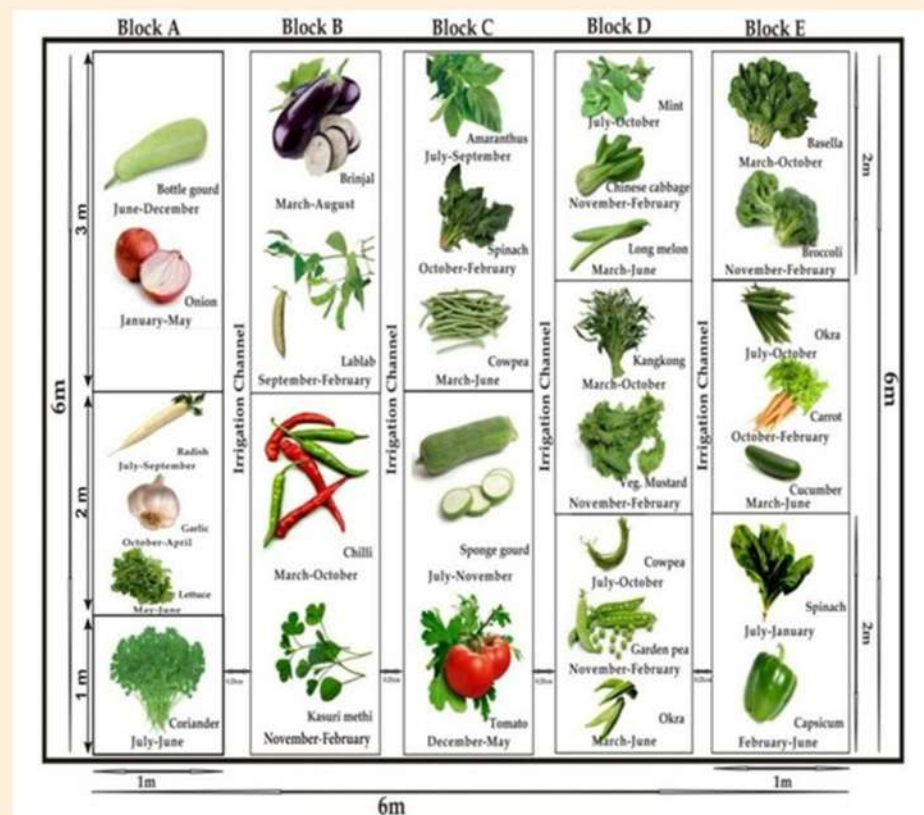


CONCLUSION :

Prior to the awareness of nutri-gardening, farmers and farmwomen were unaware about the benefits of vegetables and there was habit of insufficient consumption in their daily diets. However, following the introduction of more advanced vegetable production system through Nutri-garden, both vegetable production and consumption were increased. Kitchen gardening practises offer several social advantages, including improved neighbourhood interactions, greater earnings, employment opportunities, home food security, and better health and nutrition. One of the simplest, scientific and least expensive strategies to improve health is to increase the amount of fruits and vegetables in daily diet. Therefore, backyard nutrition gardening is to be widely promoted as a low-cost, sustainable method of reducing malnutrition, especially in rural homes.



NUTRI GARDENING FOR FARM WOMEN AND SCHOOL CHILDREN - A HOLISTIC APPROACH BY PURBA MEDINIPUR KRISHI VIGYAN KENDRA

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INDIAN COUNCIL OF AGRICULTURAL RESEARCH
BIDHAN CHANDRA KRISHI VISWAVIDYALAYA



VILL.- MULAKHOP, P.O.- DAYALDASI,
DIST.- PURBA MEDINIPUR, WEST BENGAL- 721632



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- Nutri-garden is a multidimensional agriculture to reduce malnutrition. A nutri- garden can provide nutritionally rich vegetables & fruits throughout the year to the family members.
 - Natural resources can be effectively utilized to develop model Nutri-garden.
 - Vegetables are selected and grown according to seasons by utilizing the locally available wastes and optimized utilization of household backyard/ front yard or roof spaces.
 - Nutri-garden is advanced form of kitchen garden in which vegetables are grown in planned manner as a source of nutrition and income.
 - In India per capita availability of vegetables is around 135g as against the minimum requirement of about 300g for a balance diet.
- To make this recommendation realistic, promotion of Nutri-garden is the best option which can supply required vegetables in daily diet to the semi-urban or rural families.

Objectives of the Nutri-Garden:

- Creation of Awareness on Nutri Sensitive Agriculture among farming community and school children through capacity development and demonstration.
- Promotion of Nutri Garden, Nutri thali and Nutri villages.
- Promotion of bio-fortified crop varieties for nutritional security among farm women and children.

Components of Nutri-Garden:

- Seasonal Vegetables
- Fruit plants
- Medicinal plants
- Trellis crops



Intervention of Purba Medinipur KVK:

Creating awareness: 15 awareness programme were organized among the farm women 7 for rural school children.

Hands on training for capacity development: 12 training were organized to develop hands on skill for preparing Nutri-garden model utilizing the small backyard/front-yard spaces.

Demonstration at location: 120 demonstration model prepared at rural villages and schools under direct technical and input support from Purba Medinipur Krishi Vigyan Kendra.

Exposure visit to KVK farm: 8 exposure visit conducted to show case the technology and models of Nutri-garden to the farm women & school children.

Input support to the beneficiaries:

- Vegetable seedlings (Tomato, Brinjal, Cauliflower, Cabbage, Broccoli, Lettuce, Pakchoi, Capsicum, Chilli, etc.)
- Manures & Fertilizers (Vermicompust, NPK, micronutrients)
- Gardening tools like spade, watering can, garden pipes, etc.

THE COMPARATIVE FEEDBACK OF FAMILY HAVING NUTRI-GARDEN AND NON-NUTRI GARDEN

Parameter	Family having Nutri-garden with at least 2 katha area	Family with 2 katha area utilized for conventional vegetable farming
Number of vegetables grown in a cycle	9-13	1-4
Number of crops grown all around the year	25-30	8-12
Supply of fruit items in a year	3-4	-
Monthly production of vegetables	30-40 kg	12-20 kg
Share to family's monthly vegetable consumption	60-70%	10-15%
Monthly income from surplus production	Rs. 1000-1200	Nil
Health status of family members	Various health issues like common acidity, stomach disorder and malnutrition significantly reduced from previous year	Common health problems exist