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Sustainability Dimensions of Ecological Farming in the Mountain of Nepal

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This study has analyzed the sustainability dimensions of ecological farming systems in the mountain of Nepal. Mountain agriculture is guided by special agroecological principles which are practically based on traditional ecological knowledge (TEK) and indigenous cultural practices. Based on regular observations since a decade, it is inferred that local knowledge systems, food cultures and traditional institutions are found to be significantly supportive to ecological farming in the mountains of Nepal. Traditional ecological knowledge and indigenous cultural practices are found to be contributing towards an improvement of agroecosystem and soil health management, sociocultural cohesion and innovation in ecological product diversification as well. Most of the ecological farms in the outskirts of Kathmandu valley are found to be engaged in an innovation of ecological production and diversification of trendy health-foods. An emergence of a number of organic and ecological (Eco) brands (and outlets) in the major cities of Nepal denotes that new ecological innovations are being supported by the trendy (health-food) consumer circles. Based on a decade long trend analysis, it is concluded that local knowledge systems, food cultures and traditional institutions are the major sustainability dimensions of ecological farming in the mountain of Nepal.

Key words: Agroecology, Sustainable Agriculture, Ecological Farming, Traditional Ecological Knowledge, Ecological Innovation.

Biography

Sundar Kumar Sharma is a researcher in sustainable agriculture and a leader and public convener of organic agriculture movements. He is associated with Sundar Nepal Creation, based in Kathmandu, Nepal. His work focuses on promoting organic farming practices, sustainable food systems, and environmentally friendly agricultural development. He is actively involved in research, advocacy, and community initiatives aimed at strengthening organic agriculture and supporting farmers through sustainable methods.

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