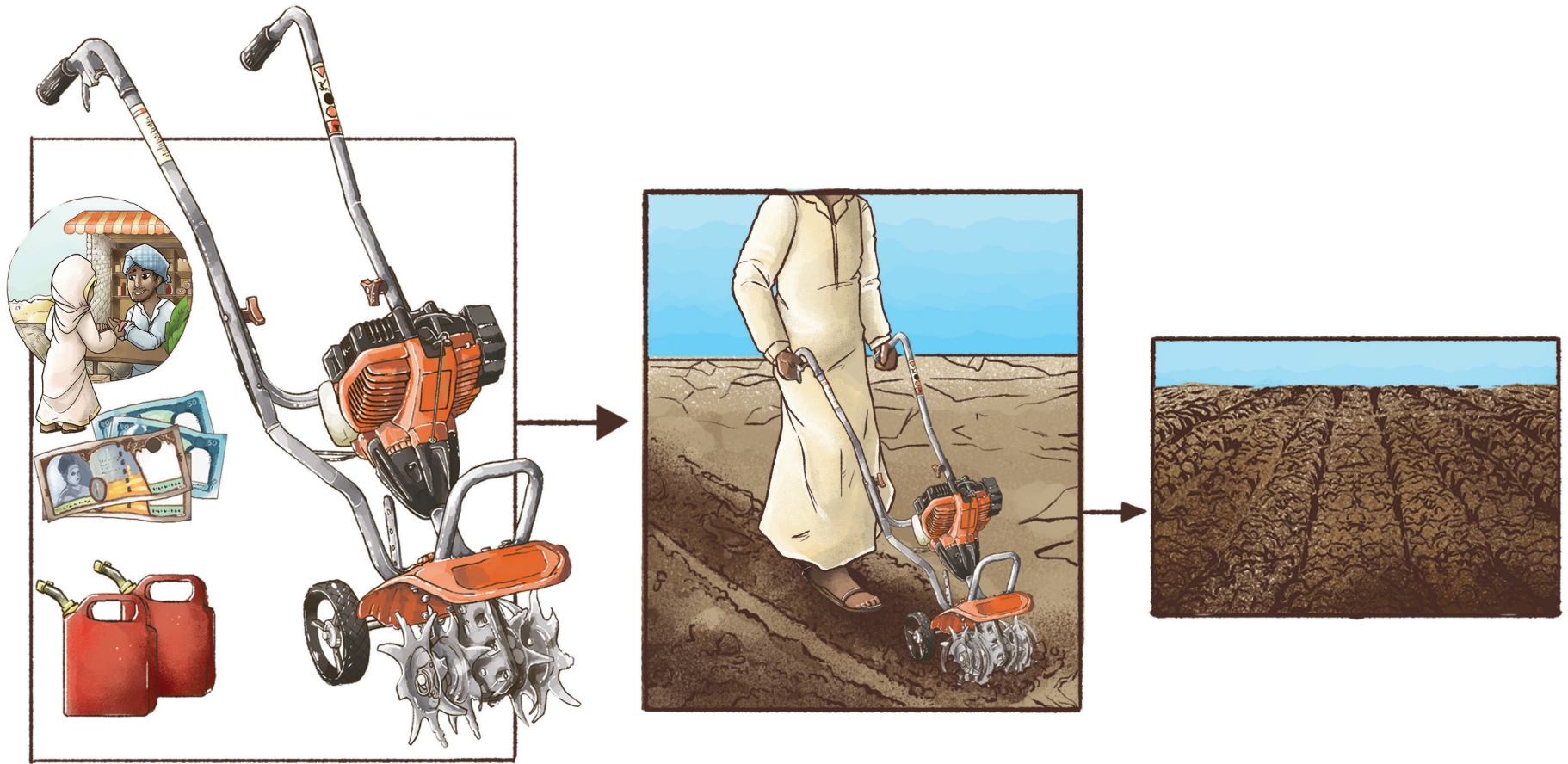
1. Traditional practice



2. New method:
Gloves protect hands.
Request from local vendors.



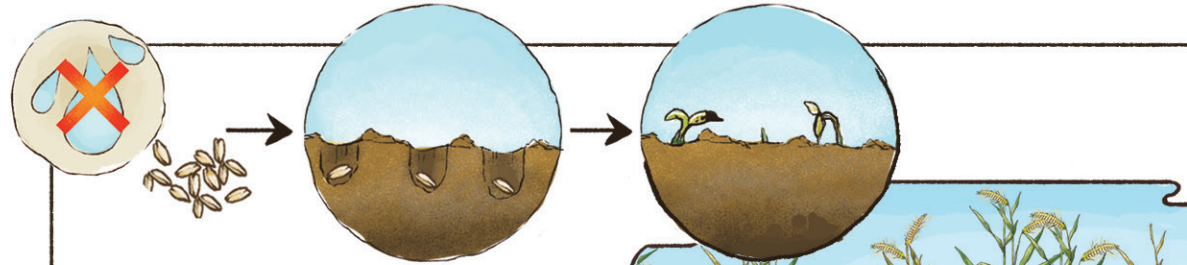
Lesson: New tool to prepare field



