

KITCHEN GARDEN

Background:

A kitchen garden is where herbs and vegetables are grown around the house for household use. Kitchen Garden provides information, how to establish and manage minimum input for maximum output.

Objective:

To provide maximum output and a continuous supply of nutritious vegetables for the table throughout the year.

Capacity Building of Woman's:

- ❖ Four major training: Discuss PGWMC concept, Groundwater resource management, Role of woman in agricultural & animal husbandry, importance of organic farming, etc.
- ❖ Training organized by ACT team member in collaboration with KVK.

Purchasing & Guidance:

A key intervention done by Arid Communities & Technologies, by purchasing seeds from market in which fund released by WIN and training given by Krushi Vighyan Kendra (KVK) which help to create kitchen gardens near hand-pumps or where families are disposing of waste water. These kitchen gardens are meant to increase food diversity in the diets of the participating families and reduce reliance on the market for introduced fruits and vegetables.

As seen in the photo above the initial batch of seeds have since grown into a beautiful, diverse, garden. This garden includes Tomatoes, Turai, Chilly, Gourd, Lady finger and Brinjal etc.



Jetbai Gadhavi lives with a family of seven in Mota Bhadiya village within Mandvi block of Kachchh district in Western Gujarat. Her family relies mostly on farming for their diets and livelihood. She is a woman who has been actively engaged in groups like NARI SHAKTI and working in such groups from last 2 years. Jetbai mentioned that prior to joining the program like Kitchen Garden, her family's diet lacked. Further she noted that relying on the market for vegetables can be costly, so she secured her family by providing regular nutrition from fresh & organic vegetables grown in her kitchen garden; is daily saving Rs.60 /- to Rs.80 /- on purchase of vegetables from market. They help their neighbors & relatives by providing them surplus of vegetables grown in her Kitchen Garden & exchanging seeds with other households to increase food diversity within the whole village. Jetbai noted that electricity can be unreliable in her village. Since the garden can be maintained with waste-water, it doesn't require intense irrigation and they can maintain their garden.



Advantage of Kitchen Garden:

- Provide access for growing fresh & healthy vegetables which consist high nutrition value and free from toxic chemicals.
- Save cost of buying vegetables, herbs & fruits from market.
- Vegetables harvested from kitchen garden taste better than those purchased from the market.
- Reuse & Recycled of waste resources such as sweeping, kitchen scraps, dirty water of household in irrigating kitchen garden.
- Convert wasteland around house into productive land.
- It is Very Eco-friendly.