

Crop: Millets (Varieties Recommended by NARC for Commercial Cultivation)

SN	Crop	Variety name	Maturity days	Yield (ton/ha)	Recommended domain	Released year	Special features	Contact for package of practices (PoP) and Source Seed
1	Millet (Kodo)	Kabre Kodo-2	153	2.5	Mid hill of 700-1500 masl except far western hill and east hilly region	2015	High yield	Hill Crop Research Program, Kabre, Dolkha; Email: hcrpkabre@gmail.com; Phone:977-049-690037
2	Barley (Jau)	Bonus	162	3.6	kathmandu valley and similar environment	1974	Malting quality	
3	Buckwheat (phapar)	Tite phafer-1	79	1.54	Mid hill of 600-2500 masl	2021		
4	Buckwheat (phapar)	Mithe phafer-1	72	1.2	Terai to high hill	2015		