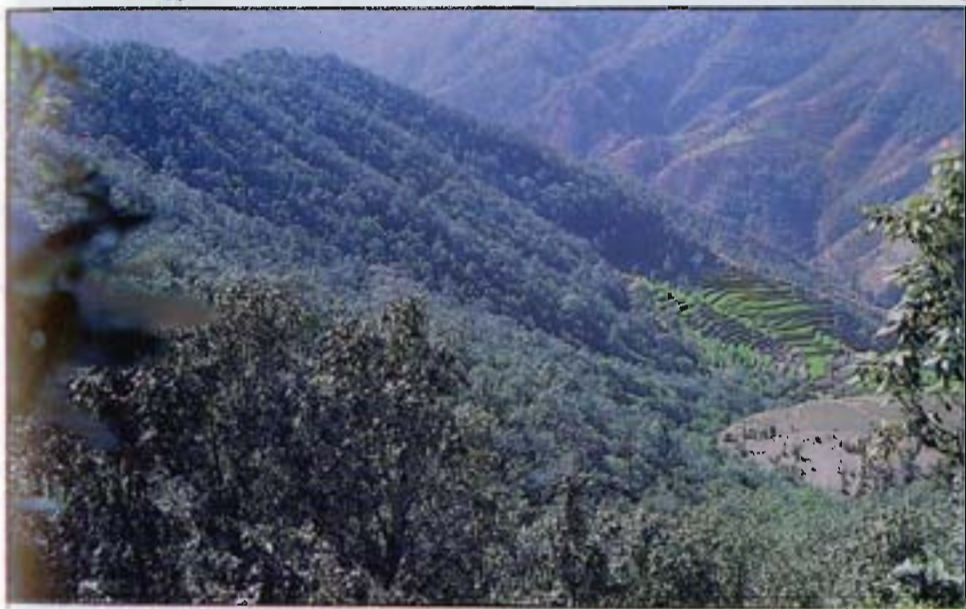
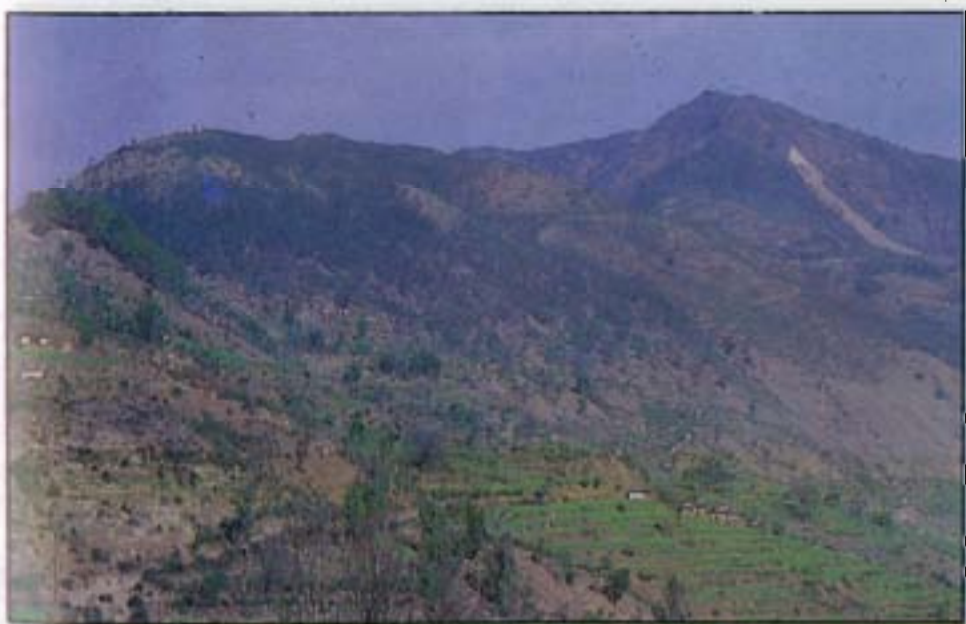


