

Improving productivity and dietary diversity

I am not educated, but I learned from my father and grandfather to grow multiple crops. I have been managing my family with the produce of rice, finger millet, bottle gourd, pumpkin, broad bean and spine gourd by cultivation using traditional methods. LANSA project of MSSRF started its programme in our village in 2013. They organised different trainings and meetings on agriculture and nutrition security. Participation in the interventions helped me bring further diversity in my cropping system. In 2015, I cultivated some new vegetables such as red amaranthus, tomato, coriander, cluster bean, radish, carrot, green chilly, lady's finger and Indian spinach



provided under the project, along with other traditional vegetables in my small backyard garden. I have also planted some fruit plants like papaya, guava, lemon, pomegranate, and drumstick along the borders of the garden. I harvested amaranthus, coriander and carrot from the garden and they were consumed happily by everyone at home. From then onwards, I have been continuing cultivation of different varieties of vegetables in my garden. Besides I have also attended trainings on nutrient garden management, recipe demonstration programmes on Indian spinach and several nutrition awareness programmes. Now I regularly get fresh vegetables, especially leafy vegetables from my backyard garden. My family eats more vegetables grown at home and depending less on the market for vegetables. After retaining for home consumption, I am also able to give some vegetables such as papaya, tomato and brinjal to my relatives.

In addition to vegetable cultivation, I am also following improved package of practices for field crops like intercropping of maize-pigeon pea, line transplanting in finger millet and zinc fortified paddy cultivation, along with timely weeding, water management, application of pesticide and other inter cultural operations. Adoption of all these practices has helped me get more yield than earlier thereby fulfilling my year round household food requirement.



Name : Bhanu Madhia

Village : Rauliguda,

Block: Boipariguda, District: Koraput

Age : 38 years

Caste : Gadaba (ST)

Occupation : Farmer (10 acres)

Family size : 6 (3 adults, 3 children)

Written by **Jagannath Naik**,
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