1. Petrol mini-tiller

Lesson: Soaking seeds in water before planting will improve germination and make plants healthier

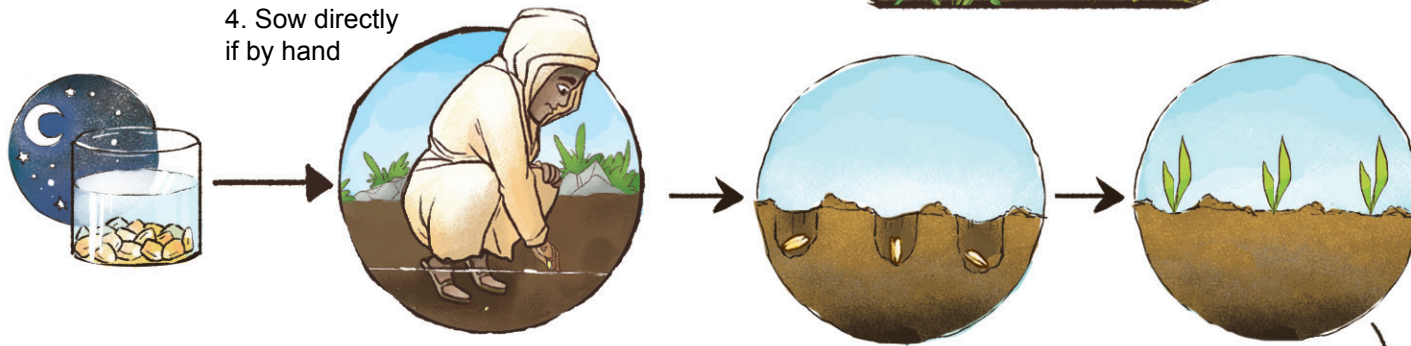
1. Traditional practice is to sow seeds dry



