

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

*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.

## *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.

Europe have already made the mistake of abandoning 99% 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*).**

*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.**



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



## *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** 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.

**Doing so tourists will actively contribute to promote Landraces conservation, stimulating their cultivation by local farmers.**



**Main local varieties of the  
Khumbu Valley**

Species Name	Common Name	Nepali Name
<i>Solanum tuberosum</i> L.	Potato	Aalu
<i>Fagopyrum</i> sp.	Buckweat	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



## *Ancient Landraces and their conservation...*



*...if you eat me,  
you SAVE me!*

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