

## Backyard nutritional kitchen gardening in Narmada district

V.K. Poshiya, M.V. Tiwari and A.D. Raj

Tribal Women Training Centre (N.A.U.,) Dediapada (Gujarat) India

Narmada district is tribal dominated district with 78 per cent tribal population distributed in all the five blocks of Narmada district. The 89 per cent of the population of the district resides in villages and depend on agriculture for their livelihood. Farmers of tribal women in Narmada district in ruler area with small backyard spaces have been using this space for commercial monoculture and disposing the produce in local market. However while purchasing the vegetables for household purpose from the same local market the poor tribal women has an obvious habit of purchasing the cheap vegetables irrespective of their nutritive value. This practice deprived them of a combination of nutritive vegetables from their menu especially due to higher prices. Poor economic condition of the tribal farm women and fragmented land holdings are the major constrains so necessary for making Backyard nutritional kitchen garden.

**TWTC support:** Tribal women training center” through backyard kitchen gardening was successfully training and demonstrated in benefiting 150 farm women in 10 villages of Narmada district to the selected beneficiaries. The tribal farm women were encouraged to go for cultivation of diverse vegetables and fruits primarily for house consumption. They were provide with initial critical inputs and a pack of assorted seeds containing seasonal vegetables having a combination of leguminous, fruit, root, and leafy vegetables like Okra, Bitter guard, Ridge guard, Cowpea, Cluster bean, Cucumber, Pumpkin, Bottle guard, Snake guard, Palak, Drumstick, Brinjal, Chilli, Tomato etc. The baris model were also provided with fruit crops like Papaya, banana, guava, mango, pine apple etc. The model has been a success in several TWTC adopted villages.

**Output:** The proper guidance of TWTC scientist and with the help of line department, tribal women were started to cultivation practices kitchen gardening (bari model) in own backyard. Simultaneously three year cultivation backyard kitchen gardening to get income in small back yard.

**Outcomes:** The collateral benefit from this model has been the empowerment of farm women through increased participation in cultivation practices in bari model and earnings from selling the excess produce from bari in local markets. Srimati Hasumatiben Rasiyabhai Vasava tribal

women is a Successful backyard kitchen gardener from Nivalda village cluster of Narmada district. She has education only upto class SSC and did not have any prior knowledge of Kitchen gardening. TWTC Through she received vegetable seed kit for backyard kitchen gardening development.

**Impact :** After adoption of backyard kitchen gardening by TWTC Scientists guidance the income was increased through the adoption of improved cultivation backyard kitchen gardening in own backyard. She adopted the technology and she got 900kg vegetable produce in year. Out of which 650 kg was consumed by her family and 250 kg was sold in local market to earn gross income to the tune of approximately “11500 rupees” 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.

**Feedback farmer:** Continuous supply of fresh vegetables at lower cost throughout the year, increasing fresh organic vegetable, Reducing mal nutrient.



Fig. 1 : Training



Fig. 2 : Field visit