



**Emater-DF** 30  
TEACHING AND LEARNING anos

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BRASILIA, DF 2008

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## ACKNOWLEDGMENTS

We thank and congratulate the beneficiaries, partners and extension workers who, during these 30 years, have lent their talents, efforts and commitments, bringing about significant changes in rural areas.

These are stories of overcoming, of faith, of characters who actively participated in this process, of men and women who work and earn a living in the rural sector.

Scenes from everyday life, recipes for life, knowledge, colors, good food, poems and memories that will certainly be missed, but also the certainty that it is for moments like these that work is worth it, that we are filled with courage to return to our daily activities and to meet those simple people who, silently, work to build an increasingly better, happier and more just Brasília.

We send fond memories of our pioneering colleagues, Crisóstomo Guanas Dourado, Ricardo Ferreira Barreto, and Sônia Regina de Souza, who have been here since the early days of Emater-DF and who, with competence, dedication, and friendship, made this Company their home and will remain here forever in the memories and hearts of each of us. We especially thank the collaboration and commitment of all the teams at Emater-DF's management units.

Rest assured that the history and perspective of success and victory achieved during these 30 years of Emater-DF was only possible because the leaders, extension workers, farmers and partners made it so.

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**EXTENSIONIST**

Profession of faith, of love, and  
dedication...  
Priesthood?

It is a donation.

It is the action of someone who believes in man,  
on earth, in life, in nature, in heaven!

It is to be an educator and apprentice, of man  
of the earth!

It's life for those who like to step on  
mud, in the manure,

of breathing dust, of contemplating the sun  
and smiling at the rain! It's

knowing a little about everything:

agriculture,

livestock, health, education, bamboo,  
making soap!

They say, out there in this vast cerrado:

whoever has tried or will try this cachaça is an  
extensionist or will be,

because it's good cachaça!

It's an addictive

cachaça! It's an extensionist's

recipe! It's a recipe

for life! It's a recipe for people

who know, better than

anyone, how to learn and teach!

To bring and take knowledge and good things.

Sometimes it may not bring many

pennies, but it brings many stories, joy,

peace and harmony.

Everything we need to be

happy!

José Luis Mazzaro



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## PRESENTATION

Emater-DF is a company that truly embraces the causes of rural producers and rural workers, of all ages, from the perspective of sustainable development.

It's a team that, united, plays to win, investigating, questioning, resolving doubts, exchanging knowledge, learning and teaching, sharing difficulties, good and bad results on the field.

Throughout the 30 years of Emater-DF's history, the dedicated teams of extension workers and other professionals who made up and make up the staff of this company, all the partners, who, together with small and large producers, men, women, young and old from rural areas, believed in and built the paths of rural production in the Federal District.

At this moment, nothing is more fair than looking at the road, reviewing the paths traveled and paying tribute, with a record, in a book, to all those who participated in this history.

For this record, we have the support of the Ministry of Agrarian Development (MDA), the Technical Cooperation Project (PCT), the Inter-American Institute for Cooperation on Agriculture (IICA), and countless technicians and farmers who helped write this 30-year story, realizing a dream. In my professional career and among the various positions I have held, the presidency of Emater-DF has undoubtedly been one of the most pleasurable and fruitful in my life's journey. Therefore, it is with pleasure that I present this book; I hope it demonstrates some of the beauty, lightness, and grandeur of the solidarity work of rural extension developed by Emater-DF over the last three decades (1978-2008).

I also highlight the importance of Emater-DF's participation in the Federal District's development process, ensuring from the outset an increase in food security and an improvement in the quality of life of the population in general and of the direct beneficiaries of the services it provides.

*Charlemagne Campos da Rocha*  
President of Emater-DF

Happy is he who transfers what he knows  
and learns what he teaches.

Cora Coralina



It's so nice to have some affection on your tree!  
It's so good for some affections to make nests.

Castro Alves



## PREFACE

### CLOSED – THE COMMITMENT TO THE FUTURE

From the vegetation covering Brazil, the Cerrado system spreads from Central Brazil, reaching, through isolated patches, other areas of other systems. It is precisely there that the territory of the Federal District, the country's capital, is located.

The Cerrado is characterized by its stunted and twisted vegetation, with a deep root system, weak soils and low fertility, and a wide variety of plants and animals. It has two well-defined seasons: a dry and cold winter, and a rainy and hot summer. Another characteristic of the Cerrado is its relief, sometimes high and flat, sometimes undulating, ending in forest galleries and streams.

This system covers 200 million hectares, 75% of which are in the Central Plateau. It is considered the richest savanna on the planet, housing over 30% of Brazil's biodiversity.

Over the last few years, scientific research has taken charge of overcoming natural difficulties and transformed the Cerrado into an alternative for grain production. And this technological process adopted led to a situation of saturation, indicating signs of saturation and exhaustion, and because of this, the responsibility of technical assistance increases even further.

Research alone, without technical assistance, does not guarantee the conditions for maintaining and preserving the Cerrado.

Just as, in just one generation, we have nearly exhausted this natural heritage. It is crucial that we act with parsimony and judiciousness, so that our commitment to future generations, from whom we borrow all this vastness, is to exploit it without exhausting it; to utilize it without plundering it; to use it without usurping it.

Emater-DF is prepared and has a social commitment to fulfill its historic role of supporting rural development in the Federal District, with an emphasis on family farming, and with the responsibility of guarantor of future generations.

I share the pride of all its employees and, in particular, the pioneers, the rural producers, who are the reason for this institution's existence, and the society of the Federal District, for having built a Company solid in its purposes and determined in fulfilling its mission.

May these 30 years that are now being celebrated, paltry compared to the millions that nature took to sculpt the Cerrado, be just the harbinger of many more years of sustainable development, which the environment needs.

Argileu Martins Silva  
Director of Technical Assistance and Rural Extension – Dater  
Secretariat of Family Agriculture – SAF  
Ministry of Agrarian Development – MDA

## WORDS FROM THE GOVERNOR

From Minas Gerais, the birthplace of rural extension in Brazil, I have followed with great interest the leading role this country has experienced in rural development, and the true revolution brought about by the occupation of the Brazilian Cerrado. Two institutions emerged from this historical process: Embrapa, which coordinates agricultural research in the country, and Embrater, which coordinated the technology transfer initiatives available to the sector. Embrater also had the unequivocal responsibility for an educational process aimed at rural workers, complementing the technological aspect with the social.

But we still have major challenges to overcome, such as overcoming the functional illiteracy that still plagues Brazil. But in rural areas, this is changing, thanks to the work of companies like Emater-DF.

And this is all the more important, given that Brazil is today a major global producer of food and raw materials, and one of the largest exporters of agricultural products.

In the Federal District, the creation of Emater-DF, in April 1978, was a great moment in our public policy, and today as Governor I have the pleasure of celebrating its 30th anniversary.

I know the benefits that Emater-DF has brought and will continue to bring to producers and production in the Federal District. We only need to look at the significant growth of our agricultural production, which, not coincidentally, coincides with its own trajectory.

I see Emater-DF as a key driver of technological innovation transfer in the future, while maintaining a focus on preserving the quality of life of rural residents, especially family farmers, in line with the National Policy for Technical Assistance and Rural Extension. I also see its commitment to pursuing development that is both more equitable and more considerate of people and the environment.

I have been seeking resources, including from external funding sources, to implement a plan, which I consider bold in its objectives, to promote sustainable agricultural development throughout the Federal District and Ride, with water and soil conservation as its basic platform.

Emater-DF, in view of its accumulated knowledge and experience, together with other government agencies, should participate in the elaboration and execution of this plan, aiming at the sustainable production of food, to improve the lives of the entire Brasília society.

Producing sustainably is my commitment to the future, and I believe it is the same as Emater-DF.

José Roberto Arruda  
Governor of the Federal District



## TALK OF COMPADRES

Technical assistance and rural extension in prose and under a breeding rain

Sergio Dias Orsi  
Veterinarian, Emater-DF Extensionist

- Compadre Tonho, how are things?
- They are doing well, Son of God, and with prospects for improvement. The prices of Corn and soybeans promise good profits for us this year. And you, how are you?
- How God wills it, Compadre Tonho! When we have health, friendship, and work, everything becomes easier!
- It's true, Son of God! And what's new?
- I'm a little embarrassed, Compadre, with the chatter in the news about this of this so-called climate change!
- Yes... Son of God! It's really embarrassing!

"Sometimes I wonder, Compadre Tonho! If it rains a lot, it's because of her; if it doesn't, it's also because of her. I don't know if it is or isn't! The truth is, at the end of last year it hardly rained, and at the beginning of this year it's actually been raining quite a bit. I'm always wondering if it's the influence of this climate change or not!"

"Well, Son of God, this climate change may still be in its infancy. Researchers haven't yet considered all the consequences it can cause. Or, sometimes, Compadre, it's just to "sell" news and instill fear in people, to increase ratings!"

- It's very complicated, Compadre, it's really embarrassing!
- And you, Son of God, participated in the packaging collection campaign of pesticides that Emater-DF carried out?
- Ah! Yes, Compadre Tonho. I gathered all the gallons that were hanging in the shed and took it to the collection point.
- Well, Son of God, in fact, at the packaging collection point, the talk among the people was that Emater-DF is celebrating its 30th anniversary this year, 2008. They were having a huge discussion to see who knew, literally, what the acronym Emater-DF means. By the way, do you know what it means?

"Well, Compadre Tonho! But, Emater-DF is the office here at the Rural Center, where there are "the technicians and the lady" who are always helping us take care of the farm, the livestock, and even our health and nutrition!"

"Well, Son of God, a girl actually came to my house and asked my wife for a recipe, one of those old ones she used to make before we came to Brasília. We talked a lot with her about this time we're living here in the Federal District. She said they're going to write a book to tell the story of Emater-DF's 30th anniversary."

"Compadre Tonho, it's true! Now I'm putting my ideas together." That's why my son's school asked him to write a paper on "the importance of Emater-DF's work for our quality of life in the countryside."

"Well then, Son of God, in my conversation with the lady at home, I learned that the name Emater-DF means: Technical Assistance and Rural Extension Company of the Federal District. And that each state in Brazil has a company like this to support rural development, and that ours is supported by the Federal District Government."

– Compadre Tonho! Does the name really mean all that?

– Yes, Son of God! It's a Technical Assistance and Rural Extension company.

– Ah! Yes, Compadre. These are two things that involve a handful of other things.

– It's a long story, Son of God! From what I heard there, I'll try to summarize it for you.

The woman told me that, from the 1970s to the 1990s, Emater-DF operated in two ways: one was technical assistance and the other was rural extension. Depending on the government in power, it sometimes leaned one way and sometimes the other. But the best part was when it worked both ways together, as they complemented each other.

– Ah! How interesting, Compadre Tonho!

– For he is the Son of God! On the one hand, technical assistance sought solutions to problems that existed in the plantations, livestock, and property management. Surely, you yourself received this type of help from the Emater-DF technicians, remember?

– I even remember Compadre Tonho! How many projects they've done for us.

Every year we would go there and they would draw up plans. These plans were all written down, including the seeds, fertilizers, and pesticides we should use on our crops. If it were a livestock project, all the vaccines and medications we should use for the cattle would also be written down. We even started using mineral salt. It was the so-called "technology package."

"He's the Son of God!" The technicians also supervised rural credit for the banks.

– So, Compadre Tonho! Was all this technical assistance?

– Yes, Son of God!

– And what about Rural Extension? Was it something to measure the amount of land, Compadre Tonho?

"No, Son of God!" Rural extension, according to the young woman, goes beyond concerns about production technology and property management. According to her, rural extension is an informal educational process that seeks to use our skills and knowledge, along with those of extension workers, to promote changes in our local reality, without interfering with our beliefs, customs, and values.



– That's right, Compadre Tonho, the girl from Emater-DF was always at my house talking with our women. We even got a little jealous, remember?

"Why not, Son of God? They were always there finding us work. It involved removing trash from the yard, making a cover, and installing pipes on the water well. I even had to fence off a piece of land with a screen and find manure to plant a vegetable garden."

"It's true, Compadre Tonho!" But in the end, it was actually quite good. The yard was cleaner, there was always fresh vegetables, jam, or a different kind of sweet, not to mention the boys no longer had those country-child illnesses.

"There was also, Son of God, the work the Emater-DF staff did here with us to organize young people, women, and us producers into interest groups, producer associations, and dairy and grain cooperatives. The woman also told me that the main objective of the rural extension service is to improve the quality of life and well-being of rural families."

"It's true, Compadre Tonho! I didn't know all this work was rural extension. The most interesting thing, and one we didn't even realize, is that sometimes the Emater-DF staff worked with rural extension and technical assistance simultaneously. One example of this was when they helped us create a home garden, or even when they taught us how to plant and care for vegetables, or even when they advised us on which foods we should eat for better health."

– He is the Son of God! In the conversation with the girl from Emater-DF, she said that, many times, and according to the Government, the priority of the work was generally technical assistance.

– Compadre Tonho, perhaps it was because this produced quick results in terms of production and productivity and ended up pleasing the politicians more.

"He's the Son of God, but this was only good in the beginning, remember? Over time, we started using more and more fertilizer and paying dearly for both seed and machinery. Plus, the prices of the products were getting lower and lower."

– Compadre Tonho, that's why our profits have been decreasing, decreasing, more and more.

"Well, he's the Son of God!" According to the woman from Emater-DF, what was once our profit increasingly ended up in the hands of the fertilizer, seed, machinery, and agribusiness industries that processed the food we produced.

"That's right, Compadre Tonho, until that huge crisis hit in the late 1980s and early 1990s, when profits were low, bank loans were hard to come by, and interest rates were getting higher and higher. Those were tough times here in the countryside; it was a complete mess, remember?"

– Of course I remember Son of God, this was until the end of the 80s.

– And then what happened, Compadre Tonho?

"According to the girl, Son of God, things got complicated then. At that time, Brazil had a lot of debt and owed a lot of money to the bankers. With money tight, the government had to implement an administrative reform to reduce the state's budget in the 1990s."

– What do you mean, Compadre?

– Well, Son of God! Brazil had very high inflation, remember? And it also had a large debt with the bankers at that time.

– Oh! That's right, Compadre Tonho! We even went so far as to ask for some kind of moratorium? I used to hear this on the Hora do Brasil news.

– You still have a good memory!... So, as I was saying, Brazil had to go to the International Monetary Fund.

– That IMF guy, Compadre Tonho!

– Yes, this one, Son of God! One of the IMF's proposals was for the government to reduce spending to pay interest on its foreign debt and combat inflation.

– But Compadre Tonho! Wait a minute. We were talking about Emater-DF and now we're already talking about economics, what the hell is that?

– Well, Son of God, one thing has to do with the other and the other with this same thing, do you understand?

– Is it...??? Come on, continue the conversation, Compadre Tonho!

– Well then, Son of God, with all this problem of the country's debt and the intervention of the IMF, a savior of the nation appeared to win the direct election for president of the republic, after a long period of dictatorship.

– Compadre Tonho, that's right, there was the story of the "maharajas," and I even remember the then-president-elect saying that we all rode carts! It seemed like Brazil was one big farm, didn't it?

– In short, Son of God, that inconsequential man, in one of his acts of Government ended Embrater.

– Embrater or Emater, Compadre Tonho?

"Embrater, Son of God!" This was the company that coordinated all the state technical assistance and rural extension companies. This caused a major crisis at Emateres.

Many of them, especially those in the Northeast, were maintained solely with Federal Government resources and therefore faced many difficulties.

"That's right, Compadre Tonho. Even back then, it was difficult to get financing for our crops. The interest rates were very high. Do you remember how sad we were, looking at the land in desolation, not knowing what to do?"

"He really is the Son of God! I get a shiver down my spine when I think about the suffering of that time."

– So, friend Tonho? Why is Emater-DF in this situation? Did the girl from Emater happen to tell you?

"Ah, Son of God! These learned people talk about everything." She said that the GDF already covered a good portion of Emater-DF's costs and ended up making some adjustments to keep the company running. In fact, the situation here wasn't so bad because the Federal Government didn't have a large share of the budget.

– But for us the crisis continued! Remember Compadre Tonho?

"Yes, Son of God!" And the girl also said that at that time the situation was bad throughout the country. The government suddenly opened imports of agricultural products, and there was nothing but unemployment in rural areas. This created a huge social problem for the Federal Government.



This situation showed the government that rural areas, in addition to food production, metals, fiber and energy, has other functions.

– What do you mean, Compadre Tonho?

"At that time, Son of God, the young woman said that the importance of the countryside in generating jobs and supporting families, working and earning their own living, became clear to the government. They say there were almost five million unemployed at that time! That's when family farming began to be valued and strengthened. Several cities in the interior experienced a severe economic crisis."

They then discovered that what drove the economy, in many of these small towns, was family farming. This put significant pressure on the government, and there was even a movement to try to change this whole situation.

– Ah! Compadre Tonho! So that's why there was the "Cry of the Earth" in 1994; we even participated in the march?

– That's right, Son of God, it was a hell of a lot of pressure that we put on. Then the Go-FHC's government created Pronaf and the Ministry of Agrarian Development.

– Pronaf, Compadre?

– Yes, Son of God. The National Program to Strengthen Family Farming.

– Now I understand, Compadre Tonho, how things are falling into place. Like the grains on an ear of corn.

"He is the Son of God. Things have gradually improved, our understanding of the situation has changed, and now, on the farm, we are not just "producers," we are "rural entrepreneurs," because we produce food and are also businesspeople. We add value to our products, generating employment for the people, jobs, and wealth for the country to export."

"Yeah, Compadre, I used to listen to "Hora do Brasil" on the radio, and I remember they talked a lot about how we even helped improve the country's so-called "Trade Balance." They even said we had this "Green Anchor" that helped control inflation.

– He is the Son of God, the girl also said that the current Government created the Secretariat of Family Farming and the National Policy for Technical Assistance and Rural Extension, Pnater.

– I've never heard of this Pnater, Compadre Tonho!

– You haven't heard, but you already know the Son of God! It's our old friend "Assistance" Technique and Rural Extension", but now with a different way of working.

– And what way is this, Compadre Tonho?

– Ah! Son of God. In my conversations with the Emater woman, I learned that technicians and extension workers must be fundamentally concerned with five basic principles: first, that the services provided must be geared primarily to family farmers and their families, with special attention to young people, the elderly, rural women, and other groups, such as riverside communities and quilombo residents; second, promoting sustainable rural development based on the principles of agroecology; third, developing work that applies all available professional knowledge and, to this end, allowing the participation of all stakeholders.

involved: fourth, manage Emateres, ensuring the participation of producer organizations in decision-making, both in planning and monitoring. And, finally, operate based on dialogue and the development of the skills and abilities of the rural population, thereby seeking to build a common goal for the well-being and satisfaction of the people.

– So, Compadre Tonho? With all this, what's the outcome of Emater-DF's performance?

"Well, Son of God, when it comes down to it, and from what I understood from what the Emater-DF woman said, the technical assistance will help us understand the production side and how to manage our rural business. To make this happen, we'll work with their support to discover everything that influences the bottom line."

From the best seed and planting season to how to organize ourselves to get better prices when purchasing inputs and selling products, technical assistance and rural extension work will not be limited to the property itself and solely concerned with production. It will also operate in other sectors that will help increase our profitability, such as small agribusinesses, rural tourism services, and direct sales to consumers.

– Ah! Compadre Tonho! So now we'll have more complete assistance.

With support in making decisions about what to plant and what to breed, we'll have a better chance of commercialization success, including organizing the purchase of inputs and sales of produce. We'll have to focus on producing safe food—that is, food that doesn't harm consumers' health.

– Yes, that's right, Son of God!

– And what happened to that part of the rural area, Compadre Tonho?

"It's God's Son, but now things are getting mixed up." With the concern of going beyond the primary production of fiber, energy, and food, it was agreed that technicians should be involved in rural development as a whole. The young woman said that ATER's work should be focused on a type of development that takes into account the various dimensions involved, not just the technological, economic, and social. ATER will facilitate the meeting of all institutions involved in the development process, seeking an "institutional agreement" that will favor development across the different work fronts operating in rural areas.

– What? What strange language is this, Compadre Tonho?

– Oh Son of God, don't you remember those meetings of the Technical Assistance and Rural Extension Development Program that were held in our community some time ago?

– Yes, I remember well!

"So, Son of God. It was stated in those meetings that ATER would operate in this manner from now on. What's more, we will monitor all of this through social management, on a day-to-day basis. Thus, rural extension, through its educational process, will share knowledge and work to advance our citizenship, motivating us to share our experiences and, thus, constantly seek to enhance our knowledge and skills."

– Compadre Tonho, do you believe that with this we will help improve the community?

– Look, Son of God! I believe it will even help control climate change.

Environmental issues are one of the proposals that technicians will work on with the community. Certainly, much will change not only for the environment, but also for the improvement of rural communities, where everyone will be able to enjoy a better quality of life and, most importantly, delight our grandchildren in the near future with these improvements. initiatives.

– By the way, Compadre, do you think the weather will change or will it stay like this?

– Son of God. I'm still wondering if it's still raining, because for us in the countryside it's good weather, or if it's going to be sunny, which is good weather for the city folks.

– It's Compadre Tonho, little do they know that if it doesn't rain, then it's going to get bad for them. There will be a shortage of things and there may even be a lack of food, right?

"He's the Son of God! So let it rain. With or without this climate change, this rain is good for everyone."

– See you later, Compadre Tonho! I'm leaving to ponder these matters under this gentle rain and breeding.

"Well, Son of God, see you later! I'll stay here and mull over this chat of ours. Oh! While we're at it, Compadre, give my regards to Comadre, and tell her to come over and chat with Totota. She took an embroidery course at Emater-DF and has lots of news to share."

After putting on his raincoat and hat over his hood, he set off down the trail toward his house, knowing that the gentle, nurturing rain would continue into the night, much to their delight and that of many others. A little way from the house, he answered, his voice muffled by the hood of his raincoat.

– I say yes, Compadre Tonho!





The cerrado is the second largest Brazilian biome. Spread across 13 states and the Federal District, it occupies 24% of the country's total area. This ecosystem is home to the headwaters of five major river basins, approximately 4,500 plant species, and a vast fauna. Today, it is one of the biomes most notable for its significant food production potential.

Source: Embrapa.



"When considering the location of the country's new capital, what would be the Brazilian plateau (...). Dr. Luiz Cruls came across an entire plateau country, all of it undulating in successive waves of altitude."  
*Paulo Bertan.*

## THE ORIGIN OF EVERYTHING... HISTORY – 1940-2008 1940s: "Brazil, breadbasket of the world"

The 1940s were marked by the Second World War. With the end of the war, all the countries involved resumed their trajectories, especially in Europe, and became involved in the reconstruction effort. Still quite fearful of the possibility of a new conflict, this time with the two blocs, capitalist and socialist, as protagonists, having emerged victorious from the global conflict.

One of the main consequences of a new world war would be the cutting of food supply lines to Europe, with a high possibility of a new wave of famine on the old continent.

The US industrial complex, on the other side of the Atlantic, which had met the demands of the war, was idle. Furthermore, a technological package for agriculture had already been developed, also a product of the war effort, and was based on the intensive use of chemicals, machinery, genetic improvement, and various incentives.

Global reconstruction was, then, the missing opportunity for optimizing the industrial complex and North American capitalist expansion.

Aiming to achieve a policy of stability in food security, European and North American societies, which had experienced other difficult periods in their histories, examined the possibility of investing in some South American countries that could be strategic for food production. Among other countries, Brazil was chosen, partly due to its geopolitical position. This gave rise to the phrase: "Brazil, breadbasket of the world."

In the face of the new post-war situation, which focused on developmentalism, the capitalist and socialist dispute would be compounded by the availability of technological innovations to increase food production, and the desire for food security in countries that had recently emerged from the last world conflict.

In this context, a favorable environment emerged for the introduction of rural extension in Brazil. Thus, in 1948, based on a proposal from the Rockefeller Foundation, the Government of Minas Gerais founded the Rural Credit and Assistance Association (ACAR). This association was responsible for implementing a program of guided rural credit and technical, economic, and social assistance through rural extension services to improve agricultural production and the well-being of rural families in Minas Gerais.

The Brazilian government, moved by this successful experience in Minas Gerais, would, within the next decade, strengthen its relationship with the United States to extend this proposal nationwide. As a result, an agreement would be reached between Brazil and the United States, allowing for the creation of a "Technical Office of Agriculture (ETA)," aimed at increasing agricultural production and productivity. This increase would satisfy European countries, fearful of food shortages, and would enable the expansion of the agro-industrial and capitalist complexes of the United States and Europe, lifting Brazil out of underdevelopment.

Regarding the focus on agriculture and Technical Assistance and Rural Extension, the 1940s would have ended as they had begun were it not for the great prospect of growth and progress for the Brazilian agricultural sector. A promise to awaken the "sleeping giant."

In Brazil, agricultural production still had as its frontier the southern states, especially Paraná, which received waves of migrants, with the consolidation of coffee cultivation, mainly in the north of that state.

In the Cerrado region, activity was limited to subsistence farming and extensive cattle ranching. Its soils were considered unsuitable for agriculture. The high presence of aluminum, later discovered, caused undesirable acidity, and the lack of macroelements, such as phosphorus, compromised the establishment of commercial crops. Furthermore, native plants were considered "stunted and poisonous."

Brazil was still focused on the coast, unaware of the vastness of its interior and its potential. There were no highways, and access was limited to dust-covered paths along the railroad tracks that penetrated the interior of the Central-West region (in Goiás).

Production relations in this vast Cerrado region were still based on cronyism, with no capitalist production. The focus was on extractivism, based on the limited potential known at the time.

These perspectives would last until the end of the following decade, when the great new fact: the advent of Brasília.



## 1950s – "Golden Years..." Idealization of a challenging dream

While Brazilian agriculture was undergoing intense modernization in the 1950s, associated with the country's industrialization and urbanization, nothing new was happening in the vast Cerrado region, except for the movement of cattle, raised extensively, and subsistence activities, until the first movements for the construction of Brasília emerged in 1956. In the territory demarcated for the installation of the Federal District, agriculture was practically nonexistent and carried out in a traditional, rudimentary way, which added little to regional or national production.

Amidst the construction of the New Capital, a truly challenging dream began to take shape: to establish a modern and dynamic agricultural system in the Federal District that would make the region's land productive enough to supply the population of Brasília. The pace of population growth was rapid, and the government was already concerned about the lack of food security among the pioneers.

However, due to the technological standards of the time, the low fertility of the Cerrado soils led to their being considered unsuitable for agriculture and uneconomical for intensive livestock farming. This strengthened the argument of those opposing the transfer of the Federal Capital to the Central Plateau, as Brasília would become dependent on agricultural production from other Brazilian regions.

Professor Tavares tells us in his book "Agricultural Brasília: Its History" that the Rio de Janeiro press claimed that Brasília's lands were completely unsuitable for agriculture, "and that nothing useful could be obtained from them." To overcome the resistance of these opponents, after planting potatoes at Granja do Torto, Israel Pinheiro sent some bags of the harvested potatoes to the Agriculture Departments of Minas Gerais, São Paulo, and Rio de Janeiro. In Rio de Janeiro, he also made a point of displaying the potatoes at an agricultural products fair on the Esplanada do Castelo, labeled as "produced in Brasília," creating, according to Professor Tavares, a very good impression. President Juscelino himself, despite his characteristic optimism, feared the difficulties that would surely arise in developing agriculture in a region considered unsuitable and difficult to cultivate, as he explained in his book "Why I Built Brasília." But there was no time to waste.

On September 19, 1956, Law No. 2,874 created the Urbanization Company of the New Capital of Brazil (Novacap), which began to establish regulations regarding the land tenure system to be adopted in the Federal District. Among them, Resolution No. 6 strictly prohibited the sale of lots in rural areas. This resolution aimed to prevent real estate speculation and the consequent displacement of future agricultural production units – especially fruit and vegetable production – to areas far from the center of consumption, the Pilot Plan.

Concerned about the future capital's water supply, President Juscelino Kubitschek recommended that Novacap address this issue with absolute priority. Among other actions implemented by Novacap in 1957 that had positive repercussions on production and water supply in the Federal District, the following can be cited:

In the beginning,  
The solitude of the Central Plateau,  
The courage, ideals and dreams of the fearless  
Brasiliens  
The frantic pace of work...  
Ministers, advisors, engineers, architects,  
employees of all levels and anonymous pawns,  
All, proud cardangos, commanded by  
a dreamer:  
Juscelino Kubitschek de Oliveira!

José Luís Mazzero



## 1960s – Beginning of a new hope – Brasília

The 1960s began with a major national mobilization in preparation for the inauguration of the new Federal Capital, which would take place on April 21, 1960. Amid the celebrations, problems related to Brasília's water supply worsened. New demands and challenges arose at an unprecedented rate, generated by population growth and the significant development of the Central-West region, now crisscrossed by a network of roads.

As predicted, the Federal District began to experience a period of total dependence on production from other states. It had to import all the essential goods for its residents' diets and daily lives. To make matters worse, it was unable to exploit the Cerrado's potential, which the future would reveal to be bountiful.

The economic consequence was a widespread rise in agricultural prices, based on the old law of supply and demand and the long journeys traveled by products from São Paulo, Paraná, Minas Gerais, and other states. Thus, Brasília, which already harbored the myth of unproductivity, incorporated yet another one: that of having the highest cost of living in the country.

