



Cost-effective - dietary backyard kitchen gardening: A success story

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Krishi Vigyan Kendra, NAU, Navsari is an innovative science based institution which is engaged with transfer of technology related to agriculture and allied field in adopted villages of Navsari district. Farmers of rural Navsari (Gujarat) with small backyard spaces were used for the dumping waste material and other unproductive work. These issues have been noticed by many of them but are unaware of efficient utilization of the space. The farm women of Navsari district are mostly engaged with daily wages farm work which is offered particularly during cropping season. Majority of farm women have lack of knowledge about health and nutrition, dietary pattern of pregnant and supplementary feeding for children. Due to poor economic condition they are unable to purchase fruits and vegetable from market for their daily dietary need. It resulted in poor health and imbalance nutritional status of farm women and children leads to mal nutrition.

The farm women of this area are growing one or two vegetable crops of local variety in their backyard in traditional way. To motivate the farm women towards growing improved varieties of different vegetables to fulfill their nutritional requirement, it has been decided to conducted demonstrations on kitchen gardening in adopted village of Navsari district. Kitchen gardening model developed by NAU. Total 300 demonstrations have been conducted on kitchen gardening in total 14 villages of Navsari district during last three year.

Objectives:

- Improve the health and nutritional status of farm families
- Increase the income of farmers
- Popularized the kitchen garden model
- Make farm women familiar with different vegetables and high value dietary vegetable crops.

Horizontal spread of kitchen gardening: Fortunately, with financial assistance of Rashtriya Krishi Vikash Yojana and help with contingencies grant of KVK, scientists were able to give demonstrations in 300 (100 in the year 2011-12 and 200 in the year 2012-13) benefiting 300 farm families.

Krishi Vigyan Kendra, Navsari is working in 92 villages instead of 10 villages as a mandatory. In each and every village, KVK has made farmers group. About 200 farmers group are there in our operational villages. Each group

consists of one leader, through these leaders KVK reaches poorest of the poor and needy farmers. These leaders are the hands of KVK for disseminate the knowledge and technology. Apart from the farmers leaders, field assistant and senior research fellowship are able to reach out this much of area with regular interval during study period.

The detailed components of kitchen garden model was demonstrated, constant follow up visits, trainee visits, field days, farmers days and other extension activities has been concentrated. Initially, farmers were hesitating in adopting kitchen garden but with constant encouragement, KVK scientists are successful in building up confidence in them.

The major achievement of the demonstrations is farm women adopting kitchen gardening because they use their spare space around their house building and use spare time and also get fresh food. They also save money and get additional incomes from their kitchen gardening. During the year 2011-12, after successful of this kitchen garden 3000 farm women are demanding and shown interest in kitchen garden. They collect money and give to KVK scientist for purchase of seeds and sapling. KVK scientist get interest them and purchase the seeds/ sapling and distributed to farm families. Same this is happen during the year 2012-13 but during this year 4050 farm women are demanding kitchen garden. So there is a very good impact of kitchen gardening in Navsari district village.

Mrs Rekhaben Vinodbhai Patel is successful backyard Kitchen gardener from Sultanpur Village, Dist : Navsari. She did not have any prior knowledge of kitchen gardening. Through Krishi Vigyan Kendra she received vegetable kit and other technical support from the scientists. She adopted the technology given by KVK experts and she got 500 kg of vegetables. Now she is happy to enhance the nutritional affordability for her family and earn an addition income from sale of surplus produce.

Ashaben Sanjaybhai Patel from Village Dandi, Dist : Navsari, Gujarat. She has a little education knowledge and enthusiastic to do new things. Now she became a motivator for many womens in the village. She adopted the technology and she got 600 kg vegetable produce. Out of which 450 kg was sold in local markets to earn gross income to the tune of approximately 10,000 in a year. Now she is happy and indebted to wards KVK.

Results of demonstration on kitchen garden															
No. of demo.	Area	Year Kharif 2012-13													
		Okra	Tomato	Brinjal	Indian bean	Cluster bean	Chilli	Cow-pea	Bottel gourd	Bitter gourd	Ridge gourd	Palak	Fenu-greek	Coria-nder	Tur
100	1 gunth/ family	16.68	16.6	19.8	3.39	4.12	9.72	8.32	10.24	4.10	5.82	2.09	1.94	1.42	9.90
Year Rabi 2012-13															
150	1 gunth/ family	15.2	12.1	22.6	4.8	5.9	9.14	8.2	3.9	6.34	2.74	2.58	1.62	4.12	
Year Kharif 2013-14															
50	1 gunth/ family	16.2	14.2	18.8	4.12	4.63	8.63	9.26	11.69	4.45	6.33	2.69	2.06	1.59	10.82

Ashaben Sanjaybhai Patel not only enhanced nutritional status of her family but also earned additional income from scale of surplus produce.

Conclusion: Krishi Vigyan Kendra, Navsari, Navsari Agriculture University has changed the lifestyle of rural people though backyard kitchen gardening training programme to the selected beneficiaries. The farmers were encouraged to go for cultivation of diverse vegetable primarily for house consumption. They were providing with initial capital inputs and pack of assorted seeds

containing seasonal vegetable in combination of leguminous and leafy vegetables and low energy drip system. This practice has been success in several adopted villages resulting increased participation of farm women and women get encouraged. They get benefited by earnings from selling the excess produce from kitchen garden in local markets. The said FLDs have paved the way of healthier, long, prosperous and ecological life of the farm women.

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