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Review research article

Nutrition Garden and its importance: A review

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Abstract

Nutrition garden is modern and scientific way of cultivation of fruits and vegetables. It can be made from 45 to 400 square meter. For a family having five members 45 square meter is sufficient, monthly calendar should be followed to grow vegetables. Nutrition garden helps to save money in purchasing of vegetables and also saves the time which is spent to go to market. It is time passing and source of entertainment for family members Vitamin and mineral Content of vegetables grown in nutrition garden is high because there is no loss of these nutrients during transportation and storage.

Key words- Bed, monthly calendar, net wire, nutrients and transportation.

Introduction

From ancient time in rural India front or backyard field of home was used to grow the fruits, vegetables and flower and known as kitchen garden, Rasoi vatika and Grah vatika. Nutrition garden is rechanged its name i.e. kitchen garden. It is modern and scientific way of cultivation of fruits and vegetables. In city it is seen that basket, bucket or earthen pot is used for this purpose. In Nutrition garden plan is done in such a way that fresh vegetables, fruits and flower can be obtained per day. Seasonal fruits and vegetables are grown throughout the year so that we can fulfill our nutritional need. In nutrition garden all the types of vegetables should be grown. On the basis of botanical classification vegetables cultivated should be from cucurbitaceae, Leguminace and cruciferae family. On the basis of the part of vegetables used for consumption such as root, tubers and leafy vegetables. Root vegetables should be grown on bed. For the climber vegetables net wire should be used. Vegetables should be grown season wise also such as Rabi, Kharif and Zaid. Monthly calendar should be followed to grow vegetables.

Root vegetables should be grown on bed whereas, climber vegetables on the net wire. With respect to fruit growing it should be grown in back or side of home. In nutrition garden medium height fruit tree such as Guava, Pomegranate, and Banana should be grown. In outer ridge of nutrition garden papaya and on the roof of courtyard and on the net wire climber tree grape can be cultivated. Flower such as Bela, Chameli, Guldawadi and Genda can be grown at any corner of home. In front of home central garden should be created in which seasonal flower and decorative tree can be grown.

For the irrigation purpose of bed, water channel should be available. If rubber pipe is available then there is no need of water channel. Between two bed tomato and mint can be grown.

Monthly calendar to grow the vegetables

Months	Vegetables grown
January	Brinjal, chilly, Watermelon, Carrot, Okra, Bitter guard
February	Cabbage, Brinjal, Chilly, Tomato, Radish, Bottle gourd, Pumpkin, Bitter guard, Cucumber, Muskmelon, Kakari
March	Muskmelon, Okra, Bitter guard Radish, ,Pumpkin, Onion, Turnip
April	Radish, Ginger, Tomato, Okra, Kakari, Cucumber
May	Brinjal, Amranthas, Kakari, Pumpkin,
June	Fenugreek, Tomato, Brinjal, Chilly, Okra, Ginger, Pumpkin
July	Tomato, Chilly, Cabbage, Okra, Turmeric, Pumpkin, Bottle gourd, Bitter guard, Watermelon, Ridge guard
August	Radish, Carrot, Potato, Pea, Pumpkin, Onion, Coriander
September	Chilly, Cauliflower, Cabbage, Garlic, Radish, Carrot, Potato
October	Tomato, Fenugreek, Brinjal, Carrot, Coriander
November	Tomato, Fenugreek, Brinjal, Carrot, Coriander
December	Potato, Pea, chilly, Okra, Carrot, Spinach, Watermelon, Muskmelon

In nutrition garden nursery should be available to grow the vegetable seed. A pit should be dug to keep the wastages materials of home for the preparation of the fertilizer. A roof can be created for the cultivation of climber vegetables. On the basis of need and availability nutrition garden may be vegetables, fruit or flower dominated. As far as possible nutrition garden should be near to kitchen so that water of kitchen can be available to nutrition garden and products from garden to kitchen. Near the nutrition garden big house or tree should not be grown.

Size of nutrition garden: It should be medium or long size. It can be made from 45 to 400 square meter.

Activities done in Nutrition garden

Activities
Land preparation—Ploughing, Cleaning of land, FYM application, Making ridge and furrow,
Pre sowing and sowing operations-Seed treatment, Sowing of seed, Plant treatment, Raising nursery, Nursery after care, Transplanting of nursery
Intercultural operations-Irrigation, Hoeing and weeding, Fertilizer application, Pesticide and weedicide application, Scaring of birds, rodents and animals
Harvesting and post harvesting operations-Harvesting, Storage of seed, Processing

Advantage

Nutrition garden helps to save money in purchasing of vegetables and also saves the time which is spent to go to market. It is time passing and source of entertainment for family members.

Vitamin and mineral Content of vegetables grown in nutrition garden is high because there is no loss of these nutrients during transportation and storage. We can get off seasonal vegetable which is very costly in market. If points mentioned above is considered nutrition garden is really source of income. Economic of nutrition garden depends on the area, sources available, need and availability of products, experience of farmer, type of nutrition garden, and selection of plants. If the nutrition garden is well planned and crop rotation is followed, climber vegetables is grown on net wire then maximum production can be obtained. In such situation from 250 to 300 square meter one rupee profit per day can be get. To make the nutrition garden more attractive a small pond can be made in the corner of the nutrition garden in which lotus can grown and fish can be reared. A doll can made in garden to make it more attractive.

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