

## Household Nutrition Garden

I work as an agricultural labour but after seeing the community nutrition garden and the backyard nutrition garden of households in the village, I felt like having my own nutrition garden. I got vegetable seeds from the Foundation and setup my garden in 2016-17.

The area of my nutrition garden is 15cm x 8cm. My husband helps me in preparing the land and helps in watering the garden. The first year (2016-17), the vegetables were destroyed by field rats but I did not give up. I fenced the garden and took measures to



prevent rodent attack. This helped a lot. I also have four goats, so I applied goat dung as manure. In 2017 - 18, I took seed from the Foundation and also borrowed from the Community Seed Bank in the village. I sowed spinach, fenugreek, amaranthus, carrot, radish, turmeric, poi (Indian spinach), potato, orange flesh sweet potato, turmeric, brinjal, tomato and onion. Custard apple, moringa, pumpkin and poi were planted by the side of the fence.

I harvested and consumed 2 kg turmeric and 2 kg orange flesh sweet potato. In the rabi season, in a week I harvested and consumed half kg fenugreek, 2 kg spinach, 125 gm coriander, 2 kg brinjal, 250gm tomato, 125 gm spring onion, half kg radish, 200 gm poi. The nutrition garden provides fresh produce, is chemical free, saves money and time and has increased availability of vegetables. I harvest according to need; every week I am able to save about Rs.100 that I used to spend on purchasing vegetables. We are two individuals at home and vegetables from the nutrition garden are sufficient for our requirement.



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Family size : 4 (2 adults, 2 children studying  
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