

Getting Fresh and Safe Vegetables through Nutrition Garden

Farmer's Name- Kajal Roy

Age- 40 years

Number of members in her Family- 4 members

Address- Ranjandih, Kashipur, Purulia

Measurement of her Nutrition Garden- 40'*30'

Objective:

1. Keeping recent weather changes in mind cultivating varieties of vegetables throughout the year.
2. Maintaining the nutrition garden in minimum available water
3. Fulfilling the need of their own diet (meal) by diversification of food basket
4. Cultivating vegetables by using organic fertilizers, thus ensuring nutrient value of the vegetables.

Methodology

Kajal Roy was a marginal farmer, she used to do monocropping and cultivate maize, spinach etc thoroughly. But after the intervention of DRCSC and receiving a training on vegetable gardening she has incorporated intercropping and started to make nutrition garden in her backyard.

She has a piece of land of size 40'*30' in the backyard of her house where she has a nutrition garden now. She used to cultivate varieties of vegetables throughout the year- in Rabi, Kharif and Pre Kharif season.

She applies organic manure, cow-dung, pond slurry to the field to increase the soil fertility of the land. Besides she uses amritpani, liquid organic fertilizers. She has vermicompost pit and gobar gas plant in her own premises.

To cultivate using minimum water she incorporated different micro-irrigation practices like mulching, circle bed etc.

Intercropping process has been followed in her nutrition garden for assuring an ecological balance and better use of resources.

Production (2018-2019)

In **Kharif season** vegetables like brinjal, note shak (*Amaranthus viridis*), Malabar spinach, bitter gourd, bottle gourd, onion, papaya, tomato elephant foot yam, taro etc., in **pre kharif** season pumpkin and ladies finger and in **Rabi season** brinjal, radish, spinach, carrot, kohlrabi, peas, onion, fenugreek leaves, coriander leaves, chilli etc. are cultivated.

Details of Income -Expenditure (2018-2019)

After consuming the vegetables and fulfilling the need of her own family she sold the excess vegetables in the market. Taking in account the self- consumption and the selling of product in the market her equivalent income is around INR 8000. Her own expenses and DRCSC's assistance incurred to monetary value of INR. 1900. So, her profit in a year is equivalent to around INR 6000.

Production wise Income:

Self Consumption				
Variety	Vegetables	Quantity (in Kg)	Rate (in Rs. / Kg)	Amount (in Rs.)
	Brinjal	120	20	2400
Fruit Vegetables	Bottle gourd	30 pieces	10	300
	Papaya	20	10	200
	Chilli	1	60	60
Root & Tuber	Taro	30	30	900
	Carrot	2	60	120
	Radish	35	10	350
	Kohlrabi	15	30	450
Legumes	Peas	2	60	120
Leafy Vegetables	Spinach	10	30	300
	Fenugreek leaves	1	40	40
	Malabar spinach	10	10	100
	Coriander leaves	2	50	100
	Punka shak	2	40	80
Total				5520

Selling in the market			
Vegetables	Quantity (in Kg)	Rate (in Rs. / Kg)	Amount (in Rs.)
Brinjal	50	20	1000
Gourd	70 pieces	10	700

Radish	20	10	200
Malabar spinach	20	10	200
Spinach	20	30	600
Punka shak	2	30	60
Total			2760
Total income (Self consumption+ selling of products)			5520+2760= 8280

Item wise Expenditure

	Item	Expenditure
	Compost (50 baskets of Rs. 10 each)	500
Own expenses	Vermicompost (50 Kg of Rs 8 per Kg)	400
	Bamboo for fencing (5 pieces of Rs. 50 each)	250
	Seed	275
From DRCSC	Saplings	300
	Clay pot (7 pieces of Rs. 25 each)	175
Total		1900
Profit		(8280-1900=6380)



Outcome-

1. They are getting food for their own kitchen
2. The major amount incurred on kitchen vegetables was saved which can be utilized in other purposes
3. Now she is able to preserve seeds for her own, so she needs not to depend on market or others.
4. She is cultivating varieties of vegetables that too applying organic fertilizers which in turn increased their food- nutrition value.
5. Using multiple cropping in nutrition garden assures ecological balance and organic fertilizers increase the soil fertility
6. Crops yield increased with intercropping due to higher growth rate, reduction of weeds, pests and diseases and effective use of resources.
7. Seeing her nutrition garden her neighbouring villagers became interested to do it for their own.

She is very pleased to have such nutrition garden. She has never been thought of cultivating such varieties of vegetables throughout the year.