



Name : Hemraj Motiram Mohurle

Village: Susund,

Block: Karanja, District: Wardha

Age: 31 years

Cast: Mali (OBC)

Occupation : Farmer (8 acres irrigated)

Family size : 6 (3 adults, 3 children)

Written by **Vikas Meshram**,
Project Assistant,
FSN study under LANSA.



Household Nutrition Garden

I have been engaged with Farming System for Nutrition activities with the M S Swaminathan Research Foundation from 2014. The project conducted blood sample survey and the result showed that my wife was anemic. Seeing the village community nutrition garden, I was motivated to develop a nutrition garden at home with support from the project. The area of the garden is 72 sq. meter. I applied cow dung manure and sowed spinach, fenugreek, coriander, amaranthus, carrot, radish, turmeric, sweet potato, chilly, tomato, green sorrel in the garden and planted jamun, custard apple and guava around the garden. In the first year, water was not sufficient; I used my motor to draw water from my neighbor's well for watering the garden. My mother, Shobha Mohurle helps me in activities like sowing, watering plants and harvesting vegetables.

In kharif 2017, I harvested 4 kg spinach, 3.5 kg fenugreek, 2 kg carrot, 1.5 kg coriander, 10 kg tomato, 15 kg brinjal, 1kg green sorrel. I am now saving about INR 200 every week as we do not have to buy vegetables. The nearest market is at Kharangana and travel cost of INR 50 for every trip is also saved. The nutrition garden is providing fresh and organic vegetables throughout year and we are regularly consuming them.

