



Growing different vegetables for improved nutrition

I cultivate rice in 3 acres lowland and in 3 acres upland. I also grow Eucalyptus in 1.5 acres and finger millet, and sometimes vegetables like tomato and brinjal in another 1.5 acres. Rice and finger millet production was poor. I used to sell vegetables in the local market to meet food and other expenses. In 2014, M.S. Swaminathan Research Foundation started LANSA project in our village that focused on improved production technology for food crops to increase availability at households and organised different training and awareness programmes. They emphasized growing different groups of vegetables in the garden or fields for healthy diets in our families. After participating in training programmes and from observing activities under the project, in 2016 I decide to cultivate finger millet and different groups of vegetables. In kharif 2016, I used line transplanting for the improved variety of finger millet (GPU-67) with recommended practices in my 1.5 acre land. In rabi 2016, I grew red amaranthus, coriander, Indian spinach, orange-flesh sweet potato, tomato, beans, green peas, cauliflower, chilly and onion in the same patch.

By using line transplanting, the yield was 400kg per acre. Earlier it used to be 200kg per acre. I also harvested so many leafy vegetables for my home use. I harvested 300 kg of onion from 0.3 acres of land, out of which 100 kg I kept for home needs and the remaining 200kg I sold in the market at Rs. 15 per kg. From chilli cultivation, I kept both green chilli and red chilli (dry) for our home use and sold around 300 kg in the market at Rs. 30 per kg. In 2017, I tried cultivation

of short-duration pigeon pea seed provided under LANSA in combination with maize in 0.15 acre of land. The harvest was 20kg of pigeon pea along with maize and I kept the entire pigeon pea produce for home needs and sold around 40 kg maize in the market. Now, I am growing different vegetables, finger millet, Orange-flesh sweet potato, maize and pigeon pea - these not only meeting my family's basic food requirements, but also help me earn more money by selling surplus produce. I am now buying foods that I was not able to afford earlier from the market such as fruits, meat and fish from the market which I was not able to afford earlier. My family's plate of food looks very colourful now!

Name : Udhaba Nayak

Village : Banuaguda,

Block: Boipariguda, District: Koraput

Age : 33 years

Caste : Bhumia (ST)

Occupation : Farmer (6 acres)

Family size : 5 (3 adults, 2 children)

Written by **Susanta Kumar Mishra**,
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