Plates



Seliko Ban, Seli, Baitadi



Dhamiko Ban, Achham



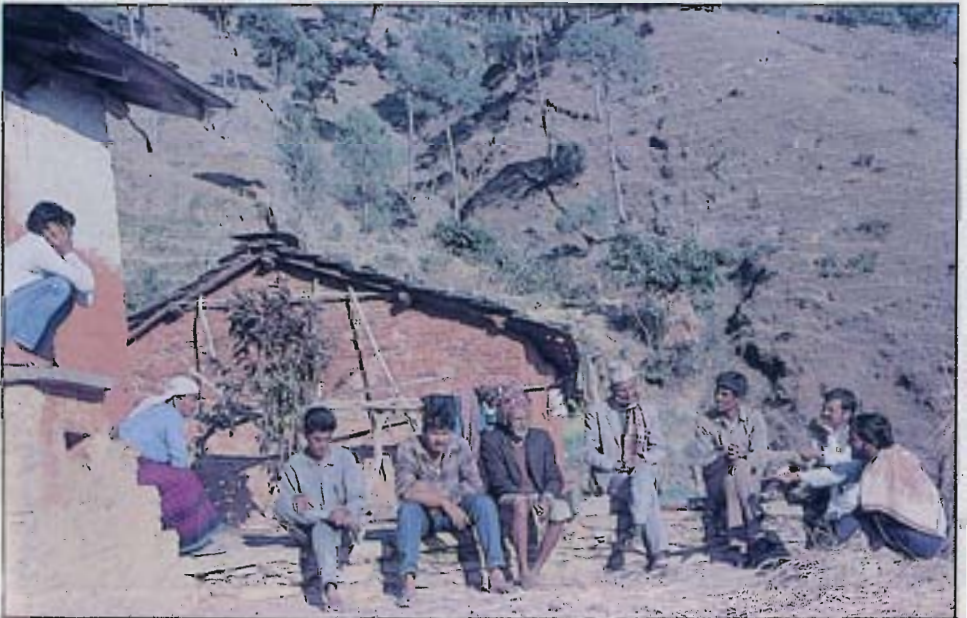
Koti Gaunko-Ban. This Sal forest has been lopped heavily by those who live nearby.



The research team measured trees in sample plots and counted trees and seedlings in the plots.



The research team interviewing farmers.



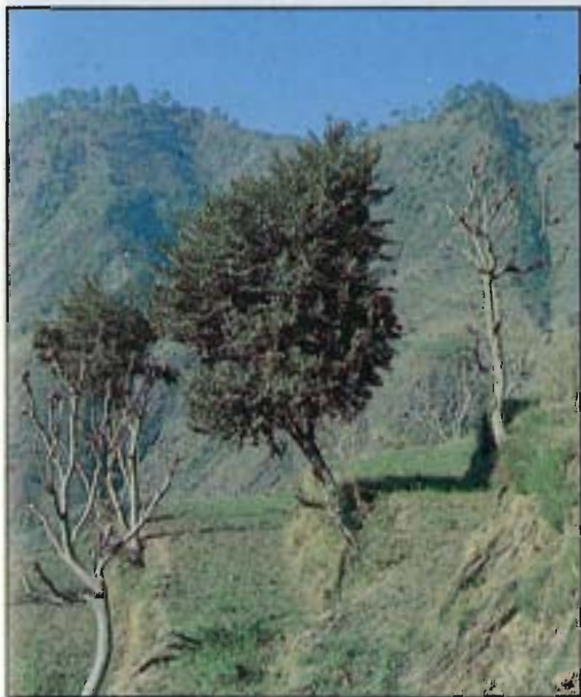
Household visits and group interviews were the methods used to collect information.



Farmers in Baitadi grow fruit and fodder trees on the *bari* near their houses.



Sometimes a tree may also be used as *lutyat*.



Fodder trees grown on the edges of the *bari* lands are the sources of green fodder during winter months.



Leaf litter is collected by farmers and used as bedding material for domestic animals and for making compost.



After leaf fodder is eaten by the animals, twigs are dried. The skin of *Bheul* twigs is used to make ropes for household use.



Pine trees in Koti Gaun were found cut and left on the ground - but only the basal portions, tips and branches had been removed.



Split firewood is generally for sale in the market