

## LOCAL BUCKWHEAT

Cultivated and preserved by our farmers for **very Long**  
Was a staple crop for some and consumed it for **Yearlong**

It is an integral part of Bhutanese culture and **Tradition**  
Grandparents describe that it improves health **Condition**.

Information indicates it has numerous medicinal **Properties**  
Normalizing high BP, blood glucose and other **Abnormalities**

Internet sources says it contains Rutin which is an **Antioxidant**  
When consumed regularly maintains body young and **Elegant**

Flowers of different shades, nature look so **beautiful**  
Honey bees & other pollinators feel very **delightful**

Pollinators' paradise is honey producers' **happiness**  
Enhancing crop pollination thereby production **increases**

But evidence suggested buckwheat diversity is **declining**  
Loss of crop diversity, erosion of culture is the **meaning**

Welcome to Bumthang and Haa to observe these **initiatives**  
for livelihood and conservation, progress is **appreciative**.

Find there different buckwheat varieties in **cultivation**  
as a part of MoAF-UNDP agrobiodiversity heritage **conservation**

These initiatives have contributed to maintaining/**restoring diversity**  
contributing to increasing resilience of climate change **Adversity**.

Restoring diversity is preserving buckwheat **culture**  
Contributed to income generation and sustainable **agriculture**

They are grown using organic practice free of **chemicals**  
good for environment, human health both physical and **mental**

Join us to contribute to food security through enhanced **production**  
Join us to preserve this diversity through **conservation**.

Join us in this venture so they are in the fields with our holy **act**  
to pass on this resource to our children and grandchildren **intact**