In 1961, a new President of the Republic, Jânio Quadros, took office. He began his term facing economic and political difficulties and failing to achieve the stability necessary to resolve the country's problems. Seven months into his term, he unexpectedly resigned.

His vice president, João Goulart, took office, surrounded by agreements to avoid the occurrence of confrontations between the dominant political-economic forces in the country.

Locally, agricultural product prices continued to rise, driven by increased demand and a lack of production, exacerbating the situation. To alleviate this, the Federal District's Secretariat of Agriculture and Production (SAP) launched a new policy for the agricultural sector, imposing more efficient, targeted measures aimed at increasing agricultural production and productivity in the Federal District, aiming to achieve acceptable supply levels.

To implement this new agricultural policy, the Fundação Zooboiônica do Distrito Federal (FZDF) was created on January 7, 1961. Although it was a remnant of a department created at the beginning of the construction of Brasília, it was entirely resized to fulfill broader and more complex responsibilities of development, technical assistance and rural credit.

The FZDF began its activities with work focused on research and experimentation, actions considered essential to achieve medium and long-term goals, in search of the development of the Cerrado region, which was recently occupied and lacked technical and scientific information to support local agriculture.

The FZDF incorporated and systematized activities from previously dispersed sectors, such as mechanization, resale of agricultural inputs and administration of rural lands.

The results began to appear, not only in the countryside, but in the city's supermarkets and grocery stores, which began to offer products from Cerrado areas, in the surroundings of the Federal Capital.

After the military coup in 1964, years of modernization of the agricultural sector followed, which began to be stimulated by special and coordinated public credit and research policies, focused on the search for immediate economic results.



However, the land leasing regime in the Federal District was an obstacle for rural producers, as it made it difficult to obtain credit essential for the acquisition of agricultural tools, pesticides and fertilizers, in order to increase productivity in the field.

In June 1967, Law No. 2,874 was amended to repeal the inalienability clause for rural lots. This resulted in the enactment of Law No. 5,364 of December 12, 1967, which authorized Novacap to sell its rural land. Five days later, the President of the Republic issued Decree No. 61,850, creating a working group to study the regulatory process for this Law. Seeking to mitigate this legal hurdle and the negative effects of the lack of private property, the Government issued Decree No. 1,052 on July 29, 1969, delegating to SAP the distribution and oversight of rural lots being acquired by Novacap.

There were two distinct historical periods during this period, which characterize the model of productive occupation in the rural area of the Federal District: the first, from the early days of Brasília until 1964, characterized by the division and distribution of small lots to prospective tenants, which served as a bargaining chip for the transfer of public employees. This distribution was based not on the applicant's productive capacity, but on criteria such as number of children and proof of poverty; the second period, from 1964 to 1977, was based on large agricultural enterprises, when companies such as Café Arábica, Só Frango, and others also established themselves in the rural area of the Federal District.

The embryo of what would become Emater-DF also emerged in 1967. As was the case elsewhere in Brazil, the Rural Credit and Extension Association of the Federal District (Acar) was created to establish and operate a technical and financial assistance program for producers, which reached approximately 30% of the target audience by 1968.

Thus ended the 1960s, a conflict-ridden but significant decade for agriculture in the Federal District and for the country as a whole, as it represented the beginning of the overcoming of the myth of the Cerrado's soil unproductivity. This was overcome by an intense program of technological innovation, supported by agricultural credit, which sought to overcome the challenges of nature and demonstrate the enormous production potential of this region.

Brasília being born



### 1970s: Emater-DF emerges, racing towards records

The decade, which began with the euphoria of preparations for another World Cup, which would crown Brazil three-time world champions, and a booming economy, strengthened the belief in the slogan "Nobody can stop this country." Politically, the government had the necessary alibi to continue its anti-democratic and repressive measures.

In scientific research, major advances were made in the fields of chemistry, mechanics, and genetics, propelling the agricultural industry into one of the richest periods in the history of Brazilian agriculture. Improved productivity rates, with the replacement of traditional models with a technological standard, in which the use of improved seeds, highly soluble mineral fertilizers, pesticides, irrigation, and mechanized farming became common and necessary practices.

Brasilia and its satellite cities continued to grow and attract new Brazilians, in contrast to its rural area, which remained stagnant, which led to debates and discussions in search of alternatives that could solve the crisis in local production and supply.



The land system model was once again being questioned, as it was considered inadequate and the biggest obstacle to the growth of agricultural production in the Federal District. Another need was the creation of a Supply Center, a long-standing demand of producers, whose construction project had not been implemented for a decade and a half.

The Federal District government then determined, in early 1970, that SAP draw up a plan of goals to overcome, once and for all, the city's production and supply problems.

A Master Plan was then created for the 1971/1973 triennium, which suggested, among other goals, the intensification of the process of replacing imports of basic goods with local production; the expansion of research related to agriculture in the Cerrado region; soil conservation and recovery; and the promotion and development of the rural sector, through instruments of a tax and institutional nature.

The Government, concerned with the land issue, created the Department of Rural Lands, tasked with increasing the efficiency of land exploitation, and began requiring applicants for the lease of rural lots to have a land exploitation plan.

In return, the government committed to assisting the new tenants in all stages of implementing the approved plan, from granting land, financing, renting agricultural machinery and supplying inputs to providing ongoing technical assistance.

Another measure adopted was the construction and delivery of 83 stalls on Avenida W4 in Asa Sul, as a way to address the critical agricultural production sales situation and ensure producers a minimum profitability. Concurrently, it was decided to build the Supply Center in the Industry and Supply Sector (SIA).

Such measures were still too limited to achieve the objectives outlined in the First National Development Plan (1st PND), which advocated: "developing modern business-based agriculture to achieve conditions of international competitiveness in all main products".

The Federal Government's objective was to intensify production by incorporating new areas into the production process. The Brazilian Central-West region became a promising agricultural frontier and began to receive significant investments, which significantly changed its socioeconomic landscape.

Despite being located on the agricultural frontier, where increased production should occur through the incorporation of new areas, the Federal District had to make a different choice, increasing production through the modernization of its agricultural activities. This is because the physical limitation of the arable area recommended it.

At this time, companies emerged that would support and strengthen the expansion of Brazilian agriculture: the Brazilian Agricultural Research Corporation (Embrapa) and the Brazilian Technical Assistance and Rural Extension Corporation (Embrater).

Embrater was created in 1974 to function as a coordinating body for 25 state public rural extension entities, the Emateres, which constituted the Brazilian System of Technical Assistance and Rural Extension – Sibrater, with the basic function of managing the transfer of agricultural technology to small and large producers.

Brasília also benefited from the installation of the Cerrados Agricultural Research Center (CPAC) and the National Vegetable Research Center (CNPV), both from Embrapa.



To accelerate the region's development, two programs conditioned on the use of modern technology were established: the Polocentro and the Special Program for the Brasília Geoeconomic Region. Their objectives were research and funding for soil remediation and pasture development, and they were most effective from 1975 to 1980.

Although its mission was to promote research for technology generation, the Special Program of the Geoeconomic Region of Brasília (Polobrasília) began developing basic research and supporting infrastructure. It delegated the execution of some of the research to other contracted institutions, especially universities.

To keep up with the new exploration pattern, determined by technological innovation, the leasing of rural land in the Federal District had to undergo changes.

A decree was issued to intensify the use of public lands, requiring prospective leaseholders to submit a land use plan and demonstrate their economic capacity to operate the land. The lease term was also reduced to 15 years, renewable for the same period.

At the same time, special, isolated areas were created for the implementation of agricultural and reforestation projects. This opened up new prospects for entrepreneurs with real financial and technical capabilities to develop dairy production and intensive agriculture projects on large tracts of land.

The government, through the FZDF, began adopting a form of agroecological zoning, where each Rural Center was designated for the production of a specific product, such as vegetables, fruits, grains, livestock, small animals, and others. Based on technical studies, production criteria were established according to suitability. Thus, the Rural Centers of Vargem Bonita and Alexandre Gusmão are still used primarily for vegetable cultivation.

On the other hand, the National Monetary Council authorized banks to accept lease agreements as collateral for financing. This was a decisive step in strengthening agricultural production in the capital of the Republic, as 2,000 rural lot tenants, whose status had already been regularized, were able to access resources for more intensive exploitation of their properties.

Banco de Brasília (BRB) has started offering credit lines to producers rural, which assumed greater importance for the economy of the Federal District.

Within a few months, there was a significant increase in the number of rural loans granted by the BRB. The credit granted to producers was primarily applied to fruit and vegetable farming, beef and dairy cattle, poultry farming, pig farming, rural electrification, and modern inputs. This enabled substantial investment in the region's agriculture, contributing to increased productivity.

The necessary structural and administrative basis was created to create a new settlement program that would guarantee significant economic support for local agriculture and livestock farming.

Thus, in 1977, the Federal District Directed Settlement Program (PAD-DF) was created to use high-tech agricultural activities to occupy the expropriated and idle lands belonging to the Federal District (GDF) in the quest for self-sufficiency in production. Located southwest of the Federal District, 70 km from the Plano Piloto (Pilot Plan), the program encompassed 61,000 hectares, divided into six large areas that would house 171 modules of approximately 300 hectares each. The program sought to modernize agriculture.

The modules were demarcated on the best lands in the Federal District, where the greatest water potential was found, with the possibility of mechanization, access by road with primary paving, water and electricity supply infrastructure, in addition to access to technical and credit support.

Commitments were made with tenants who demonstrated technical and economic conditions to implement projects with ambitious agricultural objectives. The candidate's experience and tradition were indispensable requirements, since the areas would be used for large-scale crops of soybeans, wheat, rice and corn, as well as dairy farming and fruit-growing programs.

The project soon proved feasible, and the region became a hub for disseminating crop technology in the Cerrado. The success of soybeans, with productivity rates exceeding the averages achieved by traditional states such as Paraná and Rio Grande do Sul, was definitive proof that the Cerrado was viable and had enormous potential to be explored.

Potato production reached commercial scale. Its adaptation was excellent due to the region's favorable environmental conditions, such as topography, soil conditions, and low disease incidence.

Other products also stood out, such as rice, wheat, carrots, ra, garlic, cucumber and cabbage, with average productivity among the best in the country.

In April 1978, the Agricultural Cooperative of the Federal District Region – Coopa-DF was founded, initially with 22 members, but it quickly managed to increase the number of members by promoting purchases and sales, favoring rural credit, technical assistance, industrialization and educational and social assistance to farmers and their families.

The 1970s also held a remarkable event for the rural community of the Federal District: the creation, in 1978, of the Technical Assistance and Rural Extension Company of the Federal District (Emater-DF), with the objective of planning, coordinating and executing technical, economic and social assistance programs, to increase agricultural production and productivity and improve living conditions in rural areas.

Emater-DF began its journey seeking to make the Federal District a multiplier of agricultural activities developed in the Cerrado region, with the support of Embrapa, Embrater and other government agencies.

At the time of its establishment, its structure differed from that of other Embrater-associated entities, comprising only two of the three organizational levels found in other Emateres. It consisted of company management, advisors and specialists, and an operational, or technical, department, consisting of field technicians and office assistants. This structure comprised 23 employees: 11 technicians (agronomists, veterinarians, and agricultural technicians) and 10 technical and administrative support staff, located in a central office and five local offices, in addition to the President and the Director.

At the end of 1979, as a reflection of the changes occurring in the political, economic and social scenario of the Federal District, a new cycle began at Emater-DF, which would end up having a positive impact in the 1980s.

The 1970s saw the state's active participation in the process of modernizing agriculture, in which rural credit and investment in research and technology became the main instruments of public policy. This policy proved costly for the state, leading to inflation due to resource scarcity, especially at the end of the decade, when the global oil crisis contributed to the increase in public debt. The credit system was flawed, concentrated in the hands of a few farmers and benefiting a limited number of crops.



#### Golden years?

The seventies were golden years for the Brazilian team.  
Did they make you believe that "Nobody can hold this country back"?!?

They brought riches, many riches, but for a few.  
Politicians, policies and economic and social scenarios have changed.

It brought abundance, food, and satisfaction to the people.  
Soybeans, corn, beans, lots and lots of grains.  
Ah! This technology, which doesn't let us forget,  
that the 70s changed everything in agriculture,  
but they left a trail of consequences...

Golden years, of transformations, of awareness  
of changes of the earth and for the earth.

If today, organic agriculture is strong and an option,  
has a debt to the golden years,  
with technology and revolution?

*José Luis Mazzaro*

## 1980s – Emater-DF, self-affirmation and vulnerability

The new decade brought moments of great tension and uncertainty to Brazilian agriculture. While the belief in its future as a major commodity producer was affirmed, the new Minister of Agriculture, who had taken office in March 1979, the last period of the dictatorship, was the old economic "czar" Delfim Neto. The slogan "Plant, João guarantees," was launched, alluding to President João Figueiredo's personalism, to which the people responded, adding, "but plant little, because the fat man is crazy," referring to the Minister of Agriculture, who drastically reduced agricultural credit, mainly through interest rate hikes, when he was Finance Minister in the previous administration.

The abundance of rural credit that had fueled the golden years of the 1970s was dwindling. The environmental problems of the "green revolution" that had been undertaken then were beginning to surface. A crisis in technical standards arose due to the excessive use of mechanization, chemicalization, and producers' dependence on more and new resources. The agricultural frontier in the Central-West region showed signs of exhaustion—rural exodus, the emergence of gullies in exposed soils, and a drastic reduction in biodiversity.

There was an urgent need for economic growth based on increased exports, especially of agricultural products, to meet the demand for international resources needed to cover the deficit in its external accounts. Brazil was in debt abroad and faced sacrifices to honor its commitments to international bankers and thus maintain the regular inflow of resources needed to balance its external accounts. The economic adjustments required by the oil crisis of the previous decade had not been made, and now the bill was being paid.

During the first Agricultural Exhibition of Brasília, promoted by Emater-DF, in 1981, the President of the Republic João Figueiredo appeared on horseback, surprising everyone present.

He addressed the grandstand for the customary ceremonies. Even before 1980, President João Figueiredo had already participated in the XII Agricultural Exhibition of the Federal District, where he presented awards to participating producers, especially to producer Francisco Pereira Lacerda, from the rural area of Taguara/Pipiripau. The result of this visit was the encouragement given to Emater-DF through massive support from the Ministry of Agriculture, now headed by Minister Amaury Stábile.

Another landmark moment, also at the beginning of the decade, was the Wheat Field Day, where the first productivity test was carried out on irrigated crops, reaching the mark of 2.9 thousand kilograms per hectare, which represented a national production record at the time.

Emater-DF also faced a growing demand for socio-rural organization initiatives, such as the production of basic foods. At that time, the company's planning was based on priority products and specific thematic areas, such as:

- Rural Administration;
- Agricultural Marketing;
- Soil and Water Conservation;
- Drainage and Irrigation;
- Agricultural Mechanization;
- Rural Organization;



- Adapted Technology;
- Workforce Training;
- Social Action.

Focused on rural producers, the technicians served any type of activity, without any structured strategic planning. Priority was given to training the rural workforce, the vast majority of whom came from other regions without knowledge of the Cerrado's production systems.

To promote the dissemination of new technologies and to equip extension workers with appropriate methodological tools, several booklets were produced, authored by Embrapa researchers, rural extension workers, and the producers themselves. The goal was to increase and improve agricultural cultivation through agricultural practices adaptable to the technological needs of producers and production.

In this way, new work programs were implemented, such as workforce training, Provárzeas and Biodigesters.

Under pressure from the company's own technicians, a working group was created to conduct an organizational review in the 1980s. The results of this study identified obstacles to Emater-DF's operations, which were still operating with the same five local offices established in 1979. Seven more offices were established. Two regional offices were created:

Region I – Brasília/DF, Ceasa, Gama, Taguatinga, UEPAE, Vargem Bonita and Region II – CPAC, PAD-DF, Planaltina, Rio Preto, Sobradinho and Tabatinga, in addition to the inauguration of two more advanced offices: Nova Betânia and Brasília.

The focus of the work shifted to both agricultural products and priority technical areas, such as: producer technology level, cattle feeding, rational use of inputs in carrot cultivation, etc. Institutional attention was focused on the production of garlic, potatoes, carrots, cabbage, tomatoes, rice, beans, corn, soybeans, wheat, cattle, pig and poultry farming.

The following programs continued: Provárzeas, Biodigesters, Labor Training, and others were created, such as Soil Conservation, Advance Purchase, Prohort, Emergency to Combat Drought in the Federal District, and Social Welfare.

It dates back to the beginning of the decade, the work in the area of Home Economics, with the hiring of a professional, who developed a health and food education program, and educational actions in the fields of health, food/nutrition, sanitation, work in home gardens, home canning, organization of youth groups, raising of small animals, as well as treatment and adequate use of water.

Thematic changes then occurred, with the Biodigester and Drought Emergency programs being discontinued and replaced by two others: Technological Innovation Multiplier and Adapted Technology. The company continued its strategy of working by product and in priority technical areas. The Japanese pumpkin product and the animal traction and rural management programs were added.

Ten years after its founding, the Company had 19 local offices and the São José community office. The Company's approach to action, which continued until 1988, yielded positive results, reflecting the growth of agricultural production in the Federal District. ATER services achieved their goal of dissemination and technology transfer, modernizing a segment of agricultural production, although improvements and benefits were only available to a limited number of producers.

With the enactment of the 1988 Constitution, the paradigms of technical assistance and rural extension services shifted. From an essentially productivist perspective, the approach shifted to a more socially focused approach. Objectives focused specifically on the productivity of agricultural techniques opened up space for issues of rural organization, social issues, and processes of coexistence and association.

This sparked an intense debate within the company to identify new core lines of action, as a starting point for the process of redirecting ATER's services in the Federal District. In this sense, the purely diffusionist vision gave way to the needs of producers, rural workers, and their families, adopting participatory planning and proposing a development model based on the decision-making process of the stakeholders involved.

A bold human resources training program was implemented at the Company with the aim of improving and stimulating the ability to observe, record and systematize accumulated experiences, adapting service actions to the needs and aspirations of the target audience.

On the other hand, a certain alignment and articulation was sought to bring the policies of the Federal Government and the Federal District Government closer together.

With the worsening economic crisis at the end of the decade, federal government funding was reduced, as it sought to minimize spending to combat the inflationary process. The crisis impacted Emater-DF, forcing offices to close. The number of local assistance units dropped from 19 to 15. There was also a notable loss of purchasing power among employees, a result of restrictive wage replacement policies.

The consequence was a systematic reduction in its workforce, further increasing the loss of qualified technicians. Emater-DF responded by implementing a position and salary plan to try to stem the attrition and maintain the quality of services provided.

At the institutional level of the GDF, and among the beneficiary public itself, the end of the decade finally brought the certainty of the consolidation of Emater.

The results, in terms of production/productivity, crops and the social framework in the countryside were undisputed testimony to the progress made in the Federal District.



### 1990s – Emater-DF, democracy and sustainable development

Although the beginning of the 1990s was characterized by high interest rates, failed attempts to control inflation, rising unemployment, allegations of corruption, shortages, agricultural crops sold at a loss, causing growing debt in the agricultural sector, there was still a positive expectation, generated by President Fernando Collor's campaign promises to end inflation, corruption, the "maharajas" of public service and the suffering of the "shirtless poor".

The day after his inauguration, President Fernando Collor adopted a radical and heterodox economic stabilization program, characterized by monetary confiscation, temporary freezing of prices and wages and reformulation of monetary correction rates, called the "Collor Plan".

With centralizing practices and promises of austere administration, he promoted the downsizing of the state machine, dismissed public servants, and extinguished public agencies, foundations, and companies, including Embrater, which would cause discontent throughout Brazil, especially in rural areas.



By presenting the "New Brazil," he once again disappointed rural producers with an economic policy for agriculture that, in addition to being narrow, contained inherent limitations on the production and circulation of goods and services. At the same time, he announced the abrupt opening of the national economy to foreign competition, facilitating the entry of goods that flooded the country with products of dubious quality.

The adopted economic plan and agricultural policy harmed agriculture, reducing liquidity and further inhibiting crop sales. To complicate matters, agricultural financing was adjusted by the Consumer Price Index (CPI) of March 1990 (84%) and prices by the National Treasury Bond (BTN) of the same month (42%), which virtually made it impossible for farmers to pay their debts on the agreed-upon dates.

It is also this government's initiative to scrap rural extension in the country, with substantial cuts in financial resources, leaving the ATER system, in addition to being an orphan of Embrater, supported solely by state governments.

At Emater-DF, the line of work initiated in the previous decade was maintained, although the "Color Plan" caused dissatisfaction among employees with the salary freeze policy adopted, which generated professional demotivation.

From 1991 onwards, unlike most rural extension companies in the country, which were experiencing a situation of near abandonment, Emater-DF experienced a privileged phase in its history, with decisive financial support from the GDF.

With resources from the Federal District Government budget and agreements with international organizations, such as the World Bank, Emater-DF was able to considerably expand its structure and services through the hiring of specialized human resources; a consulting firm, aiming at its institutional modernization and computerization of its activities; the acquisition of vehicles; the improvement of the facilities of the local offices and headquarters; the construction of the Training Center; and the implementation of a new position and salary plan, allowing the recovery of previous salary losses.



In this new context, a climate of motivation reached employees, positively impacting the company's performance. The desire to make Emater-DF a demonstrable model of rural extension for the country returned.

During this period, a new pattern of rural land occupation in the Federal District emerged due to the disorderly growth of the Federal Capital. A predominantly urban population moved into rural areas, creating a new demographic that also began to receive attention from Emater-DF extension agents.

On the national stage, the "one shot" of President Collor's economic stabilization plan failed to curb inflation, which rose daily, bringing recession and undermining the government's political strength. Furthermore, allegations of corruption, embezzlement, and misappropriation of public funds began to surface against government officials.

At Emater-DF, the atmosphere of confidence in the promising future of agriculture in the Federal District continued. Through an agreement with the Agricultural College of Brasilia, the Federal District Rural Extension Training Center (Center) was created.

In July 1992, the Federal District Government established "Community Gardens" in all satellite cities of Brasilia, with the aim of benefiting the needy population with donations, and tasked Emater-DF with managing the rules and guidelines for their cultivation.

On that occasion, Emater-DF, which had 21 local offices, managed to considerably increase the number of technicians, which went from 66 to 93. The positive results became visible, in production and productivity figures, in grain crops, fruit and vegetables and livestock.

On the other hand, at the federal level, the cornered Collor Government launched the Collor II Plan, which froze prices and wages, ending overnight payments and the National Treasury Bonus.

Finally, after a long process that paralyzed the country, the National Congress, under pressure, voted in December 1992 to impeach the president, stripping him of his political rights for eight years. Vice President Itamar Franco took office, his primary goal being to maintain a transparent administration that would enable a smooth transition to his successor.

To do so, he needed to control inflation, which was ravaging the country's economy. Thus, backed by a politically favorable environment and a broad party base, he launched his government plan.

At the local level, Emater-DF continued to provide quality services to rural communities, reaching 75% of the Federal District's rural producers by providing technology and guidance for agriculture, livestock, domestic economy, agribusiness, and the environment. For this, it relied heavily on the support of several agencies linked to the agricultural sector, particularly the Ministry of Agriculture, Supply, and Agrarian Reform (MAARA) and the Brazilian Agricultural Research Corporation (Embrapa).

Major crops broke production and productivity records. Horticulture advanced with the spread of plasticulture, which enabled the production of healthier seedlings, increasing the productivity of peppers and cucumbers. Vegetable crops surpassed previous production records, even enabling export to the North of the country. Consumers benefited from the coordination of research with rural extension, which brought to market cultivars of Shibata cucumber, União cabbage, and Brasília carrot.

With the support of Emater-DF, the new Direct Planting technology was also disseminated. This technology comprises a set of techniques that improve environmental conditions (water, soil, and climate) by harnessing the genetic potential of crops.



Over the course of the decade, Direct Planting would prove to be the great, environmentally most suitable alternative for exploiting the cerrados, occupying an area of around one million hectares with annual crops throughout the country in the early 1990s, to more than 12 million in the year 2000. Once again, the Company's extension agents were ahead of the curve in terms of technological diffusion.

In livestock farming, there were also increases in milk and meat production. Intensive work was carried out to ensure animal health, immunizing the region's herds against brucellosis and foot-and-mouth disease, in addition to raising awareness among producers about the risks of these diseases.

The Federal District finally got rid of the myth of unproductivity that had been pro-had paid since the beginning of its history!

Soil management techniques such as terracing, road improvements and restoration, construction of retention basins, spring protection, green manure, and riparian forest restoration became part of the extension agents' technological "menu." Society demanded it. The company, focused on society's demands, sought to respond accordingly. Special attention was given to small producers, intensifying environmental education initiatives, such as introducing selective waste collection and consolidating the collection of pesticide containers.



At the federal level, President Itamar Franco launched a new economic stabilization plan, which abolished the cruzeiro real and created a new currency, the real, which remains in force to this day. From then on, it was possible to plan the resumption of investments. And the country was able to leave behind the so-called "lost decade" and embark on a new era of growth and economic stability.

Technologically, agriculture in the Federal District was advancing, especially irrigated agriculture, which was strengthened by the full operation of the PAD-DF and Taquara agro-meteorological stations. The use of tensiometers in irrigated areas allowed for increased grain and vegetable productivity, as well as reduced electricity and water consumption.

Agribusiness was reaching rural areas. Its benefits reached rural producers, who now had direct access to the market, fairer pay, and the consequent possibility of investing in modernizing and expanding their production systems. At this time, Emater-DF extension agents worked intensively to raise awareness among producers, particularly regarding product quality, which would help strengthen their standing with consumers.

However, financial burdens remained a serious obstacle, compromising the contracting of a greater number of rural credit projects, hindering the modernization of activities, and limiting the incorporation of technological innovations. Difficulties persisted.

Farmers formed associations to address the high costs of agricultural inputs. Encouraged by Emater-DF, producers came together to purchase over 800 tons of fertilizer and, by the end of the period, had achieved significant savings.



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In the year in which Emater-DF would complete 15 years, it received a new challenge, to extend its area of activity to 15 municipalities in the region surrounding the Federal District, namely: Abadiânia, Águas Fria, Alexandria, Cidade Ocidental, Cocalzinho, Corumbá, Cristalina, Formosa, Cabeceiras, Luziânia, Mimoso, Padre Bernardo, Pirenópolis, Planaltina de Goiás and Santo Antônio do Descoberto.

This challenge was readily embraced by the company's employees, who recognized the expansion of their activities as undeniable proof of the quality of the rural extension services offered to rural producers. The company's actions were guided by a special program, developed based on priorities identified by the Municipal Departments of Agriculture and rural and community leaders in the region.

Thus, the Company grew in size and quality and from 16 local offices to 30. A public tender was held, new professionals were hired and trained.

The financial cost of this work structure, including salaries, social security contributions, consumables, third-party services, and other current expenses, totaled US\$2.4 million. These financial resources came from the following sources: Maara (1.5%), BIRD (5.5%), GDF (90%), and own resources (2.5%).

The success of the "Real" economic plan led to the electoral victory of former Finance Minister Fernando Henrique Cardoso in the 1994 presidential election. In the Federal District, former UnB rector Cristovam Buarque was elected governor. Both took office on January 1, 1995. Through programs to increase income, create jobs, and improve the quality of life for families, Emater-DF began its activities with the ultimate goal of contributing to rural workers' access to full citizenship.

At that time, SAP created the Small Agricultural Production Verticalization Program of the Federal District (PROVE), which consisted of adding value to the production of small agricultural units through the processing of products in family-run agribusinesses. It ensured credit, ongoing technical assistance, market access through marketing kiosks, and organized management of the production process. This program catapulted Emater-DF onto the national stage, reclaiming the role of an innovative company that had always guided its operations.

PROVE became well-known in Brazil and abroad, winning awards such as the "Public Management and Citizenship" competition, sponsored by the Getúlio Vargas Foundation, the Ford Foundation, and the Brazilian Development Bank (BNDES). In July 1997, during an international meeting held in New York (USA) to discuss Governance for Sustained Growth and Equality, PROVE was named one of the most successful programs in Latin America.

This Program, through training and professionalization actions promoted by Emater-DF, provided an improvement in the quality of labor and the consequent increase in the income of small producers, rural workers and their families. The program managed to reduce unemployment and generate job opportunities, especially for those who did not have well-defined professional knowledge.

Emater-DF began offering the rural population another service, the Producer's Card, based on criteria established by the Secretariat of Agriculture and Production, with which it could prove the effective exercise of rural activity in the Federal District.

Small producers in Brasília now also have a guaranteed place for commercialization, created with the Brasília Supply Society – SAB,

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between blocks 406/407 South. This space incorporated new agricultural segments into the economic process and demonstrated excellent performance, multiplying its sales in a short period of operation. The basket of products sold reached 60, across a variety of genres, with products guaranteed by the health inspection of the Federal District Government, carried out through the Department of Products of Plant and Animal Origin (Dipova), of the Secretariat of Agriculture and Production.

During this period, the Guaranteed Purchase project was also implemented, which ensured advance purchase of products; that is, small farmers began to plant with the certainty that they would sell their products.

Thus, Emater-DF began to encourage producers, providing guidance on product safety, production, and processing. The public policy was complemented by the participation of the BRB, which provided credit; the Zoobotanical Foundation, which manufactured agroindustrial kits, sold inputs, and analyzed products in its laboratories; and the SAB, which purchased and sold the produce.

