

KITCHEN GARDENING- SUSTAINABLE APPROACH FOR HEALTHY FOOD PRODUCTION

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Abstract:

In Today's fast growing world where the population is increasing expeditiously, cultivable land is decreasing gradually and the demand for nutritious and healthy food increasing day by day. People around the world give more importance to vegetables; kitchen gardening is a good source where we can fulfill our demand for such nutritious vegetables. The vegetables being a rich source of vitamins and minerals and fibers constitute one of the indispensable items of the kitchen. Realizing the values in human health and the potential in income generation vegetable cultivation has been specialized. As recommended by ICMR Balance Diet, the RDA of vegetables should be 300gm/person including roots, tubers, green leafy vegetables and other vegetables which prevent the prevalence of malnutrition especially micronutrient deficiency.

KEYWORDS: *Kitchen garden, RDA, vegetables*

Introduction

Kitchen gardening is a very intense method of cultivation in time and space demonstrations, utilizing every inch of land in a yard of the house. Vegetables are a rich source of minerals, vitamins and fibers like leafy vegetables are rich in folic acid, carrot and spinach are a rich source of vitamin A, chilies are a rich source of vitamin C, cucumber is beneficial for the good health of hairs. The vegetables constitute one of the indispensable intense of the kitchen. The major kitchen gardening crops like tomato, chilly, okra, onion, cabbage etc. can be easily grown. For the growth of such vegetables, there is the requirement of good aeration and healthy soil free from stones and other heavy garbage waste like metals, plastics, etc. As per the recommendation of ICMR for a balance diet, RDA for vegetables is 300g which includes roots & tubers, leafy vegetables and other vegetables. In India, the per capita availability of vegetables in India is 250g per head. So in these days of the pandemic, kitchen gardening is the best source for the availability of vegetables.

Nutritive value of Vegetables:

Vitamins	Vegetables	Value in Units
A	Bathua leaves	11300 IU/100g
B1	Chilly	0.55mg/100g
	Tomato	0.12mg/100g
B2	Fenugreek	0.31mg/100g
	Amaranthus	0.30mg/100g
C	Chillies	111mg/100g
	Coriander leaves	135mg/100g
Carbohydrates	Tapioca	38.1%
Protein	Pea	7.2g/100g
Fat	Potato	118mg/100g
Fiber	Spinach	0.6g/100g
Calcium	Fenugreek	395mg/100g
Calorific Value	Tapioca	338cal/100g

Conclusion: Kitchen gardening can easily become an integral part of every home. In spite of having adequacy of vegetable production at the national level per head availability of vegetables is still less from the RDA. Kitchen gardening can be established at the household or community level in order to ensure the daily supply of fresh vegetables in the diet.

Highlights: There are many social benefits that have emerged from kitchen gardening practices, better health and nutrition, increased income, employed food security within the household and enhance community social level.

- 1.) Intended to supply vegetables for the consumption of own house.
- 2.) As per the recommended balanced diet for vegetables by ICMR, the per capita availability is very less so a kitchen garden can be established usually backyard of the house is preferred for growing vegetables, pots, boxes sills, windows etc are equally good for the kitchen garden.
- 3.) Use drip as compared to furrow in the backyard which increases the efficiency of water and reduces the risk of losing water.



- 4.) As far as by consuming less resources we can get better output and it is a good source of income generation which is a basic principle of sustainable agriculture and Sustainable Approach For Healthy Food Production

Abbreviation:

RDA- Recommended Dietary Allowance

Reference:

1. Vegetable Science By D. Singh
2. Glaustas Horticulture By P. Muthukumar and R. Slvakumar
3. Basic Horticulture By Jitendra Singh

