



**Name : Sarika Rajesh Ramteke**  
Village : Bitpur, Block: Arvi, District: Wardha  
Age : 27 years  
Caste : Mahar (SC)  
Occupation : Agriculture and Construction labour  
Family size : 3 (2 adults, 1 child)

Written by **Rupal Wagh,**  
RA (Nutrition)  
FSN study under LANSAs.



## Importance of Agati

The M S Swaminathan Research Foundation is promoting Farming system for Nutrition (FSN) in the villages. Community Resource Persons (CRP) were selected from the village and trainings were given on agriculture and nutrition to sustain the activity after the project ends. I was also selected for the training and now work as a CRP. I follow what I learn in the trainings and also tell other people.

I have a nutrition garden at home where there is an agati plant. We were consuming only flowers of the plant. In September 2016, on the occasion of National Nutrition Week, a programme was organized in the village under the project. We were given the information on green leafy vegetables and wild vegetables. The available nutrients and importance of green leafy vegetables and wild vegetables were explained. I came to know for the first time that leaves and pods of the agati plant can also be consumed.

The Foundation organized recipe demonstration programme with agati leaves at my home. After that we have started eating leaves and pods of the plant. I learnt that agati is a good source of calcium, vitamin A and C and fair source of iron. I have sickle cell anemia and have been advised to consume extra vegetables. As I have agati plant at home, I consume its parts regularly. The flowers and pods are available for 3-4 months and leaves are available for

consumption throughout the year. Since the tree is at home, we readily get vegetables of good quality at zero cost.

I prepared curry out of leaves and pods and gave to neighbors for tasting and told them about the nutritive value of agati; everyone liked the curry. Now they understood its importance. I raised a nursery of agati saplings and distributed them to houses not having the plant and asked them to plant it. Now many people have agati plants at home and are consuming its flowers, leaves and pods. This knowledge is proving to be useful in our daily life.

