

FGD REPORT

Food frequency consumption

Reference period: October - December 2013

GROUP III: MEDIUM FARMERS

Consumption of cereals:

Rice and ragi are the most staple food for the medium farmers which was consumed daily. For rice the source of availability is a mixture of own agriculture land, PDS and market. 46% of HHs depends on own agriculture land for ragi where as 54% depends on market and any other source. Maize is a seasonal cereal consumed by 92% HHs out of which 58% contribute from Home garden and 42% comes from market and other source. Apart from these cereals little millet was consumed by 22% of HHs occasionally or once in a month. Majority (46%) of HHs availed it from own agriculture land rest are from market and neighbours.

Pulses:

Lentil, green gram, Bengal gram, horse gram, black gram are commonly consumed pulses by the medium farmers. Lentil, green gram, and Bengal gram are fully availed from market, where as in case of black gram 98% HHs availed from market and only 2% availed from their own agriculture land. In horse gram 94% HHs availed it from market and only 6% HHs availed it from own agriculture land. 28% HHs consumed lentil daily, 22% consumed twice or thrice in a week, 42% consumed once in a week and only 7% consumed once in 15 days. Majority of HHs (37%) consumed green gram twice or thrice a week. 35% consumed once in 15 days, 23% consumed once in a week and only 3% consumed once in a month. 8% HHs consumed Bengal gram daily. Majority (40%) consumed it twice or thrice a week, and 38% consumed once in a week. Very few HHs 7% consumed once in 15 days. Black gram was consumed by 73% HHs occasionally. Horse gram was consumed by 90% HHs out of which 20% each consumed once in 15 days and once in a month, 17% consumed once in a week and 20% consumed occasionally.

GLV:

GLV like amaranths are consumed by all HHs. Out of which 45% are consumes daily, 40% consumed twice or thrice in a week and 15% consumes once in a week and the major source is market (83%). Only few HHs (17%) avails it from their home garden and rest are from market.

Apart from these pumpkin leaves, radish leaves and cauliflower leaves are consumed by 100%, 95% and 93% of HHs respectively. Pumpkin leaves are consumed twice or thrice a day by 60% of HHs, daily by 22% HHs and once in a week by 18% HHs. 63% HHs availed it from home garden, 32% HHs depends up on neighbours and 7% from market. Radish leaves was consumed twice or thrice in a week by 30% HHs where was it was once in a week by 57% HHs. 32% HHs availed it from home garden, 67% are from market and 18% are from neighbours. Cauliflowers leaves were consumed twice or thrice a week by 25% HHs where as it was once in a week by 55% HHs. 13% consumed it once in 15 days. Only 9% HHs availed it from home garden and 91% from market. Apart from these drumstick leaves was also consumed by 58% HHs out of which majority consumed it occasionally and very few HHs (12%) once in a month. 37% of HHs avails drumstick leaves from home garden and rest are availed either from neighbours and other source.

Root & Tuber:

All the HHs consumes potato and onion that are availed from market. Potato was consumed by 65% HHs twice or thrice a week, 17% consumed daily and 18% consumed once in week. Onion was consumed daily by all HHs. Radish was consumed by all HHs out of which it was consumed twice or thrice by 70% of HHs. 23% HHs availed from home garden and rest are from market. Apart from that yam was also consumed by 92% HHs where majority (95%) were availed it from market. It was consumed seasonally by 37% HHs, followed by once in a week by 25% HHs.

Other vegetables:

