

## Home Gardening – Future Of The Food Source Sowjanya

Dr. Rajendra Prasad Central Agricultural University  
Corresponding author: sowjanyapedada1996@gmail.com

**ARTICLE ID: 010**

Industrialization and urbanization have led to a decrease in the area under farmland. It increased migration from rural to urban areas. With the rise in population, the demand for food grew exponentially; thus, the green revolution was started. As a result, using of chemicals became the population's need for improving yield and has degraded the quality of the food. These chemicals enter the food chain and affect human health. Thus the concept of organic food came into existence. People became conscious of their health and started to choose organic food. But here is a troubling question. Is the organic label 100 % reliable? No one can assure whether these food are wholly grown in the absence of chemicals. Though some organizations monitor the quality of the produce, one must think about whether it is economical. This is an individual choice, but India being a developing country, it becomes difficult for a major part of the population to afford organic food. So they go for chemically grown food, barring their ill-effects. What if we get a solution that is 100% reliable and economically feasible. Yes, it is no longer a dream to have healthy, fresh and tasty food. It is possible through home gardening.

Home gardening is a practice of cultivating food in a small area that is readily available for family consumption near to our dwelling. Plants can be grown in an open area in your backyard, on your terrace or even on your balcony. These plants are directly sown in the land or pots. A varied range of vegetables, fruits, herbs, spices, flowers, ornamental and medicinal plants can be grown at your home. Home gardening can be practiced for fun, saving money or for recreation purposes. It has become trendy these days, especially after the pandemic. All you need is some decent soil and few plants. This helps to get fresh, healthy fruits and vegetables for your meal.

Plants grown in the containers are showing positive growth since 2013. It is easier to grow crops in containers rather than in-ground. Since the potting mix is used for planting, it does not require soil preparation. It resolves the issues with weeds and space, allowing the

gardeners to place the containers on the rooftops, backyard, terrace, etc. Home gardens help save a huge penny, and the home-grown food delights our taste buds with its fresh flavour and vibrant colours. Growing your food is a simplified method, but you must follow these steps to gain positive results.

### Steps to follow in home gardening

- **Selection of site-** Select a site that is suitable for your plants. You must consider the soil pH, sunshine hours, soil type and the plants that can survive in the climate. For a better gardening experience, know your soil type. The soil ranges from sandy, clay and loam. Plants grow best in loamy soil with proper drainage. Adequate sunlight of 6-8 hours is ideal for gardening. If you choose containers for growing plants, choose them wisely. Rooted plants like carrot, radish needs deeper pots which are spacious. Shallow pots will be suitable to grow leafy veggies, tomatoes, okra, etc. (you can use the waste containers at your home)
- **Plan your garden-** grow the plants you and your family love to eat (Hint- grow the expensive plants). It is advisable to use native plants to make your gardening more comfortable.
- **Locate your plants ideally in the garden-** make efficient use of your space. Tall plants like tomato, okra, corn should be grown on one side where they do not shade the other plants. Mix annuals and perennials to have a year-round yield. Plant vine crops like gourds, cucurbits and melons near the fence.
- **Prepare your soil-** Before sowing, you must make the land suitable to aid the growth of the plants. Loosen the soil and remove weeds, stones and plant parts remaining in the soil. Add 2-3 inch organic mulch in the soil to enhance the soil quality.
- **Planting your crops-** Plant your seeds carefully at an ideal depth. Consider sowing the seeds at a depth of 2-3 times the seed's size, cover it with soil and give light irrigation. For transplanting, dig a hole twice as wide as the root ball, cover the soil and add manure to it for the better growth of the seedlings. Maintain proper spacing to prevent plants from fighting for the sunlight and nutrients.

- **Check for the pest attack-** Inspect your plants regularly for any pest attack. If there is a pest occurrence, discard them or wash the plant with water. Homemade natural pesticides can be used against the pests.
- **Feed your plants-** plants need nutrients for better growth. Provide them nutrients in the form of compost and Farm Yard Manure
- **Water your plants regularly-** Water the plants efficiently, especially in summers. Watering should be done in the early hours of the day or in the evening when the temperature is cooler to reduce evaporation.
- **Weeding-** weeds will inhibit the growth of your crop. So check for the weeds and discard them regularly. They compete for water and nutrients. However, container gardens do not face many of these problems.
- With the expected population to reach over 9 billion globally by 2050, there is a growing need to increase food production. To achieve nutritional and food security individually, especially during this pandemic, home gardening plays a crucial role. Through this, diverse crops like vegetables, fruits, microgreens, spices, plantations or ornamentals, herbs and medicinal plants can be grown to serve as a food source for the households.





## MY HOME GARDEN

### A SAVIOUR DURING THE PANDEMIC

---

This pandemic has affected the food supply primarily. So home gardening has helped me get fresh food throughout the time. We have grown varied crops in my garden. Ladies finger, tomatoes, chilli, onion, brinjal, radish, cluster beans, banana, papaya and leafy vegetables like Spinach, Amaranthus, fenugreek, mint, coriander and curry leaves are some of the crops grown in our garden.

Gardening was our saviour during this pandemic. It has helped us stay healthy. We could get fresh and tastier food, saved money and was a great pass time during the lockdown.