



## Backyard nutritional low drip kitchen gardening in Narmada district, Gujarat

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**Introduction :** It is well known fact that the tribal areas are very poor regarding resources availability including scarcity of water. In spite of that a farm women Smt. Sarmista Ben Sahdevbhaivasava 21-year-old lady is a successful backyard kitchen gardener from Timbapada village of Narmada district. She has education only upto class XII and did not have any prior knowledge of low drip irrigation Kitchen gardening. She has about 1.00-acre land. Earlier she was growing one or two vegetable crops of local variety in her backyard in traditional way which was not enough to survive her family. She was always finding of suitable options to enhance extra income. She always takes a chance to change her situation to increase the income and improve the health and nutritional status of her family. A team of scientists visited at Timbapada and contact Smt.Sarmistaben. The village was adopted by TWTC, Dediapada. So, by adopting the new improved variety of various vegetables in initial stage, she obtained more profit as compared to traditional variety and she fulfills their nutritional requirement and got more production and more income and the actual profit. Through

various programmes, awareness created about the kitchen garden and the demonstrations were given in the village including Smt. Sarmistaben. As a result, Smt. Sarmistaben came in the contact of TWTC scientists' regularly. with the timely guidance of TWTC scientists, she started to grow improved varieties of different vegetables. TWTC Scientists were advise them to adopt low drip irrigation kitchen garden demonstration kit on wastage backyard land for growing different vegetables through kitchen gardening in scientific way. She received seed kit of different vegetable crops. She adopted this technology and she got 300 kg vegetable produce. Out of which 150 kg was consumed by her family and 150 kg was sold in local Guruvari haat market to earn gross income to the tune of approximately 10500 in a year. Now she is happy to enhance the nutritional affordability for her family and earn an addition income from sale of surplus produce. In nutshell, the earning income enhancement of Smt. Sarmistaben is about 20-25 per cent through the adoption of kitchen garden demonstration by growing different improved varieties of vegetable crops in her kitchen gardening.

### Summary

Intervention	Before TWTC	After TWTC
Vegetable crop	Traditional local	Growing different improved varieties of vegetable crops
Demonstration	No	Growing different vegetable crops through kitchen gardening in scientific way
Use of wasted land	Not used properly	Utilized maximum backyard space and waste water
Agrochemical	Need base used	Only organic materials
Extra income	No	20-25%



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