



KITCHEN GARDEN PROGRAMME

The motto of this programme was to supply vegetable into the food habit of the villagers all through the year and to make family healthier. It also increased the green area. They are getting different kinds of vegetables which are leafy, tuber, fruits, roots and flowers. They are also getting seasonal vegetables which are costlier in the local market.



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Wiesbaden**

Gesundekids e.V.

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Activities

- Training / Meeting organized
- Kitchen Garden thrice in a year with proper fencing.
- Fruit Tree Distribution to the tribal community.
- Preparation of organic manure and pesticide for kitchen garden.
- Crop Diversification in Winter & Summer (mustard, lentil, sesame, black & green gram)
- Tuber crop and Spice demonstration
- Technology Transfer on Grafting, Mixed Cropping, Border Crop, Live Fencing, Gunny bag cultivation



Impact

After the completion of feeding programme the kitchen garden and crop diversification programme started in 21 tribal village. Huge number of beneficiary from tribal community participated in this programme focusing to combat malnutrition. With their enthusiasm and continuous support results better impact on the life of the beneficiary.



Firstly, as they grow the vegetable in their homestead area it is observed they consume more vegetables than earlier. It is thus balancing the nutritional aspect.

Secondly, they start to grow the fruits which gave two sided benefit in one hand, better nutrition and in the other increased the possibilities income generation through selling the extra produce.



Thirdly, their hard earned money is somewhat saving so that they can spend it towards education and other expense.

Fourthly, in some cases their mono cropped land is transforming into double crop which gives them economic benefit and sustainability.

Fifthly, the cost of cultivation in agriculture field and kitchen garden is minimizing due to use organic manure and organic pesticide under technology transfer programme which also results healthy food for the child and family.



Sixthly, in some of the cases they cultivate spice and tuber crops for household consumption and marketing which clearly shows income generation and expense reduction of the family.



Seventhly, the food habit is gradually changing because they use the kitchen garden as like a vegetable shop have option to use different type of vegetable in a day in their meal. Before the programme it is observed that they are mainly dependent on potato and very few leafy vegetable as per collection from the field.

Eighthly, under crop diversification programme they cultivate pulse and oilseed which enables them to secure better protein status and security of edible oil for the whole year.

Other impact:

As the programme is for the mother, done by the mother and maintained by the mothers their dignity is progressively increasing.

Mothers are saving sometime which they used to spent for vegetable collection or going the shops.

As the nutrition status growing so the elder person and children are getting more nutrition and getting more active.

Better nutrition results better health less illness which in one hand saves medicine cost of family and lesser illness results more man-days and more income.



They are also getting fresh and healthy vegetable free from chemical impurities like chemical fertilizer, pesticide and colours from market.