On the national stage, in 1998, the Plano Real continued its successful trajectory, which enabled the reelection of President Fernando Henrique Cardoso. In the Federal District, the programs and projects developed by Emater-DF were then discontinued.

In 1999, at the beginning of President Fernando Henrique Cardoso's second term, there was a strong devaluation of the real, determined by international financial crises (Russia, Mexico and Asia), leading the country to experience great financial difficulties, which raised real interest rates to very high levels, resulting in a considerable increase in Brazil's internal debt.

Thus ended the 1990s, which, on the national scene, were marked by the democratic maturity of the Brazilian people and institutions, the privatization of major Federal Government assets, and the beginning of economic stability.

In the Federal District, the work carried out by Emater-DF through actions to support organized community groups, primarily those that constituted family-based agricultural units, helped to rescue, expand and enable the economic and social participation of the people and communities served, especially low-income producers and workers.



## 2000s – new perspectives and new concerns

The new millennium arrives bringing new perspectives and also new concerns. Globalization establishes economic standards, and international markets begin to operate through economic blocs established decades ago. There is a frantic search for new commodity markets around the world, and China is reaching consumption levels unthinkable for a country with one-fifth of the world's population. This shifts the axis of the international flow of goods and services.

Environmentally, there is a notable imbalance with the observation of global warming and its consequences on the geography of nations. There is a division in the world between countries that commit to the so-called Kyoto Protocol and those that do not. Planetary conservation becomes a bargaining chip, and new technological standards are required to curb the collapse of ecosystems.

In Brazil, the incorporation of new areas into the production process generated conflicts and clashed interests. The growth of production in large areas of the Cerrado has come at the expense of biodiversity. Society demands production that simultaneously preserves natural systems and provides healthy products, without compromising the food safety standards achieved to date.

The Federal District has established itself as a dynamic hub of Brazilian agriculture, if not for the scale of production, for the diversity of products, productivity gains and the quality of supply provided to the consumer market in the capital.



Former Governor Roriz's return to the Federal District government in 1999 influenced rural development in the 2000s. With him, he returned to supporting agriculture with a broader vision of sectors and themes. To implement his policy, he created the Rural Development Plan for the Federal District and Surrounding Areas (Prorural-DF/Ride) through Law No. 2.499 of December 7, 1999. Prorural-DF/Ride, comprised of 17 programs, was coordinated by Emater-DF and led by its various departments.

Prorural-DF/Ride's objectives were to create a new support base for agriculture in the region, using the potential of the Brasília market to promote the generation of jobs and income in rural areas, with diversification and added value to raw materials.

The sectors covered by this Plan were: beef and dairy cattle, sheep farming, irrigated fruit farming, fish farming, floriculture, rural agroindustry, buffalo farming, organic agriculture, beekeeping, animal health, horticulture, watersheds, localized irrigation, poultry farming, rural tourism, ostrich farming and beekeeping.

At the federal level, the beginning of the decade was marked by the continuation of President Fernando Henrique Cardoso's administration. For agriculture, the same challenges remained: producing more, with increasing productivity gains, generating surpluses in the trade balance, in an environment dominated by a high level of debt and difficulties in obtaining new credit in the domestic market.

In the international market, disputes between the major economic blocs have intensified, and Brazilian products have begun to face additional difficulties as a result of the health barriers imposed by their main trading partners.

As for supplying the domestic market, agriculture continued to play its role, which had been escalated since the origin of the Plano Real ("green anchor"), guaranteeing the supply of urban centers with plentiful and cheap food, and producing the raw materials necessary for agro-industrialization.

In 2003, a worker, a migrant from the Northeast, took over the Presidency of the Republic. In 2003, President Lula created the Zero Hunger Program to combat hunger and reduce poverty for a large portion of Brazilians. Based on two pillars: food security for citizens, on the one hand, and job and income generation, on the other, it sought to socially include citizens in the market for goods and services. This policy led to a broad expansion of the base of the social pyramid, significantly impacting the consumption of food and basic necessities.

To help combat hunger and poverty among a portion of Brazilians, the Federal Government turned to family farmers. To this end, it strengthened public policy instruments for this agricultural segment, expanding the actions of the National Program for Strengthening Family Farming (PRONAF), equipping it with new agricultural policy instruments necessary for the growth and development of production. These instruments included, among others, an increase in the volume of credit resources, a reduction in interest rates, a broader scope of ATER services, agricultural insurance, and a minimum price guarantee.

At Emater-DF, along with coordinating the programs that comprised PRO-RURAL-DF/Ride, extension workers continued to focus on community and social development initiatives. During this period, the market for ecologically sustainable products was also revitalized. Emater-DF, which had already been working with organic agriculture since the mid-1990s, expanded its services to the growing number of producers adopting this standard.

The support also extends to the fight for a separate space to market produce within the Brasília Supply Center (CEASA). This is where the organic produce market emerged, a result of the producers' association, which is in the process of becoming an Organic Production Cooperative.



In the field of rural extension, Emater-DF further strengthened its initiatives with community actions, promoting access for the needy population in rural areas to social and assistance services in the areas of health, social security, education, sanitation, hygiene, civil law, rural extension, environment and leisure, in addition to technical and citizenship training.

Another activity worth mentioning was the engagement of Emater-DF field teams in the GDF's educational program. This was the case with their decisive participation in "A Escola Bate à Sua Porta" (School Knocks at Your Door), which aimed to mobilize rural families to ensure their children had access to elementary education.

In Brazil, technical assistance and rural extension received a major boost with the creation of the National Policy for Technical Assistance and Rural Extension – Pnater, by the Federal Government, in July 2006.

Pnater restores historical commitments to the Brazilian rural sector, especially family farming, establishing principles and guidelines focused on the pursuit of universal, public and free ATER services.

The promotion of sustainable rural development, the multidisciplinary and interdisciplinary vision with participatory methodological approaches, the democratic management of decisions with effective participation and social control determined at all stages by the beneficiary social agents and the development of permanent and continuous educational processes, with a humanistic and constructivist focus, aim to improve the quality of life and promote the sustainable rural development of family farming.

Emater-DF, which for part of the current decade had faced difficulties in establishing agreements with the Federal Government, for administrative reasons, finally managed to overcome them, opening new possibilities for raising funds, which, added to the ordinary resources of the GDF budget, allowed the return of a leading role in the rural development of the Federal District.

Furthermore, the Company has focused on issues related to social management processes related to the world of family farming, taking care of the different dimensions of the development of this category, especially those linked to production, social and environmental aspects.

Its activities also include managing non-agricultural activities specific to this productive sector. Today, Emater-DF has 268 employees committed to the sustainable development of agriculture in the Federal District. People capable of undertaking the effort to overcome and trained to competently carry out their work, making history and building the perspective of sustainable development in the Federal District, an example for other regions and ATER companies in Brazil.

## TECHNICAL ASSISTANCE AND RURAL EXTENSION COMPANY - EMATER-DF

### FACTORS THAT CONTRIBUTED TO ITS CREATION

The Federal Government invested in economic development plans and in companies that could modernize agricultural production. In the Federal District, authorities persistently sought strategies to promote food security until the late 1970s.

Thus, since the creation of the Department of Land and Agriculture in 1957, under Novavacap, several initiatives have been launched to alleviate food insecurity and the high cost of food. In 1961, undoubtedly due to these circumstances, the Zoobotanical Foundation of the Federal District (FZDF) was created. This institution played a fundamental role in the dynamics of rural development in the Federal District and consolidated the state's significant presence in the agricultural sector. The FZDF took on the role of rural land leasing, infrastructure, and development. In 1971, in line with the effort to reduce dependence on food imports, the GDF launched the Agricultural Plan to encourage production.

On the national scene, in 1974 the Federal Government created the Brazilian Company for Technical Assistance and Rural Extension, which would have the function of coordinating the State Companies for Technical Assistance and Rural Extension. These companies, for the most part, had their origins in the former Acar and Ancar, created in the 1940s, 1950s and 60.

In the Federal District, ACAR was created in 1967 and dissolved in 1975. Its technical assistance and rural credit functions were taken over by the Department of Technical Assistance and Rural Extension (DATER), created in 1976 within the FZDF. After its creation, the Secretary of Agriculture contacted Embrater to obtain resources for the new department. In these conversations, the Secretary was informed that such funds would only be released to companies, not departments.

resources.

After some political negotiations and administrative understandings, Law No. 6.500 was decreed by the Senate and sanctioned by the President of the Republic in December 1977, which authorized the GDF to create Emater-DF, with headquarters and jurisdiction in Brasília and jurisdiction in the administrative area of the Federal District.

On April 7, 1978, Governor Elmo Serejo Farias, through Decree No. 4,140, created Emater-DF. This private law institution is part of the Indirect Administration of the Federal District and is linked to the Federal District Secretariat of Agriculture and Production. It began its operations at the Secretariat's headquarters in the Buriti Palace annex, staffed by technicians from Dater, a branch of the Federal District's Federal District Department of Agriculture and Production, who had opted to join the company.

Article eight of this Decree indicates that Emater-DF could also, through an agreement with the Agriculture Secretariats of the States of Minas Gerais and Goiás, develop ATER programs in the Geoeconomic Region of Brasília.



## PIONEERS

The development of rural areas in the Federal District has been significantly influenced by Emater-DF's Rural Extension Agents since its inception. Without their work, farmers' productivity would be significantly lower, and the quality of their produce would be significantly lower.

Emater-DF, initially constituted by five extension agents with training as agricultural engineers: Eimar Vieira de Almeida, Francisco Antonio Cândia de Matos, Reinaldo Alonso de Melo, Renilton Santos Guimarães, Francisco Pereira de Sousa Leão and an extension agent veterinarian Everaldo Flávio Soares Pereira, as well as an administrative agent Selma Guimarães Amaral, all originally from the Department of Technical Assistance and Rural Extension - Dater, of the FZDF. The company grew and the hiring of other technicians and administrative personnel began, such as: agricultural engineer João Bernardino de Sousa, veterinarian José Lopes Germano, accountant Mário Sousa Silva, administrative personnel Luiz Carlos Xavier and Rita E. de Ataíde and driver Gabriel Teixeira de Oliveira.

In September 1978, the Company made new hires, six agricultural engineers: José Antonio dos Santos Porcaro, Juarez Ribeiro de Oliveira, Marcus Vinícius Ansani, Paulo Menezes Guedes, Pedro Maia Guimarães and Shiguo Matsura, and a veterinarian, Ricardo Ferreira Barreto, who began Technical Assistance and Rural Extension services in the field.

Currently, it has 268 employees who, over the past 30 years, have helped fulfill the Company's mission, building a trajectory marked by the seriousness and commitment of professionals who put into practice work that transformed the rural space of the Federal District and who continue to provide their services with the same dedication.

This functional history has a very strong link with the development of Emater-DF and rural families in the Federal District, as these extension workers, in addition to providing Technical Assistance, also play a significant role in rural extension, contributing, with their services, dedication, professionalism, persistence and "technical insistence", to the consolidation of the Company and, above all, of the rural space in the Federal District, which in three decades has raised the unsatisfactory levels of production/ agricultural productivity and quality of life in rural areas to one of the best in the country.

This is no accident. It is the result of years of tireless work preserving extension principles and training to improve the methodologies used in rural extension. And most importantly, it is the result of the seriousness and dedication of extension workers to their work and to the cause of farmers and their families. These are qualities that each extension worker must safeguard and protect for the future.

These results helped transform the lives of rural producers, workers, women, children, youth and elderly people, contributing to the growth of agricultural production, food security, the quality of life of rural producers and their families, and the preservation of the environment, seeking sustainable rural development in the Federal District.

## INSTITUTIONAL STRUCTURE

Emater-DF is a private legal entity, part of the Indirect Administration of the Federal District, linked to the Secretariat of Agriculture, Livestock, and Supply of the Federal District. It partners with the Ministry of Agrarian Development (MDA) in implementing the National Policy for Technical Assistance and Public Rural Extension (Pnater) and is a member of the Brazilian Association of State Technical Assistance and Rural Extension Entities (ASBRAER).

## MISSION

Disseminate knowledge and train producers, rural workers, their families and organizations in technological aspects and the agricultural production system, aiming at generating employment, income and sustainable rural development.

## VISION

Strive for excellence in the services provided to its clientele.

## OBJECTIVES

Collaborate with competent bodies of the Federal District Government and the Federal Administration in the formulation and implementation of technical assistance and rural extension policies;

Provide free, high-quality Technical Assistance and Rural Extension services to strengthen Family Farming;

Promote sustainable rural development, with an emphasis on environmental balance, social justice, economic viability, adopting the principles of agroecology;

Seek the participation of social organizations in planning and monitoring all Technical Assistance and Rural Extension activities;

Prioritize rural workers, family farmers and settlers of agrarian reform, in line with Pnater;

Serve corporate agriculture and the urban public, according to the demands of each segment, considering the unique characteristics of the Federal District and the policies of the Federal District Government, with priority given to structural projects and economic development forums implemented by the local government.



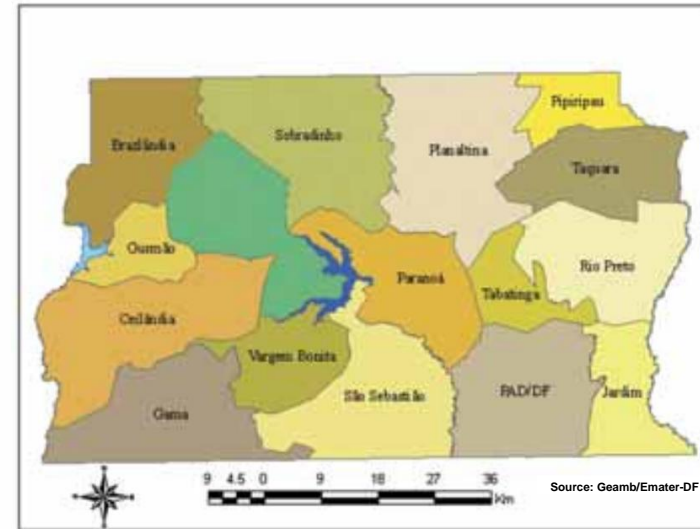
**EMATER-DF**

**EMATER-DF**



## AREA OF ACTIVITY

Emater-DF, for the execution of its activities, currently has 15 Local Managements: Alexandre de Gusmão, Brazlândia, Ceilândia, Gama, Jardim, PAD-DF, Paranoá, Pipiripau, Planaltina, Rio Preto, São Sebastião, Sobradinho, Tabatinga, Taquara and Vargem Bonita, two Coordination Managements: Regional East and Regional West, a Training Center, and a Central Office, strategically distributed throughout the Federal District.



## ORGANIZATIONAL STRUCTURE

Emater-DF guides and executes its operational routines with an administrative and technical body, composed of a Board of Directors, a Fiscal Council, the Presidency, an Executive Board and three Coordinating Boards.

The coordinators are composed of Management Units, in order to allow the expansion of the articulation between local managements, regionalize the provision of the company's services to rural producers and their organizations, and prepare an Annual Work Plan integrated between the managements of the region.

The expectations, needs and desires of its customers determine the process of Emater-DF's Technical Assistance and Rural Extension.

### I believe

In the farmer and in the land, sources of wealth and well-being, and I believe in the right of access from the rural community to the benefits of science, education and culture.

In the creative force and potentials of work of my people, in their desires peace and life aspirations, in the interests that it defends, in the horizons it seeks.

In rural extension as an educational action, matrix of ideas and desire for progress, mobilizing wills and resources to the promotion of development.

In myself, I believe in my preparation professional and in the vocation to serve, in my identification with the vital aspects of community to which I belong, in the determination that I have to help build the greatness and progress of my country, and thus, make my own life useful.

And because I believe,  
I am an Extensionist.

Unknown author

## HUMAN RESOURCES AND TRAINING

In 1978/1979, Emater-DF had a technical-administrative structure of seventy-six employees, thirty of whom were technicians and forty-six were administrative staff. In 1984, after five years of operations, it reached 140 technicians and 63 administrative staff. Today, it has 268 employees to carry out its work, in the Central Office, Local Management, and in its Training Center.

Updated Emater-DF staffing table. Improve this table.

Rural Extensionist	Amount
Agricultural Engineer	47
Veterinarian	22
Home Economist (NS)	6
Home Economist (NM)	18
Zootechnician	2
Economist	1
Agricultural Technician	31
<b>Total</b>	<b>127</b>

Freely available and requested jobs	Amount
Commission employment	34
Commission employment	1
Administrative staff assigned from other bodies (SAB)	51
Administrative staff assigned from other bodies (TCB)	1
Agricultural engineer seconded from SEDF	1
Zootechnician loaned from SEDF	1
<b>Total</b>	<b>89</b>

Emater-DF employees seconded to other agencies	Amount
Agricultural Engineer	2
Veterinarian	6
Economist	1
Zootechnician	1
Administrative Assistant	3
Counter	1
Agricultural Technician	3
<b>Total</b>	<b>17</b>

Administrative support	Amount
Administrative	32
Designer	2
Typist	1
General Services Assistant	4
Driver	5
<b>Total</b>	<b>44</b>

Specialized Technician	8
Total employees	268

Since its creation, the Company has maintained a continuous Training Program for its employees, as one of the most important activities within its human resources policy.

Training, updating, specializing and developing rural extension workers is the objective of the Emater-DF training process, so that they can effectively achieve organizational and operational objectives.

Knowledge is understood as something dynamic, alive, like a plant or an animal. Hence the importance and emphasis on training its staff, in a process of constant growth. Human resource training is one of the Company's priorities, consolidated over its 30 years of existence.

The Emater-DF extensionist training process comprises two projects:

1. Training and Updating Project – through the programs:

- Integration training;
- Initial training;
- Recycling or updating.

2. Postgraduate Project:

- Postgraduate studies *Latu sensu* (Improvement and specialization);
- *Strictu sensu* Postgraduate Studies (Masters, Doctorate).

The Emater-DF Human Resources Training Program is aimed at Managers, Commissioners, Higher and Secondary Level Extensionists, Specialized Technicians, and the Company's Administrative and Intern Staff.

It creates the possibility of access for all employees, based on the results of quantitative and qualitative analysis of the information obtained in the training needs assessment.

The total number of training events offered by Emater-DF to its employees and the number of trainees who participated in the events are presented in the following table.

The company's investment in human resources, which throughout its existence has had fewer than 300 employees, is undeniable, as is its commitment to ongoing development, development, and specialization. Emater-DF's ongoing employee training is exclusively designed to meet the needs of producers and rural families in the Federal District.

Training carried out by Emater-DF employees from 1979 to 2007	
Doctorates	1
Master's degrees	22
Specialists/Training courses (46,956 hours of workload)	68/108 984
Repetition training	5,152

Emater-DF has been offering internships to students, both in Higher Education and High School, with the aim of complementing their academic studies through professional practice since 1982. Especially to those enrolled in courses in the area of Agricultural Sciences and related areas for Rural Extension services.

Access to the Internship Program is possible through agreements signed with educational institutions, both public and private, in accordance with Law No. 6,494/77 and Decree No. 87,497/82. The agreements were established with the following institutions: UBEC/UCB, UnB, CAB, ITB, Iesb, Uniceub, Unieuro, Fiplac, Uniplac, Facplac, Colleges Michelangelo, Unip, Upis, FTB, ACEG, CESB, Faceb, Unipam, SEE, CNEC, UNIDF, Icesp, UFV, UFLA, UFG, UNEB, FURG, Federal Agricultural School of Januária, MG, Federal Agricultural School of Urutai, GO.

The internship is an opportunity to learn, systematize and test the theoretical knowledge learned during the course, creating opportunities for students to:

- Practical application of theoretical knowledge;
- Experience of real problems in the professional field;
- Collection of real-world data to better assess the job market;
- Deepening knowledge in your area of interest;
- Test of theoretical and practical knowledge.

The internship is carried out with daily shifts of 4 to 8 hours, depending on the student's availability and current legislation. In addition to the Educational Supplement Grant, interns receive meal vouchers and transportation vouchers, depending on the budget allocation.

Emater-DF believes that the internship offer is an opportunity to deepen knowledge and skills in the student's area of interest, with the opportunity to develop projects in the areas of agriculture, livestock, rural credit, agricultural marketing, food processing, urban and school community gardens, family farming, rural tourism, rural extension methodology, public policies, information technology, and sustainable rural development.

## WORDS FROM FORMER GOVERNORS



**JOAQUIM RORIZ**  
Former Governor of the Federal District

For an institution to perform well, there must be interaction between leaders and staff, aligned with the government and its development policy. If this occurs, the government can establish strategies, set goals, and prioritize development in a given area.

Having capable people with technical knowledge and political skills at the helm of the Company is what can bring about changes that generate benefits for the institution and for the population that needs its services.

Listening to civil servants, rural producers, and land leaseholders is what has made Emater-DF an institution capable of offering appropriate responses to identified needs, implementing a policy to meet local demands in the development process.

When the Federal District needed to become self-sufficient in vegetable production, it was the Banco de Brasília-BRB that received guidance from the Federal District government to provide credit to rural producers, and Emater-DF to provide technical assistance, stimulating and promoting these activities.

Emater-DF has become a key company in promoting citizenship in rural areas, expanding farmers' knowledge, encouraging people to remain in the countryside, and developing profitable agricultural activities with improved living conditions.

Emater-DF plays a crucial role in improving and advising farmers. This was my understanding when I headed the Federal District Government.



**SENATOR CRISTOVAM BUARQUE**  
Former Governor of the Federal District

Emater-DF is a public policy implementation company in the areas of agricultural production. Its mission is: "To develop and disseminate knowledge of the agricultural production system, to inform and train rural producers and workers, their families, and organizations, aiming for sustainable rural development and the full exercise of citizenship."

I've always supported institutions like Emater-DF. For me, it's essential for promoting sustainable and supportive development in rural areas. It would be impossible to achieve any transformative action without a committed technical assistance and rural extension service.

When Governor of the Federal District, starting in January 1995, the Democratic and Popular Government decided to change the way it governed and acted, above all, to democratize opportunities; so that the action of public institutions reached all citizens, without exception, and so that the poor and excluded would not lack appropriate conditions to escape the state of poverty and exclusion.

With the same purpose and determination, Emater-DF, together with other institutions linked to the Department of Agriculture, decided to address social exclusion in rural areas. The results and impacts achieved during this period demonstrate that this is entirely possible and, moreover, essential for the growth of society itself.

As Emater-DF celebrates its anniversary, I would like to pay tribute to the work of its employees who do not hesitate to contribute to the success of its institutional mission, ceasing to be mere public servants and taking on the role of public servants.

Congratulations Emater-DF, on its 30 years!

PHOTO GALLERY



Pioneers Presidency and Executive Board



Pioneers



Operations Coordination



Programming Management and Budget



Monitoring Management Operational



Human Resources Management



Execution Management Budgetary and Financial



Accounting Management

Material Management and Heritage



Service Management General and Transportation



Methodology Management, Communication and Documentation



Programming Management and Budget



Centerer Management



Planning Coordination

Development Management Family Member



Agroecology Management and Environment



Development Management Rural Economic



Agricultural Management



Pianaltina Management



Taquara Management



Management of Saint Sebastian



Garden Management



PAD-DF Management



Cellândia Management



Sobradinho Management



Braziândia Management



Management of Alexandre de Gusrião



Western Regional Management



Gama Management



Tabatinga Management



Paranoá Management



Piripau Management



Rio Preto Management



Vargem Bonita Management



Association of Civil Servants - ASSER

## PRESIDENTS OF Emater – 1978/2008

Marlenio José Ferreira Oliveira	April 20, 1978 to May 21, 1979
Manoel Moreira Neto	May 21, 1979 to January 30, 1980
Mário Capp Jr.	7/2/1980 to 7/8/1985
Flavio Augusto d'Araújo Couto	7/8/1985 to 14/11/1988
Manoel Olímpio de Vasconcelos Neto	11/14/1988 to 1/14/1991
Waldir Marques Giusti	January 14, 1991 to January 4, 1995
Carlos Ponciano Barros Cavalcanti	4/1/1995 to 10/4/1997
Maurício Dutra Garcia	11/4/1997 to 9/12/1998
Paulo Menicucci Castanheira	7/1/1999 to 5/7/2000
Wlmar Luis da Silva	7/7/2000 to 10/5/2006
Rildon Carlos de Oliveira	11/5/2006 to 2/1/2007
Charlemagne Campos da Rocha	1/17/2007 ...

## DIRECTORS OF Emater – 1978/2008

José Gomes Vieira	April 20, 1978 to May 21, 1979
Waldir Marques Giusti	May 21, 1979, to July 27, 1983
José Faria de Novaes Filho	July 27, 1983 to August 7, 1985
Dorizete José Tokarski	7/8/1985 to 7/1/1987
Ricardo Ferreira Barreto Alvaro	January 22, 1987 to August 22, 1990
José dos Santos Neto	August 22, 1990 to January 4, 1995
Almeri da Silva Martins	January 4, 1995 to February 12, 1996
Zeke Beze Jr.	February 12, 1996 to October 31, 1997
Reinaldo Pena Lopes	October 31, 1997 to January 11, 1999
Dilson Resende de Almeida	January 11, 1999 to January 30, 2003
Mordecai Gomes de Carvalho	January 30, 2003 to December 5, 2005
Rildon Carlos de Oliveira	April 7, 2005 to May 10, 2006
Sebastian Marcio Lopes de Andrade	11/5/2006 to 2/1/2007
Carlos Cesar Vieira da Luz	1/17/2007 ...

## IN MEMORIAM

Abraham Tadashi Hagasava  
 Crisdotomo Guanães Dourado  
 Leila Menezes Peixoto  
 Mordecai Gomes de Carvalho  
 Orlando Lopes Dias  
 Ricardo Ferreira Barreto  
 Sonia Regina Aragão Soares

### Emater-DF: SUCCESSFUL EXPERIENCES – PROGRAMS, PROJECTS, ACTIONS AND ACTIVITIES

Throughout its 30-year history, Emater-DF has undertaken a multitude of actions, sometimes focused on the development of production, sometimes focused on the development of man.

These actions, in addition to complying with the technical criteria adopted by extensionists, also observed strict harmony with the interests of farmers and their families.

Thus, the history of Emater-DF, as seen so far, was built from the different current moments experienced by society in the Federal District and Brazil.

The experiences listed below represent some of these actions, from a collection immense, which seek to translate Emater-DF's commitments to its public.

More than just reports, they are fragments of the Company's history and a testament to its ties with society in the Federal District.

It is Emater YES, SIR!

To every plant that didn't grow  
To each root that took root  
To every calf that was not born  
To each hive that migrated  
To every pasture that bloomed  
Emater was not absent.

With each seedling planted  
With each flower revenge  
For each cow separated  
With each honey that was obtained  
With each recipe counted  
Emater was not absent.

To every child at school  
Every "the bank accepted"  
With each reduction in alms  
With every "thank you, doctor"  
For every project without a ball  
Yes, it is Emater, sir.

*Francisco Hercilio da Costa Matos*



### RURAL CREDIT – HISTORY IN THE FEDERAL DISTRICT

Oriented Rural Credit in the Federal District began in July 1967 with the creation of the BRB Rural Credit Portfolio and the signing of the Rural Credit Charter by the Secretariat of Agriculture and Production and the Bank's President. This instrument outlined the Rural Credit policy for the Brasília Geoeconomic Region, in line with the guidelines established by the Brasília Credit Charter, launched by the Federal Government for the entire country.

Following the document's principles, which emphasize the need to integrate Rural Credit with Technical Assistance, the BRB sought collaboration from the Secretariat of Agriculture to develop a parallel technical assistance program for Rural Credit beneficiaries. Initially, two Mobile Rural Credit Units (Umocret) were created. With the significant increase in the number of credit transactions by livestock farmers in the region, an agreement was signed with the Rural Assistance Credit Association (Acar-DF), increasing the number of mobile units and technicians for monitoring, carried out by five agronomists: two from the Secretariat of Agriculture and three from Acar-DF. In less than a year, Umocret served some of the small producers (horticulturists) in the Federal District and the surrounding region (comprising 47 municipalities). Assistance was primarily provided to livestock farmers in the acquisition of dairy cows and breeding stock, aimed at improving their herds.

Banco do Brasil, through its branches outside the Federal District, focused its actions in serving traditional producers.

In 1975, ACAR-DF, an institution tasked for eight years with supporting rural producers in the Federal District and the Brasília Geoeconomic Region, providing credit and technical guidance to them, was dissolved. With the end of ACAR-DF, the institution's activities in the Geoeconomic Region returned to ACAR-GO and ACAR-MG. The Federal District Secretariat of Agriculture and Production, through the Department of Agricultural Production, assumed responsibility for assisting producers, a role that was soon transferred to the FZDF (Department of Technical Assistance and Rural Extension – Dater), created in 1976.

In 1975, the Federal Government launched the Polocentro program, which aimed to develop the Brazilian Cerrado by offering long-term, highly subsidized credit with zero interest rates to producers in the region and those wishing to settle there, financing the essential fertilizers and amendments needed for the Cerrado development. In the Brasília Geoeconomic Region, the program was called Polobrasília and was operated by the BRB.

A long period of credit seeking began, with the work of the region's Emateres (National Agricultural and Agricultural Development Associations) largely focused on project development. To meet producers' demand for credit project development, numerous agricultural planning companies emerged, becoming one of the main job markets for agricultural professionals.

