

Integrated Nutrition Garden - A Strategy of Climate Adaptation

All the people of this world is very much frightened due to this changing climate. Mainly the people who are associated with agriculture are worried very much. They don't know whether they will be able to get yield or not after sowing the crop. To minimize the risk, the Development Research Communication and Services Centre (DRCSC) has suggested the beneficiaries of Sundarban Climate Adaptation Project to do mixed cropping in their backyard from where they collect vegetables for consumption of their family members.

Marginal or poor farmers can utilize front and backyard or the open space within their homestead to grow some nutrient rich vegetables, fruits etc. through recycling of household waste, grey water etc. by this Nutrition Garden. The aim is to ensure that all the family members especially women & children consume at least 150-200 gm of green vegetables/ fresh fruits per person per day round the year. The idea is not only for supplying vitamins and minerals but also for providing animal protein by introducing poultry farming in nutrition gardening. As the poultry farming is connected with the vegetable cultivation, it is called Integrated Nutrition Garden.



Palashi Paikarais a dweller of Indraprastha village of Ramganga G.P. in South 24 Parganas district, West Bengal. She has prepared a model Integrated Nutrition Garden in her 980 sq-ft area. She has produced 200 kg 500 gm vegetables in 4 months (from November, 2018 to February, 2019). She also started poultry cultivation with 30 nos. of chicks in 60 sq-ft poultry shed which is situated at the middle portion of her Nutrition Garden. The idea is to cultivate one half of the land in a season and the half will be opened for the grazing of the poultry. In the next season, the bare land will be fertile with the scrapping of poultry and the poultry litter. In that season, the previously bare land will be cultivated and the other half will be free for the poultry. Some leafy vegetables can be cultivated in the grazing land for poultry feeding and some creeper vegetables will be cultivated outside the boundary to make the grazing land shadowy. This semi-structured poultry farming will also give them some monetary income.