All HHs consumed beans, tomato, cow pea, pumpkin and green chilli, and source of availability in case of beans and chilli is market. In case of tomato majority comes from market where as only 27% HHs availed it from home garden. Tomato was consumed by majority of (72%) HHs twice or thrice in a week. Beans were consumed twice or thrice in a week by 37% HHs and once in a week by 52% HHs. Cow pea was consumed occasionally by majority of HHs and was availed from market. Very few HHs (20%) consumed it twice or thrice in a week and are availed it from home garden. 48% HHs consumed pumpkin twice or thrice in a week, where as it was 43% in case of once in a week. 35% HHs availed it from home garden 52% depends on market and rests are from neighbours. Green chilli was consumed daily by 43% HHs, twice or thrice a week by 57% of HHs. Bottle gourd was consumed by 88% HHs out of which 15% consumed it twice or thrice a week, 47% consumed it once in a week, and the rest are ones in a 15 days. Majority of HHs availed it from market, only 15% availed from home garden and 30% from neighbours. Broad bean was consumed by 97% HHs out of which it was consumed twice or thrice a week by 13% of HHs and once in a week by 52% HHs and once in a 15 days by 32% HHs. Majority of HHs availed broad bean from market instead of home garden (36%). *Lobia* was consumed by 72% HHs out of which 25% HHs consumed twice or thrice a week, 18% consumed once in week and was availed from market only. 83% HHs consumed ivy gourd out of which 20%

consumed twice or thrice in a week, 25% consumed once in a week and 22% are once in month, and the source of availability is market (88%) and home garden (8%). Although papaya was consumed by 97% of HHs, but majority (50%) were consumed once in a week followed by 27% HHs consumed once in 15 days. 21% HHs availed it from home garden 69% got it from market. Bitter gourd was consumed by 50% of HHs that are availed from market (87%) and home garden (13%). Majority are consumed it occasionally.

Fruits:

Banana was consumed by all HHs occasionally. 13% HHs availed it from their Home garden and 87% HHs availed it from market and neighbours. Custard apple was consumed by 78% of HHs seasonally and availed it from market. Guava was consumed by 82% of HHs seasonally. Only 8% HHs availed it from home garden, 33% availed from forest, 35% from market and 24% from neighbours and relatives. Grapes and apple was consumed by 10% and 3% HHs respectively occasionally and are come from market.

Wild food:

All the wild edible fruits are seasonal. They collect young bamboo shoot, wild mushroom and some wild edible tubers from the forest. Young bamboo shoot was consumed by all HHs out of which 47% availed it from market and 53% collect it from forest. In case of mushroom 92% consumed it and majority (85%) collect it from forest. All the wild edible tubers consumed by 70% HHs for which 85% collects it from forest and rest 15% from market. Tapioca was consumed by 92% HHs and are collected from market by majority of HHs. 30% of HHs consumed it once in a week, 27% once in 15 days and 30% seasonally.

Milk and milk products:

Milk was consumed by 75% of HHs; out of which only 12% consumed it daily, 7% twice or thrice a week, 17% once in 15 days, and 40 % occasionally . 20% HHs availed it from Animal Husbandry, 27% from market and 53% from other source.

Fish:

Fish was consumed by 93% of HHs out of which majority (55%) consumed it seasonally and 17% consumed it once in a week. Majority of HHs collect from nearby river, paddy field etc and 38% bought from market. Dry fish was consumed by 93% of HHs out of which 20% consumed it once in a week, 52% once in 15 days, for which they depends up on market (80%).

Meat and poultry:

All HHs consumed egg which was bought from market (92%) and 8% come from animal husbandry. Majority of HHs (45%) consumed it once 15 days and 35% consumed it once in a month, and 20% consumed once in a week. Chicken was consumed by all HHs out of

which 68% once in a month, 27% consumed it once in 15 days. 42% HHs depends up on animal husbandry and 58% depends on market for chicken. Mutton was also consumed by 82% of HHs occasionally which comes from market.

Nuts:

Coconut is consumed by all HHs occasionally which was availed from market. Peanut was consumed by all HHs out of which 58% consumed it twice or thrice a week, followed by 32% once in a week that are availed from market.

Condiments, spices and others

Edible Oil, Sugar, Salt and turmeric powder was consumed by each HHs daily and for these they depend up on market. Jaggery was consumed by 98% HHs out of which 23% consumed once in a week, 12% once in a month and rest of 63% occasionally during festivals. It was also availed from market. Ginger and garlic was consumed by all HHs and it was bought from market. In case of ginger 23% HHs consumed it daily, 27% twice or thrice in a week, 40% once in a week, and 10% once in 15 days. 53% HHs consumed garlic daily where as 43% consumed twice or thrice a week and 3% consumed once in a week.

Dec 2013

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