In 1976, Dater was created to fill the gap left by Acar-DF and meet the demand for rural credit, due to Polobrasília. Despite the limited infrastructure and technical staff, Dater initially met the needs. In 1977, the Federal District Government created the Federal District Directed Settlement Program – PAD-DF, following the example of the

The Alto Paranaíba Directed Settlement (PADAP), a successful program in the São Gotardo region of Minas Gerais, was established. With the area already demarcated, the Secretary of Agriculture, Pedro do Carmo Dantas, was eager to implement the program, which would become a landmark for agriculture in the Federal District.

The first step was to find producers with a tradition of growing grains: rice, soybeans, and wheat. Initially, they sought out cooperatives in the south of the country, where they found producers who planted small plots and were interested in expanding. They readily accepted the challenge of exploring the Cerrado in Brazil's Central-West region.

That same year, families camped in the Federal District, committed to carrying out the initial planting steps—deforestation, root collection, soil remediation, intensive fertilization, etc. The race against time began to enable producers to fulfill their commitment to plant crops by the end of 1977. Dater and the BRB were responsible for facilitating credit for the newly arrived producers. Dater's task was to deliver the first 14 projects, known as Polobrasília, to the Bank. This way, the producers selected to occupy area "A" of the PAD-DF would have the minimum conditions to acquire the necessary inputs and begin planting. The BRB was responsible for releasing the funds to meet the commitments made to suppliers. Despite all the difficulties that arose in securing credit, such as producer registration, guarantees, limited supply of inputs, and machinery, the first rice fields were planted by the end of December 1977 and January 1978. This marked the beginning of corporate agriculture in the Federal District.

During the first months of 1978, the main focus of Dater's few technicians was to support producers with the demands inherent to the occupation of the Cerrado, such as rural credit, planting technology, and other services. With the increasingly intense demand for Dater's services, the Department's infrastructure was beginning to show signs of being inadequate to satisfactorily meet producers' needs. The need for a more agile institution capable of quickly addressing their demands was evident.

In April 1978, Emater-DF was created, a Public Company, linked to the Secretariat of Agriculture and Production, which statutorily met the policy of Technical Assistance and Rural Extension and Agricultural Research established by the Federal Government, with the Coordination of the recently created Embrater and Embrapa.

Initially made up of seven technicians and one administrative staff from Da-ter, Emater-DF was born with the responsibility of meeting the needs of the rural community, which sought information, mainly from producers from other regions and familiar with other realities.

In September 1978, the Company made its first technical and administrative hires, joining those originally from Dater, in order to meet the great demand from producers – Rural Credit.

During its 30 years of existence, Emater-DF, like other Rural Extension Companies in Brazil, has relied on rural credit as its main lever for providing rural producers in the Federal District with production technology aimed at the region's development. The Federal District has used several financing programs for rural extension.

I) Polobrasília, established in 1975 and operated by the BRB, aimed to promote the development of the Brasília Geoeconomic Region. It was largely responsible for the expansion of the agricultural frontier throughout the region. Its main attraction was



Investment financing, with up to 12 years of term, and financing, with up to three years to repay. Low interest rates, one of the biggest attractions, included zero interest for limestone and fertilizers.

II) Provárzeas, a Federal Government Program, which aimed to incorporate the Floodplains into the production process through systematization and drainage. Although it contributed little to the consolidation of agriculture in the Federal District, the program had a strong appeal for the occupation of floodplain areas, now considered permanent preservation areas, whose use is prohibited by law.

III) Prohort, a Federal District Government Program, had BRB as its financial agent, with Emater-DF responsible for the dissemination and preparation of credit and technical assistance projects for rural producers in the Federal District, providing resources for financing production support equipment such as micro-tractors, irrigation equipment, etc.

IV) Advance Purchase, a Federal District Government program to encourage vegetable production, with its main attraction being a guaranteed production price and agricultural insurance against weather events, diseases, and pests with unknown control. The BRB (Brazilian Agricultural Bank) served as financial agent, financing the production costs, while Emater-DF (Federal Agency for the Protection of Agricultural and Agricultural Development) was responsible for publicizing, developing credit projects, and providing technical assistance. Together with SAB and COBAL, Emater-DF established a calendar outlining the needs of each product and the quantity that each producer, by prior arrangement, would deliver to the institutions' supermarkets. Production insurance was the responsibility of the São Paulo State Insurance Company (COSESP).

V) Guaranteed Purchase, which ended the Advance Purchase Program, was created by agencies affiliated with the Federal District Government, funded by the BRB (Brazilian Regional Development Bank), and implemented by Emater-DF and SAB (Brazilian Association of Agribusiness). This program followed the same strategy, but this time, only the SAB supermarket chain received the previously contracted products.

VI) Family Farming Support Program, established through Agreement No. 035/98, signed between companies affiliated with the Department of Agriculture, with the objective of supporting family farming and the Production Verticalization Program (Prove), created by the Federal District Government. Its objective was to offer subsidized credit for investment and financing, and its priority audience was producers in settlement projects in the Federal District. During the program's term, financing was prioritized for the acquisition of irrigation infrastructure, well drilling, and small irrigation kits, as well as for small agribusinesses.

VII) FCO, the Constitutional Fund for Financing the Central-West, established in 1988, complemented the initiatives initiated by Polocentro and Polobrasília. Over the past 20 years, it has been the primary instrument supporting the region's development, particularly rural extension initiatives, providing rural producers with long-term credit and subsidized interest rates, with Banco do Brasil as its financial agent.

VIII) Creditrabalho, created by Complementary Law No. 05, of August 14, 1995, with the name of Solidarity Fund for Employment and Income Generation of the Federal District - Funsol, transformed by Complementary Law No. 704, of January 18, 2005, into Fund for Employment and Income Generation - Fungor. It is a program of the Secretariat of Social Development and Labor - Sedest, with BRB as its financial agent and Emater-DF, as its executor with the producers.

Its main characteristic is the agility in releasing resources, over all these years, having contributed to the development of the Federal District, providing family producers with resources to finance production costs and investment for the most varied activities.

IX) FDR, Rural Development Fund of the Federal District, established by Law No. 2653, of December 27, 2000, is constituted with resources from various sources, mainly those originating from the concession of use, lease or sale of rural properties belonging to the Government of the Federal District, with the Secretariat of Agriculture, Livestock and Supply being the manager of the Fund and the BRB, the financial agent. The funds are intended to finance investment and operating expenses, aiming to develop rural areas of the Federal District. The first projects were approved only in 2004; it has been one of the programs used by extension to bring its initiatives to rural producers.

X) Pronaf, the National Program to Strengthen Family Farming, created in 1995, provides financial support for the development of agricultural and non-agricultural activities, exploited through the employment of the producer and his or her family. The program has been notable for the large amount of resources made available to small rural producers throughout the country. It arose from the mobilization of producers and rural workers dissatisfied with the lack of rural credit to meet their needs, as Proceira, a similar program, limited services to farmers settled in agrarian reform projects. In the Federal District, it is operated by Emater-DF, with support from the Ministry of Agrarian Development (MDA), with Banco do Brasil as its financial agent.

During these 30 years, decisions made and rural credit programs made available to producers were fundamental to consolidating the Federal District as a production hub.



## AGROINDUSTRIALIZATION IN THE FEDERAL DISTRICT

In recent decades, new demands regarding food consumption have begun to emerge in society. Natural foods, those identified with Brazilian cultural diversity, and especially foods that promote a healthier lifestyle and are produced in an environmentally sound manner, with little or no use of chemical additives, are valued.

The Federal District's agribusinesses, both family and corporate, offer alternatives to this new form of consumption by offering a unique product, processed on rural farms. The product features typical regional characteristics, reviving rural cuisine, with important aspects such as texture, flavor, and presentation.

The industrialization process provides rural producers with added value to agricultural products, increasing the value of production and enabling better income opportunities for the family, generating employment in rural areas.

Concern about food quality is a current trend, a concern that not only translates into nutritional values and food composition, but also into hygienic and sanitary standards. The growing interest of consumers in safe and harmless foods has influenced the market in the search for production, processing and manufacturing technologies that guarantee the quality of natural and industrialized products.

The Consumer Protection Code (Law No. 8,078, of September 11, 1990) guarantees the rights it provides for consumer protection, such as the protection of life, health and safety against risks, and provides other measures.

To meet the quality demands of today's markets, producers and workers must improve their production processes to ensure product safety and quality standards. Product quality preserves the vital role of family farming, promotes customer satisfaction and reliability, and facilitates the development of new markets, building and consolidating the local market.

The Ministry of Agrarian Development's Agroindustrialization Program for Family Farmers' Production aims to support the agroindustrialization of production, adding value, generating income, and creating job opportunities in rural areas. The program supports improvements in the quality, efficiency, and effectiveness of agroindustries and meets the local needs of integrating agroindustries in the Federal District, both in the marketing process and in improving product quality.

Always striving for improvement through technical and managerial training and the manufacture of processed products with sanitary quality, it is necessary to develop initiatives to implement Good Manufacturing Practices. The program also aims to train individuals with greater competence and skills to safely perform agroindustrial activities on products processed by the 32 rural agroindustries assisted by Emater-DF.



## MICRO HYDROGRAPHIC BASIN - DF: ORGANIC AGRICULTURE AND THE RIGHT WATER PROJECT

Since its creation, Emater-DF has encouraged agriculture in the Federal District, providing technical assistance to rural producers and their families, with the main objective of guaranteeing food production for the residents of Brasília.

In the 1970s, the Green Revolution was prevailing worldwide, and there was a belief that technological packages and diffusionism would bring modernization to the countryside and Brazilian society. At this time, the PAD-DF (Integrated Directed Settlement Project of the Federal District) was created, encouraging farmers from the south of the country to come and produce in Brasília.

At this time, Embrapa was also created to facilitate production in the Cerrado region, which until then had soils considered infertile, unsuitable for agriculture, and uneconomical for intensive livestock farming. The emphasis placed on agricultural modernization, from the beginning of Emater-DF's activities, has not neglected environmental considerations.

In the 1980s, soil conservation efforts were developed, including the demarcation of contour lines and the promotion of terraces. In 1987, the Federal District's pilot microbasin was implemented as part of the National Microbasin Program. The pilot project was located on the Taquara Stream, where the entire region was explored, including the construction of water retention basins, the demarcation of contour lines, and the construction of terraces for soil and water maintenance and conservation.

In the 1990s, the Gota d'Água Project was implemented, bringing localized irrigation technology, allowing small and micro producers to irrigate their areas with highly efficient equipment and very little water waste, mainly benefiting fruit and vegetable producers.

In grain production areas, Emater-DF was an important partner in the dissemination of direct planting in straw, a technology that allows planting without disturbing the soil, increasing water retention and reducing erosion and soil loss.

Emater-DF participated in the organization of the II Regional Meeting on Direct Planting in the Cerrado and the VI National Meeting on Direct Planting in the Cerrado, held in Brasília in 1995 and 1998, respectively, by APDC (Direct Planting Association in the Cerrado), developing actions to encourage direct planting, in partnership with this Association and Embrapa Cerrados, in the PAD-DF region.

The company adopted micro-basin planning to ensure compliance with environmental conditions when defining its agricultural activities. In 1999, the Environmental Management Department, later renamed the Agroecology and Environment Department, was created. Several initiatives were developed to encourage irrigation management, initially with the use of a tensiometer and later with irrigas, an extremely simple device developed by Embrapa Horticultura.

A Soil Sampling Campaign was also carried out for analysis, increasing the number of farmers using soil analysis and rational fertilization on their plantations.

The work, in partnership with Embrapa Hortaliças and Embrapa Cerrados, yielded many environmentally appropriate results, such as monitoring irrigation in central pivots and other irrigation systems, the recovery of gallery and riparian forests, the correct use of pesticides, and the development of organic production systems.

## Death and Life of Severina

This river of blind water,  
Or dull, from eating dirt,  
That never mirrors the sky,  
Today it was adorned with stars...

*João Cabral de Melo Neto*



Concern for the health of consumers and farmers and for the environment has led to several actions to adapt and reduce the use of pesticides. Today, 90% of pesticide packaging is collected at Packaging Collection Centers, in campaigns developed throughout the Federal District.

Concern about the disposal of waste and refuse, both in urban and rural areas, has generated a great deal of work. We collaborated on research into the use and disposal of sewage sludge, developing partnerships with Embrapa and Caesb, and also on the use of waste compost.

Emater-DF's work with organic agriculture began with the Organic Agriculture Project in the early 1990s. The strategy employed was to train the company's technical staff and farmers in organic production and systems through various courses. The acquisition of technical knowledge and the establishment of several demonstration units on rural properties increased the possibility of more farmers adopting organic production techniques on their properties.

Alongside the increase in the number of organic producers, discussions began on marketing, culminating in the creation of the Organic Market of the Producers' Association; located at Ceasa, and managed by the producers' association itself, which is in the process of becoming a cooperative.

The Agroecology and Environment Management of Emater-DF expanded its activities, also moving into work with environmental and food education, involving environmental educators and rural and urban schools in this work.

Emater-DF has conducted exchange activities in several Brazilian states and contributed to the development of agroecological knowledge throughout the country. Furthermore, it has worked over the years to raise awareness among government sectors about the importance of promoting agroecology as a more sustainable form of production.

In 2006, the Água Certa Project was created with the aim of reaching communities that use water for irrigation in the Rio Preto Basin and guiding the population on the rational use of this precious liquid.

During the 18 months of the project, irrigators, rural workers, students and teachers from schools in the region and community had access to information through training courses, which guided the communities on the use and conservation of water.

The project developed by Emater-DF, the Secretariat of Agriculture, Livestock and Supply and the "Adopt a Spring" Program, of the Sub-Secretariat of the Environment (Secretariat of Urban Development and Environment – Seduma), in addition to the financial support of the National Council for Scientific and Technological Development – CNPq, made it possible to recover six springs in the Rio Preto Basin, which received monitored visits from students and the community.

In 2007, the Federal District Government created the Organic Agriculture Structuring Project, establishing it as one of the government's priorities. The project is based on actions to encourage and develop organic agriculture on rural properties and urban areas at social risk.

## SOIL CONSERVATION

Growing concern about environmental problems in the 1980s brought a new "paradigm" to modern society: environmental sustainability. Growing dissatisfaction with so-called modern agriculture led a growing number of producers, technicians, and researchers in the Federal District and throughout the country to champion the ideas and advantages of sustainable agriculture, which generally translates into a production system that ensures:

- Maintenance of natural resources and agricultural productivity;
- Minimum adverse impacts on the environment;
- Adequate return to producers;
- Optimization of production with minimum external inputs;
- Satisfaction of human needs through food production and income generation;
- Meeting the social demands of rural families and communities.

In the early 1980s, the Soil Conservation Program was launched, with the primary goal of fostering a conservation culture in the Federal District, incorporating practices related to various production systems so that soil is used according to its potential. This marked the beginning of the first projects that envisioned more sustainable production.

Emater-DF, in addition to operationalizing the program, organized and selected the producers who would benefit. At this time, it produced informational materials, organized courses and lectures, and developed credit plans. This, too, is a successful experience that continues to this day.

## RURAL TERRITORY OF AMENDED WATERS

The Ministry of Agrarian Development (MDA) has maintained the National Program to Strengthen Family Farming (PRONAF, Infrastructure and Services) since 1996. The program allocates resources for works and/or equipment for community or collective use, benefiting rural producers classified as family farmers.

The program operated until 2003, using municipalities in several Brazilian states as the defined physical area for resource allocation and as a reference for administration. In the case of the Federal District, the Administrative Regions of Planaltina, São Sebastião, Paranoá, Sobradinho, and Braziliândia benefited. Beginning in 2003, the Federal Government modified the program, no longer focusing on municipalities, but instead focusing on regions formed by groups of municipalities, now designated "Territories," as the reference and basis for resource allocation.

The Rural Territory of Águas Emendadas – TAE was created in the Federal District, in March 2004, under the coordination of the Secretariat of Territorial Development – SDT/MDA, together with the State Secretariats of Agriculture of the Federal District, Goiás and Minas Gerais, supported by the respective state Rural Extension agencies, representatives of public and partner institutions, and by Social Movements.

The Territory is made up of the Federal District, the Goiás municipalities of Padre Bernardo, Mimoso, Água Fria, Planaltina de Goiás, Formosa, Vila Boa and Cabeceiras and the Minas Gerais municipalities of Buritis, Unai and Cabeceira Grande.



The project is expected to benefit approximately 17,000 family farmers. The social organizations participating in the Territory have identified and prioritized the following goals: training development agents and local leaders, modernizing rural extension services, and providing infrastructure to support production marketing activities, with the Brasília Market serving as a driving force for development, job creation, and income generation for the entire rural area defined by the Territory.

### Results achieved by the Project:

- Creation of the Commission for the Implementation of Territorial Actions – CIAT, composed of a plenary of 42 people: 14 for states that form the Territory, with 10 members representing civil society and 4 members representing the Government;
- Collective construction of the Territorial Plan for Sustainable Rural Development – PTDRS, in its various cycles;
- Articulation and support for institutional arrangements, within the territory, responsible for the preparation, implementation and operation of specific projects;
- Construction of the Organic Market, at Ceasa-DF, the first retail market of its kind in the country;
- Acquisition of vehicles and IT equipment for all rural extension offices;
- Acquisition of vehicles for transporting agricultural products, made available to family farmers associations;
- Acquisition of market stalls for municipalities in Goiás;
- Training of technicians and family farmers in rural development.

Emater-DF operates within the Águas Emendadas Rural Territory Project, catalyzing and encouraging sustainable rural development processes within the administrative framework of the Federal Government, the states of Goiás and Minas Gerais, and the Federal District. Public services common to the Federal District and the municipalities of the states of Goiás and Minas Gerais that comprise it, especially those related to infrastructure and job creation, are considered to be of interest to the Territory.

## SOCIAL ORGANIZATION ACTIONS

Emater-DF, upon its creation in 1978, understood that management for the development of the region necessarily involved decisions and actions defined in conjunction with representatives of the various social groups, formal or not, in the local space, involved with rural activities.

The company and its extension workers have a stance that prioritizes actions that energize the interests of different groups. In the Federal District, over the past 30 years, EmaterDF extension workers have encouraged and supported various forms of rural social organizations (associations of rural producers and workers, cooperatives, rural development councils, condominiums, etc.). These initiatives have yielded excellent results, including a more critical rural community that is aware of its rights.

Rural producers with common goals appropriate much more of the wealth produced, and the approximation of public infrastructures in rural areas with those in urban areas causes a revolution in the quality of life of those who remained in rural areas or those who made this their choice.

The various forms of associations, supported by ATER, constitute an important space for achievements by the classes of farmers, workers and their families.

Associativism has enabled cost reductions in activities, such as contracting services, purchasing goods, and selling products on a large scale, such as through groups created to purchase agricultural inputs. It has also enabled freight reductions, savings on the purchase of machinery for collective use, and the creation of collective agro-industries.

In the last decade, the best results have been seen in actions directed at social organizations and rural families. Encouraging popular participation has favored the exercise of democracy, bringing these organizations and the local community closer to the government. Consequently, social control and citizenship ensure an important step toward equality between rural and urban areas.

Programs and projects with the direct participation of Emater-DF, such as the Participatory Budget, Pronaf, the Rural Development Councils, the Territory of Águas Emendadas Project, among others, with the help of inclusion and participatory methodologies, collaborate to promote equal opportunities for all, prioritizing assistance for those most in need.

Emater-DF continues to carry out actions aimed at strengthening rural social organizations, rural producers and their families, as it understands that local development necessarily involves a society aware of its rights and obligations, in addition to a modern government structure committed to public interests.

#### COMMUNITY ACTIONS PROJECT

The State Secretariat of Agriculture, Livestock and Supply of the Federal District – Seapa, through Emater-DF, started in March 1999, the Community Actions Project aimed at rural people.

The project aims to facilitate access to social and welfare services for the underserved rural population in areas such as health, social security, education, sanitation, hygiene, civil law, rural extension, the environment, and leisure. It also aims to provide technical training and foster citizenship.

It relies on the participation of several producer associations, groups of mothers and rural youth, and the support of various government entities mentioned below. Adequate facilities, snacks and lunch, and on-site security are provided for the events. Emater-DF collaborates with Rural Producer Associations and Rural Schools to promote the event. Some of the activities developed by the various partner entities are listed below:

- Opening of current and savings accounts;
- Medical, pediatric and geriatric care;
- Assistance to the disabled;
- Assistance with labor issues;
- 1st and 2nd identity card copies;



"Social mobilization isn't achieved through heroism. Changes are created in everyday life by ordinary people, who are willing to act collectively to achieve shared goals."

*Bernardo Toro*



- Registration for employment;
- Haircut;
- Dental and ophthalmological services;
- Photography for documents.

Lectures are held on the following topics:

- AIDS prevention;
- Birth control and sexually transmitted diseases;
- Women's rights and duties;
- Traffic education;
- Combating leprosy;
- Social security benefits.

Exhibitions, leaflet distribution, short courses and sports and leisure activities, are also activities developed in the Community Actions Project.

Community Outreach Programs were carried out in all 16 rural areas served by Emater-DF, always with great success. In its four years of operation, 48 outreach programs benefited 35,425 people, providing a total of 101,373 services. Throughout the years, the health sector stood out for its high demand, with 10,002 services provided during the period when the program was consolidated, demonstrating its importance.

The Community Actions developed by Emater-DF fulfill the institutional mission of assistance and collaboration for the valorization and education of rural people and their families, strengthened by the entities and people who collaborate to build citizenship and benefit the rural population.

A diagnosis carried out by the Emater-DF Extension teams highlighted the need for joint service actions within the communities, with the first step taking place in Vargem Bonita, with the promotion of a Special Health Day when the local Emater-DF and the Health Center joined forces and brought prevention and health preservation actions to the community.

The challenge of joint action was accepted and the entities that operated in urban areas now also operate in rural areas, bringing leisure, education, health and well-being to the rural population, from the perspective of citizenship.

#### POULTRY FARMING

Modern integration, association, and marketing systems have made poultry farming the primary activity in the Federal District's primary sector. It employs the most labor, generates the most income, exports the most, and is the fastest-growing. Local poultry farming employs approximately 15,000 people, directly and indirectly, contributing decisively to the Federal District's progress.

There are currently over 200 commercial farms in the Federal District, which together have the capacity to house 14 million birds. These include broiler chickens, layer chickens, and day-old chicks.

In 2007, more than 51 million broiler chickens were slaughtered in two federally inspected slaughterhouses and five district-inspected slaughterhouses. Hatching eggs are exported to various countries and sold in several states.

Seapa's programs support and encourage the growth of the poultry sector in the Federal District, making it increasingly competitive.

## SHEEP FARMING IN BRAZIL

In the Federal District, sheep farming was first officially mentioned in 1968, with a tiny number of six animals, according to data from the Brazilian Institute of Geography and Statistics (IBGE). In the 1980s, the number of breeders grew, driven by cultural, traditional, economic, religious, and state funding. Due to this growth, sheep and goat farmers created the Association of Goat and Sheep Breeders of Brasília (ACCOB).

In 1981, the Federal District Department of Agriculture and the Ministry of Agriculture signed an agreement to promote the development of sheep farming. At that time, the state provided some producers with a flock of one male and ten female sheep. This was done through financing that, after two years, was to be amortized without monetary correction. That same year, the IBGE (Brazilian Institute of Geography and Statistics) recorded an effective herd of 1.732 head, with a predominance of the Santa Inês breed. During this entire period, practically the majority of the meat consumed in Brasília came from other states, and slaughter in the Federal District was carried out without sanitary inspection.

Faced with this situation, in 1992, the Federal District Department of Agriculture, with the support of livestock farmers and technicians from Emater-DF, Embrapa, and UnB, drafted a bill, in accordance with the 1988 constitution, creating the District Inspection Service (SID). This proposal included, among other suggestions, standards for the construction and regularization of small, regionalized slaughterhouses with sanitary inspections conducted by the Department of Agriculture's Division of Inspection of Products of Plant and Animal Origin (DIPOVA). The bill was enacted into law by the Federal District Legislative Assembly, and its regulations were drafted with the participation of interested parties.

From that moment on, breeders had the option of building small-scale facilities to slaughter animals and placing meat and meat products with the Dipova Inspection Seal on the Federal District market, culminating in yet another alternative for generating income for livestock farming in Brasília.

In 1999, the Federal District Department of Agriculture created the Rural Development Plan for the Federal District and Surrounding Areas – PRO-RURAL-DF/Ride, which was enacted into law that same year by the Federal District Legislative Assembly. PRO-RURAL-DF/Ride consists of 17 programs, including the Sheep Farming Program, which aimed, among other goals, to reach a herd of 10,000 breeding animals within four years. Its coordination is under the responsibility of Emater-DF.

Since the 1990s, producers, technicians, and university professors have been conducting extensive research across all links in the sheep production chain, aiming to improve input acquisition, production systems, processing, and product marketing. The results of these joint efforts have included both the training of technicians and producers and increased awareness of sheep farming and its products among consumers.

Emater-DF, through its Agribusiness Center, recently conducted a survey on sheep and goat meat in the Federal District retail market, aiming to identify the product's origin, consumption, presentation methods, and sales price. The survey was applied to the following distribution channels in the Federal District: restaurants (9), markets (14), supermarkets (45), slaughterhouses (3), and steakhouses (6).



This research identified several barriers to production in the region. Among the most significant, access to marketing channels requires a production and slaughter scale that ensures supply and consistent delivery. Another barrier is the final meat quality of slaughtered animals, which requires interventions in the herd's genetics and production system.

Sheep and goat farming can be introduced even in small areas and integrated with other farms as a source of employment and income for rural producers, given that the Federal District is an importer of this meat.

The productive potential of the exploration, the local characteristics and its advantages accredited as another sustainable alternative for development in agriculture.



## RURAL FAMILY TRAINING AND EDUCATION CENTER (Center) DA Emater-DF

The training courses developed by the Emater-DF Training Center seek to equip rural families with the skills and abilities to identify and develop profitable activities, adapted to small-scale production, and that meet the health and quality standards required by the consumer market.

Since 2000, Centerer has focused on adding value to agricultural products and ensuring food security for rural families. It prioritized the development and dissemination of food processing technologies, aiming to fully utilize agricultural crops and support artisanal processing units and family-run agribusinesses.

In addition to professionalizing rural entrepreneurs and training the workforce, Centerer contributes to the training of specialized technicians in agroindustry and agriculture and the technological updating of public Technical Assistance and Rural Extension agents. In this way, it contributes to increasing the human capital of rural society.

Emater-DF has created a new way to renew and train rural extension workers. It's called the Competent Homeowners Project, which aims to provide its users with the training they need.

The target audience for this program is divided into two categories: the employed and the unemployed. For the former, the training schedule (program content, course dates, schedule, duration, etc.) is developed in consultation with employees and employers. In other words, Emater-DF develops the training schedules after consulting with the worker to be trained and their employer. The training proposal is then developed. For the unemployed, the 'package' is prepared, and the training is conducted in partnership with the Secretariat of Social Development and Labor (Sedest). Through the Employment Agencies, the courses are advertised, and interested parties register. Emater-DF provides the course location and handles the preparation and administration of the classes, while Sedest handles all operational support, such as transportation, meals, and other services.

The idea is starting to bear fruit.

## EXPERIENCES ON RURAL DEVELOPMENT IN THE DISTRICT FEDERAL AND SURROUNDINGS

The presence of Emater-DF, in the surrounding area, is made possible through agreements signed between the states of Goiás and the Federal District, involving technical assistance and rural extension companies and municipal governments.

The technical-administrative transfer of the execution of programs in the agricultural and social welfare sectors in the municipalities of Goiás, belonging to the region surrounding the Federal District, is one of the objectives of the agreements.

From 1993 to 1996, Emater-DF operated in the municipalities of Abadiânia, Água Fria, Alexânia, Cabeceiras, Cocatizinho, Western City, Cristalina, Corumbá de Goiás, Formosa, Luziânia, Mimoso, Padre Bernardo, Pirenópolis, Planaltina de Goiás and Santo Antônio do Descoberto.

Together with rural producers, their families and professional associations, Emater-DF



sought appropriate solutions to the problems of agricultural production, food agro-industrialization, irrigation, agricultural mechanization, storage of agricultural products, property management, marketing, social welfare, environmental preservation, among other topics.

It focused its efforts on serving small rural producers, considering their culture, aptitude and the environment.

With the increase in agricultural activity there was an increase in production/productivity, with a greater availability of agricultural products within the municipalities of the State of Goiás and in the Federal District, improving the supply in the cities, the diversification and the quality of the products offered.

The basic guidelines for achieving an improvement in the quality of life of rural families living in the surrounding area, generating income, exchanging knowledge and, above all, promoting the appreciation of the family, enabling their permanence in the countryside, were:

- Transfer of new technologies;
- Encouragement of associations;
- Technical and managerial training;
- Availability of information for marketing;
- Coordination with official and private institutions in the sector;
- Work with production organization;
- Conservation management actions;
- Development of educational activities in the areas of animal and plant health.

such:

- Focus on the area of domestic economics.

Food production, in any country, has the strategic importance of feed its population and generate income from the surplus.

The Federal District has a population of over two million inhabitants, with the surrounding area having over one million, and is self-sufficient only in some agricultural products, such as peppers and chicken, which are sent to other states and countries.



## BRASILIA STRAWBERRY FESTIVAL – 12 EDITIONS

Strawberry cultivation began in the Federal District in the 1970s, with production concentrated in the Brazlândia region, carried out by Japanese farmers and their descendants.

