

Eating local food:

the best way to conservation



We can halt the agro-biodiversity loss by consuming local varieties instead of requesting vegetables and cereals from the standard market.

Khumbu Valley (the valley of M. Everest) is still offering to tourists a wide selection of local organic and traditional products. This will ensure their cultivation, and will permit to avoid their replacement with new varieties of non-local origin.

Eating them tourists will actively contribute to promote Landraces conservation, stimulating their cultivation by local farmers.



Main local varieties of the M. Everest Valley

Species Name	Common Name	Nepali Name
<i>Solanum tuberosum</i> L.	Potato	Aalu
<i>Fagopyrum</i> spp.	Buckwheat	Phapar
<i>Hordeum vulgare</i> L.	Barley	Uajau
<i>Zea mais</i> L.	Maize	Makai
<i>Phaseolus</i> sp.	Lukla bean	Simi
<i>Cucurbita</i> sp.	Pumpkin	Pharsi

For more information on the project:

<http://www.ev2cnr.org/cms/en/share/pilot-projects/ABC/Nepal?filter0=seed-bank>

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Ancient Landraces and their conservation ...if you eat me, you SAVE me!

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The economic potential of many territories lies in their traditional biodiversity, derived both from native plants and agriculture products; as a consequence, Crop Biodiversity must be preserved, as well as Wild Biodiversity, for future well-being.



Chaurikharka Development Community, with the help of Italian organizations, is protecting and enhancing local plant varieties and is proposing them to tourists as good local food.

Landraces are local and old varieties of cultivated plant species, which normally have high capacity to tolerate biotic (parasites) and abiotic (climate) stress, resulting in a high yield stability, and have often excellent nutritional properties; they represent the historical (rural culture, traditional knowledge, local practices) and biological memory of agriculture.



Landraces are grown from seeds which have not been systematically selected and marketed by seed companies or developed by plant breeders, and are valued for uses as diverse as ingredients in tasty traditional food and drinks.

The situation nowadays

Due to modern agriculture, in the developed countries Landraces are largely falling out of use, while modern varieties, more productive but also genetically homogeneous and less tasty, are becoming increasingly popular.

Many developed countries have already made the mistake of abandoning 90% of traditional crops in the last century, preferring standard products (seeds produced by multinational corporations).

The result was the loss of these ancient varieties.



An important part of Nepalese agro-biodiversity is represented by ancient local agricultural and horticultural varieties (Landraces).