

Nutritional kitchen gardening-A success story

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Introduction

Adequate nutrition is very important during all the stage of life, as healthy life cannot be sustained without adequate nourishment. Deficiency diseases caused by micro nutritive is one of the serious problems. Nutritional deficiency is most prevalent in rural areas where the habitual diet lacks variety and people cannot afford to diversify their diets and unable to include fruit and vegetables in their diet. The sustainable solution to their problem lies in the improvement and diversification of household diet by growing kitchen gardening.

Description of Intervention and process undertaken:

The main objective of these kitchen gardens is to provide good nutritional vegetables to the family members because in the present scenario it is hard to attain such vegetables. Preparing such kitchen garden in the village makes availability of all types of



vegetables in the village. Mr Vishnu Pratap Singh is successful backyard Kitchen gardener and backyard poultry farmer from Malour village within Pali block of Gorakhpur district in Eastern Uttar Pradesh, started kitchen gardening in 2018 very small area (0.13ha). He did not have prior more knowledge of kitchen gardening. Mr. Singh came in contact with the Animal Scientist of Mahayogi Gorakhnath Krishi Vigyan Kendra and showed his keen interest in

kitchen gardening and other technical support from the scientists. He is hard working farmer and he is able to grasp the technologies faster and adopt it.

Output: The detailed components of kitchen garden model were demonstrated, constant follow up visits, trainee visits, field days, farmers days and other extension activities has been concentrated. Initially, he was adopting kitchen garden with constant encouragement, KVK scientist are successful in building up confidence in them. Now he is happy to enhance the nutritional affordability for his family. These kitchen gardens are meant to increase food diversity in the diets of the participating families and reduce reliance on the market for introduced vegetables and fruits. Really, he developed a beautiful and attractive kitchen garden with the help of KVK scientist.



Outcome:

According to Mr. Singh, the kitchen garden has been impactful for his family



and in his village as well as other villages of district. There is seen increase in the Micro monthly savings which has led to financial stability. His family gets proper nutritional balanced diet that consists of green vegetables like root crop, leafy vegetables, Okra, Bitter guard, Bakala, Cowpea, Cluster bean, French bean, Cucumber, Pumpkin, Bottle guard, Parwal, Drumstick, Brinjal, Chilli, Tomato, coriander, carrot, radish etc. He also planted fruit plants such as Banana, Mango, Guava, lemon, Malta, Grapes, Peach, Falsa, Papaya, Ber, Pomegranate and Litchi. Mrs. Singh



proudly claimed that the vegetables and fruits grown in the garden were being utilized in recipes within their home. Additionally, he said the quantity was more than sufficient for the foods to be distributed equally for the whole family. Now he is happy to enhance the nutritional affordability for his family and earn an addition income from sale of surplus produce. The intervention has also been successful in reducing reliance on the market.

Impact: Now he became a motivator for many of farmers in the district. He adopted the technology and he produce year-round fruits, vegetables and poultry product. He was also found to actively guide other farmers in adoption of new technologies. With his intervention they have started to grow different vegetable crops in a season in the village and as a result they are realizing better price in the market. The key to his success seems to his eagerness to learn and understand very soon, hard work & positive attitude. He is a model farmer.

