

# Cultivation of Mint as Viable Alternative Livelihood In East And North-east of Afghanistan



**DFID** Department for  
International  
Development



## **Implementing Institutions**

**International Center for Agricultural  
Research in the Dry Areas**

**(ICARDA)**

**Central Institute of Medicinal and Aromatic  
Plants - India**

**(CIMAP)**

**Ministry of Agriculture, Animal Husbandry  
and Food – Afghanistan**

**(MAAHF)**



# **Mint as Viable Alternative Livelihood**

**Introduction of easily adoptable crops produced on small areas, with household labour could be a viable and sustainable alternative livelihood for farmers of Afghanistan**

# Mint as Viable Alternative Livelihood

**Mint** is very popular for culinary uses in Afghanistan





# Mint as Viable Alternative Livelihood

Its medicinal values and uses **are not** so well known

In many countries **mint** is used as a reliable remedy for indigestion, stomach cramp, flatulence upset stomach, nausea, vomiting, and colic in children



# Mint as Viable Alternative Livelihood

**Digestive problems are common in Afghanistan due to the unavailability of safe drinking water**

**In absence of an extensive health care system, local communities depend on alternative therapies, offering an opportunity for introducing mint, already widely consumed as a food item**



# Mint as Viable Alternative Livelihood

- Easily grown
- Conveniently stored
- Locally available
- Potential of generating a competitive income through domestic and regional sales



# Mint as Viable Alternative Livelihood

Project aims to promote mint cultivation with following aims:

(A)

*Mentha viridis (M. Spicata)* (spearmint)

Increased domestic consumption owing to its medicinal uses

Boosting exports (fresh/ dry) to regional countries





# Mint as Viable Alternative Livelihood

(B)

*M.spicata* and *M. piperita* (peppermint)

Improved, high yielding and oil-rich varieties to obtain value-added products such as oil and menthol



# Mint as Viable Alternative Livelihood

Target areas

Helmand

Kunduz

Nangarhar

# Germplasm collection Sheesham Bagh, Nangarhar



# Research-Demonstration plots Nangarhar





# Research-Demonstration plots Nangarhar



# Research-Demonstration plots Helmand





# Research-Demonstration plots Helmand





# Public awareness about Mint

- Project has produced a 24 minutes radio program in Dari/ Pashto with useful information on cultivation and uses of mint.
- The program was broadcasted through INTERNEWS by more than 50 radio stations.
- A booklet on cultivation and uses of mint has been produced in English, Dari and Pashto that will be distributed to farmers.

