



Returns		
Sr. No.	Particulars	Returns (Rs.)
1.	Aonla (400kg)	12000
2.	Mango (4000 fruits)	32000
3.	Papya (400 kg)	10000
4.	Guava (600 kg)	18000
5.	Lemon (6000 fruits)	6000
6.	Jamun (500 kg)	15000
7.	Tomato (125kg)	1250
8.	Vines	1050
9.	Milk	10500
10.	Poultry	5475
10.	Compost	6000
	Total	Rs. 117275/-
12.	Production cost	Rs. 50235/-
	Net return	Rs. 67340/-

brought the rural families under stress by making their youth jobless. This has created problems of health, food security, shelter, education and discrimination among the society. This insecurity causes the fast migration of rural youth towards urban areas where the unbearable pressure of population collapsed the cities.

Sustainable kitchen garden system : An ancient heritage of kitchen gardening can be at rescue and act as remedy to overcome the situation. Planting of quick growing trees such as aonla, jamun, bael, lemon, papaya long with vines such as bittergourd, bottlegourd, cucumber, beans, watermelon, and vegetables which take up little space such as radish, carrot, lettuce, knoll-khol, beside

this, those vegetables which produce more fruits per plant like tomato, brinjal, chillies can fetch a good earning to support the family. The spacing for aonla, Jamun is 5x5 meter while dwarf varieties of mango and papaya at the spacing of 3x3 can be planted. As per season the vines of bittergourd, bottlegourd, cucumber, watermelon should be trailed to the fences of the garden by giving a proper support. Due to less availability of space the vegetables like tomato, chillies, brinjal, can be planted in wooden barrels, crates and boxes, ridges may be utilized for growing root crop like radish, carrot and colocassia. The trees are planted at the back yard of the house. Besides farming other major sources of income can be dairy, poultry, or fisheries. A family can also have collection of 25-30 local birds of poultry, bee colony and a pond of fish also. The rural family has a trend to shift the piece of land got in inheritance. It is easy to accommodate these components with ease and has required inputs at farm.

A small family of four members can earn a very good income of 1.5-2.0 lakh, which is sustainable in rural area, if the fruits and vegetables are produced by organic farming. There is every possibility of primer price income may go-up. Apart from this family has almost two month at spare, which can be utilized for casual contractual works, which will be additional earning to them. It may be concluded that diversification while reducing uncertainty, would increase opportunity to earn more income for better livelihood in rural areas

Received : 28.05.2013

Revised : 19.04.2014

Accepted : 10.05.2014