



RESEARCH PAPER

Kitchen gardening - A platform to nutritional security for rural households

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Abstract : Kitchen gardening is one of the oldest methods of practicing cultivating their own vegetables. It is one of the world's oldest food production practices and practiced around the world. Inadequate consumption of fruits and vegetables leads to nutritional inadequacy. Nutritional deficiencies are the common among women and children. The study was conducted in Guntur district to assess the impact of kitchen garden on frequency and quantity of consumption. Knowledge gain by the respondents were also tested using interview schedule. Thirty women were selected for the study, six members were randomly selected for the study from adopted villages. Results revealed that most of the respondents had gained knowledge on preparation of beds (80%), importance of green leafy vegetables (77%), importance of vegetables in diet (77%) followed by crop rotation (63%), seed saving (63%), compost preparation (70%). Trainings on kitchen gardening helped to gain knowledge and also increased consumption of vegetables. Frequency of vegetable consumption has increased, most of them were consuming vegetables daily because of nutri garden.

Key Words : Nutritional adequacy, Nutritional security

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