In the 1990s, cultivation expanded, and to popularize consumption, the Strawberry Festival was created, a proposal by Emater-DF, Alexandre de Gusmão and Brazlândia Units and the Alexandre de Gusmão Rural and Cultural Association – ARCAAG.

Strawberry cultivation has favored the generation of employment and income for producers, workers and their families, promoting an improvement in the quality of life of Emater-DF beneficiaries, in addition to increasing self-esteem, valuing people.

The strawberries produced in the Federal District benefited consumers of the product and the services generated by rural entrepreneurs, through the supply of quantity and quality, mainly of the product in natura, frozen and in the form of pulp, encouraging the agro-industries of the region, in addition to making this fruit popular among the people of Brasília.

The important factor in the socioeconomic situation of the Federal District, resulting from strawberry cultivation, was the generation of 1,000 direct jobs annually, with an annual production value of approximately 11 million reais.

Sustainable development is favored by organic strawberry production, growing with environmental awareness and consumer demand.

From integrated strawberry production with off-season production, new technologies were passed on to producers, paying special attention to good agricultural practices and good manufacturing practices.

Tourism and crafts in the region are encouraged during the Brasília Strawberry Festival. This festival highlights the importance of women through the promotion of courses and competitions held during the event.

The importance of the Strawberry Festival for the institutional sustainability of Emater-DF is demonstrated by the visitation of more than 100,000 people, and the participation of more than 200 entrepreneurs in this agricultural exhibition.

The training of producers and workers during the Strawberry Technical Meeting in the Federal District is of paramount importance to the sector. The Brasília Strawberry Festival is already part of the Federal District Government's calendar of events.

## ECONOMIC AND FINANCIAL ANALYSIS – RURAL-PRÓ

The Program was created in 1994, with the objective of providing, free of charge, to technicians and rural producers, a tool for economic and financial analysis of the activities carried out on rural properties.

The software application allows users to:

- Intervene in the production process seeking to maximize the company's profit, reduce the risks inherent to the activity and enhance its strengths;
- Select activities that generate financial returns, provide greater profits, transformed into investments and quality of life.

Through the analyses carried out with the Program, it was possible for producers to manage rationally create production factors and generate positive financial results.



The following information provided by the Program stands out:

- Summary of assets;
- Inventory control;
- Income and expense entries;
- Economic analysis.

The results generated by economic analyses allow rural producers to know the cost of production, gross and net margin, break-even point of the activity, profitability, among other information.

An analysis module was created for family farmers that addresses the specific characteristics of family-based production. The cost of family labor was considered as the primary decision-making factor in analyzing the economic activities of this group of farmers.

Emater-DF's creation of software for economic and financial analysis of rural properties allowed technicians and rural producers to access a free analysis tool, enabling rational management of farm activities and reducing inherent risks. The software is now available free of charge on the Emater-DF website at [www.Emater.df.gov.br](http://www.Emater.df.gov.br).

## DAIRY FARMING

From 1999 onwards, the Secretariat of Agriculture, Livestock and Supply of the Federal District implemented an agricultural policy based on the Government Plan called PRO-RURAL.

The Plan, composed of 17 programs, coordinated by technicians from Emater-DF, in the area of dairy farming, had as main actions: the creation and strengthening of the Association of Milk Producers and Processors of the Federal District and Surrounding Areas – Apro-leite; and the implementation of a Dairy Farm Monitoring Program.

Aproleite's objective was to consolidate a strong association, representing producers.

The Monitoring Program's objective was to inject as much technology as possible into dairy cattle farming through systematic monitoring of registered properties. Emphasis was placed on reproductive and management technologies, seeking to maximize farm profitability.

Both initiatives were geared toward another government program, PROFAMILIA, which focuses on food security for children and families at social risk. The objectives were achieved. Aproleite is now a solid entity, and dairy herd productivity levels are showing significant and continuous improvements.

Through the Seapa and Aproleite programs, the dairy sector has achieved unprecedented levels in the region. There are now six dairy farms in rural areas of the Federal District, all operating, absorbing local milk production, generating jobs and income, and contributing to government social programs.

The PROFAMILIA Program currently serves more than 50 thousand families, with at least less than 40% of milk comes from local herds and industries.

The growth of the dairy sector, resulting from these government programs, created new demands from producers and consumers, especially with regard to the quality of products and by-products and actions aimed at greater organization of producers.

In 2007, Emater-DF created the Milk Sector Chamber by government decree to address these demands. The Chamber brings together the most important leaders in the sector and includes key government sectors interested in the dairy sector.

## ANIMAL HEALTH AND ZONOSIS COMMITTEE

Since 2000, Animal Health Programs have been coordinated by the Secretariat of Agriculture, Livestock and Supply, through Health Defense services.

Emater-DF participates in all actions aimed at this area, coordinating the work of the Swine Health Committee, being part of the Poultry Health Committee and the Rabies Committee of the Federal District.

The most important event that occurred between 2000 and 2007 was the rabies outbreak in herbivores in 2003 and 2004. The work of Emater-DF technicians was decisive in containing the disease, developing health education work in all communities in the DF, with the health authorities in the animal sector.

Another noteworthy project, carried out for over 20 years by Emater-DF in conjunction with the GDF Health Department, is the anti-rabies campaign for dogs and cats in rural areas. In 2007, more than 17,000 dogs and cats were vaccinated, contributing to disease control in rural areas.

Rural communities in the Federal District benefit from this vaccination campaign, which exists only in the Federal District and has shown excellent results in preventing rabies. For 20 years, Emater-DF, in close collaboration with the Department of Health, has been vaccinating dogs and cats against rabies in rural areas. It's no surprise that rabies cases in dogs and cats are rare in this area. Over the years, more than 500,000 doses of vaccine have been administered, which averages approximately 25,000 dogs and cats per year.

In 2003, the Federal District faced a serious public health problem caused by the emergence of dozens of cases of a disease unknown to us: Hantavirus. In compliance with the Federal District Government's order, the Emater-DF team of technicians received training and worked intensively to raise public awareness about the risks of the disease and how to prevent it.

There were hundreds of meetings, lectures, interviews, and even a TV clip starring a Company employee, so we contributed to solving the problem.

The migration of bats, caused by the flooding of the Queimados Dam, Unai, MG, to the Federal District, brought serious problems to cattle, horse and buffalo livestock, as these bats transmit bovine rabies, which caused the death of more than 60 animals, in addition to giving Emater-DF technicians a lot of work to convince breeders to vaccinate their animals against this disease.

Emater-DF and Seapa actively participated in the fight against this disease and today the situation is under control.



Leishmaniasis cases became common starting in 2005, and Emater-DF, in partnership with the Department of Health, took the side of rural producers, as always, and joined the fight against the disease. They held lectures and collected and continue to collect sick dogs.

– As if so many disease outbreaks weren't enough, will Yellow Fever come?

– "I hope it doesn't come, but if it does, our technicians will be prepared to help." face this challenge."

## STORIES ABOUT LEGISLATION

Law No. 229, established by Governor Roriz as the dairy farms, was a pioneer in this type of arrangement. Emater-DF, through its technicians, was the operational agent that made this law possible.

Law No. 504 and its regulatory Decree No. 15,737 were proposed and drafted by Emater-DF. The first animal health services were created and operated by the Company, the Animal Health Service (Sesan), and the Animal Health Defense and Surveillance Service (SDVSA), with the active participation of technicians from Seapa and the now-defunct Zoobotanical Foundation. During the interim period between these services, Emater-DF served as the executor of the Animal Health Agreement with the Ministry of Agriculture for eight years. During this time, cattle vaccination was performed by Company technicians.

Many of Emater-DF's actions are carried out through the so-called "Committees" technicians.' There are several of them in the Federal District and the Company participates in all of them.

The Federal District's Poultry Health Committee was created with the primary mission of implementing the National Poultry Health Plan in the Federal District. New rules dividing the country into regions based on the technological level of poultry farming forced the activation of this Committee, and Emater-DF works with poultry farmers and local health authorities.

The plan is ready and inspected by Mapa, awaiting classification.

#### INTERACTION BETWEEN RESEARCH AND RURAL EXTENSION

Emater-DF and Embrapa Hortaliças jointly carried out pioneering work, beginning in 1962, focusing on generating technologies disseminated through rural extension. The goal was to maximize government benefits to increase production and productivity, with a view to economic profitability.

In view of the relevant results, a physical Research and Extension base was installed at Embrapa Cerrados and Embrapa Hortaliças, and other work was developed at different Embrapa Research Centers throughout Brazil.

The basis for this research – rural extension interaction is:

- Bringing researchers and extension workers closer together/integrating them;
- Joint diagnosis of rural producer problems;
- Surveys of available and appropriate technologies;
- Validation of technologies on rural properties using rural extension methodologies;
- Training of rural extension workers;
- Feedback of information between research and rural extension;
- Identification of technologies in use by rural producers;
- Assessment of technology adoption.

Among the work carried out, the most relevant, over these years, in the District Federal and national impacts are:

Embrapa Vegetables and Emater-DF

- Introduction of dry peas in the Cerrado;
- Validation of the Brasília carrot cultivar;
- Introduction of potato cultivars;
- Integrated pest and disease management with a focus on biological control;
- Water and soil management, through irrigation and soil fertility technologies;
- Use of plasticulture in the approach to protected crops, mainly in the vegetable species peppers and tomatoes;
- Hydroponics in lettuce cultivation.

Embrapa Cerrados and Emater-DF

- Introduction of wheat, soybean and fruit crops in the Cerrado;
- Integrated pest management with a focus on biological control; (Baculovirus anticarsia);

- Water and soil management, through irrigation and soil fertility technologies;

- Rhizobium in Soybean (*Bradyrhizobium japonicum*, nitrogen fixers in soybean).

Embrapa, other Research Centers and Emater-DF

- Corn Swap – Embrapa Corn and Sorghum;
- Exchange with National Centers for Dairy and Beef Cattle; Swine and others;
- Technology Showcase – Technology Transfer Center.

Animals are trained, plants are cultivated and human beings are educated. us...

We could say that cultivation, training and education are part of life.

*Paulo Freire*



#### SCHOOL KNOCKS AT YOUR DOOR

The slogan "Open Doors" which, in 1999, concentrated several work programs bringing various governmental and non-governmental partner agencies into Emater-DF, with the aim of the various Government Secretariats getting to know the rural area of the Federal District better.

Evidently, services, previously considered only for the urban perimeter, have reached the most needy rural families.

Seeking to ensure compliance with the basic principles established in the Federal Constitution for Education, particularly regarding universal access and retention of students in school, the Department of Education at the time developed the Project: School Knocks on Your Door. A massive enrollment campaign was carried out, with door-to-door home visits, seeking to identify school-age children not enrolled in elementary school.

To operationalize home visits located in rural areas, during the Campaign, the Department of Education sought to establish partnerships with several institutions, including the Department of Agriculture, Livestock and Supply, through Emater-DF.

The meeting of interests was evident when comparing the role played by Emater-DF in fostering rural development with the fact that formal education is one of the classic pillars of sustainability in the development process.

Emater-DF, through the Rural Extension service of the Federal District, from 1999 to 2004, contributed decisively to rural families having access to Public Schools.

#### TOXICOLOGICAL AND PRO-LEAF VEGETABLE TESTS

Concern for environmental issues is increasingly present in various sectors of Brazilian society. For 30 years, Emater-DF, working alongside rural producers and their families, has incorporated this concern into all rural extension activities, a classic example being the appropriate use of pesticides.

Seeking to educate and educate rural producers who use pesticides, Emater-DF and the former Health Institute (now Lacen) worked together to combat poisoning from chemicals used in agriculture. This partnership, known at the time as Toxicological Exams, yielded significant results. Technicians from the Health Institute collected blood samples from producers and rural workers, and Emater-DF technicians gave educational lectures on the subject. The necessary precautions in handling these products, as well as appropriate medical referrals, were discussed.

The program had a significant impact, as within a short period of time, all individuals assisted by the Emater-DF Management Units benefited. In 1991, this work expanded further. The local Vargem Bonita unit initiated a comprehensive Rural Sanitation Project, inviting a new partner, Caesb. This was the embryo of the Pró-folhosas Project.

Rural producers began to receive more comprehensive care. Their health, work environment, and living conditions became factors of concern, creating the prospect of sustainable socio-environmental development. The experience was a great success. Other communities wanted to participate, and what was once a simple project became, with support from other government agencies, the PRÓ-Programa. Hardwoods.

## DIGITAL INCLUSION OF RURAL COMMUNITIES IN THE DF

The effects of globalization are felt across all productive sectors. In the agricultural sector, access to information is a decisive factor in securing good business. The current situation in the field can be characterized as one of digital exclusion.

In the Federal District, there is no data to quantify the number of rural families with regular internet access. However, knowledge of the local situation suggests that in 2003, when the Campo On-Line project began, access was still incipient. Deficiencies, the costs of rural telephone service, the lack of equipment options, and a lack of awareness of the potential uses of this tool in agribusiness were the determining factors for this situation. In the Rio Preto basin, for example, in 2002, only two producers were identified with regular internet access.

The Campo On-Line Project is an alternative supported by technological innovation in rural extension services and the creation of a free community-use terminal, integrating solutions and maximizing the use of available resources. This provides a robust alternative for digital inclusion in rural communities.

The inclusion of families in the globalized market, through training and the provision of regular internet access, creates the prospect of digital inclusion for everyone in rural areas.

The structure installed in the Pilot Unit of the Emater-DF Management Unit, in the Rio Preto Rural Center, consists of a computer network for use by local technicians, in a free community terminal, in the office reception, and six computers for training and community use, located in the Training and Digital Inclusion Center - NuTID, of Emater-DF, in Rio Preto, all with broadband internet access.

The Campo On-Line Project benefits the local community in several ways:

- The courses offered in partnership with Senar-DF, at NuTID located next to the Local Office, prepared, between 2004 and 2007, more than 300 children, young people, adults and seniors in basic and advanced computer skills and internet navigation. The correct use of computers and the possibility of accessing the world wide web became an additional tool for rural workers;
- The dissemination and popularization of the internet in the region, combined with the organizational work coordinated by the local Emater-DF team, led to the acquisition of computers and the installation of internet in rural areas. By early 2008, more than 40 internet access points had been installed in rural homes in the region;
- Promotion of regional properties and companies through the local website; • Extension agents have access to technical information in the most diverse areas of agribusiness, adapted to the conditions of each agricultural segment: online pesticide information service, technological information, market information, weather forecast, etc.

The ease of seeking technical support, sending and receiving information and images that help solve local problems, results in benefits for the community. These benefits lead to better use of technical hours, agile and more cost-effective communication with the various departments of the Company and users of the Extension system, as well as with other public and private agencies and institutions.



## HORTICULTURE

Horticulture was considered in view of its economic and social importance within the Federal District, as it presents comparative and competitive advantages in relation to numerous vegetable producing centers nationwide.

These advantages can be summarized as follows:

- Availability of highly developed teaching, research and rural extension centers, which allows for greater technological, productive and economic returns;
- Rural producers with satisfactory technical and managerial capacity;
- Extremely promising local consumer market, demanding 115 thousand tons of vegetables per year;
- Consumer markets in the surrounding area, in the Integrated Development Region of DF and surrounding areas, with a demand capacity of 35 thousand tons of vegetables per year;
- Transport and energy infrastructure consistent with the demands of the horticultural technology systems that are implemented;
- Plant health protection services that ensure the production and marketing of vegetable products;
- Government action lines in all components of the horticultural agribusiness.

Thus, there was a significant reactivation of the garlic, onion, tomato, and vegetable production chains within Protected Crop Systems, in addition to promoting the use of modern and competitive management practices to professionalize rural producers. The program also focused on professionalizing rural workers, particularly through training on labor legislation and the application and storage of pesticides. The overall objective of the horticulture program was to offer a more qualified range of products at competitive prices, resulting in fair remuneration for producers, thus contributing to the population's food and nutritional security.

## TAQUARA AND PIPIRIPAU PEPPER FESTIVAL

The first Taquara and Pipiripau Pepper Festival took place in 1999, replacing the former Rural Producer's Week, which began in 1987. This event provides opportunities for economic and social consolidation in the region, considered a pioneer in the adoption of modern technologies. It is the center of plasticulture in the Federal District and currently one of the largest pepper production centers in the country.

The project improved the quality of life of those assisted by Emater-DF, contributing to the economic and social development of the region, with the inclusion of new farmers.

It consolidated existing work, typically family-based, increasing income and job creation, and improving the living conditions of the local population. It benefited consumers of products and services generated by rural entrepreneurs, with an undeniable improvement in the quality of products offered, reflecting the greater level of farmer awareness of health, environmental, and technological aspects.

The region is considered one of the main suppliers of vegetables for the entire Federal District, is linked to commerce established in other regions of the country.

The organization of producers is probably a great asset, especially in relation to marketing, bringing competitive advantages to local producers, and consequently improving income and quality of life.

Bell peppers are considered the "flagship" of sales, allowing for favorable negotiations, with repercussions for all complementary products, with production also increased in the region.

Pepper cultivation is an important factor in the region's rural development. Their competitive advantages add value to production, primarily due to the ability of producers to organize themselves. This influences existing marketing channels, with positive repercussions for producers and, ultimately, for the local population.

The Pepper Festival is a major annual event in the region. Its importance, particularly for its motivation, innovation, awareness, strengthening, and integration, consolidates the production hub of this nationally recognized product.

This event fosters interaction with the community, fostering positive relationships and the community's support for Emater-DF, which is crucial for the company's sustainability.

For Emater-DF, this event provides a chance to interact and showcase its work, as well as enabling training and partnerships, achieving objectives, and fulfilling its mission. The event promotes Emater-DF and its partnership with the community, fostering the necessary integration between technicians and the local community.

## RIO PRETO RURAL CENTER TECHNOLOGY WEEK

The Rio Preto Rural Center, located in the Planaltina Administrative Region, west of the Federal District, occupies an area of 49,600 hectares. The local community, based on the Rio Preto Agricultural Cooperative Ltda. (COARP) and the Rio Preto Rural Producers Association (APRORP), develops excellent agricultural activities, based on the production of annual crops: corn, soybeans, beans, sorghum; various vegetables: tomatoes, carrots, beets, yams, garlic, cabbage; commercial fruit growing: citrus, avocado, mango; commercial poultry farming; eggs and chicken; dairy farming; commercial pig farming; commercial sheep farming; and beekeeping.

"I am sowing seeds  
In the fields of fantasy"

Cora Coralina



Six agro-industries are located in the area: Basa (Bomguy Feed), Frigo-rífico Sabugy (slaughter and processing of pigs and sheep), Cerealista Imperador (bean trading), Multigrain (cereal receipt), Country Brasil Agropecuária Ltda. (pasteurized milk, yogurts and cheeses) and the Coarp feed factory.

This regional development, a result of the innovative spirit of entrepreneurs, led to the first Rio Preto Rural Center Technology Week on July 19, 1998. The 11th Technology Week will be held in 2008.

The events, coordinated by Aprorp, aim to continuously adapt to the constant transformations of agribusiness and the dynamics of the demanding globalized market, as well as the sociocultural development of families. The Emater-DF Unit participates annually with other partners in the activities of this event, bringing innovations and technological refreshers to entrepreneurs, as well as activities for their families.

The activities contribute to the economic success of production units, to the preservation and recovery of the environment and to socio-regional well-being and development.

## PLANALTINA ALTERNATIVE FAIR

Emater-DF, together with the Regional Administration of Planaltina-DF and the Association of Rural Producers and Artisans of the Region (RURART), held an experimental event on May 1, 2004, the Alternative Fair of Planaltina, DF. The event, in its first edition, became one of the city's biggest events.

The Alternative Fair aims to create channels for marketing and promoting products from Planaltina's rural sector, such as rural tourism, floriculture and landscaping, handicrafts, agribusiness, and organic food production. To increase the diversity and quality of products for sale and ensure a larger public presence, artisans from the urban area have been allowed to participate since the first edition.

A food court was created, where patrons can sample everything from regional cuisine to dishes from other countries. An area was set aside for sports and leisure, featuring a variety of activities and games. A space was reserved for cultural performances, where local theater and dance groups, as well as musicians, perform free of charge, with a stage, sound, and lighting system available for the artists.

The fair is held monthly on the second Saturday of each month, from 4 pm to 10 pm, with over 200 vendors participating, attracting approximately 8,000 people each year. Over time, the fair has spontaneously changed its profile, and today it is primarily a crafts, food, and culture fair.

The success of the Planaltina Alternative Fair served as a model for the implementation of a similar initiative in Brazlândia, which is also a success. This led to municipal government intervention in the area where it was held. The previously run-down and abandoned space was revitalized with urban development, transforming it into a spacious and beautiful square. This led the local population to discover and frequent the space, appreciating the buildings listed as Historic Heritage of the Federal District, such as the centuries-old Church of São Sebastião.

This initiative had a strong impact on the image of Emater-DF, among the population of Planaltina and the authorities, who until then had little knowledge of the social role played by the Company.

## BRAZLÂNDIA ALTERNATIVE FAIR

Brazlândia is a city with an agricultural and tourist vocation and counts among its population with many artistic talents.

Emater-DF has been promoting this potential since June 2005, in partnership with the Regional Administration, the Brazlândia Sustainable Development Association – Adesb, the Association of Artisans and the Local Tourism Council, through the Brazlândia Alternative Fair, held on the second Saturday of each month, from 4 pm to 10 pm at Praça do Artesão, located in the city center.

At this fair, visitors can find handicrafts, jewelry, homemade breads and cookies, broths, sweet cakes, jams, high-quality rapadura, honey, organic products, and flowers. Consumers have access to fresh, high-quality produce directly from the producer and can also enjoy local cultural attractions.

The goal is to make the fair a local tradition, as is the case in Planaltina. The Brazlândia fair, in addition to promoting and recognizing local artists and producers, also offers the community and its visitors alternatives for commerce and entertainment.

The fair, as in Planaltina, prompted government intervention in the area where it was held. The dilapidated space was transformed into a public square, integrating the architectural complex along the shore of Espelho D'água Lake.

This initiative showcases the work carried out by Emater-DF and its partners in the region. It showcases, promotes, and sells genuinely local products, providing employment and income opportunities for those involved. Currently, the Fair has 100 vendors and an audience of approximately 1,500 visitors per edition.



## FISH FARMING

The technological and productive advancement of fish farming worldwide is unquestionable. Fish meat has increasingly been recognized as a high-nutritional food source for the populations of several countries. The advancement of this productive sector has become a technically, economically, and environmentally viable option for those engaged in agribusiness.

Fish farming in the Federal District and the Integrated Economic Development Region of the Federal District and Surrounding Area (RIDE) is a relatively new activity. However, the sector's economic outlook points to it as a profitable investment option, given that the region's market consumes approximately 12.8 kg of fish per capita per year, well above the national average.

Since 1999, the number of fish farmers in the Federal District has grown from 177 to 373, representing a 110% increase. The observed 145% growth in the flooded area under production, increasing from 62 to 152 hectares, shows that, in addition to the incorporation of new fish farmers' areas, existing areas were also expanded. Annual fish production jumped 274%, from 218 to 816 tons per year.

The work of Technical Assistance and Rural Extension with rural producers, through Emater-DF, contributed to achieving these results, using various methodologies such as technical visits, training, courses, field days, meetings, exhibitions, and other initiatives. Emater-DF extension technicians



were trained through technical cooperation with Israel, through two training sessions with experts in the field in 2000 and 2002.

Another important advancement was the implementation of the Fish Farming Technology Center (CTP) at Granja do Ipê, coordinated by the Federal District's Secretariat of Agriculture, Livestock, and Supply (SEAPA). It is managed by a technician from Emater-DF (Federal Environment and Renewable Natural Resources) and supported by the DF Aquaculture and Fisheries Office of the Special Secretariat for Aquaculture and Fisheries of the Presidency of the Republic. The CTP boasts a 10,000 m<sup>2</sup> flooded area for larval rearing and broodstock storage, divided into 20 excavated ponds, eight masonry tanks for tilapia sex reversal, a laboratory for artificial fish breeding, and a training room.

The CTP plays an important role in improving the supply of fingerlings to family fish farmers in the region. It currently has a stock of imported Thai and colored tilapia breeders, as well as breeders of several native species. In 2008, production of Nile tilapia fingerlings from the GIFT (Genetically Improved Farmed Tilapia) line began. Fish farmers' access to genetically improved fingerlings from the GIFT line has shown productivity gains of up to 25% compared to current tilapia strains. The CTP provides zootechnical and health support to producers in the Federal District and surrounding areas, contributing decisively to the growth of regional fish farming through the development and dissemination of new technologies and training for technicians and producers, as well as supervised internships for students.

These figures demonstrate that, given the new rural reality of the Federal District, fish farming has emerged as a viable alternative activity for rural properties in the region, contributing in recent years to increasing the economic base of local production and gradually replacing imports.

Fish farming can be considered a social alternative from the moment the activity is developed in the small production unit as a source of food and supplementary income for producers who dedicate themselves to family farming.

### TRIBUTE: IMMIGRATION FROM THE JAPANESE COLONY – 100 YEARS OF ALLIANCE

Along with Emater-DF's 30th anniversary, the Japanese community celebrates 52 years of immigrating to the Federal District. It was precisely a group of 30 Asians who arrived here in 1956, that is, before the inauguration of the capital. They received leased land on the banks of the Riacho Fundo and in Vargem Bonita, forming the first Rural Nucleus of the Federal District. After spending a day analyzing the soil to see if it was suitable for orchards and vegetable gardens, they met with Israel Pinheiro—President of the Urbanization Company of the New Capital of Brazil (Novacap), discouraged:

—"The land here is very weak and difficult to plant", they complained.  
The director of Novacap didn't think twice and smilingly replied:  
—"Well, if it were good land I wouldn't need Japanese."



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Feeling challenged, they took up the fight and started producing. They tell of the generation of sanseis (grandchildren of Japanese) who, in the last 15 years, have made their way back to their ancestral homeland in search of specialization or better work on the Pacific island, where there are now about 235,000 Brazilians.

The more than 2,200 families of Japanese descent who currently live in Federal District — about 5 thousand people — cannot even be considered a foreign colony, they mixed with the people from Goiás, Rio de Janeiro and Minas Gerais who also came to here.

As it celebrates its 30th anniversary, Emater-DF congratulates the Japanese community, which on June 18th celebrates the 100th anniversary of the arrival of the first families to Brazil, when they disembarked from the Kasato Maru ship at the Port of Santos in 1908, beginning the saga of Japanese immigrants in Brazil. They are a symbol of a grand adventure of courage and resilience. Since their arrival, the Japanese have been imprinting their culture, traditions, and high level of economic and technological development on the country.

Japanese cuisine, for example, is so popular that large cities often have more Japanese restaurants than steakhouses. Today, fully integrated, the Japanese contribute significantly to the national economy.

From Japan to life on coffee farms in Brazil, to urban centers, a generation of traders was born. The expression "guaranteed Japanese" emerged in reference to these traders, who gained a reputation for being honest, serious, and competent.

In the Federal District, the Japanese colony of farmers is concentrated in Vargem Bonita, Núcleo Bandeirante, Taguatinga, Alexandre de Gusmão and Brazlândia, where they mainly grow high-quality vegetables, strawberries and fruits.

In this centenary, Emater-DF, looking back, thanks the immigrants for everything they did, who with hope, perseverance, honor, pride, strength, courage and joy continue to contribute decisively to the agricultural supply of the Federal District.

The Japanese colony made numerous contributions, including the institutionalization of fruit and vegetable production, which continues to this day in the Federal District. In honor of this partnership, we interview two representatives of the colony in this book: Geni Ikeda Asano and Junco Kikuti. They present their traditional recipes, now incorporated into the region's traditional dishes and requested at all events where family farming is present.



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### GOSSIP TALK

"My sweet hands  
Never idle  
Fertile, immense and busy  
Hardworking hands.  
Always open to give  
Help, unite and bless"

Cora Coralina (1987).

### A surprise for Emater-DF's 30th anniversary

Sergio Dias Orsi

After setting aside, in the pantry of her house, the bowl of her Comadre Totota, which had come with soft guava paste, Comadre Maisé put some pieces of cornmeal cake in it. Wildflower inside the bowl. He tied the bowl with the dishcloth Dona Ritinha had embroidered, tested the tightness of the knot she had tied, and held it tight.

She closed the living room and dining room windows and bolted the kitchen door. She went to the kennel, releasing Rex into the house's enclosure to guard against any intruders. She left through the back gate of her house's enclosure and was accompanied by the dog to the gate, sniffing at a respectful distance from its owner, the cake bowl. She locked the gate with the bolt from the outside and—listening to the solitary bark of her dog as it ran back and forth in the enclosure—followed the shortcut that led to her Comadre Totota's farm.

The two comadres, who had moved over 20 years ago to the Agricultural Colony, which was part of the Rural Nucleus of the historic Satellite City of Planalima, in the Federal District, maintained a characteristically familial relationship. One was always the other's "safe haven" in the absence of close relatives.

Her walk began around two in the afternoon under the characteristic blue sky of the Central Plateau. Step by step, she continued to feed her curiosity as she followed that well-worn trail through the daily hustle and bustle of daily life. The early April sun still forced her to seek the shade of the occasional tree, which, fortunately, still stood here and there along the trail.

That tranquility was constantly disturbed by the bouncing song of a Tiziu, in the lush clumps of grass where he hung the seeds that fed those birds. After a little more walking, anxious and reflecting, Com-madre Maisé began to hear a mournful lowing in the corral, announcing the routine time to separate the dairy cows from their calves.

