Spring 2023
Women Moving Mountains
Creating Shared Prosperity in Nepal
Man Kumari Rai has farmed the steep hillsides of Phedi for her entire life. She has always loved farming, but in the isolated villages of Eastern Nepal, it has never been easy.

Man Kumari’s family only had access to a few types of crops, like mustard and radishes, and Man Kumari (pictured) had to split the cost of a single seed packet with seven of her neighbors. Her family struggled to grow enough nutritious food to eat.

Women in Nepal are often responsible for the planting and cultivation of crops that sustain their subsistence farming communities. Despite their tireless efforts, the lack of access to new crop varieties, modern training, and equipment can limit their success.
For women in Nepal, working with dZi can be life-changing.

dZi works with more than 3,000 farmers each year like Man Kumari — farmers who envision a thriving, inclusive, and resilient future rooted in their own village.

Man Kumari had always worked hard to grow more food to support her family. Through dZi’s farming and entrepreneurial training, she now has the skills and resources to do so.

“dZi has empowered me to interact with others and share my knowledge, which has built my confidence.”

This success inspired her to become the chairperson of her local dZi-formed Farmers’ Group. Under Man Kumari’s leadership, farmers in the group have worked together to grow cash crops and increase their collective income.
dZi’s Approach

**SEED**
- We facilitate the creation of a shared vision with each partner community
- We develop strong partnerships to enable the work to happen
- We address the community’s most critical, basic needs first

**GROW**
- We build essential infrastructure — drinking water and irrigation systems, schools, bridges, etc.
- We strengthen food security and farmers start raising their incomes
- We help community members develop skills to plan and lead current and future projects

**SUSTAIN**
- Communities are unified and leading safer, more productive lives
- Families are earning more income and have improved their quality of life
- Systems are in place to maintain and enhance these gains for a lasting impact

Through dZi’s equitable, holistic approach, women farmers like Man Kumari are receiving the training and support they need to live more prosperous lives.
Today, Man Kumari and her farm are flourishing.

After working with dZi for the past two years, she has learned modern farming techniques, started growing new cash crops, and developed her entrepreneurial skills. Man Kumari is earning over $570 a year through farming — a significant income in her region that allows her to reinvest in her farm and save money for the future.

“I’ve learned how to use organic fertilizer and irrigate my plants properly, which has made a real difference. To have the seeds of new vegetables and fruits is a dream come true!”

Still, Man Kumari isn’t done yet. “Our biggest challenge is the lack of access to markets.” It is not easy for isolated villages like Phedi to reach larger markets, but dZi is working with local farmers to develop innovative ways to earn more income. Through beekeeping, growing coordinated cash crops, and focused entrepreneurial training, farmers like Man Kumari will have an opportunity to realize their full potential.
Will you help more women like Man Kumari lead their communities to a more prosperous future?

By investing in local capacity and sustainable incomes, your gift enables a brighter future in Nepal.

Ways to Give

1. Visit www.dzi.org/donate or scan the QR code above to give online
2. Donate in honor of a loved one, as a thoughtful gift
3. Mail a check to: dZi Foundation, PO Box 632, Ridgway, CO 81432

Get in touch with any questions about your investment in dZi:
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