

Success story on Nutrition Garden

(Kitchen/backyard garden/terrace garden/vertical garden)

- **Title:** Nutritional Security and Income Enhancement through Nutrition Garden
- **Details of beneficiary**
 - **Name:** Nilam Kumari
 - **Age:** 35
 - **Education:** 10th
 - **land holding:** 2 Acre
 - **size of family:** 5
 - **Address:** W/o Sanjay Kr. Mahto, Village-Gandharvapur, Panchayat-Maheshlitti, P.O.-Tardiha, Block-Pathargama, Godda, Jharkhand- , Mobile No.- 8292356013
- **Size of nutrition garden (sqm):** 200
- **Crops grown in nutrition garden**
 - **Kharif:** Amaranthus (Green), Amaranthus (Red), Bean, Bitter Gourd, Brinjal, Cabbage, Cauliflower, Chilli, Cowpea, Cucumber, French Beans, Okra, Radish, Tomato, Cluster Bean, Sem, Kundri, Sweet Potato
 - **Rabi:** Brinjal, Broccoli, Cabbage, Carrot, Cauliflower, Chilli, Coriander, French Beans, Garlic, Leafy Onion, Radish, Spinach, Tomato, Garden Pea, Onion
 - **Summer:** Bottle Gourd, Cowpea, French Bean, Okra, Amaranthus (Green), Amaranthus (Red), Brinjal, Ridge Gourd, Cucumber, Bitter Gourd, Sponge Gourd, Cluster Bean, EFY, Ginger
- **Growing condition (conventional/organic/natural farming):** Organic
- **Production and consumption of nutrition garden crops:**

S. No.	Name of crops	Varieties	Area grown (sqm)	Production (kg)	Consumption (kg)	Sell of produce (kg)	Income from sell of produce (Rs.)
1.	Amranthus (Green)	Hari Chaulai	12	38.4	23.4	15	300
2.	Amranthus (Red)	Lal Chaulai	12	36	24	12	360
3.	Bitter Gourd	Pusa Do Mausmi	18	28	16	12	480
4.	Brinjal	Swarna Pratibha	24	72	42	30	1200
5.	Cabbage	Hybrid	12	30	18	12	240
6.	Cauliflower	Hybrid	24	36	22	14	840
7.	Chilli	Swarn Praffulya	12	10.8	5.8	5	400

8.	Cow pea	Swarna Mukut	18	21.6	11.6	10	300
9.	Cucumber	Malini	18	36	23	13	390
10.	Okra	Varsha Uphar	24	48	33	15	450
11.	Radish	Pusa Chetki	24	54	34	20	500
12.	Tomato	Swarna Sampada	24	84	59	25	1000
13.	French Beans	Arka komal	18	15.3	7.3	8	480
14.	Ginger	Nadia	12	33	18	15	1500
15.	Cluster Bean/Gwarphali	Improved	18	14.4	8.4	6	240
16.	Sem	Swarna Utkrist	12	15	8	7	280
17.	Bottle Gourd	Pusa Naveen	24	60	40	20	500
18.	Ridge Gourd	Pusa Nasdaar	24	38.4	23.4	15	450
19.	Sponge Gourd	Pusa Chikni	24	42	27	15	300
20.	Kundri	Desi	12	13.2	6.2	7	210
21.	Sweet Potato	Sree Bhadra	18	32.4	19.4	13	520
22.	EFY	Gajendra	12	33.6	20.6	13	650
23.	Garden pea	GS-10	18	18	10	8	320
24.	Spinach	All green	24	21.6	13.6	8	320
25.	Coriander	Rajendra Swati	18	12.6	8.6	4	400
26.	Carrot	Pusa Kesar	18	39.6	25.6	14	420
27.	S. Broccoli	Fantasy	12	17.2	11.2	6	480
28.	Onion	N-53	24	60	45	15	375

- Success point:** Smt. Nilam Kumari, a resident of Gandharvapuri got several trainings on agricultural technologies from GVT-Krishi Vigyan Kendra, Godda since 2018. She developed a 200 sqm nutrition garden under organic conditions with the guidance and support of GVT-KVK, Godda. Initially, the family depended on market purchases for vegetables, leading to higher expenses and limited dietary diversity. After adopting the nutrition garden concept, a wide range of seasonal vegetables were cultivated throughout the year, including leafy vegetables, roots, gourds, and legumes. The garden ensured regular availability of fresh, safe, and nutritious vegetables for household consumption, significantly improving the family's nutritional intake. A major portion of the produce was consumed within the family, while surplus vegetables were sold in the local market, generating additional income of around Rs. 15000 per annum. The adoption of organic practices helped in reducing input costs and ensured chemical-free food for the family. The nutrition garden also promoted efficient utilization of available land and family labour under the guidance of GVT-KVK Godda. Overall, the initiative reduced household expenditure on vegetables, improved nutritional security, and provided supplementary income, contributing to a better standard of living.

- **Feedback:**

The nutrition garden has helped her family getting fresh and healthy vegetables throughout the year. It has reduced her expenses and also given some extra income. She is happy with the practice and will continue it in the future.

- **Good quality photographs:**

