

Benefit of fruit plants under nutrition garden

I was a member in the community nutrition garden in 2013 and I got inspiration to take up Farming System for Nutrition (FSN) activities. The M S Swaminathan Research Foundation provided me with saplings of amla, custard apple, papaya, sapota, mango, moringa, lemon, curry leaves and agati and gave technical guidance. I have no agriculture land and I work as an agriculture labourer on Mr. Sudhakar Mule's farm land. With his permission, I planted the saplings on his farm and we share the produce. I got a good harvest of fruits - 10 kg custard apple, 12 kg papaya, 15 kg moringa pods, 10 kg agati flowers and 20 kg mango; I now use curry leaves in the daily diet.



Earlier I was not consuming moringa and agati because I thought moringa causes arthritis and agati was new for me. The project staff provided information about moringa and agati and demonstrated various recipes like moringa leaves curry, agati leave curry, thalipeeth, besan and pakoda. We are now following this and preparing these dishes for consumption in our regular diet.

I used to have back pain and feel tired; now with various food items in my diet, my health has improved. The nutrition garden is very important for me and my family. According to the season, nutritious and fresh fruits are available throughout the year. My family members are healthy and no one has fallen sick for 3 years now. This is a very important benefit to me. I feel this is the good result of Farming System for Nutrition.

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



Name : Papita Dnyaneshwar Mohurle

Village: Susund,

Block: Karanja, District: Wardha

Age : 40 years

Cast : Mali (OBC)

Occupation : Agriculture labour

Family size : 4 (adults)

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FSN study under LANSA.