

## Kitchen garden management and its benefits under covid situation

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**Kitchen garden:** Kitchen garden or home garden or nutrition garden is primarily intended for continuous supply of daily use of fresh vegetables for an ideal five to six members family. A kitchen garden is, where usually herbs & vegetables are grown around the house for house hold use according to season to meet out the daily requirements of an ideal five to six members family with a available land of 200-250 m<sup>2</sup> area.

In nearby cities most of the family members do works in urban areas, the land is a limiting factor and very often crops are raised in limited available area of buildings. Cultivation of crops in pots or in cement bags is also feasible in cities. Fresh, leafy, root and tuber vegetables contain vitamins and minerals, which protect us against diseases. Lack of vegetables, particularly green leafy vegetables, leads to malnutrition, which causes diseases like anemia and night-blindness etc. Dark green leafy vegetables known as Palak and brown vegetables like carrots etc. also prevent blindness malnutrition.

### **Importance and scope of kitchen garden.**

- 1- It can fulfil the daily requirements of fresh vegetables for an ideal five to six members family.
- 2-Eco-friendly & Organic production of various vegetables can be produced throughout the season and year.
- 3-To minimise expenditures.
- 4- It provides aesthetic feelings and keeps fit when working in the kitchen garden.

### **PLANNING CRITERIA**

1. A 200-250 sq. metres area is sufficient to meet out the regular demand of fresh vegetables for an ideal family of 5-6 members.
2. To layout Clear sketch plan of a kitchen garden on a notebook before planning.
3. Plan should indicate the layout of plots, paths channels, perennial plants permanent spots, etc.
4. The size and shape of plots will depend on the slope and availability of land.
5. Selection of vegetables to be grown in the kitchen garden will depend on the season, region availability of various vegetables and their varieties it's nutritive & preferential choice of individual's taste of family members.
6. Sowing /planting of vegetables should be systematically planned.
7. Vegetables like lettuce, palak, amaranthus, celerry, mint and coriander etc. should be adjusted on ridges, along the path and water channels.
8. Vegetables required in large quantities like potato, onion, garden pea, beans etc should be allowed to occupy more space.
9. Pole type vegetables like cucurbits, french bean during summer/rainy season and garden peas in winter be planted along the fence on the three side along the boundary wall so that maximum space be provided for their optimum spread.
10. Short duration flower plants like rose, marigold, chrysanthemum, jasmine can also found suitable for kitchen garden for aesthetic feelings.

**Kitchen Garden Site Selection:** There will be limited choice for the selection of sites for kitchen gardens and the final choice is usually the backyard of the house. This is convenient as the members of the family can give a constant care to the vegetables during leisure and the

wastewater from the bathrooms and kitchen can easily be diverted to the vegetable beds. The size of a kitchen garden depends upon the availability of land and number of persons for whom vegetables are to be provided. There is no restriction in the shape of the kitchen garden but wherever possible rectangular garden is preferred to a square one. With succession cropping and intercropping 200 to 250 m<sup>2</sup> area is sufficient for kitchen garden.

**Land preparation:** 1-Spade digging is made to a depth of 30-40 cm. Stones, bushes and perennial weeds should be removed.

2-100 kg of well decomposed farmyard manure or vermi-compost is to be applied and mixed thoroughly in the soil.

3-Ridges and furrows are formed at a spacing of 45 cm or 60 cm or as per their requirement.

4-Flat beds can be formed instead of ridges and furrows.

#### **Sowing and planting:**

1-Selection of various vegetables and their varieties.

2-Seed treatment by Bavastin or Thiram or Mancozeb @ 2-3g/kg Seed.

3- Application of fertilizer and manure at recommend dose.

4-Sowing/ planting of crops in nursery or in main field at recommend crop geometry.

Direct sown crops like bhendi, cluster beans and cowpea can be sown on one side of the ridges at a spacing of 45-60 cm. Amaranthus can be sown after mixing 1 part of seeds with 20 parts of fine vermicompost/compost/sand by broadcasting in the plots.

Seeds of transplanted crops like tomato, brinjal and chilli can be sown in nursery beds or pots one month in advance. After sowing cover with fine compost. The transplanting is to be done usually 21-30 days after sowing for tomato, brinjal chilli and onion, the seedlings are uprooted from nursery and transplanted at spacing of 30-45cm for normal but in case of hybrid at 75-90 cm for tomato, brinjal and chilli. The plants should be irrigated immediately after planting. The seedlings can be watered once in two days in the earlier stages and then once in 4 days. The frequency of irrigation may increase or decrease depending on soil, climate and weather conditions.

**Kitchen Garden major insect-pests and their management:** A comprehensive information regarding identification of insect pests, their natural enemies, damage symptoms, life cycle and host range of different insect pests will be discussed in the text. Students will also get latest information regarding the management strategies employed against the insect pests of vegetable crops. Economic importance, crop loss assessment, pest survey and surveillance, and environmental impacts of chemical pesticides will also be dealt in this course .Various



insects and pests which damage vegetables and flowers in kitchen garden at all stages of growth and major diseases and insect of vegetables and their management will also be discussed at length.

### **Kitchen Garden major diseases and their control**

The major diseases of vegetables can cause devastating effects to the crop. They can completely kill crop or significantly reduce production and quality, with ultimate economic loss. Leafy vegetables refer to crops such as palak, amaranthus, kale, cabbage, spinach, broccoli, rape, cauliflower, lettuce, & celery etc. Whereas root and tuber crops *viz.* turnip, sugarbeat, potato, carrot and radish etc. The diseases of Cucubits and Bhindi etc will also be discussed during course.

**Harvesting:** The harvesting/picking is usually done manually using sharp sickles, knives or scissors at fully developed and maturity stage according to the crops. Diatory requirements for an adults.

