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
ICARDA Agricultural Radio Program

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”.
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.
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.
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

[Images of various mint-based products]
Thank you