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Knowledge and awareness of nutri-gardening for a good and healthy life

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Abstract

Nutri- gardening plays an important role for rural families to add different vegetables in their daily diet with the help of nutri-garden how a family can fulfill their vegetable requirement without spending money. KVK Lalitpur organized various training programme and front line demonstration on the kitchen gardening amongst 60 families of different villages namely Barkhera, siligan, pipariyavansa, nayagaon, maheshpura, Kakurawa, Dawani, Jaukhlaun, kakurwa. A kitchen garden is planned on free space surrounding the home where a women can plan for establishment of their kitchen garden for fulfill their vegetable requirement at house hold level.

Through kitchen/nutri garden women can also share the financial burden of male member of the family with help of growing vegetables at their own home and save the money, and with the help of kitchen/nutri garden socially they can help their family with lower health, and welfare cost, lower maternal and infant mortality rates. The impact of kitchen/nutri-gardening is help to give a women identity by their kitchen gardening and promoting them with house hold responsibility with kitchen gardening and make their family healthy. A women can motivate another women with their good work and kitchen gardening is a very good effort for a family welfare and it is easily manageable at house hold level with the support of other family member.

Keywords: Nutrition garden, HYV in vegetables, health, requirement of vegetables, nutritional security

Introduction

India is developing and second largest country of the world and the most of the rural population is involved in agriculture. India is a agricultural based country but more of the women, girls and children in India suffer from malnutrition problem anemia that is a major reason for low birth weight of baby. A un balance diet have various negative effect on human health like malnutrition, anemia, night blindness, scurvy, etc. Lack of proper food is a major reason of death in children. For making our country safe from malnutrition problem Government has done various efforts on food security to our country but now Today the higher demand for food should be met by practical innovations like kitchen gardening which not only improves availability but also answers the question of diversity required for a healthy community. A kitchen garden involves the very people who are the greatest resource for development in a view to improve their own livelihoods and empowerment as envisaged in the rural university concept. The nutri-garden or kitchen garden is generally located to the close to the house and is used for growing vegetables, fruits, and other food crops for the family.

Nutri-Gardening benefits both individuals and neighborhoods and thus contributes to overall community health. The benefits of food production transcend the physical, mental and emotional health of the individual to leave lasting change on others and on the physical and social space of the community. In addition to supplying the food needs, the nutri gardens help in biodiversity conservation as well as a platform of socializing the younger generation into the communities' norms as they interact with the older people while tending the gardens. While it may not directly supply the cereals need for the family, the savings achieved from not buying fruits and vegetables would be used to fulfill other basic amenities apart from fulfilling nutritional security. Realizing the importance of nutria- gardening in modern times, an effort was made to study the economic viability of kitchen gardening units at farmers' door steps. Continuously

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increasing food prices of basic kitchen items, fruits and vegetables the poor and fixed income groups are suffering from the decreasing real incomes and purchasing power. The marginal increase in the income of the poor people to enable them to gain access to food and improve their nutrition is the need of the present time. The kitchen garden falls under bio-intensive and participatory innovation which can provide year round availability, access and consumption of adequate amount and varieties which supply not only the calorific demands but also the micronutrients by the resource poor. One of the easiest ways of ensuring access to a healthy diet that contains adequate macro- and micronutrients is to produce many different kinds of foods in the nutri- garden. This is especially important in rural areas where people have limited income-earning opportunities and poor access to markets. Kitchen gardening contributes to household food security by providing direct access to food that can be harvested, prepared and fed to family members, often on a daily basis. Nutri-gardens are also becoming an increasingly important source of food and income for poor households in peri-urban and urban areas. Nutri- gardens can be grown in the empty space available at the backyard of the house or a group of women can come together, identify a common place or land and grow desired vegetables, fruits, cereals etc that can benefit the women and community as a whole. There are many social benefits that have emerged from nutri- gardening practices; better health and nutrition, increased income, employment, food security within the household, and enhance in community social life. Vegetable are major source of vitamins, minerals and fibers, their nutritive and medicinal values in human life are very necessary. The major vegetable crops of lalitpur district are tomato, brinjal, potato, onion, ginger, chili, cauliflower and beetroot, etc. A family can take vegetables round the year from their kitchen garden. It not only saves our money and time but also can provide a healthy, useful and environment friendly hobby for whole family. Home gardens can help us in recycling of household waste especially when a compost pit is developed. One of the easiest ways of ensuring access to a healthy diet that contains adequate macro- and micronutrients is to produce many kinds of foods in the home garden. This is especially important in rural areas where people have low purchasing power and distant markets. Kitchen gardening directly provides food and nutritional security by making access to food that can be harvested instantly, prepared, and fed to family members, daily or whenever required. Home gardens are also becoming an increasingly important source of food and income for poor