2. Poor germination, sick plants



3. Improved practice is to soak seeds overnight first



4. Sow directly if by hand

5. Improved germination, healthier plants

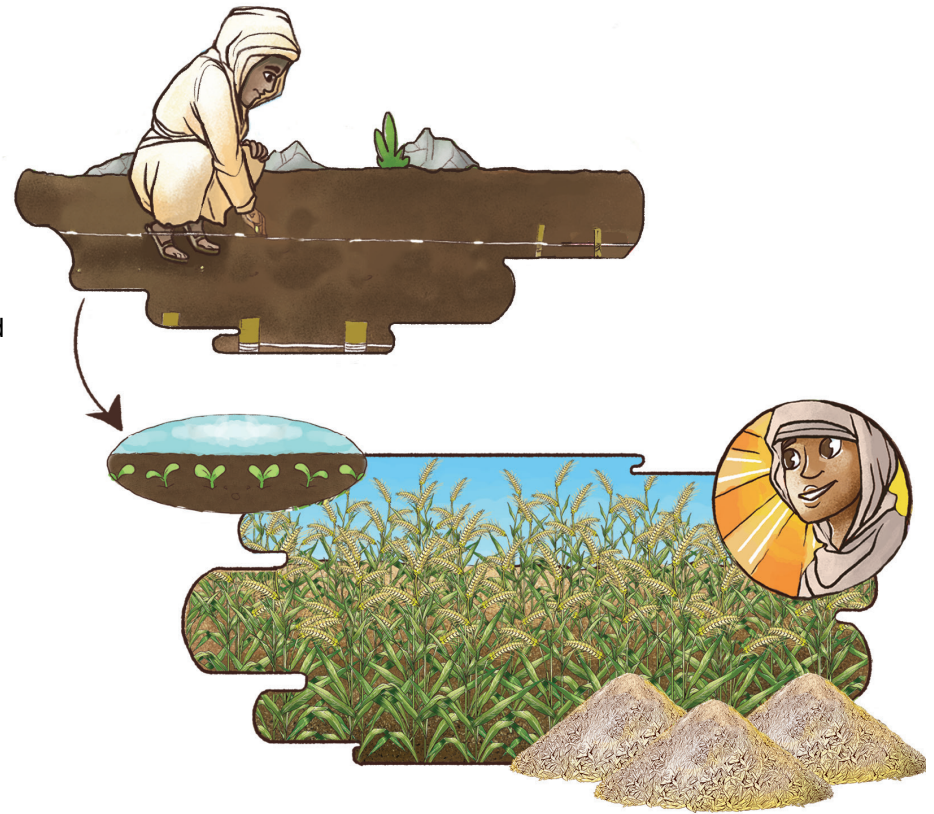


Lesson: Sowing seeds in rows can improve yields compared to broadcasting



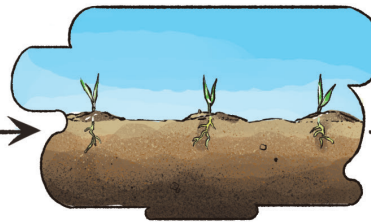
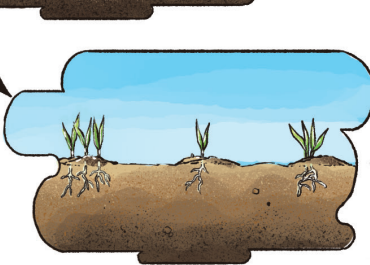
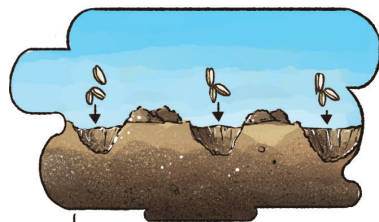
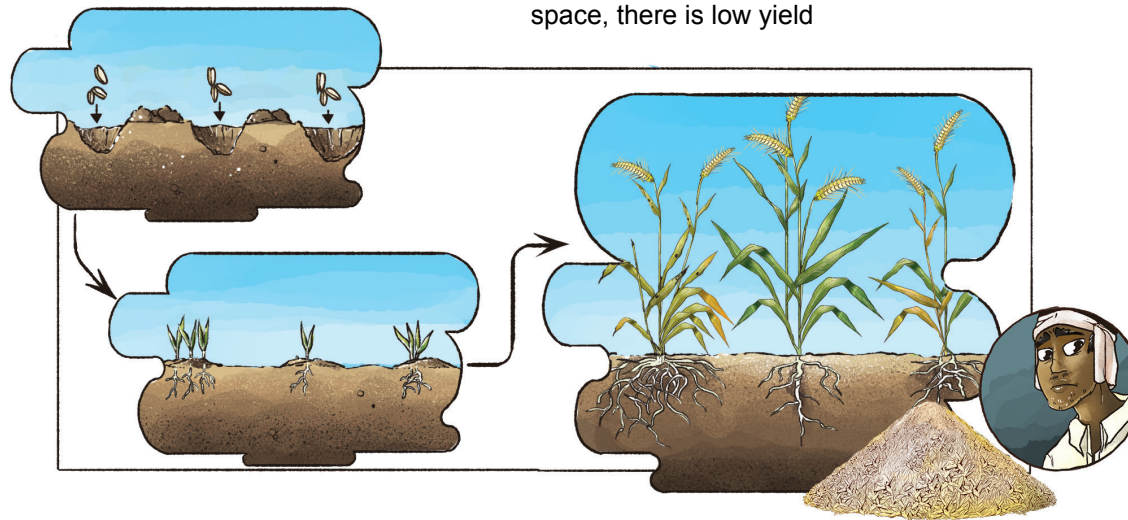
1. Traditional practice: broadcasting

