



**Research Paper**

## Economic analysis of kitchen gardens at farmers' doorsteps

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**ABSTRACT :** Kitchen gardening plays an imperative role for rural families to recover diversified vegetables in their daily diet. KVK Faridkot demonstrated the kitchen gardening amongst 100 families of two villages namely Pindi Blochan and Bhagthala Kalan to analyze the economic impact of the alleged technology along with constraints faced by the growers. The demonstrations on kitchen gardening have paved the way for healthier, long, prosperous and biodegradable life of the rural folk. The results revealed that there was total income of Rs. 2316.20/- from *Rabi* vegetables and Rs. 2003.9/- from *Kharif* vegetables. The total vegetable income was Rs. 4320.10 from an area of 500 m<sup>2</sup> in three months span. These vegetables were produced with minimal use of chemicals. However, there are certain bottlenecks in successful adoption of kitchen gardening. Overall analysis revealed that brackish irrigation water, high soil pH and EC, limited availability of seed in the form of vegetable kits, lack of awareness regarding varieties and management of insect-pest and diseases and limited knowledge regarding preparation of quality farm yard manure were amongst the serious constraints as perceived by the growers.

**KEY WORDS :** Kitchen gardening, Economic analysis, Constraints, Adoption

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