### "Flower of the Field"

#### Ingredients:

2 tablespoons of butter  
3 cups of sugar  
4 eggs, beaten egg whites  
1 saucer of grated semi-cured cheese  
3 cups of curd  
2 cups of cornmeal  
2 tablespoons of wheat flour  
1 tablespoon of baking powder  
Fennel to taste.

#### How to make:

Beat the butter with the sugar, egg yolks, and grated cheese. Gradually add the curd, the cornmeal, the wheat flour, and the fennel, beating well after each addition.

Finally, add the beaten egg whites and baking powder and mix gently. Bake on a greased and floured baking sheet in a hot oven until golden brown.



When Comadre Totota's house came into view, Endi's barking announced it from afar. With her lively welcoming manner, the little dog ran to meet her, twisting her body and wagging her stumpy tail. She sniffed her feet and the cake bowl held together by the knot.

Comadre Maisé approaches the house, stamping her dusty feet on the grass, and surprises Comadre Totota's domestic routine. Just by the way Endi barked, she already knew they were familiar faces. With a very characteristic reaction of joy and surprise at her neighbor's arrival at such a time, Comadre Totota leaves her chores, wipes her hands on her apron, unties it from her waist, and then removes it from her head, immediately fixing her hair. They shake hands (one still cold and damp, the other warm and sweaty). They exchange questions about how each of their family members is doing, especially about their godchildren.

For Comadre Totota, from that moment on, her day would be a mix of satisfaction and setbacks. Both for the pleasure of being with her best friend and for completing the tasks she had already undertaken for herself. But that no longer mattered so much. At that moment, she really wanted to chat, both to discover the reason for this unexpected visit and to confirm the surprise contained in that bowl, still wrapped in Dona Ritinha's signature dishcloth.

"Comadre Maisé! What a joy it is to have you here! I was just thinking about you. Let's come over here and pull up a stool from under the table to sit. Don't mind the mess!"

"Nonsense, Comadre Totota! How many times have you been over and I've been doing the same thing? Don't worry about it! I made a recipe for your favorite cornmeal cake and decided to bring you some pieces, as I owed you the bowl of that delicious guava paste. I was also curious about the embroidery course you took at Emater-DF. So, I just got a few things done at home and popped over here to see what's new."

"Ah! Comadre Maisé, I've discovered the reason for your visit." And as she spoke, she untied the cloth to inhale the scent of cake, a combination of roasted corn, fennel, and semi-cured cheese. "You missed it! It was so good!"

— The class in this course was very excited. Dona Ritinha, always confirming that the embroidery on the dishcloth was really hers, kept telling everyone to "stick to the work."

— Eh!!! Comadre Totota. Dona Ritinha is hopeless! But, the course teacher, Did you really understand the subject?

"Everything, comadre Maisé." She explained everything from the history of embroidery to how she sold her work. She didn't waste any time. She just asked a few questions and then proceeded to distribute the materials and explain the pattern-making and embroidery techniques. From the very first class, we were hands-on.

"So, it was really good, Comadre Totota. But tell me more about the course, what's new in the conversations?"

– Well, Comadre Maisé, in the course each of us gave a self-introduction, we talked about our expectations for the course and the teacher finished with a few more questions.

– Comadre Totota, what else did she want to know?

"If anyone in the group already embroidered, or knew how to cross-stitch, or if they made some money from their embroidery. Well, Comadre Totota, Dona Ritinha talked until she was tired, didn't she?"

– Yes, Comadre Maisé, until she told me that she sold embroidered dishcloths, door to door, to help her two children complete their studies at the Agricultural College, it was a very long story, it took a long time!

"Comadre Totota, it's no easy feat with Dona Ritinha! But what's the story behind the embroidery the teacher taught?"

"Comadre Maisé is very interesting!" She explained that it all began in 1974 when a visual artist and the Sisters of the Institute of the Franciscan Missionaries of Mary in Brazil decided to train some women to provide extra income for needy families. They developed and perfected the embroidery stitch that became a hit. The "Brazilian Stitch" is laborious, but once the embroidery is finished, it looks beautiful! Embroidered work is found in embassies here in Brasília and even abroad.

– Ah! Comadre Totota, so this story started right here in Planaltina?

"Yes, Comadre Maisé. She even said that the group initially started with just four women. But soon there were twenty women here in Planaltina and 19 tapestry makers in Cabeceiras, Goiás. They mostly made rugs, runners, and cushions. And, Comadre, only clients from embassies came to the Franciscan Institute."

– What an interesting thing, Comadre Totota! Tell me more, tell me!

"She showed some photos, Comadre Maisé, of the foreign delegations they always received at the Franciscan Institute. People were enchanted by the embroidery stitch, which highlighted Brazilian flora and fauna in a very special and interesting way. The embroiderers were always invited to exhibit their work at various events."

"Comadre Totota, so the embroidery is really chic! Didn't you bring any embroidery you made?"

"Yes, Comadre Maisé! I'll get the embroidery case we got in the class. But don't mind, I'm still learning!"

As she searches for her briefcase, Comadre Maisé feels a little regretful about not having attended the course, lamenting to herself that she had welcomed her sister-in-law, who had come from the interior of Goiás, into her home just then. Her thoughts are suddenly interrupted by the sound of a needle falling to the floor as Comadre Totota removed some scraps of cloth from her briefcase. On the first piece, a twisted Pequi tree was embroidered throughout, and on the other, larger piece of cloth, still unfinished, it resembled a small path full of Buritis palms.



– Comadre Maisé, they're not as pretty as the teacher's embroidery, but they give you an idea of how much work it takes.

– It's Comadre Totota, they are really interesting!

"But Comadre Maisé, as I was telling you about the history of "Ponto Brasileiro" embroidery, the sad thing about this story is that as time went on, the people who bought the embroidery increasingly wanted larger pieces. So, the group of women gradually became discouraged with the work and eventually disbanded. It took a long time to complete a project, and they ended up without the daily income to go shopping. Thus, the last work the group created was a Marajoara rug in 1998.

– Comadre Totota, then the embroidery and rugs that were sold abroad or to decorate the embassies here in Brasília, are they not made anymore?

– Comadre Maisé, this is where Emater-DF enters the story.

– Comadre Totota, what do you mean?

– Comadre Maisé, Emater-DF decided to rescue this technique so that we women-rural people can make some extra money with these embroideries and rugs.

– But Comadre Totota, didn't you say that women gave up because they couldn't make money from their jobs anymore?

"Yes, Comadre Maisé. But now the proposal is to do small pieces that portray our local reality, like the trees of the Cerrado and what we experience daily here on the farm. They even told us to embroider the image of a wood stove or a flowering cagaita tree."

– Well, Comadre Totota, and the other days of the course, how were they?

"Comadre Maisé, the good thing about this course, as I told you, is that it was very hands-on and the class was enthusiastic. Every day the teacher gave a new tip, from how to draw the pattern to how to package the embroidery for sale. The teacher and the "lady" from Emater-DF even taught us how to calculate the price of each embroidered piece."

"So, did they teach you how much each piece will cost, Comadre Totota? Could you tell me how to do this? Teach me the embroidery stitch and how to calculate the price? I need to earn some money. The Harvest Festival is coming up, and I need to buy a newer dress for the Guild Ball.

"Yes, Comadre Maisé, even during our coffee breaks, each of us dreamed of the purchases we would make with the money earned from the embroidery we would sell. As always, Dona Ritinha joined the discussion. And, drawing on her experience, she advised all women: "First, it takes a lot of inspiration and perspiration to make the embroidery, then a lot of shoe soles to sell them, and only then, with great calm and price research, spend every penny you earned."

– Hey... Dona Ritinha. Always giving us a "pay attention", aren't you Co-madre Totota?

– It's true, Comadre Maisé. That's why we decided to change the subject.

We now move on to commenting on snack recipes.

– What do you mean, Comadre Totota?

– Ah! Comadre Maisé, this was another interesting part of the embroidery course. We made a deal: each day, one of us would bring the snack. It was a hell of a meal.

– Did you even manage to gain a few pounds, Comadre Totota?

– I didn't get fat, Comadre Maisé, can you see? But there were women who ate everything. Until I tried them one by one, I wouldn't rest.

– Comadre Totota, haven't you brought any news?

"Yes, Comadre Maisé, I even mentioned to Dona Maria do Socorro, Mr. Teodoro's wife, about the visit the Emater-DF woman made to our house, looking for a recipe typical of my region to include in the Emater-DF 30th anniversary book. The woman gathered all the recipes and interviews and put together a booklet. When I read so many interesting recipes in the booklet, I immediately asked to borrow it. I can't wait to add it to my cookbook."

– And what's different and delicious about it, Comadre Totota?

– Ah! Comadre Maisé, so many good things! I'll just show you the variety of recipes.

Comadre Totota picked up her briefcase from the table again, unzipped the inside, and took out the booklet. She immediately handed it to her comadre to flip through, and then extended an invitation.

"Let's get to the kitchen, Comadre Maisé, and I'll make us some fresh coffee, because the smell of this cornmeal cake is making our mouths water." Comadre Maisé began to turn the pages, page by page. Every now and then she stopped at a story from the interview, or a recipe that caught her attention. She read the interview text and imagined what the place those women came from was like, taking a trip through almost all of Brazil in her mind. At other times, she read a recipe and imagined it ready and how delicious it would be.

– Comadre Totota, so besides teaching embroidery the course was also a moment to perfect each one's cooking?

"Yes, Comadre Maisé. Even the "Emater-DF lady" made a point of bringing one of these recipes she'd gotten from interviews every day. It was a recipe here and a recipe there, and Dona Ritinha had to bring it to our attention several times, or the work wouldn't have come to fruition."

– Comadre Totota, if you didn't become an expert you would really gain a few pounds, wouldn't you?

– Comadre Maisé, it's true. But whenever I could, I kept my mouth shut. It was only on the last day that I relaxed a bit; nobody's made of iron.

– Why on the last day Comadre Totota?

– Each of us brought a Comadre Maisé recipe. Then everyone went crazy, just there were tasty things that made you fat.



– Yes... Comadre Totota, this is the danger of these courses, the sacrifice is very great. But it's worth it!

– Ah! Comadre Maisé. At the end of the course, all the works were displayed, some open and others packaged for sale. The Emater-DF board of directors was even invited to close the event. In his speech, the president emphasized that Emater-DF is celebrating its 30th anniversary in 2008 and that it will be a year with many training activities for women and producers. He even showed the commemorative stamp for Emater-DF's 30th anniversary.

– And did the seal look nice, Comadre Totota?

"Yes. But it was right at this point in the speech, Comadre Maisé, that I had an idea and mentioned it to the Emater-DF woman next to me. I suggested we throw a party for Emater-DF on her birthday."

– And did she agree, Comadre Totota?

– Of course, Comadre Maisé, even the teacher, when she saw the thirty-year anniversary stamp, promised to embroider it in "Brazilian Stitch" to hold a raffle on the day of the thirty-year anniversary celebration. 30 years.

– How interesting Comadre Totota!

After the speech and the closing ceremony, we gathered the group at the Rural Center Community Center on April 7th. The woman from Emater-DF explained that Brasília cuisine is very diverse. In fact, each rural producer family that came to Brasília brought with them its own food culture—its own way of preparing 100 dishes, its own seasonings, its own charms, and its own unique flavors. The theme of the festival will be "Emater-DF: 30 years with the flavors that migrated to Brasília."

This way, we'll pay tribute to all regions of the country with the recipes she collected during her interviews, not to mention the recipes for our embroidery course snacks.

"It's true, Comadre Totota. I myself just came to try the cucha rice, goat tripe, soy milk cheese, and paella here in Brasília. There'll be food for every taste."

"Of course, Comadre Maisé. She took the booklet and made a list of the recipes and the people she interviewed. She also said she collected many recipes during her years at Emater-DF. She was responsible for sharing them one by one. We asked everyone to keep it a secret; otherwise, it would spoil the fun."

– So, Comadre Totota, tell me who the lucky ones were!

– Calm down, Comadre Maisé, the surprise doesn't end there.

– It's Comadre Totota, what else is there?

"Comadre Maisé, they were saying that last year marked 50 years since the Japanese arrived in Brasília, meaning they arrived even before the new capital was inaugurated. The first place they settled was where Riacho Fundo is today, which belonged to the Bandeirante Nucleus. They came with the mission of producing food, because at that time, here in the Federal District, there was a shortage of everything.

– Comadre Totota, the Japanese are really naughty, back then, almost without no resources, they faced this backlands and apparently they got the job done.



– That's right, Comadre Maisé. And what's more, this year marks 100 years since Japanese immigrants arrived here in Brazil. Because of this, we decided to bring some of that Japanese food to the party as well.

– Comadre Totota, so for the Emater-DF party there will even be international cuisine?

– Yes, Comadre Maisé, and it won't just be Japanese, there are many other foreign recipes.

– But, Comadre Totota, tell me more, especially about the recipes, because without eating I'm already getting fat.

– Comadre Maisé. After much discussion, the woman from Emater-DF asked us to separate the recipes by region. Once this was done, we decided who would be responsible for bringing the dish on the day of the party. Once this was finished, it was a scramble to copy the recipe, which turned into a real hustle and bustle.

– I can imagine the commotion that was Comadre Totota.

"Guess what, Comadre Maisé?" To alleviate the confusion, Dona "Ritinha" had to intervene. She suggested that each of us write one of those recipes on the Community Center's chalkboard. Once that was done, each of us chose the recipes we liked best, and the push and pull ended. Can you believe they were already tearing apart the Emater-DF lady's handout!

– Only Dona Ritinha can "put order in the house" Comadre Totota.

"She knows how to command respect, Comadre Maisé." All I know is that afterward, there was complete silence, everyone copying the recipes. While they copied the recipes, the Emater-DF woman and I shared out the leftovers and cleaned up the room. By the time we finished, it was already dark. Since I wasn't copying and helping clean up, I quickly asked to borrow the folder.

I got home and the news on TV had already finished. Tonho, as usual, was already restless on the porch, pacing back and forth, barely asking what had happened.

– Comadre Totota almost got angry.

"Almost. But with the relief he felt when I arrived and saw the snacks I'd brought, the conversation changed, Comadre Maisé. Now, look at all the recipes in this booklet."

– It's Comadre Totota, later you can lend me your recipe book.

While Comadre Totota, standing, finished straining the coffee, Comadre Maisé, settled herself on the stool and continued to leaf through the booklet with the recipes and interviews. Judging by the smell of the coffee powder, the coffee promised to be very delicious not only with the commel cake, but also with the fresh Minas cheese that Comadre Totota always made.

When Comadre Totota served the first cup, Comadre Maisé immediately imagined a piece of cheese. It seems it was a thought transmission. Suddenly, without even tasting her favorite piece of cake, Comadre Totota remembered the cheese in the refrigerator.



– Comadre Maisé, I was forgetting the cheese I made yesterday.

Comadre Totota went to the refrigerator, removed the cheese still in its plastic form, and placed it on a plate, draining off the accumulated whey. The two comadres were brief between sips of coffee, which was always accompanied by a bite of either the cheese or the commel cake. Comadre Totota could feel the pleasure of tasting the combination of flavors of the cake and that fresh cup of coffee every time she chewed.

Comadre Maisé drinks her first sip of coffee and inspired by the flavor, she returned to beginning of the booklet and began to leaf through it, more calmly and carefully, page by page.

I continued to travel around Brazil, exploring recipes from each region, imagining how rich our gastronomic culture is. And, just as I had done before, I would sometimes stop at a recipe or an interview, thinking about how interesting the Emater-DF anniversary will be.

Brasília has long deserved a rural gathering of its knowledge and flavors. Or better yet, a celebration to celebrate the 30th anniversary of Emater-DF, "WITH THE FLAVORS THAT MIGRATED TO BRASÍLIA."



## TESTIMONIALS

The life stories reported below are the result of a conversation between women, farmers, and residents of different rural areas in the Federal District, where Emater-DF operates.

These women contributed to the book with their life stories and recipes brought from their places of origin or dishes they learned in courses organized by Emater-DF.

In their memories of the journey they took, the women recalled when, how and why they came from their origins in search of better prospects in the Cerra-do region, where Brasília was emerging as the capital of the future in a country that still lacked roads, infrastructure and food production in all regions.

They spoke of their love for the countryside, their friendships, cooking, making sweets and cookies, embroidery and many other jobs linked to the land of the house and the plantations, where they are housewives, farmers and companions in all circumstances.

They commented with pleasure on their relationship with Emater-DF, the exchange of knowledge, the technical support, the friendship, in some cases their technicians becoming almost family members.

They talked about problems such as water, its scarcity or quality, the lack of transport conditions, the difficulties in marketing...

Emater-DF dedicates this small tribute to all women as a way to perpetuate the gratitude of those who carry out rural extension in the Federal District.



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### GENI IKEDA ASANO Rural Center of Rio Preto, Planaltina



"I came from Núcleo Bandeirante, but I arrived in Brasília in 1968. I'm the daughter of pioneer Mr. João Ikeda. The work is hard from sunrise to sunset. In the beginning, I helped my husband and so I didn't have to pay a servant. The seven children have grown up and I now enjoy peace of mind, especially since I have a daughter-in-law who helps my son with the farming. The family's produce is eggplant, lemon, and ponkan. I like to do the work.

"Suzuki - SU - vinegar - KI - meaning pickled vinegar, which is much admired as an appetizer, to accompany meat at lunch. We have a great relationship with the Emater-DF team; without them, the farm wouldn't be able to have the productivity it does, from which we earn our living."

Geni Ikeda  
Rural Producer

I arrived in 1967. I got married in Brasília and came to live in the Rio Preto Rural Center. I left Inhumas, Goiás, in 1957, with my parents, who came from Japan during the Japanese immigration period. We arrived and lived in Riacho Fundo, near the Bandeirante Center. My father worked as a farmer, and my brother still lives there, in Riacho Fundo. My marriage was arranged; I'm from that era, when marriages were arranged by parents. My husband, Kaneyoshi Asano, was born in Japan and was already here in 1957. He came when he was 20, received land from the government, and today considers himself more Brazilian than Japanese. We've been struggling ever since, but it's very difficult.

The government always helps. Through Emater-DF, my son and daughter-in-law took out a loan to plant peppers. They'll start harvesting now. I had seven children, and they grew up and flew away. Today, I have five children in Japan, one in São Paulo, and a married one living here. The children in Japan work in factories. They're there out of necessity; they can't save as much as they'd like because of the consumer culture.

Planting is very difficult these days. We buy everything at a very high price: fertilizer, seeds, and supplies, and sell vegetables very cheaply. We want to stop planting vegetables. We want to plant soybeans and corn. We're discussing flower planting with Emater-DF, as they want to develop a floriculture project here in Rio Preto. We need to think about it, because infrastructure and transportation are needed. At the market, they take flowers and also have leftovers like vegetables. For example, chard, if it's not sold quickly, it will perish.

We have a problem in the neighborhood due to the lack of water, a serious issue for everyone. Water should be distributed among the lots, but since it's not enough, this isn't possible. When we were all Japanese, there was a collective effort to clean the stream; today, that's no longer the case. Today, the approach is individual; before, everyone helped each other, there was more camaraderie. The Japanese families left because there was no school. Recently, there was a fire on the farm; we don't know if it was arson. We still haven't recovered the damage; we didn't have insurance, and everything burned down: equipment, bamboo groves, and hoses. This was very discouraging. Our house was built 41 years ago. It grew with our children. We plan to build another one when the money from soybeans is left over. My grandchildren dream about it.

### SUZUKI (BAMBOO SHOOT PRESERVATION)

Ingredients for 1 500g glass

- ½ kg of bamboo shoots cut into slices
- 1 tablespoon of sugar
- 1 teaspoon of salt
- 1 teaspoon of monosodium glutamate (ajinomoto)
- 1 cup (American) of white vinegar



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Preparation: preparation time 40 minutes.

Cut the bamboo shoot (the best time is the end of the year);  
Bring to a boil for about 5 minutes;  
Drain in a colander, peel them, and add a little salt to help drain all the water.

Bring it back to the heat to cook with sugar, monosodium glutamate and salt. Once soft, place it in a sterilized jar and cover with vinegar, and it's ready to serve or store.

### TOFU

Ingredients for approximately 1 kg.

- 3 cups (tea) of soybeans (soaked overnight)
- 1.75 l of hot water
- 1 teaspoon of salt
- Rennet: 3 alternatives all diluted in:
  - ½ cup (tea) of warm water.
  - Rennet alternatives (choose only 1 of them)
- 2 tablespoons of lemon juice or
- ½ cup (tea) of vinegar or
- 1 tablespoon of Epsom salt (magnesium chloride)

How to make: preparation time one day.

Drain the soaked soybeans and blend them in a blender with 1.75 liters of hot water, gradually adding the liquid. After each operation, strain the milk through a sieve and then strain it through a clean, thin white cloth. Bring the liquid to a boil in a saucepan over low heat, then let it simmer for 15 minutes. Stir constantly to prevent sticking. Turn off the heat, let it cool to baby bottle temperature, add the salt and one of the curds of your choice. Let it coagulate for 15 minutes. Place the coagulated mass in a thin cloth and let it drain.

After draining, transfer the dough to rectangular cheese molds. Press down firmly with a weight. Remove from the mold and refrigerate in a bowl of water to prevent drying. Serve with soy sauce.



### NEUZA FALQUETO Rural Center of Tabatinga, Planaltina



"Besides helping my husband, I practice my culinary skills, as I know how to make delicious dishes that are already known throughout the rural area and surrounding areas. I've taken courses at Emater-DF (Federal Education Agency) and know how to prepare and package them. My favorites are strawberry jam and fig and cashew sweets, which are sold to local farm hotels. Polenta is the signature dish, served to friends and family, receiving many compliments."

*Neuza Falqueto*  
Rural Producer  
Rural Center of Tabatinga,  
Planaltina, DF

I came from Espírito Santo, along the immigrant route in the mountain region, after my husband became enchanted with the Cerrado region during a trip he took with a friend. The region there has developed further. We were a family with five children, young and young, studying, and seeking new prospects. Today, only the youngest lives nearby.

Emater-DF is always present, although today my husband no longer plants. Now he processes grains, wheat, and soybeans. Before, he planted sugarcane, had a still, and made cachaça. My son tends the land and grows vegetables, beans, and soybeans. The lack of trucks makes things difficult, as we have to pay freight, which reduces profits.

One of my sons left everything for a tractor and farming. Today, he's in Maranhão running a farm. My oldest son works with agricultural products, and my daughters left the family here. One went to Europe and has lived in London for four years. Of Italian origin, he has dual citizenship, works and studies.

The other daughter is married to a farmer and they live in the Rio Preto Nucleus. They have triplets who are the joy of their grandparents.

I used to help in the garden and harvest vegetables when we had the other farm. We also had dairy cattle and made cheese. We don't do these activities anymore, although I make cheese to order, with milk purchased from a nearby farm. I also make cookies and sweets and sell them to various clients. I used to take them to exhibitions, but now we can't anymore.

I can't just sit around doing nothing; that's a bad thing. Since people are interested in what I do, it's worth making them: cream cookies, cornstarch cookies, soy cookies, and others. I take courses when people come from abroad. Nearby, there's a woman from Rio Grande do Sul who makes really good things that I don't even know how to make. Around here, almost all the women know how to make a lot of things. I always give recipes, teach what I know, but I've never taught a course.

In our community, I don't see any problems, except for transportation. We have plenty of water; thank God, there's never been a shortage. Working the land is hard, but it's good, even if it's painful, according to Tiago, Neuza's son. When we arrived here, there were many trees planted. We did business with the previous farm, which was profitable and made it easier for the children to catch the bus and go to school. It's closer to the track. Back then, we rented land to grow corn and soybeans. It's been about 22 years, and the people at Emater-DF have always helped us; they were always there. Dr. Sérgio and Cida, who lived here at home, were like family. With Emater-DF, we learned a lot and improved production. Sometimes we knew how to do things, but not correctly, and they corrected us. They've said, "We have everything we want here." Where I came from, we had medicinal plants, flowers, and vegetables for our daily needs. We stopped making cachaça because the return is too slow, and sales are hampered. We brought the sugar mill from Espírito Santo, where we knew the technique.

This year the processing of grains produced by others has been very good. Every season brings something different. I like it here. I've gotten used to it. I've made many friends. The house is big, enough for my children and grandchildren—I have four so far. My go-to recipes are polenta, a traditional Italian dish, and cashew jam, a Brazilian fruit abundant in the Cerrado.

**POLENTA****Ingredients:**

- 2 liters of water
- 400 g of fine cornmeal
- 2 tablespoons of butter or margarine
- 1 tablespoon of salt

**How to make:**

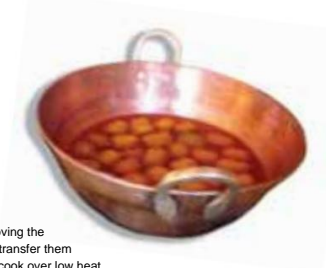
In a saucepan, bring water to a boil and add salt to taste and butter. Once it starts boiling, gradually add the cornmeal and stir constantly with a wooden spoon to prevent lumps; stir well until the bottom of the pan comes up. For perfect cooking, the polenta should ideally be cooked for 30 minutes over low heat. Pour the polenta into a baking dish, sprinkle with Parmesan cheese, and add your favorite sauce.

**CASHEW JAM****Ingredients:**

- 32 medium cashews, whole and with nuts ("caju careta")
- 2 cups (tea) of sugar
- 2 small pieces of cinnamon sticks
- 5 cloves

**How to make:**

Wash the cashews and place them in a ceramic or glass bowl, without removing the nuts. Using a toothpick or thin skewer, poke about 15 holes in each cashew and transfer them to a pot or copper pan. Add the remaining ingredients. Cover the pot or pan and cook over low heat. Let cook, stirring carefully to avoid damaging the cashews. After cooking, remove from the heat and let cool before placing them in a compote dish or sterilized jars. Note: The cashews, besides looking beautiful in jars, are edible.

**KICUTI REED  
Santos Dumont Rural Center, Planaltina**

"I came from Belo Horizonte with my husband in 1974. I am an eggplant producer, yam, cassava, and owns two farms. In addition to working on the farm, I also learned crafts in Emater-DF courses as a way to supplement the family income. I always make Yaki-soba and other Japanese dishes to preserve and teach my children and grandchildren our traditional food. Because I have many friends, the dishes have become popular at the Center's events."

*Kicuti Junk*  
Rural Producer  
Santos Dumont Rural Center,  
Planaltina, DF

In 1960, I came from Japan, lived for five years in Salvador, Bahia, and then moved to Belo Horizonte. Salvador was very hot, and Belo Horizonte was more pleasant. I got married there. A friend recommended we apply, and we managed to get a lot here in Brasilia after spending a lot of money.

We produce eggplant, yams, and lemons year-round. I've worked at Ceasa for 19 years. Everyone knows the short Japanese woman. I wake up at 1 a.m. and go with my son on Mondays and Thursdays. My husband takes care of the house. I'm a farmer, I cook, I sew, I make bags, I make rugs. The money is enough to live, to eat, and to help my grandchildren and daughter.

We bought the tractor with hard work, on installments. Once, six years ago, a thief broke in and stole everything, including money. It's a good thing he took what he could buy, because life can't be bought. We had to fence it off, and at 5:30 p.m., we locked it all up. We have to prevent further visits.

I had three sons and a daughter. My daughter teaches Portuguese in Japan, and two sons work in factories there. One son is a farmer and works here as a partner. My daughter-in-law is Brazilian, and I have three grandchildren. They work together, married to be happy, and fit in with the family. I indulge my daughter-in-law's Japanese cuisine, and she cooks meat for me. We Japanese like fish and vegetables, lighter fare, and meat only occasionally.

Emater-DF helps us with teaching, explanations, vaccinations, and we also participate in exhibitions. I like my place and want to stay here. The land is family land; the children went because it was fashionable to go to Japan; they wanted to go. Last year, my brother-in-law passed away, and we went to Japan and saw our children. Japan is good, but Brazil is better. My dream is home, and I like to cook. Everyone says D. Junco's food is delicious.

We hold meetings and birthday parties with our neighbors. I also attend the Buddhist temple and help with the fair. We participate in the Santos Dumont Rural Producers Association, but my husband always attends the meetings.

We arrived here almost 33 years ago and have always grown vegetables and fruits, especially ponkan. I enjoy cooking, sewing, planting, and also traveling. My recipe, Yakisoba, a traditional Japanese dish, was chosen because everyone loves it.

**SIMPLE YAKISOBA****Ingredients:**

- 500 g of spaghetti no. 8
- 5 chard leaves
- 1 medium carrot
- 1 large onion
- 5 pods
- 1 small head of cauliflower
- 200g of beef in strips
- 200g of diced chicken breast.
- 1 tablespoon of oil)
- 1/2 green pepper
- 1/2 red or yellow bell pepper

- 750 ml of water
- 1 egg
- 2 cups of traditional shoyo (soy sauce)
- 1 tablespoon of sugar • 4 tablespoons of cornstarch
- salt to taste or monosodium glutamate (ajinomoto)

How to make:

Cook the pasta in boiling water for 8 to 10 minutes. Drain, rinse, and let it dry. cool, set aside. When serving, it should be gratin.

Cut the chard, carrot, onion, green beans, and bell pepper into 0.5 cm wide and 5 cm long strips. Separate the cauliflower into florets. Boil all the vegetables. and reserve.