2. Improved practice: line sowing allows each plant to have equal access to sunlight and nutrients, and permits weeding and inspection for disease/pests

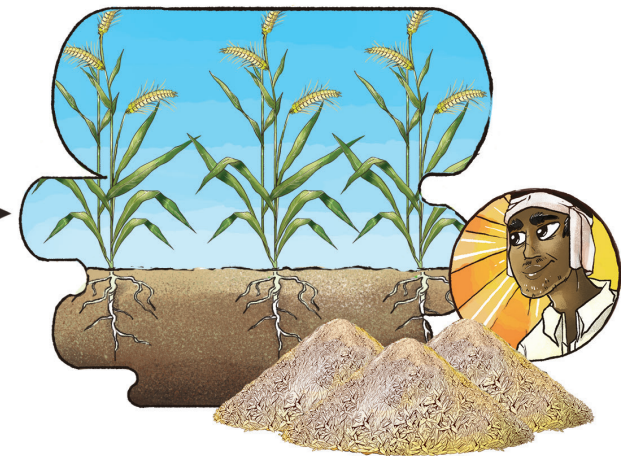


Lesson: Thinning seedling number can improve overall yield

1. Traditional practice is to sow 2-3 seeds per hole due to low germination



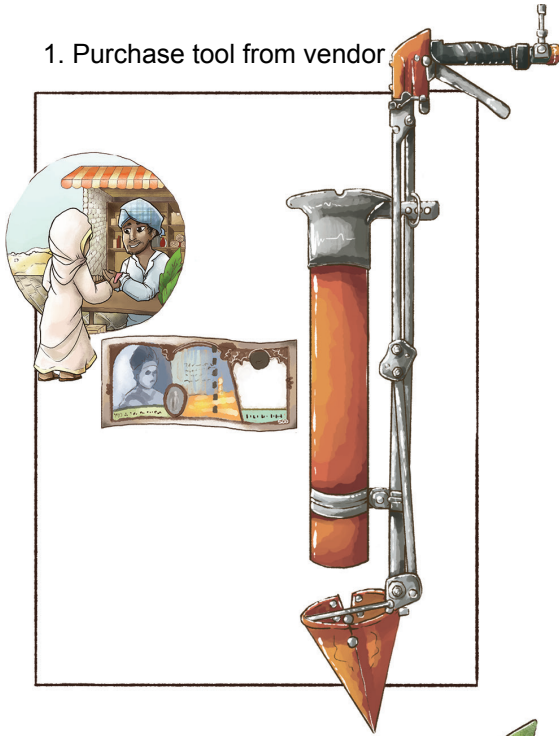
4. Overall yield is higher



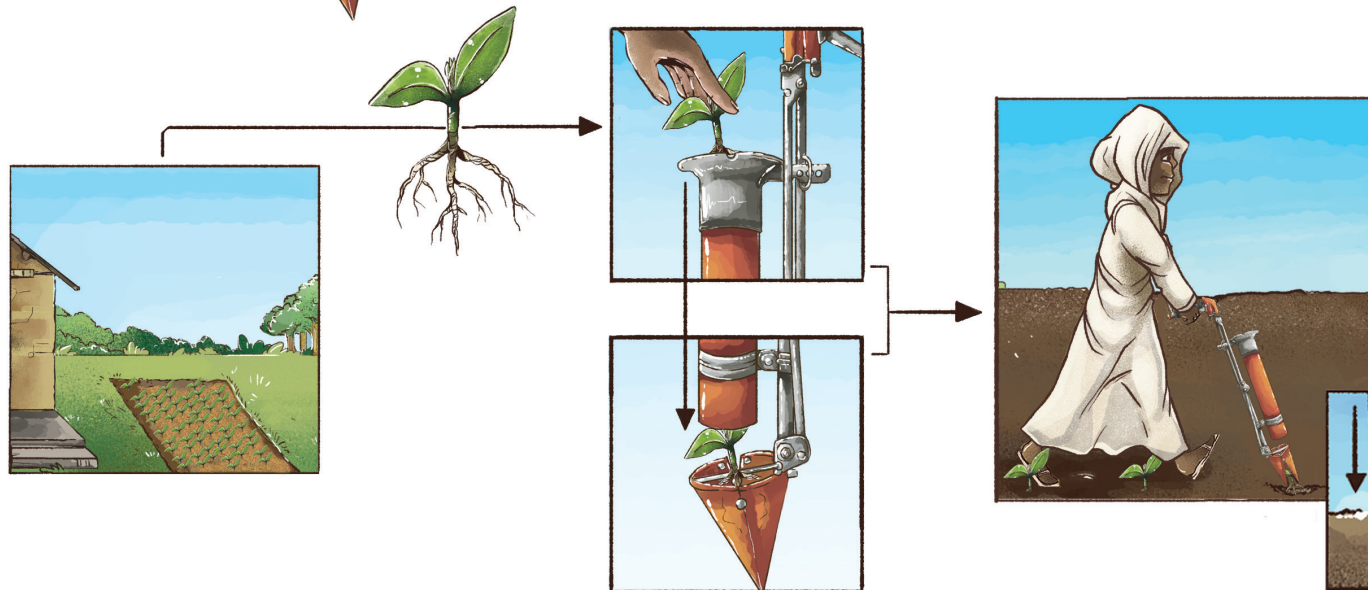
3. Improved practice: after germination, remove extra plants

