

Nutrition Garden

Name of the farmer: Mongoli Kisku

Address: Sirpura, Jhunjka, Chhatna, Bankura (West Bengal)

Major change in practice: DRCS developed one dug-well for irrigation and vermicompost pit.

Methodology: Mongoli, aged 35 years, have cultivated about 3 decimal land adjacent to the house by **recycling organic waste materials, proper space management, diversified & mixed cropping**. Use of vermicompost in the nutritional garden ensured good crop yield with minimal inputs. She have cultivated in chemical free manner about



lemon, papaya, sweet lemon. She also conserved **20 types of seeds** in traditional method for future use. Thus she has become independent of market for buying seeds as well as vegetables for her daily need at home.

Results: Self consumption of chemical free vegetables round the year. Income of Rs 1800/- by selling surplus vegetables. She utilised her **surplus income for her daughter's education.**