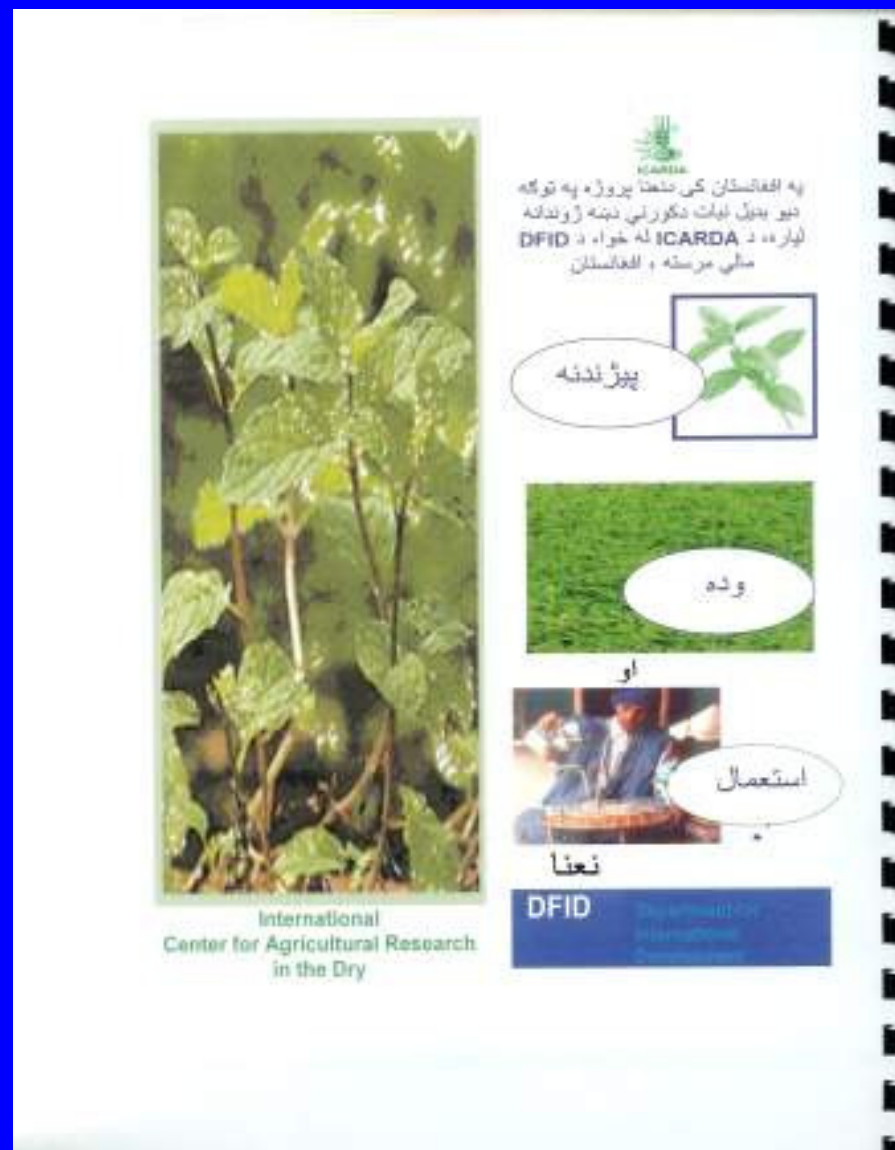


# Public awareness about Mint



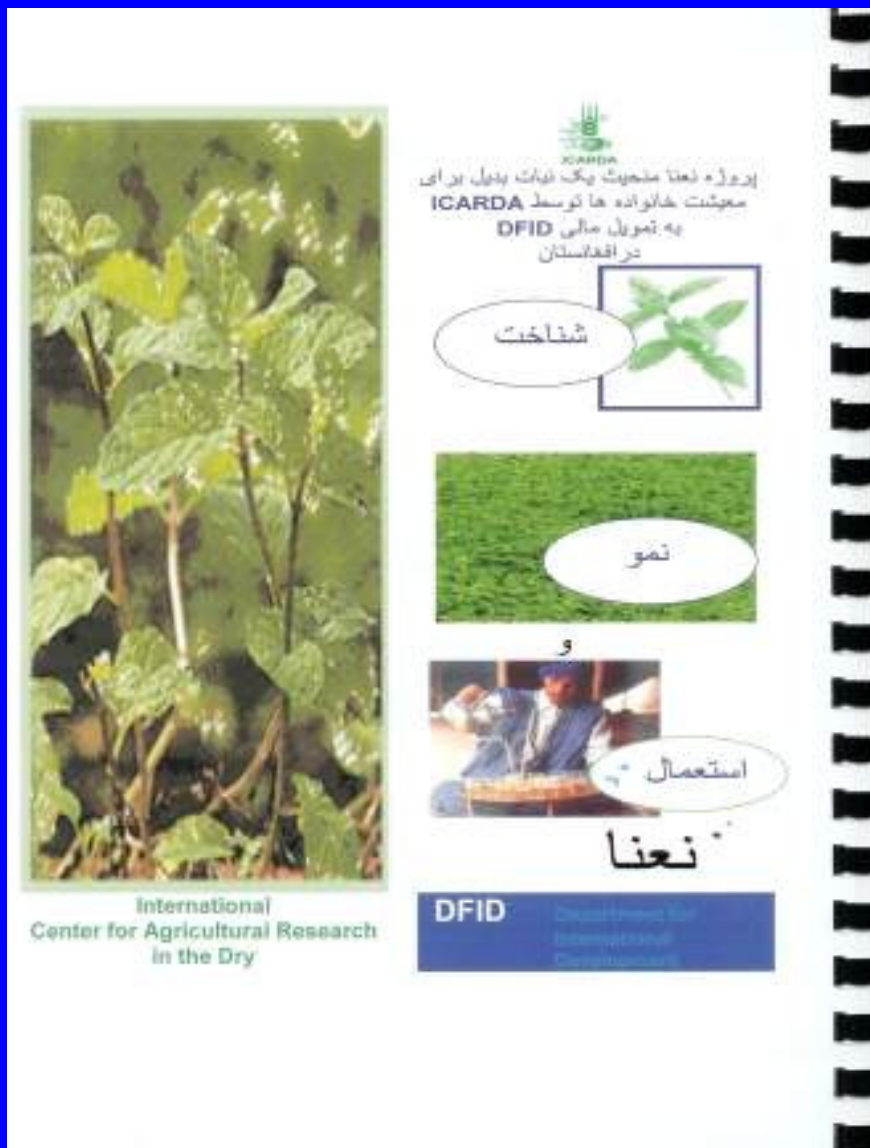
# Public awareness about Mint

Pashto



# Public awareness about Mint

Dari



پروژه نعنای منجمد یک نبات پدید برای  
معیشت خانواده ها توسط ICARDA  
به امویل مالی DFID  
در افغانستان

شناخت

نمو

استعمال

نعنا

International  
Center for Agricultural Research  
in the Dry

DFID Department for  
International  
Development



DFID Department for  
International  
Development

## ICARDA Agricultural Radio Program

حاصل خوب کشت خوب

بنه کر نه غوره ریښه

نعنا

**MINT**

ICARDA- RALF- PROJECT ON  
Introduction of mint in Afghanistan





# ICARDA Weekly Agricultural Radio Program

***"SOW WELL REAP WELL"***

*"Dear farmers, I am Enayet Safi who regularly offers you this agricultural program. Our today's program is about MINT. Let us talk to Dr. Javed Rizvi who is the Project Leader of Mint Project".*



# ICARDA Weekly Agricultural Radio Program

*Enayet:* Dr. Javed Rizvi, would you please tell us some thing about mint?

*Javed:* Mint is a very useful plant that has culinary, food and medicinal uses.

*Enayet:* Is ICARDA doing something about mint in Afghanistan?

*Javed:* With financial support of DFID (UK), we have started a project on mint.