Lesson: Tools to reduce labour required for transplanting vegetable seedlings

1. Purchase tool from vendor



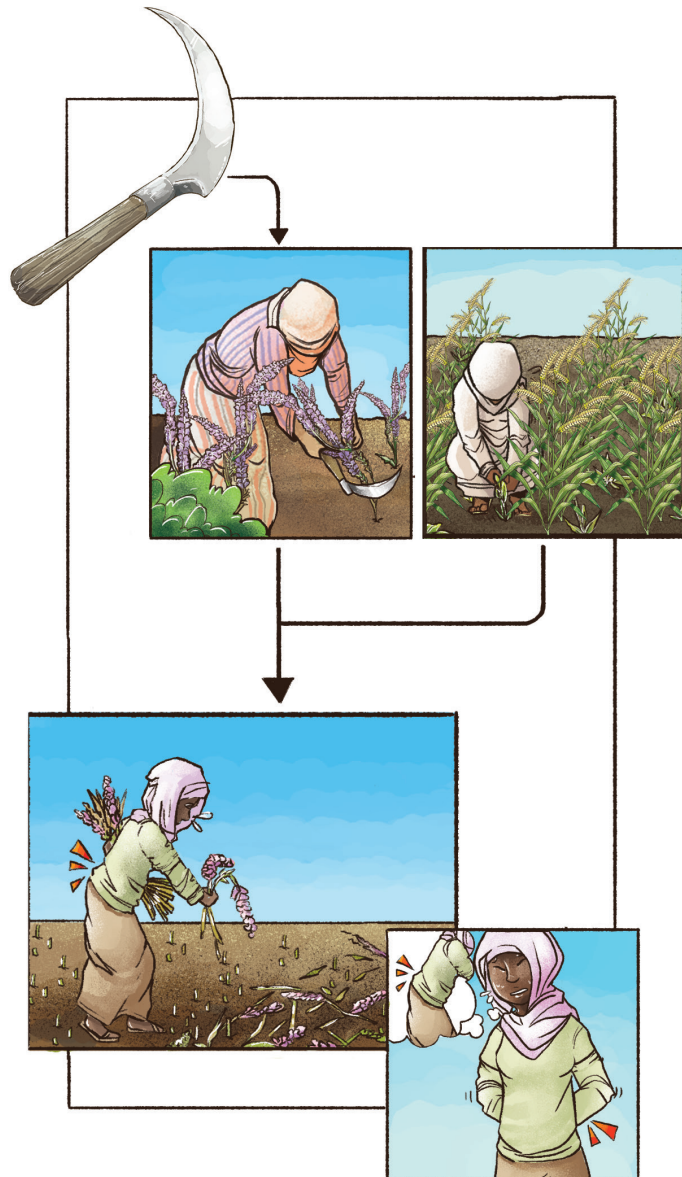
2. Place seedling on top of machine



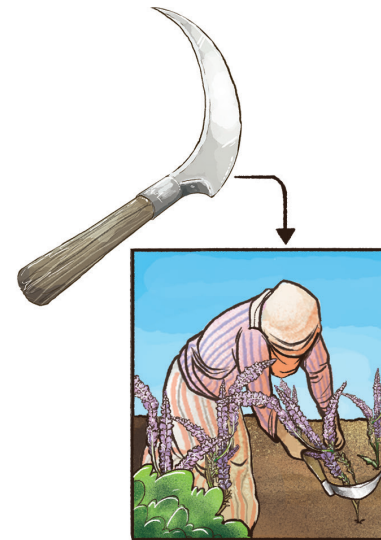
3. Jab machine into ground, and seedling will be sown