In a pan or iron griddle, add a tablespoon of oil and lightly grill the beef and chicken. Mix with the vegetables.

Prepare the sauce in a pan by adding 750 ml of water, the soy sauce, sugar, egg and salt or glutamate and bring to a boil, gradually adding the cornstarch dissolved in a little water, stirring with a spoon until the sauce thickens.

Serve the yakisoba hot on a plate, adding in order the "au gratin" noodles, the boiled vegetables, and the sauce on top.



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**JACILENE CIRILO ALVES**  
Pipiripau Rural Center, Planaltina



"I've lived in the Pipiripau Rural Center for 13 years, and we work with broiler chicken. One day during a celebration here, I decided to make paella to honor my husband's family, who is Spanish. I started making the dish for friends, and today it's a favorite with many people.

We happily chose to live on a rural property and consider the Emater-DF team as part of my family.

I'm cheerful, communicative, and I enjoy welcoming friends. Emater-DF is essential to us; it's our right hand.

I learned a lot of things, I took a lot of courses, I made money with sausage, I learned a lot of things I didn't know with Emater-DF, assistance here in the field is 100%".

*Jacilene Cirilo Alves*  
Rural Producer  
Pipiripau Rural Center

Emater-DF, here in this region, has a very significant presence. We have good support; whenever we need it, they're there to help us through their extension agents. I've taken several courses, all very beneficial. I've made money from the courses I learned at Emater-DF, and whenever we need it, we call them to stop by, and they help us. They try to solve problems, and when they can't, they find solutions.

For us here, Emater-DF is very important. A few years ago, we heard that the government wanted to abolish Emater-DF, and we even considered starting a movement. What's working doesn't have to end. It can even improve, as it already has. I think producers today can't live without Emater-DF. They provide excellent support, and we have only good things to say.

I've been here since 1995. I know everyone here. I married a Spaniard and learned to make traditional Spanish dishes: tortilla, paella, chickpea stew—I learned them all. Paella has secrets; it has to have Spanish saffron and good olive oil. People with very refined palates have tried mine and liked it.

My husband is a pioneer; he's been here for over 20 years. His father, at the time, got this land that no one else wanted and built a shed for the chickens when only the S6 Frango Company was buying it. Since it wasn't an integrated system, it fell apart and didn't work out.

My husband, a single man, stayed here with great difficulty at first. We had no water, no electricity, nothing. We fought and fought, and today we can say things have improved 100%. Integration with Sadia has made everything easier, and we're making progress. Our main activity is poultry farming. We used to produce mate tomatoes, and we've been featured in the Correio Braziliense in articles on studies at UnB, but we have to diversify. Today, we also have a cattle feedlot. We stopped growing vegetables because the land is small. It would be great to be able to do everything, but it's not possible. It would be good, because if one couldn't do it, the other could, but there's not enough space to accommodate all the activities. We chose not to have children. We have three families who live here to help us; they're registered, everything is in order because we need the labor. My husband also works in agriculture, working with the employees. I work in administration, the bureaucracy, the accountant, the banks. I stopped working outside, I'm working here, in what's mine.

I'm not just a housewife; I studied and enjoy working. I finished high school but never went to university. I worked at Páginas Amarelas (Yellow Pages), Senac (National Health Service), and other places. I was always an administrative assistant. I was a receptionist, a secretary, and that gave me the knowledge I need to do what I do today. Administration is my responsibility. We live a quiet life here; when we can, we go out. We like going to the beach, and now we want to go to Spain. He hasn't been back since he arrived, it's been 30 years. His sisters always go, and his mother always went, but she passed away last year. It was a complicated and beautiful story, now coming to an end. She was widowed for a long time, always going to Spain, and on one of those trips, she met a boyfriend from her teenage years, and they decided to get married. He came, they got married in Brazil, and they returned to live there. That happened in August; she passed away in December. They didn't live together for long, but it was the height of her happiness. She was never happy with my husband's father. It was a lot of emotions. Returning to Spain after 30 years was what she wanted most. The day she died, she called all her children, but no one had imagined it, not even her.

It was a sudden death.

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The wedding was very emotional, returning to her homeland, a place she never wanted to leave. She left because her husband, a very adventurous man, came to America. She had to come with him. At the time, they couldn't be separated. She came and worked hard; they owned the Salamanca Restaurant and was always in the newspapers making paella. She was a teacher of Hispanic culture. She fought hard and raised her children very well.

We have a destiny mapped out for us; we don't come here by chance. A woman from northern Goiás meets a Spaniard on BR-020, an acquaintance of a cousin, and so it went. We met 18 years ago, and we've been together for 12.

At the Emater-DF Training Center, there are courses where teachers ask if anyone has a new recipe for us to make and share their experience with others. I think this exchange is important. I took the dairy course and learned how to make Dona Diva's cream cheese from Tabatinga, and other interesting things. These are Emater-DF initiatives. Emater-DF tries to pass on all the good things to rural women, offering courses and taking them to exhibitions. There's always something new; there's a mother's club that tries to solve many problems and participates in agricultural fairs. I think Emater-DF does a good job. People mobilize at the school to combat dengue, and there haven't been any cases here. Emater-DF ran a campaign to mobilize everyone regarding foot-and-mouth disease. I like their work and am satisfied.

The place here is peaceful and profitable, and the farmer works miracles to sustain himself on the land, according to her husband. "I've met many people here who couldn't afford to stay. They had to sell their farms. Life in the countryside is no joke. Farmers need support, knowledge, and access to financing. Emater-DF has been a great help in accessing banks. Some people arrive at the bank and don't know what to do. In this case, Emater-DF helps a lot. For agricultural work to be successful, you need to have a price and know who to sell to. Without Emater-DF's support, it gets complicated. Those who arrive start out excited in the first year, and when they see it's not working, they get discouraged."

The contract with SADIÁ is being studied by the Poultry Farmers Association of the Federal District, as their offer doesn't cover expenses. If there's no one to defend the producer, they'll crush him. They want to finance a warehouse, and when the producer can't pay, they seize the farm. They say it was very difficult in the South, but here in the Federal District, warehouses are financed by BRB or Banco do Brasil. The agreement is at an impasse, but it can be resolved. The Association is helping. Today, nothing can be resolved alone. The Federal District is the largest chicken producer in the country. Business owners will earn more, and the government will no longer charge IOF (Tax on Financial Transactions) on exports. Producers work to survive, but things are changing. Today, it's no longer just a small farm; there are technicians who help it operate as a company. In the past, rural people were embarrassed to talk to each other. That's no longer the case.

There are also very high interest rates. Pronaf interest rates are low, but we no longer qualify. Receiving this money is very difficult. There are so many requirements that it becomes almost impossible. Small producers face difficulties in receiving services; they don't even look at the citizen in the eye, nor do they receive payment. For small producers to get this Pronaf is horrible; no one has access, and the money goes back. The bureaucracy is enormous. The small ones pay, the medium ones pay, the large ones pay nothing, but they still have easy access to financing. I like living here. I've been in contact with the countryside since I was born. Living comfortably in the countryside, in a good house, is very good. We need a better house and a little more comfort. I don't lose hope. There are three forces.



that help us: Emater-DF, the DF Poultry Farmers Association, and the Pipiripau Association. There are also Councils that make demands and have representatives from all the Nuclei.

### PAELLA

#### Ingredients:

- 1,300 kg of shrimp with shell and head
- 4 chicken breasts cut into cubes
- 2 kg of squid cut into rings
- 300 g of mussels
- 1 kg of parboiled rice
- 2 chicken broth tablets dissolved in 1 liter of water
- 300g frozen peas
- 1 red bell pepper, cut into strips
- 1 green pepper, cut into strips
- 4 minced garlic cloves
- 1 tablespoon of Spanish saffron
- 3 tablespoons of pomarola
- 1 cup of olive oil

#### How to make:

To prepare paella, you'll need a suitable pan (paella pan). Pour a cup of olive oil into the pan and sauté the chicken, letting it brown slightly. Then add the squid, cut into rings, and stir well until golden brown. Add the shrimp and garlic, and fry until the color changes. Add the rice, prepared chicken broth, saffron, peas, mussels, pomarola, bell peppers, and salt to taste. Cook until the broth evaporates. Serve hot.

I arrived here in 1970, and all my children were born here. When I arrived in Brasília, my husband went to work for a company, but didn't like it and moved to a farm owned by Dona Luísa, a well-known woman here. I work at the school, but I've been away for over a year due to health problems. My husband and children work with vegetables: peppers, tomatoes, and cauliflower. Three of the children are married and two are single. The youngest is 13 and is only studying. The youngest son is finishing college this year. The others have all graduated. But even so, my son, who has a degree in Mathematics, thinks it's more advantageous to work here on the farm, in the greenhouse with peppers. The girls work as teachers, one in Formosa and the other at the Taquara Rural Center, and live in a house we have there. My husband and two sons work here planting crops. They also grow corn, but only for consumption. They sell their produce to the Taquara Cooperative, which picks it up here. The farm is leased. The owner is like a father to us. We pay peanuts and plant everything. The owner is from São Paulo and lives in Brasília.

I've lived here for many years and I don't feel like leaving. The girls say I should go to the city, but why if I'm so peaceful? I don't even like Taquara, which is such a bigger town. The money we earn here is enough to live on. When I want to go on an outing, we do; there's a stroller there. My trips are to Ceará. This year I spent January there. I brought my niece for a walk. Emater-DF provides us with all the support. They always come and see what we need and help. I think the people there are very competent; both Magela and Vera, and Bia are really good people and do a good job. They have many courses; I don't take all of them because there's a school, but I've been taking some courses at the Agricultural College. Many people here learn a lot because they create so many opportunities for good learning. My children love working here. The girls complain that they don't understand why they pay so much for college to stay in the countryside. The youngest is studying Computer Science and is graduating this year, but he's tied to the farm. He's worked on the land since he was a child and is passionate about it. The two sons are sons. I don't understand much about farming, but they do. When I was a child in the Northeast, I didn't have the opportunity to study. I learned very little myself. But thank God, I'm giving it to my children. What he earns here on the farm pays for college. He pays for six months straight because that's how it is on the farm: sometimes you win, sometimes you lose. I have cooking experience because I was a lunch lady, and I cook the basic meals myself. I'm thinking about having a farm, but I've never been able to afford one.

This house here belongs to the owner of the farm. For the boy who got married, we built a house for him up there. To keep him from leaving here, we had to build the house for him. We know that everything here belongs to the farm owner, but the plumbing is ours. Only the land is his.

The house, if we ever leave here, we'll leave it to him, he's so good. If we're in a tight spot, he's there to help. If we need money, he lends it, and when we go to pay, he says he didn't lend it. People like him in today's world are few and far between. He likes to help. He doesn't talk, and it's any amount. He paid for my medical exams when I needed it and never charged anything. My son was struggling to pay for college and was thinking about dropping out or dropping out, but he went there with him and fixed it. It was R\$2,600 in arrears. That's how it is. He takes vegetables from the farm, there's a vegetable garden, and a caretaker. He likes it here. He always comes, but his wife...

**MARIA PASTORA DE LIMA**  
Pipiripau Rural Center, Planaltina



"I grow peppers, tomatoes, and cauliflower. I'm very happy with the appreciation of the products – I harvest and harvest cauliflower, which costs thirty reais a dozen, one harvest leaves and another comes in – The goat tripe that I make is highly valued by everyone here, there are many people from the Northeast, and whenever there is a party, it's the dish I present.

Working on the farm, I raised my children who are now educated, but continue to work the land!"

*Maria Pastora de Lima*  
Rural Producer  
Pipiripau Rural Center, Planaltina

He doesn't like it. When I retire, I think about going to the Northeast, but I don't want to stay permanently because we get used to the place, and I got used to it here.

In Ceará, there are times when the waters dry up, everything is controlled, and we get used to an abundance of water, good water. Here, the water comes down from the well, clean. There used to be a lot of problems here—no buses, no electricity—but today we have everything. We have Emater-DF, the market, the wonderful school. I have this house where I lack nothing. It has electricity, a telephone, a computer, and internet. The Producers' Association belongs to the whole family. The Association organizes parties and events, and when they are available, we participate.

For me, things are great. Emater-DF always helps when we ask for it. I spend a lot of time at relatives' houses and enjoy this time I'm on leave. My husband lets me. I have my relatives here, thank God. I have no desire to live anywhere else.

### GOAT STOVETOP

#### Ingredients:

- ½ kg of ground or chopped goat meat
- 1 kg of goat intestine washed with warm water and lemon juice
- 1 well-cleaned goat's stomach
- 4 cloves of crushed garlic
- 1 head of chopped onion
- 1 chopped bell pepper
- 1 tablespoon of salt
- 1 tablespoon of food coloring (coloral)
- 1 dessert spoon of black pepper
- green scent at will
- 1½ l of water
- 4 well-cleaned goat feet for the buchada broth

#### How to make:

Wash the goat's stomach, guts, and feet with warm water and lemon. Cut the guts into very small pieces. Combine the ground meat with the chopped guts and season with garlic, onion, salt, and black pepper. Place inside the cleaned stomach and sew with strong thread. In a pot, cook the goat's feet with 1 1/2 liters of water and the remaining seasoning. When the broth thickens, add the stuffed stomach and cook for about 40 minutes. Serve hot with white rice.



I arrived in 1998. I came to stay when my husband lost his job in 2000, and then we settled permanently here in Núcleo Sítio Novo. We lived in Santa Maria, and I worked in the city as a bus fare collector. Public transportation here was expensive and difficult. Driving wasn't worth it; I didn't have money for gas. So we were left alone here. I met the people at Emater-DF, and they started helping us. They gave a course, and we made one thing after another and sold it. Today, I make liqueur. I recently finished an embroidery course, Brazilian stitch, and we want to start a group to see if it works, but I don't plan on working in the group; I plan to continue working alone, because I don't have the time to be away from home. I have two daughters and no one to leave them with. This is a housewife's obstacle; my husband is always away. I work from home and make do, making liquor, sausage, and cheese, derived from the milk I learned from Emater-DF. We make cheese and sell it, and we keep bringing in the money, but there's no profit. Living on that alone is impossible.

It's enough to eat, but there's medicine, there are children, and there will always be a need for supplements. My husband buys and sells. As the Minas Gerais natives say, he lives on the cheap. He buys cattle and pigs and sells them. We raise chickens. Today, I have an order for four chickens that I have to prepare for the guy who's coming to pick them up later. It's like this: I clean the chickens and they take them. They're free-range chickens. The animals eat a lot and there's a lot of waste. Here, there's only pasture and sugarcane for the cattle. My husband's business is cattle. I also sell milk. When there's a lot of milk, a guy from the city comes and takes it. Since there's little milk now and the demand for cheese is high, we make cheese and feed the whey to the pigs.

We used to plant a lot of beans and corn, but it was the most expensive beans I've ever eaten in my life, because the land in the Federal District isn't good for agriculture. Without fertilizer and pesticides, the crops won't thrive. When the harvest comes, for small producers, it's not worth it because everything is done manually and labor is very expensive. On a farm like this, 6 hectares, planting corn and beans isn't worth it; there aren't enough machines to work them. That's for large farmers. That's why I decided to change. I have 1 hectare of orchard with mango and cashew, 3 hectares of sugarcane, and the rest is pasture.

I make the liqueur with fruit from the orchard, I learned it from the people at Emater-DF. At the time, Selma gave me tips and, after macerating the fruit, taught me how to finish it. They tried it, liked it, and told me to make more for the exhibition at Granja do Torto. I made it and put it in small bottles, very artisanal, and it sold well. For Christmas 2007, Selma asked me to make 250 bottles to put in the baskets of the Emater-DF staff. The deadline was tight, and I worked hard to keep up. Some fruits take longer to macerate than others, so I looked for the ones that took less time—figs, pineapples, and cashews—and combined them with pequi and genipap, which were already macerated. They increased the order to 272 bottles, and I was sleeping through midnight to keep up. Other exhibitions are planned, and I'm getting ready. I want to bring back Cerrado fruits like araticum, murici, cagaíta, mangaba, and pequi, which are abundant in the Cerrado and I have at the back of the farm. For those who like fruits, the liqueurs are good. For example, I don't like mangaba and I don't like making sweets and cookies because it's time-consuming. I like making things that produce quick results. I'm curious to learn, to get a feel for how to do it, like embroidery, but I'm not one for tinkering with those little things. I made sausage, and everyone who ate it liked it. Since my husband sells the pigs, I can't fulfill orders. I make feijoada kits with the bones and ears.

MARIA DO CARMO FERREIRA  
Sítio Novo Settlement, Planaltina



I took the smoked and sausage course with Emater-DF. It was a partnership with Senar. We keep doing it and learn from feedback. Sonia Cristina helped me, but marketing is very difficult, and I'm not always available to sell abroad.

The bad thing about rural areas is that you don't experience what they have out there, so we become more relaxed. My sister once said, "Where have you ended up?" Life was also limited by my daughter, who was born prematurely and had health problems, requiring treatment and hospital follow-up for physical therapy and stimulation, and I was left to take care of her. Today, thank God, she's fine.

Here, there's peace and quiet; my daughters can go play next door. Today, I can dedicate more time to activities. We have the Association, but so far, we haven't been able to develop it. It's very difficult; meetings don't happen. The women say they'll organize the embroidery group, but I've seen that movie before. They organize for a few days and then stop. It was the same with the cleaning supplies course; we couldn't organize, and projects fall by the wayside. Everyone has their own space and does their part. They say Sebrae will help ten communities. Ours is among them. The meeting will be next month, and we need a push. I think the need hasn't knocked on our door yet; we've settled down. I've already delivered 30 cheeses to the South Commercial Sector. It's very difficult to carry these cheeses on my back, take the bus, and carry them carefully so they don't get crushed. On the way back, I have to rely on rides. Transportation is a challenge, but when I have an order, I don't complain; I'm happy; I carry it with great pleasure. Marketing and transportation would be a piece of cake. My recipe is cuxá with okra, from Maranhão, my region, where I left in 1984. To accompany it, I made baião de dois with coconut oil, which we call arroz misto in Maranhão, and I also made free-range chicken. I like it here, but deep down I dream of moving to the city. I want to go back to work with a formal contract and full rights.

I pay INSS because if I don't pay I won't retire.

## CUXÁ

Ingredients:

- 1 medium bunch of sorrel leaves
- 250 g chopped okra
- 2 cloves of crushed garlic
- 1 medium onion, chopped
- 1 teaspoon of salt
- 2 tablespoons of oil

How to make:

Cook the okra leaves until tender, drain and rinse well, and chop finely, beating them on a cutting board. Sauté the okra in hot oil with all the seasonings. Once cooked, add the blended okra leaves and let them thicken. Serve as a side dish; suggestion: chicken and rice.

I was born and raised here in the region, and here we work in the fields, planting crops. Emater-DF helps by providing technical assistance. We have a school, but we need more improvements in the community. We need a better road, because the doctors say they can't come because it's far and the road is bad. We also need improvements to the health center; it would be good to have a dentist.

Here we grow vegetables, corn, and cassava, raise chickens and pigs, and occasionally, a cow. Everything is for domestic use, except for the vegetables we sell at Ceasa (National Agricultural Support Center) or here, which helps us pay off our bank debt. We obtained a Pronac credit line to plant passion fruit. We chose what to plant, and Emater-DF (Federal Emergency Department) helped us by teaching us. But we don't always have a good harvest, during the cold season, we don't produce. We sell some of our produce here, like eggs, chicken, and passion fruit. The Emater-DF staff always provides guidance on planting, how to do it, the recommended distances, and helps identify if anything is missing, like fertilizer or poison. When we need it, we go to Emater-DF or call to schedule a date, and they come.

Another great thing is the courses they offer. I've taken them myself, but I don't have time to anymore. They offer painting, knitting, embroidery, and cooking classes. They also offer guidance on home hygiene and food hygiene. I'm a pensioner with four children. My daughters work outside the home, and only the youngest stays with me. One daughter works at the health center, the other at the gas station, and another son works as a gas station attendant. Only the one who works here at the health center and the youngest live with me; the others live elsewhere. I don't have much contact with the people in the community because I spend most of my time working, as a housekeeper and also here on the farm. But we have some friends and occasionally run into them on the roads and at church parties. Occasionally, there are also meetings of our Association, which we almost always attend. We take our problems to Emater-DF, which takes them to the support group, and they take them to the Paranoá administration. Our association was founded when my husband was still alive. He founded the group, but then he passed away. My cousin took over, then moved, but now he's back. People in the association don't participate much, and it's slow going. We used to participate more. We've received a lot from the government, including tractors, trucks, and implements. There are still food baskets, which are my income. Everyone can attend the association meetings, but only a few people come, about 27.

I got a loan from the bank and now I have electricity, but I don't have it in the house yet, and I'd like to. There's a lot to improve, but we're getting there slowly. When my husband died, João Clemer, who's lived here for a long time, said to me, "Shall we get a loan?" I said, "Let's go!" I didn't have electricity and I needed it. So I got it for the electricity, he said I needed a bathroom, so I bought the bathroom supplies, and we bought the pump, the irrigation system, and "our water" came from the cloverleaf, beyond the headwaters. It came through the ground, and we drank this water at the risk of drinking the poisons that came from the water from other farms. There was also the problem of the land soaking up the water, leaving us high and dry. Then João said, "No, you need to expand, get money. You're going to take out a loan to buy pipes to build the canal." We were 18 people, but some people left, leaving only 12 people, and it was 42,000 to pay. This happened in 1997, but it's been three years since we finished paying. Those 12, along with the Association, also secured funding.

We did the work and now we've also paid for the Association. Then other people came in, and the water is for everyone; it has no owner, but whoever comes in has to pay for it. Now it's running water, there's no shortage of water, and it comes all the way from the mine. During the installation, I cooked for the workers for 27 days. The foundation helped by sending supplies for the work, and we did the work; now there's no shortage of water. This water...

**Celina Pereira de Sousa**  
Rural Producer  
Rural Center of Jardim, Paranoá



"I was born and raised in this region, which formerly belonged to Formosa, GO. I have lived in this area for about 30 years.

years old. I'm very happy and in excellent health. I've been working with the land and raising livestock since childhood. Here I grow corn, rice, cassava, and currently more vegetables (cabbage, zucchini, passion fruit, and others). One of my joys is cooking, and I proudly make the "cookie quebrado" (cracker biscuit) for the Festas do Divino (Divine Festival) and Folia de Reis (Three Kings' Day).

**CELINA PEREIRA (DONA FIIÑHA)**  
Rural Center of Jardim

It's for irrigation, and for drinking, it's well water. Now, Caesb has provided water for everyone, including the people at the camp who have water from Caesb. Everyone pays the same for water. We're building a new house. My husband built this house for us to move here. When we arrived, there was nothing there, just grass. My husband dug a well. At first, it gave good water, but then it became blocked and we had to move. The well still exists, but we don't use it anymore. It's very peaceful and quiet here, a good place to live and work. I hope it gets better.

## **BREAKER COOKIE**

Ingredients:

- 1 kg of sweet cassava starch
- 1/2 kg of refined sugar
- 5 to 6 eggs
- Pinch of salt
- 1/2 tablespoon of baking powder
- 200 g butter
- 1 packet of grated coconut (optional)

How to make:

Mix all the ingredients, knead well, make the donuts. Place them on a baking tray, greased pan and place in a preheated oven.

My name is Orozina, but here in the community I am known as Dona Fia. I have 73 years of experience. I came from Luziânia, where I was born and raised on a farm called Indala, which is near Cristalina, bordering the Bartolomeu River, which borders the farm.

The farm belonged to my father and now belongs to my brothers, because we sold our share to them when Dad died. When we sold it, I was already married, and my husband decided to come here in 1961, around the time of Jânio Quadros's resignation. He met some people from here, there in Taguatinga, and through conversations, he discovered this little place to buy. It's nearby, and we already had four children, and three more were born here. When I arrived here, it was just forest and there was a little straw hut where I lived for 10 years. We went by cart on a bad road, there were no cars, there were no buses.

I lived here for 30 years without electricity, only later did we get power. My children missed school when we moved here, so much so that I didn't want to come. I came to accompany my husband, but I didn't want the boys to miss out on school. The oldest missed three years, but I found someone for him to stay with and study there in Taguatinga. The children all live nearby; the oldest lives in Rondônia, but he always comes to visit us. The others live in Taguatinga, in Guarã, but they're always here on weekends. A young man lives here who helps me, as my husband passed away some time ago.

The land is 95 hectares, has plenty of water, and the water here comes naturally and abundantly. When I arrived, I thought it was crazy, but today I think it's better than I imagined. My dream was a house with colonial tiles and then my children completed it with this good wood.

I worked in the fields, worked around the house, helped harvest okra, and planted corn. We planted little rice, but I always planted corn and beans. The corn is for household expenses, and it's used for the animals: pigs, chickens, ducks, guinea fowl, and finally, sheep, which the Emater-DF extension agent encouraged me to raise. The Emater-DF technicians have been helping for a long time, and they've all been great. The agronomist, the veterinarian, and Sônia never stopped coming; they give me strength. When my son moved to Rondônia, I was devastated. She always came, we talked, and we shared our longing. I worked at the permanent market for many years, coming and going every Saturday and Sunday. Now, as I'm more frail, I can't go anymore. I decided to stay here, raise my sheep and chickens. People come here to buy, and my son, a teacher, takes them and sells them at school.

I'm now retired through Funrural. I have many kinds of fruit here. When we arrived, there was nothing planted, so we kept clearing and planting, and today there's only a patch of weeds; the rest is all grown. I also have dairy cattle here, and we sell the milk in the city. Emater-DF has helped us in many ways, including access to banks; they've been important. My son recently took out a loan to plant zucchini with the help and guidance of Emater-DF. They hold meetings, which I occasionally attend. They also have parties, and now we go on excursions. I also host a São João party with a bonfire, mulled wine, canjica (corn pudding), and chicken stew. When I arrived here, Brasília was just beginning. I met Juscelino personally, spoke with him, and greeted him. What this man did for Brazil, with this business here in Brasília, was truly a kindness. When I heard about Brasília, back in Luziânia, I didn't really believe it; no one had any faith. But this Juscelino really set it off; many believed and came here, just like I did.

#### OROZINA MARQUES DA COSTA Rural Center of Boa Esperança, Ceilândia



"I'm known as Dona Fia. I arrived in the Federal District in 1961. I'm 72 years old, but I'm very lively. I like dancing, going for walks, and driving my little white Beetle. I take care of the property almost single-handedly; my children come on weekends, help a little, but the responsibility is entirely mine. I'm proud to work the land and to have raised and educated four children. In the kitchen, my food is simple and delicious: rice with pequi (a type of fruit) made on a wood-burning stove; the pequi is local. I love the Emater-DF team; I consider them my own family, and if there's a problem, I just call and they're here."

Orozina Marques da Costa  
Rural Producer  
Rural Center of Boa Esperança,  
Ceilândia

#### RICE WITH PEQUI

Ingredients:

- 1/4 cup (tea) of oil or lard
- 1/2 liter of peeled and washed pequi
- 2 cloves of crushed garlic
- 1 large onion, chopped
- 2 cups (tea) of rice
- 4 cups (tea) of hot water
- Salt to taste
- Allspice or chili pepper to taste
- Parsley, chopped chives to taste.

How to make:

Place the pequi in the cold oil or fat. Add the garlic and onion and sauté over low heat, stirring constantly with a wooden spoon to prevent sticking. Add a little water if necessary. When the pequi is tender, add the rice and let it fry briefly. Add the water and salt. When the rice is almost dry, add chili pepper or chili to taste. Serve hot sprinkled with parsley and chives.



We've lived here for 35 years. We came from southern Minas Gerais, from the Botelhos region, near Poços de Caldas. We came here because we hoped to provide better future opportunities for our children. My husband only worked in rural areas, so that's why we came. We already lived on a farm there, handling milk, chicken, and pigs—so it was truly rural. My parents lived here in Pianaltina, and we often came to visit them. My husband always wanted to leave Minas Gerais. He found a property for sale, and when my father saw it, he said to my husband, "No, but that's not for you; that's pure rubble!"

But my husband wanted to build a shed, and my father agreed that it would be useful; this was pure Cerrado. We lived here for a year and a half without electricity. We didn't have this house. The access was dirt, and to go grocery shopping, we had to go to Gama. But it was close, and there was public transportation. I raised all my children here; they studied, graduated, and finished high school.

When we arrived, we moved straight here. The area is 18 hectares, and our production is poultry farming, broiler chickens. We had integrated production with *Só Frango*, but now we're with *Sadia*. We operate seven warehouses with 100,000 chickens. My family is my husband, me, and our four children. Some live here and some live far away. Only my daughter lives with me; one son lives in Gama, another lives in Dourado, Mato Grosso do Sul. My daughter works in retail; only my husband, I, and the employees work on the farm. I had a son who liked to work on the farm with us, helping my husband, but he passed away at 21.

We've raised dairy cattle before, but since the area is small, we're always looking for the best yield; currently, we only have three cows. We also have an orchard, and I always seek guidance from *Emater-DF* (Federal Agricultural Service) on how to care for it. I also have a vegetable garden, but only for consumption. Here in Gama, *Emater-DF* provides assistance. They're attentive and great. They always take me to events. They have specialists, and they help whenever we need them—the veterinarian, the agronomist.

We also raise sheep to sell, and there was a time when they had a disease. The *Emater-DF* staff researched it, did analysis, and controlled everything. But now we've taken over management and don't call *Emater-DF* as much, but in the beginning, the assistance was direct.

