

KITCHEN GARDEN

Background:

A kitchen garden is where herbs and vegetables are grown around the house for household use. Kitchen Garden provides information, how to establish and manage minimum input for maximum output.

Objective:

To provide maximum output and a continuous supply of nutritious vegetables for the table throughout the year.

Introduction:

Gadhvi Jetbaiben Bharmal

Village: Mota Bhadiya Taluka : Mandavi Block : Kuchchh

Livelihood: Agriculture and Animal Husbandry

We joined ACT from 2020 and after Joining a woman group was formed. After forming this group we were given different trainings and we took those trainings showing interest in the trainings.

Capacity Building of Woman's:

- ❖ Four major training: Discuss PGWMC concept, Groundwater resource management, Role of woman in agricultural & animal husbandry, importance of organic farming, etc
- ❖ We Were trained on crop water budget.
- ❖ Training on Nutri and Kitchen Garden through K.V.K.

Demonstration:

- ❖ After undergoing these trainings I was initially helped a little by the cooperation of Win and Tata Power. In which I was given a kitchen garden kit and I planted the seeds. I keep some plants from the planted vegetables for seed, so that those seeds can be sown again in the future.
- ❖ Initially after training I used to grow vegetables in the front yard of my own house. And nowadays I am financially supported by growing vegetables in my own farm and selling them myself.
- ❖ Beside I have been given a vegetable cooler with the help of Win Foundation. When the price of vegetables is not right in the market, I keep the vegetable in these vegetables in this vegetable cooler and sell those vegetables when the price is available.

Jetbai Gadhavi lives with a family of seven in Mota Bhadiya village within Mandvi block of Kachchh district in Western Gujarat. Her family relies mostly on farming for their diets and livelihood. She is a woman who has been actively engaged in groups like NARI SHAKTI and working in such groups from last 2 years. Jetbai mentioned that prior to joining the program like Kitchen Garden, her family's diet lacked. Further she noted that relying on the market for vegetables can be costly, so she secured her family by providing regular nutrition from fresh & organic vegetables grown in her kitchen garden; is daily saving Rs.60 /- to Rs.80 /- on purchase of vegetables from market. They help their neighbors & relatives by providing them surplus of vegetables grown in her Kitchen Garden & exchanging seeds with other households to Increase food diversity within the whole village. Jetbai noted that electricity can be unreliable in her village. Since the garden can be maintained with waste-water, it doesn't require intense irrigation and they can maintain their garden.

