

KITCHEN GARDEN PROGRAM

We are supporting 75 families every year to establish kitchen garden in their back yard. So far 350+ women have kitchen garden in their backyard.

First, a model kitchen Garden has been established for demonstration purpose at YPS campus, Jalihal. The KG units are established near to the kitchen. The water which is used for cooking and cleaning is utilized in the kitchen Garden. The size of this garden is decided according to the need of vegetables for the particular family.

1. Make individual Kitchen Garden plans for every participant.

An experienced person has been appointed to provide services to the project participants. After the project participants undergo training, the staff member visits every participant and they together prepare plan of kitchen garden for every plot. The location of every kitchen garden depends upon the space available near the kitchen, direction of plot (so as to get sufficient sunlight), quality of soil, source of water etc. Considering all these factors, every Kitchen garden is planned.

2. Provision of drip irrigation systems, water tank and supply them to participants.

The project falls in “Acute water Scarcity Zone”. In summers i.e from March till the mid of June, there is scarcity of water. To ensure the survival of the plants from the Kitchen Garden, and also to ensure round the year availability of vegetables to the family, Kitchen Gardens are to be maintained using minimum water. Hence water saving techniques must be used. Every beneficiary is provided drip irrigation system along with a water tank of 500 ltrs to store the water.

3. Installation of drip irrigation system and preparation of land for Kitchen garden.

During the training all the participants are trained in installing the drip system. The participants themselves install the system under the guidance of YPS staff. The water tank is placed at an appropriate place so that water could be easily poured into it.

4. Providing seeds of various varieties of vegetables:

Seeds of various varieties of plants are purchased from the market and will be provided to the project participants. The vegetables which are traditionally grown by the farmers and having high nutritional value are also grown in the Kitchen Garden. The project participants contribute for the local seeds.

5. Ensure the use of vegetables in the daily food of the participating families.

It is ensured that all the vegetables grown in the Kitchen Garden are used for the family consumption. Trainings have been conducted to train rural women in preparing delicious food using the vegetables. This will ensure the required intake of vegetables and other nutritious food by all the family members.



Benefits from kitchen garden :

1. Three hundred plus families are using fresh vegetables in their daily food.
2. Improvement in nutrition level of family members of participating families.
3. Reduction in medical expenses. Due to selected vegetable varieties the families gets following health related privileges -
 - a. Reduced risk of heart disease.
 - b. Lower risk of certain cancers.
 - c. Protection from macular degeneration and glaucoma
 - d. Better teeth and bone structure
 - e. Improved memory and brain function
 - f. Stronger immune system – less colds, flu and infections
4. Minimum 350 Women are enriched with the knowledge of nutrition cooking and will be having the skills of preparing variety of dishes.
5. Use of gray water stopped the spread of mosquitos in the area.
6. Pregnant women and children gets food of required nutrition level.
7. There is reduction in the suffering of people from diseases like piles.