We came from Minas Gerais and know how to make some typical Minas Gerais dishes, and the *biscoitão* was chosen. There in Minas Gerais, when we have parties, at the fairs, we make roast suckling pig, roast chicken. They make that pretty tray with cellophane and the *biscoitão* goes with it. My mother-in-law made the *biscoitão*, and so did my mother, so I learned how. This *biscoitão* is very different; it's inexpensive and made with sour cassava starch and cornmeal. I tend the vegetable garden and orchard, and my husband takes care of his things there. I also make a cheese a day, using the cows' milk, and sell it to our regular customers.

I love planting. My mother brought banana seedlings from my grandfather's farm. My family's origins are from Minas Gerais. My grandfather moved to Americana in São Paulo, and that's where my mother brought the seedlings from. She and my grandfather loved planting, just like me. I think it's great to live here. I want to raise my grandchildren here and die here. Although I've experienced many setbacks and problems, this is where I intend to stay. My husband sometimes wants to sell, wants to move, but I don't want to. I even agree with him. But at our age, we can't start over anywhere; we have to put down roots here. I'm 65, he's 70. Where will I start my life?

**LÍGIA SONIA PEREIRA**  
Rural Center of Ponte Alta, Gama



"I came from Minas Gerais 35 years ago with the goal of raising chickens, those were good times.

I currently take care of cattle, we also have a farm, and I count on the support of my son-in-law and daughter who live here. When I miss my homeland, that's when I do it. "Minas Gerais biscuit."

*Lígia Sonia P. Silva*  
Rural Producer  
Ponte Alta Rural Center, Gama



Sell a property like that to move into an apartment? I won't. Now that it's okay, that we've got everything in order, are we leaving? And selling a property like that isn't easy. It's not easy considering the investment it involves. It may not yield the return we'd like, but the investment is high. So if you have to sell to lose money, why? And I'm like this: property, real estate, only if you're in debt, do you sell it, right? That's my way of thinking. I value it a lot. And since it's easy to access here and we have a very close friendship, I cultivate my friendships. My house and my table are constantly full. And this relationship with *Emater-DF*, I think it's great, because I think their work is wonderful, I think it's a government initiative that should never end. They provide assistance, the girls really work! They look for things, they fix things. When it's like that, we welcome them with the greatest pleasure, because they deserve it. I don't know all the places, but I've also been here in Samambaia to a farm hotel. Carmem took me there. It was great. It brings together those most needy people, provides lunch, stays nearby, and they bring everything and actually work. I take my hat off to them. But I think what's missing is more help for those who can progress. They could find a way to provide them with more resources.

I don't know how it would work, I'd do some tracking. Because there are a lot of capable people, a lot of people who can contribute. In many meetings I've attended, people complain a lot, these humble people who plant and plant and then have no way to sell, no outlet for their produce. So I could give them more incentive, the people who struggle, in the greatest difficulty. I struggled and still struggle here, with difficulty, but I have my comfort, my means. If I want to take a product there, I take it and sell it. But they don't have that, and sometimes there are skilled people—humble, but skilled!

#### MINAS GERAIS BISCUITS

##### Ingredients:

- 1 kg of sour cassava starch
- ½ cup (American) of corn flour moistened in milk (porridge type)
- 1 tablespoon of salt
- 15 large spoons (rice) of lard or very hot oil
- 2 large eggs
- Enough milk to soften
- Oven preheated to 180 degrees
- ½ cup of milk
- Salt to taste

##### How to make:

Prepare a porridge with cornmeal moistened with milk. Dissolve the cassava starch thoroughly to remove any lumps (the cassava starch should be powdered). Heat the lard or oil, mixing it with salt. Scald the dissolved cassava starch with the hot lard, mixing well. Add the cornmeal porridge.

Knead well, adding the two eggs, and soften with milk if necessary. The dough shouldn't be stiff, but it should be enough to roll the cookies. Grease your hands to roll the cookies in the traditional way. Bake in a very hot oven.

I'm from Iporá, Goiás state, and arrived here in 1966. I came with a family; I didn't have a mother. I've had an adventurous life, but now I'm married and blessed with seven children. I arrived here on August 12, 1988. My son who lives with me has a disability; the others have already left home. My husband, my daughter, and I live here on the farm. The children left early because they wanted to find work. The oldest lives in Ribeirão; he's an evangelist and manages two congregations. This land is four hectares, and I came here when I met my prince charming, and I've been here since 1982. But I've been in the region since 1967. I worked as a maid on other farms. When we moved, I was self-employed. Our first home was a small straw ranch. We arrived here in February. He already owned the land, but he was managing the farm of a director of the custody center in Taquari. That's where we met. He works independently, is a market vendor at the Moon Fair, and brings produce from the property to sell there. Sometimes, to supplement his load, he buys a few things.

My husband works the farm, I work at Catingueiro school as a maintenance and cleaning assistant, and I use my money to improve my home. We produce cashews, cassava, acerola, okra, soursop—those things that only grow at different times of the year. These fruits are like okra, which only grows during the rainy season.

We also have jabuticaba here, but it doesn't produce any yet. I raise chickens, and before I had pigs too, but now I don't have any anymore.

My husband used to plant fava beans; that's how I made fava rice, but lately he hasn't been planting them. When we want to eat, we buy them at the model market. Emater-DF (Emater-DF) has given us a lot of guidance on planting, including during the Prove program. He joined this program to raise chickens, and Emater-DF provided us with a lot of assistance. We raised free-range chickens, but we stopped because the feed is too expensive, and he gave up! I see that Emater-DF offers courses, but I can't go because of my work. Emater-DF has held many meetings here in the community.

We achieved improvements with the help of Father João, who promoted meetings and we asked for a health center, then the light came, but I think it was already a government project. Today we have buses and well water, but there's still a lot missing. My goal is to stay here. I don't plan on leaving; it's from here to heaven! Because I love this region; this is where God blessed me and freed me from my problems. Before, I didn't have a secure home; I led a somewhat difficult life. After arriving here, I realized that God wanted me here, that I received blessings here. He gave me a secure home, a secure husband. Today, we serve God, so we have no plans to leave. I believe the community here loves this place, as I do. But there's no phone line here. We really need it. Sometimes, when we use our cell phones, we have to go up into the mountains to make a call. So, one thing we really want here is a phone line, in our home.

#### Rice with broad beans

##### Ingredients:

- 1 kg of broad beans
- 6 cups (tea) of water
- 1 head of chopped onion
- 3 cloves of crushed garlic
- 3 cups (tea) of rice
- 100g bacon
- Salt to taste

##### How to make:

Rinse the fava beans with hot water and cook them. Fry the bacon. Sauté the rice, add the cooked fava beans, and add hot water. Season to taste (salt, pepper, parsley, chives).



#### MILCA GOMES CARDOSO DA SILVA

Catingueiro Rural Center, Sobradinho



#### PEDRO JARDIM

Euler Paranhos Community, Paranáó



In this testimony, Mr. Pedro Jardim took on the role of interviewee, replacing his wife, Joana D'arc: We have three areas here, totaling seven hectares, four of which I cultivate. I have the residential area, the leisure area, and the orchard. The remaining two hectares are exclusively coffee farms. It's an irrigated area; there's only one driveway to bring fertilizer and remove the organically grown produce. The one where I live, Joana D'arc, has an orchard, because that's where we started out. I'm the son of farmers, and until I was 16, I farmed in Espírito Santo, in the town of Ailho Viváqua, formerly Marapé, formerly São Felipe. It changed its name, according to politics. My father had a property where he raised his family, a group of 12 children. Because the property was small, each one had to leave, of course!

I was the first to leave, despite being the fourth child. I drove to Rio de Janeiro, took an army exam, joined the army, and remained there for 37 years. Then, I spent about 13 years as a civil servant in the presidency, and when I retired, I decided to return to my roots. I was already here before I retired permanently. Because I acquired this area in 1978. In fact, I was the first to work here, so much so that Moacir, who came a little after me, when he passed by and saw me working, he would say: "I'll give you a medal!" In the army, I was a physical education instructor for about 12 years, then other roles, and my whole life I've cared for the physical part, but this is what gives life to the body and spirit. You see, we live surrounded by greenery, live close to it, take care of it—that's very good. That's very important in our lives. And imagine, me, retired, in the window of an apartment in Brasília. And the family likes the place, although they don't live here because they work, but they are always here on the weekends.

The coffee comes from my father, who was a coffee farmer there. I don't have any livestock, so I didn't want to mix things up because it would be difficult. I started planting in 1999, five years ago. We initiated an international certification process, the IBD, but some issues arose with the people who were handling the matter, they backed down, and it ended up being ineffective. The coffee practice is entirely organic, and now we're back in the certification process with our neighbors. My first coffee harvest, two or three years ago, was practically a bumper crop, and it was conventional practice. I harvested an average of 90 bags from two hectares. It was considered very good, but I neglected my coffee the following year, not giving it the necessary nutrients. The circumstances... if you neglect a coffee crop for one year, it will take two years to recover. It has to be treated continuously.

This year I'm making changes. Due to the losses, I've started organic farming. However, my coffee was planted very densely, which requires a lot of care. It was planted 1.50 meters apart, one row apart, and one meter apart. So far, it was fine, but the problem is 1.50 m because it was closed, and this closure prevents the soil from growing. There's no ventilation, no light penetration, and it's also very prone to leaf miners. It doesn't get dirty, but it does lose productivity. Even walking around and harvesting everything was difficult because it really clumped together. During this phase, technicians from Minas Gerais, including people from Emater-DF and Embrapa, kept coming.

Emater-DF became part of the story; Dr. Paulo is a regular here. I'm his client; he's always here, and I go and talk to him about anything. When it came to choosing the technology, I relied more on Moacir; he's been dealing with this business his whole life, talking endlessly. My daughter was at the disposal of Ibama, she traveled around the country, all over Brazil, and she likes it. So we opted. And now this past year, Paulo and I am listening-

Of the others, we decided to partially eliminate a row. To tell the truth, I didn't even go there to see them remove the row. I ordered it to be cut and didn't even go, because if I cut a coffee tree, I'll give up everything... I think I'll have production, now that I've done this pruning. I think my coffee management wasn't good, and today I understand that it wasn't good. Pruning should have been done from the beginning, so you have to have a well-maintained crop, with pruning and treatment from the beginning.

Today I've come to this conclusion: farming is like raising a child; you have to take care of it from day one. I believe that now, starting this year, my harvest will improve because I now have space, the coffee gets heat, sun on its head, and water.

at the root.

EM ATER was always monitoring the situation. The rural union sent technicians from these cooperatives in Minas Gerais. Important people came here, many renowned technicians, very advanced. Pest management is a kind of preventative measure. I have a recipe that's even Moacir's. So we prepare it: it involves black pepper, mild soap, fish waste, and alcohol. Then it's prepared and it becomes a delicious syrup that makes you want to drink it. And then we apply this to the crops. Today, I have all three hectares of organic land, for about four or five years now. The new ones have been organic since the beginning, including banana and avocado trees for shade. I got that from a magazine.

For now, coffee doesn't cover the farm's expenses, but I believe it will, starting this year, with this new implementation I've implemented. It's great! Today, I'm selling it personally. I have a daughter who works at Caixa Econômica Federal, and about three branches—hers and two others—buy my coffee, which leaves here already roasted. I even get it in the cup! They serve my coffee to the branch staff, and the staff buy it because it's a special, differentiated coffee. We're acquiring several buyers, who buy three kilos every two weeks. Because we don't have the capacity for the market, because the market wants inventory. The people who help here on the farm were trained by the union and Emater-DF. Emater-DF is the head of the organization; it's through them that these organizations emerge here. We have the rural union, and here, Emater-DF in Paranoá serves us. Dr. Paulo, Jean, Marta, all these people. And from time to time, a day is organized, a refresher course. Many people have already come here to take courses on land, to taste coffee, to prepare fertilizer, to prepare bocache, all of this has already been instructed through Emater-DF.

Let's put it this way, if it weren't for Emater, how would I be managing my coffee today? I know the coffee from Espírito Santo is that the soil is natural, you plant it, it grows. But there's this thing, sometimes, people don't know that treating them will give them more. That's the case here, if I didn't have Paulo's support. Every fertilization period, he's here preparing the recipe. He gives the recipe, and I prepare the fertilizer. Dr. Moacir Pereira Lima, Dr. Joel and other colleagues. There's also Colonel Marcel, who isn't organic yet, but he cultivates his own, also under the guidance of Emater-DF.

Dona Joana D'arc's famous coffee mousse recipe is as good as it is famous and really quite tasty; everything with coffee is good! What I'm interested in is that here, especially in my region, some fellow member would be willing to plant coffee, we're encouraging them and so on. I even had the idea of acquiring this machinery because it would be difficult to produce organic coffee and sell it in beans, or coconuts as they're called. So, that's why I thought about acquiring these machines, and also making it easier for fellow members here. We have an association, the Organic Coffee Producers Association (APROCOR), which was founded about four years ago or more. But it hasn't...

It didn't work, I don't know if it was administration or other things, but it discouraged him. But the association still exists, we just need to push it forward. Now I'm going to make us some coffee.

#### *Coffee mousse*

##### Ingredients:

- 1 can of condensed milk
- 1 can of cream
- 1 packet of unflavored gelatin
- 3 eggs
- 1 cup (coffee) of instant coffee

##### How to make:

Beat the egg whites until stiff peaks form (set aside). In another bowl, combine the remaining ingredients and beat well with an electric mixer on medium speed for approximately 5 minutes. Once the egg whites are finished, gently fold in the beaten egg whites. Pour into glasses and garnish with coffee beans.



"I arrived in Brasilia in January 1960. Born in Bahia and raised in Goiás, on the farm, I learned to plant corn, beans, and rice. I worked in a family home, alongside my husband. I struggled a lot. Today, retired, we've returned to rural life. I also work with crafts, sewing bags, after a course I took at Emater (National School of Adolescents). I really enjoy the meetings. It's hard to go, but it's worth it!"

Helena Lemos Matos

Rural Producer - Chapadinha Community - Brazilândia

#### Bahian couscous

Ingredients:

- 1 kg of corn flakes (cornmeal)
- 1½ cups (tea) of grated cheese
- 1½ cups (tea) of mozzarella, chopped into cubes
- ½ tablespoon of salt
- 200g bacon, diced and fried
- 200 g of Calabrian sausage, sliced and fried
- 1 chopped and sautéed onion
- green smell to taste

How to make:

Place the cornflakes in a bowl and gradually add water until a moist dough forms. Add the salt and let the dough rest for a few minutes. Mix the grated cheese, mozzarella cheese, bacon, Calabrian sausage, onion, and parsley into the moistened cornflake mixture. Then, pour the mixture into a couscous pan and bake for 10 to 15 minutes. Unmold the couscous and serve hot.



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#### HELENA LEMOS MATOS CHAPADINHA COMMUNITY BRAZILANDIA



#### FLAVORS OF BRAZILIAN CUISINE IN THE COUNTRY'S CAPITAL

Brasilia's cuisine is as vast and varied as the inhabitants who converged here. Indeed, each region has its own way of cooking, its own seasonings, its own aromas, and its own flavors. That's Brasilia, a little piece of each region, not only of Brazil, but also of the world.

Although blended with so many different cultures, we can say that Brasilia's cuisine has a strong influence from Minas Gerais cuisine and also from the land of emeralds, Goiás, accentuated by the flavor of food from the North, Northeast and the gaúcho barbecue.

We cannot fail to mention the influence of international cuisine from many countries, represented by Japanese, Spanish and Italian cuisine, whose delicacies give an exotic and tasty touch to the rural table in this Brasilia of all of us.

#### FLAVORS OF THE NORTH

##### Pirarucu Fritters

Ingredients for 30 units:

- 1 kg of dried, desalted pirarucu (soak to remove the salt for 12 hours)
- 1 kg of cooked potatoes
- 2 large onions, chopped
- 2 tablespoons of allspice
- 1 sprig of cilantro
- 1 egg
- 1 cup (tea) of wheat flour for breading
- Oil for frying

Preparation time: 30 minutes

Remove excess water from the unsalted pirarucu with a clean, dry cloth. Shred the fish. Mash the cooked potato, add the shredded pirarucu, the remaining ingredients, and 1 tablespoon of flour. Knead, mixing everything thoroughly. Roll the fish into balls and coat with flour, then fry in hot oil. Serve immediately.

##### Buriti Jam

Ingredients: for 20 servings • 10

- cups (tea) of buriti pulp
- 10 cups (tea) of sugar
- 1 cup (tea) of water
- 4 cloves

Instructions and preparation time: 30 minutes.

Mix the buriti pulp with the sugar, then add the water and cloves. Bring to a simmer, stirring constantly with a wooden spoon. When the sweet reaches the desired consistency, remove from the heat. Allow to cool and serve.

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## FLAVORS OF THE NORTHEAST

### Acarajé Recipe

Ingredients for 20 units:

- ½ kg of black-eyed peas
- 2 chopped onions
- Salt to taste
- Palm oil

Chili pepper sauce

- 1 cup (tea) of dried shrimp
- 2 to 3 chili peppers
- 1 large onion
- 1 cup (coffee) of palm oil
- Salt to taste



Preparation: preparation time 40 minutes

The day before, choose the beans, wash them and soak them in a bowl of water. The next day, remove the bean skins by rubbing the beans with your hands. If they don't come off easily, drain the water, place the beans between two napkins, and rub them together. Then, gradually blend the beans in a blender, adding a little water and the onion. When finished, season with salt to taste and mix thoroughly. Heat the palm oil in a deep skillet.

Fry the batter in spoonfuls until the dumplings are cooked through and golden brown on the outside. Drain on paper towels and keep warm.

How to prepare the sauce:

Remove the shrimp shells. Reserve half of the shrimp and place the rest in a blender. Add the chili pepper, onion, palm oil, and salt to taste, blend until the sauce is formed. Pour into a Pyrex dish and add the remaining shrimp. Use the sauce to stuff acarajé or accompany fish dishes. To serve, cut the dumpling in half and fill it with the chili sauce.

Suggestion: If desired, fill the acarajé with vatapá as well.



### Mungunzá

Ingredients for 8 servings:

- 1 package (250 g) of white corn for canjica
- 1 ½ glasses (300 mL) of coconut milk
- 1 package (100 g) of grated coconut
- 1 cup (tea) of sugar
- 2 teaspoons of salt

Preparation time: 2 hours

The night before, soak the corn in cold water. The next day, drain it and place it in a pot with 2 liters of water and the remaining ingredients. Bring to a boil and cook until the corn is tender and the broth thickens. Serve the mungunzá warm or chilled.

Note: in Bahia, mungunzá is served for breakfast.

### Baião-de-dos

Ingredients for 6 servings:

- ½ kg of beans
- 3 tablespoons of oil
- 2 chopped onions
- 4 crushed garlic cloves
- 3 chopped tomatoes, skinned and seeded
- Chopped green onions
- Salt and pepper to taste
- ½ kg of rice, washed and drained

Preparation time: 1 hour

Cook the beans, leaving the grains whole, drain, and reserve the broth. In a saucepan, heat the oil and fry the onion and garlic. Add the tomato and parsley and sauté. Season with salt and black pepper to taste. Add the rice and the reserved bean broth, adding water if necessary to complete the cooking. Mix the rice with the beans and serve.



**FLAVORS OF THE MIDWEST****Stuck cow**

Ingredients for 6 servings:

- 1 ½ kg of beef ribs
- Salt and black pepper to taste
- 3 crushed garlic cloves
- 3 tablespoons of oil
- 1 large onion, chopped
- 2 chopped tomatoes, skinned and seeded
- ½ kg of cassava
- ½ bunch of chopped parsley

Preparation: preparation time 1 hour.

Season the ribs with salt, black pepper, and garlic. Heat the oil in a large pan and fry the onion. Add the ribs and fry well. Add the tomato and sauté. Add 2 cups of water, cover, and cook for 20 minutes. Meanwhile, peel the cassava, cut into pieces, and wash well. Place in a pan with the ribs and cook for another 25 to 30 minutes, or until cooked through. Stir in the parsley and serve hot.

**Caburé**

Ingredients for 8 servings.

- ½ kg of grated raw cassava
- 1 cup (tea) of grated semi-cured Minas cheese
- 2 eggs
- 1 tablespoon of sugar
- 1 tablespoon of butter
- 1 tablespoon of sweet cassava starch
- 1 pinch of salt
- Butter for greasing

Preparation: 1 hour preparation time.

Place all ingredients in a bowl and mix well. Pour the cream into a greased baking dish. Bake in a moderate oven for approximately 20 minutes, until golden brown. Serve cold.

**Cassava candy**

Ingredients:

- 1 kg of grated cassava
- 6 eggs
- 1 can of condensed milk
- 1 package of grated coconut
- 2 glasses of coconut milk
- 2 cups (tea) of sugar
- 1 cup (tea) of wheat flour
- 5 tablespoons of margarine • 1 tablespoon of baking powder.

How to make:

Place the grated cassava, grated coconut, sugar, wheat flour, and baking powder in a bowl. Blend the condensed milk, eggs, and coconut milk in a blender, then add to the mixture in the bowl and mix well. Bake on a greased and floured baking sheet in a moderate oven for twenty minutes.

**FLAVORS OF THE SOUTHEAST****Cheese bread**

Ingredients for 30 units:

- 3 cups (tea) of sour cassava starch
- 5 tablespoons of melted butter
- 1 tablespoon of warm milk
- 3 to 4 eggs
- 3 cups (tea) of grated semi-cured Minas cheese
- Salt to taste
- Butter to grease the tray

Preparation: preparation time 40 minutes.

Place the tapioca flour in a bowl. Make a well in the center and add the melted butter and milk. Mix well. Add the eggs, cheese, and a pinch of salt. Mix again and work with your hands until you have a smooth dough that can be rolled into balls. Preheat the oven. Roll the balls and place them on a greased baking sheet. Place in the preheated oven and bake until the cheese bread is lightly golden. Serve warm with coffee or tea.

**Cheese Dough Bread**

Ingredients:

- 2 dozen eggs
- 2 kg of cheese dough
- 700 g of cornmeal canjica cream
- 2 cups (American) of sugar
- 1 pinch of salt

How to make:

Place the eggs, sugar, and salt in a bowl. Beat with your hands. Then, using your fingertips, add the crumbled cheese mixture. Add the canjica cream and mix everything together with your hands, but don't knead, using gentle upward movements. Wet your hands with water to roll. Bake in a preheated oven at 200°C.

\*Recipe kindly provided by Mrs. Roseli da Silva and Vicentina Tereza da Cunha – Carmo do Paranaíba/MG.

**Milk cream**

Ingredients for 4 servings

- 1 liter of milk
- 2 cups (tea) of sugar
- 1 pinch of salt
- Cloves (optional)

Preparation: preparation time 30 minutes.

Bring the milk to a low boil with the sugar and cloves, stirring constantly until the mixture is creamy. Remove from the heat and beat well with a wooden spoon. Serve with fresh Minas cheese for dessert.



**Rio de Janeiro feijoada**

Ingredients for 5 servings

- ½ kg of black beans
- 2 pig ears
- 100g of pork ribs
- 2 pig's feet
- 1 pig snout
- 1 sausage cut into slices
- 100g chopped smoked bacon
- 1 large onion, chopped
- 2 cloves of crushed garlic
- 1 bay leaf
- Salt to taste

Ingredients for the sauce:

- 2 chopped tomatoes
- 1 chopped onion
- 1 chopped chili pepper
- Salt to taste
- 1 cup (tea) of vinegar
- 2 tablespoons of olive oil

Preparation: preparation time 3 hours.

The night before, soak the beans in cold water. Chop all the ingredients for the feijoada and soak them, changing the water to remove all the salt. The next day, cook the beans and meats in separate pots, except for the sausage. When the beans and meats are cooked, but not overcooked, combine everything in a large pot. Add the sausage and cook a little longer. In a skillet, prepare the seasoning by frying the bacon in its own fat. When browned, remove the pork rinds and set aside, then fry the onion, garlic, and bay leaf. Pour this seasoning into the feijoada pot and let it simmer for a while so the broth thickens and absorbs the seasoning. Taste for salt and add more if necessary. For the sauce, combine all the ingredients. Add a ladle of bean broth and mix well. Serve the feijoada piping hot with white rice, chopped kale, orange slices, and toasted cassava flour with pork rinds.

**Mariolas**

Ingredients for 10 servings

- 12 very ripe quince bananas
- 1 cup (tea) of sugar
- 1 cup (coffee) of lemon juice
- Refined sugar to sprinkle on the mariolas
- Butter to grease the tray

Preparation: preparation time 1 hour.

Peel the bananas, place them in the lemon juice to prevent them from browning, then mash or blend them. Place the mixture in a copper pot and add the sugar. Bring to a boil and cook until the bottom of the pot is visible. Place on a buttered baking sheet, spread evenly, let cool, and cut into squares, sprinkling with granulated sugar.

**Homemade chocolates**

Ingredients for 12 servings

- 400 mL of milk
- 400 g of chocolate powder
- 2 cans of condensed milk

Preparation: preparation time 30 minutes.

Mix all the ingredients and knead well with your hands until you have a smooth dough. Form into balls and let them dry. If you prefer, you can fill them with prunes or almonds.

**Old clothes**

Ingredients for 4 servings

- Leftover cooked or roasted meat (about ½ kg)
- 2 tablespoons of lard
- 1 onion, sliced
- 1 clove of minced garlic
- 2 chopped and skinned tomatoes
- ½ cup of chopped green herbs
- 1 finger pepper
- 1 small cabbage

Preparation: preparation time 30 minutes.

Shred the meat and cut into 3- to 4-cm pieces. Melt the lard and fry the meat. Add the onion, garlic, tomato, parsley, and whole pepper. Pour in ½ cup of water. Cover the pan and simmer for 10 minutes. Cut the cabbage into strips and add to the pan. Reduce heat to low until the cabbage is tender. Remove the pepper and serve with white rice.

**Waiting for Husband**

Ingredients for 4 servings

- ½ kg of sugar
- 2 cups (American) of water
- 10 egg yolks
- 1 glass of coconut milk
- Cinnamon powder to taste

Preparation: preparation time 40 minutes.

Dissolve the sugar in 2 cups of water and heat until you get a thick syrup. Remove from heat and let cool. Add the egg yolks and coconut milk, and stir with a wooden spoon. Return to heat and cook, stirring constantly, until the mixture pulls away from the sides of the pan. Serve in small bowls sprinkled with ground cinnamon. Top with egg whites and prunes.



**Pickled Fish**

Ingredients for 10 servings

- 2 kg of fish namorado or pintado in pieces
- 2 lemons
- Salt and black pepper to taste
- 2 cups (tea) of bread flour
- Enough oil for frying

Ingredients for the sauce:

- ½ cup (tea) of olive oil
- 4 large onions, sliced
- 5 cloves of garlic
- Salt to taste
- 1 cup (tea) of tomato sauce
- 1 cup (tea) of chopped green onions, coriander
- Chili pepper

Preparation time: 45 minutes

Clean the fish thoroughly with water and lemon. Cut into medium-sized pieces. Season with lemon juice, salt, and black pepper and let marinate in the seasoning for 30 minutes. Coat the pieces in breadcrumbs. Heat plenty of oil in a pan and fry the fish fillets. Place them on absorbent paper to remove excess oil. To prepare the sauce, heat the olive oil, sauté the onion, and add all the ingredients. Let it simmer for 5 minutes. Place the fried fish fillets in a clay pot and top with the sauce. Serve with white rice.



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**FLAVORS OF THE SOUTH  
Carreiro Rice**

Ingredients for 6 servings

- ½ kg of jerky
- 2 tablespoons of oil
- 1 chopped onion
- ½ kg of rice, washed and drained
- Salt to taste

Preparation: Preparation time 1 hour.

The day before, wash the jerky thoroughly and place it in a pot of water. Let it boil for a few minutes, then change the water. Repeat this process three times to remove excess salt. Finally, let it soak in cold water until the next day. The next day, drain the jerky well and cut it into small pieces. Heat a pan with oil and sauté the onion. Then add the jerky, rice, and 4 cups of boiling water. Taste and add salt if necessary. Cook over low heat with the lid on until the rice is tender and moist. Serve with gaúcho barbecue and mixed beans.

**Banana cake**

Ingredients for 6 servings

- 4 eggs
- 2 cups (tea) of sugar
- 3 tablespoons of butter
- 2 cups (tea) of wheat flour
- 1 cup (tea) of cornstarch
- 1 tablespoon of baking powder
- ¾ cup (tea) of milk
- 1 glass of cognac
- 1 pinch of salt
- 4 to 5 dwarf bananas
- Butter for greasing
- Coverage:
  - 6 tablespoons of sugar.
  - 8 tablespoons of wheat flour
  - 3 tablespoons of butter
  - Cinnamon powder to taste.

Preparation time: 50 minutes.

Preheat the oven to a medium temperature of 180°C. Beat the egg yolks and sugar well. Add the butter and beat again. Gradually add the flour, cornstarch, and baking powder, beating constantly, and then sprinkle the milk and brandy over the batter. Separately, beat the egg whites with the salt until stiff. Then, fold the beaten egg whites into the batter, stirring gently without beating. Pour the batter into a greased baking dish. Peel the bananas and cut them in half lengthwise and arrange them on top of the dough.

For the topping, mix all the ingredients well and spread over the banana. Bake in the oven for about 30 minutes or until the cuca is dry. Suggestion: instead of banana you can use apple, pineapple, pear, peach, etc.

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