

Success story on Nutrition Garden

- **Title:** Veerpal Kour: Success story of Kitchen gardening for enhancing livelihood
- **Details of beneficiary**
 - **Name:** Veerpal Kour
 - **Age:** 41 Years
 - **Education :** 8th
 - **land holding:** 4.5ha.
 - **Size of family:** 5 Members
 - **Address:** VPO- Bhakranwali, Sangaria, Distt. - Hanumangarh (Raj.)
- Size of nutrition garden (sqm) : 150
- **Crops grown in nutrition garden**
 - Kharif: Okra, Brinjal, Tomato, Green chili, Cucumber, Bottle guard, Sponge gourd, Bitter gourd, Tinda
 - Rabi: Spinach, Fenugreek, Potato, Carrot, Radish, Coriander, Cauliflower, Onion, Garlic
- **Growing condition (conventional/organic/natural farming) :** Conventional/organic
- **Production and consumption of nutrition garden crops**

S.No	Name of crops	Varieties	Area grown (sqm)	Production (kg)	Consumption (kg)	Sell of produce (kg)	Income from sell of produce (Kg)
1	Okra	MIS-077	16.67	23.0	23.0	NA	NA
2	Brinjal	Navkiran	16.67	31.3	31.3	NA	NA
3	Tomato	Rocky	16.67	22.4	22.4	NA	NA
4	Green chili	Kranti	16.67	20.1	20.1	NA	NA
5	Cucumber	SIA	16.67	13.5	13.5	NA	NA
6	Bottle Gourd	MAHI-1	16.67	35.0	35.0	NA	NA
7	Sponge Gourd	ALOK	16.67	31.9	31.9	NA	NA
8	Bitter Gourd	Green Long	16.67	21.7	21.7	NA	NA

9	Tinda	MAHI TINDA	16.67	13.1	13.1	NA	NA
10	Spinach	Delhi Green	16.67	20.0	20.0	NA	NA
11	Fenugreek	Hisar Sonali	16.67	17.3	17.3	NA	NA
12	Potato	Kufri Bahar	16.67	13.8	13.8	NA	NA
13	Carrot	Pusa Adhira	16.67	14.7	14.7	NA	NA
14	Radish	Ivory White	16.67	19.1	19.1	NA	NA
15	Coriander	IMP	16.67	7.5	7.5	NA	NA
16	Cauliflowe r	CFL-152 2	16.67	9.8	9.8	NA	NA
17	Onion	AL-883	16.67	12.4	12.4	NA	NA
18	Garlic	G-404	16.67	12.2	12.2	NA	NA

Success point: The main objective of 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. kitchen garden provides the rural resource poor communities with a platform for innovations in supplemental food production as well as an opportunity to improve their livelihoods. For rural resource-poor families, the economic benefit of kitchen gardens is beyond simple food production and subsistence. Homestead nutrition gardens helped increase household income either by sale of the food products grown in the gardens or by the consumption of the same food items that the families would have otherwise purchased from markets using a significant portion of the family income. Family labour, especially efforts of women, becomes particularly important in the management of these gardens. Besides, the major use of organic farming practices makes these gardens environment friendly as well. There is seen increase in the Micro monthly savings which has led to financial and time stability. Her family gets proper nutritional balanced diet that consists of green vegetables, root crop, leafy vegetables. Mrs. Veerpal Kaur proudly claimed that the vegetables and fruits grown in the garden were being utilized in recipes within their home. Additionally, she said the quantity was more than sufficient for the foods to be distributed equally for the whole family. Now she became a motivator for many of farm women in the district. She adopted the technology and she produce year-round fruits and vegetables. She was also found to actively guide other farm women in adoption of new

technologies. With her intervention they have started to grow different vegetable crops in a season in the village. The key to her success seems to her eagerness to learn and understand very soon, hard work & positive attitude. She is a model farm woman.

Feedback: Kitchen garden is the growing of nutrient rich crops in residential houses or in their vicinity to meet the requirements of the family all year round.

- Increases availability of food and nutrient sources
- Source of supplementary income
- Fresh and Safe (chemical free)
- In rural areas, Nutri kitchen gardens can be promoted in backyard of the houses.
- In urban areas, Nutri kitchen gardening can be promoted in the form of roof top gardening, terrace gardening, vertical gardening and container gardening.

Good quality photographs