# Short Drama:

**Sister to crying infant:**

Enough enough, now its going to be over. Your elder brother will take you to a Doctor.

**Brother:** What happened to my brother that he is crying?

**Sister:** I do not know either. He did not let mother sleep whole night.

**Scene changes**



## Sister talks to infant who seems healthy and is laughing

**Sister:** My little brother, do not laugh like this, otherwise the 'evil-eye' will affect you

**Brother:** Wow, look at my brother, how happy is he now? Sister, what medicine you gave him?

**Sister:** God bless *Zainobo* aunt who visited us, and gave extract of mint to our little brother for few times. Since then he is completely alright.





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# Uses of Mints

## **Culinary**

Eaten raw in salad, mint sauce, tea, etc.

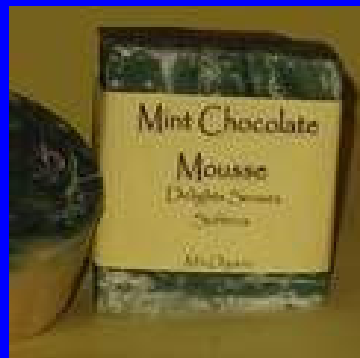
## **Flavoring**

In food, confectionary, gums, and cigarettes

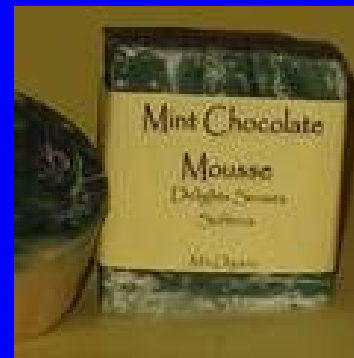
## **Medicinal**

Expectorants, digestive syrups and capsules,  
cold prevention, sore throat, skin care products,  
mouth washes, personal hygiene

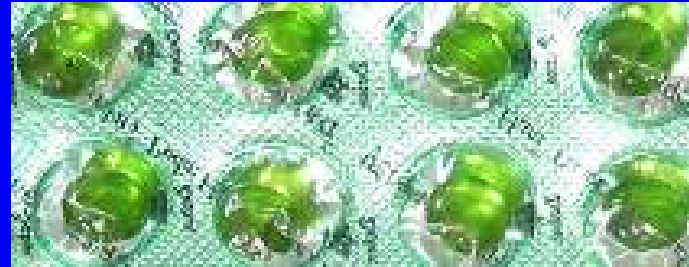
# Mint Based Products



# Mint Based Products



# Mint Based Products





*Thank you*