Sudam Kumari Rai helps tend to her family’s calf at their home in Bhatigachh, Nepal.

My name is Sudam Kumari Rai
Age: 9
Lives in: Bhatigachh, Morang District, Nepal

I live with my mother, father and older brother. I also have two older sisters, but they have gotten married and moved away. I have lots of friends in the neighborhood. Our favorite game is when we cook together. We make a stove and pretend to cook.

I go to school in the morning, come home and eat, then go back to school in the afternoon. I speak two different languages, Nepali at school and Maithali at home.

About a year ago our house burned down. When we rebuilt it we had space for a garden. Now we’re growing green leafy vegetables and okra. I help bring water from the well for the plants. Another chore is feeding our two cows, a mom and a baby. They live in a shelter attached to our house. I go to the wheat fields and cut weeds for them to eat. I also clear out manure, sweep the yard and help my mother make food.

My favorite food: Rice with dal (lentils), potato, cauliflower and cabbage
My favorite subject: Nepali
What I want to be: worker in the market

Garden word find

Sudam’s mother learned more about gardening through an MCC-supported training. Here are some words she might have heard.

- cabbage
- okra
- soil
- tomato
- water
- greens
- compost
- weeds

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