Women play important role in food system, unfortunately their role are invisible. Women live in village especially must bear a double burden for they have big responsible to feed their family and yet they are the most vulnerable party suffer for malnutrition. Mantasa is an NGO works to uphold food and nutrition sovereignty by utilization of edible wild plants. We found out that women who live in village with rich biodiversity are actually the ones suffering from malnutrition. Global food system has changed the way they eat. Hundreds of local food resources that once used to be their staple food now are called ‘food for the poor’. Mothers give their family “modern” food for the sake of dignity. Gathering wild vegetables from forest are considered humiliation as the neighbors will call them poor. We are working with village women to reintroduce edible wild plants to their local community through research, education and campaign. We give the women education on food and nutrition, trainings on food processing and agroecology and help them set up their small enterprise of selling their food products made from edible wild plants. Now they are proud of themselves for they realize now that they have something valuables, which is their knowledge.

Image 1: Women village of Mendira shows their rich diversity of local food resources available in a year.

Image 2: Village women work to restore damaged soil and cultivate edible wild plants in their collective garden.
about plants and food, and with that they can contribute to the health of their family and health of nature around them. In 2017, Project Drawdown, an international coalition of scientists, economists, and experts ranked the most effective solutions to global warming. And the results are plant rich diet (#4), girl’s education (#6) and women’s rights (#7) all ranked in the top ten solutions to reduce global warming.