Lesson: A raking tool to help collect weeds, spread manure or other purposes

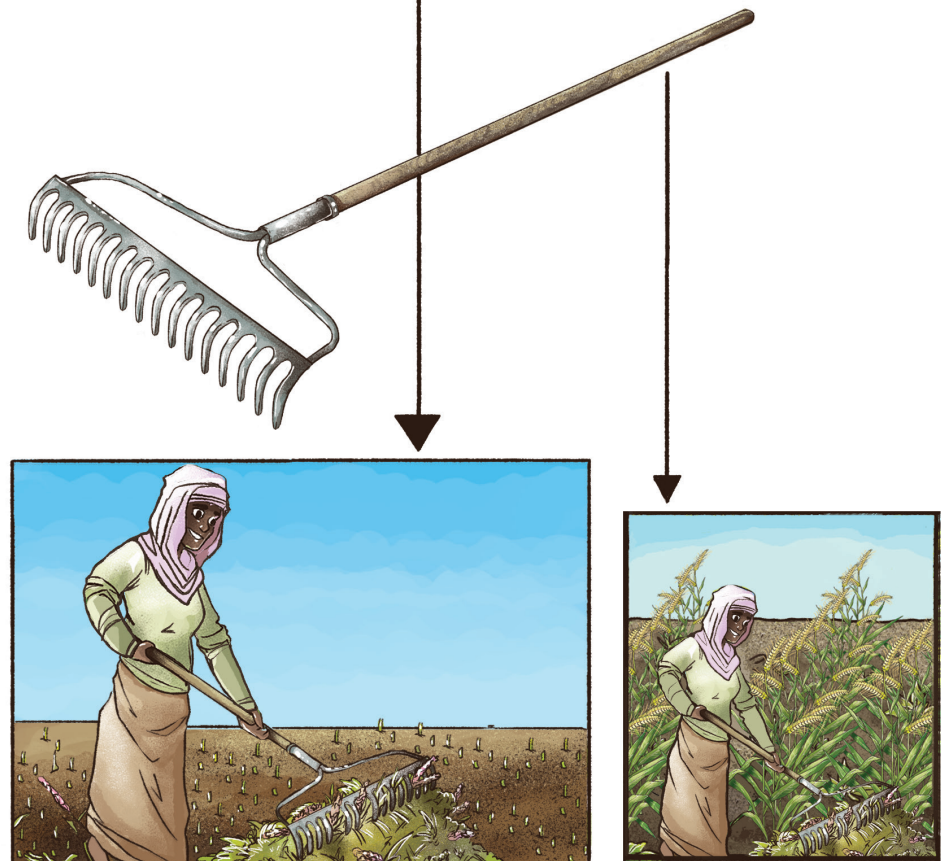
1. Traditional practice



2. Remove cut weeds by hand



3. New tool to remove cut weeds



Lesson: A back support can prevent strain and injury when lifting.

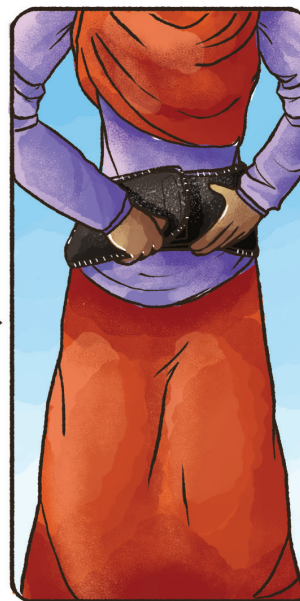
1. Traditional practice



2. Strain to back and pain.



3. Improved practice: purchase a back support from vendor and tie around waist (on top or under clothes)



4. Less strain and pain

