



Helmand Province

About Helmand

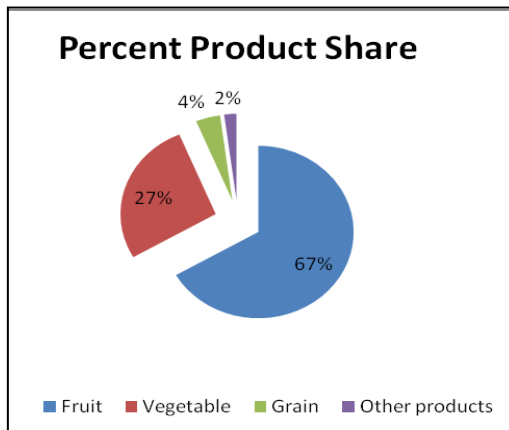
Helmand is located in south-west of Afghanistan. Helmand River is the largest river running through the province and is the main water source for agriculture. Except for the mountainous part in the north, the rest of the province is a desert plateau with rocky outcrops of up to 1000 meters. Helmand has 1,705 villages with estimated population of 1,1441,769 people (2008 census). Around 94% of the population live in rural districts.



Helmand Districts: Agricultural Characteristics

Helmand has 13 districts; Lashkargah, Nahr-I-Saraj, Nad Ali, Nawa-I-Barikzayi, Garm Ser, Sangin Qala, Kajaki, Baghran, Musa Qala, Nawzad, Washeer, Reg-I-khan Nishin, and Dishu.

Percent Product Share



Crops grown in province include fruits (67 %), vegetables (27 %) and grains (4 %). Most farmers have livestock, especially in Helmand province which has one of the biggest Nomad populations. Sheep, camels and goats are the dominant livestock.

Main Agricultural Crops

Fruit	Melon/Watermelon
	Pomegranate
	Grapes
Grain	Wheat
	Maize
Vegetable	Cauliflower, onion
Industrial	Cotton, Tobacco

Important Exporting Products

Grapes
Pomegranate
Melon

Possible opportunities for Agriculture improvement

Helmand is famous for producing fruit and vegetables such as melons and cauliflower, etc. Animal husbandry plays a big role in the economy and includes large nomadic populations. Potential areas for development include animal husbandry, pasture improvement, value adding (product processing), pasture improvement, postharvest technology and irrigation system improvement.

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Primary reference: USAID report <http://afghanag.ucdavis.edu/afghanistan-province-agriculture-profiles>

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