households in peri-urban and urban areas. Kitchen gardens can be grown in the spaces available at the backyard of the house or roof or it can be established with joint efforts on a common place or land. As per RDA daily intake of vegetables should be 300 gm/person including roots and tubers, green leafy and green vegetables while it was very low in rural areas.

Materials and Methods

The present work was carried out by Krishi Vigyan Kendra lalitpur in the villages namely Barkhera, siligan, pipariyavansa, nayagaon, maheshpura, Kakurawa, Dawani, Jaukhlaun, kakurwa. Firstly, 6 training programs on and off campus were conducted in these villages with total female participants of 120. The objective of the training was too aware them about importance of kitchen/nutri garden upgrade their knowledge of rural women regarding the importance of the kitchen/nutri - gardening and the technical aspects of its establishment. Pre and post knowledge data of trainees was collected with the help of an interview schedule. Data on their basic profile was collected which included the information regarding their caste, education, income, etc. During training programs, data on the major constraints for kitchen gardening was also collected.

Socio-economic profile of the respondents N=120

S. No.	Particulars	frequency	Percent
1	Age		
	(up to 25 years)	34	28.33
	(26 to 40 years)	61	50.83
	(41 to above)	25	20.83
2	Education		
	Literate	28	23.33
	Primary1-7	66	55.00
	Secondary8-10th	19	15.83
	Higher above 10th	7	5.83
3	Caste		
	General	21	17.5
	Obc	41	34.16
	Sc	58	18.33
4	family		
	Nuclear family	73	60.83
	Joint family	47	39.16
6	Information sources		
	Low	18	15.00
	Mediam	93	77.50
	high	09	7.50

Before and after training knowledge of participants N - 120

S. No.	Particulars	Before		After	
		Frequency	Percent	Frequency	Percent
1	Do you have listen about kitchen/nutri- garden	60	50	120	100
2	Do you have knowledge about improved variety seed	20	16.66	73	60.83
3	Have you aware about time of sowing of vegetables	36	30.00	56	46.66
4	Do you have knowledge about implements used in nutri-garden	43	35.83	66	55.00
5	Critical stages of irrigation	16	13.33	46	13.33
6	Use of organic manure	23	19.16	73	60.83
7	Value addition in produce	21	17.5	81	67.5
8	Do you have knowledge about land preparation for kitchen garden	12	10.00	94	78.33

Problem faced during establishment of kitchen/nutri-garden N-120

S. No.	Particulars	f.	%
1	Lack of irrigation facilities	54	45.0
2	Lack of interest in kitchen gardening	71	59.16
3	Lesser priority is given to kitchen garden then other farm activities	67	55.83
4	Extra burden of work	32	26.66
5	Lack of time for timely sowing of vegetables	46	38.33
6	Problem faced during weeding	54	45.00
7	Fencing related problem	33	27.5
8	Lack of knowledge in preservation and processing of extra produce	84	70.0

Results and Discussion

Training

General profile of the respondents

A total of 164 rural women were participated in the training program. They were of 19 to 56 years of age group. The mean age was 29.76 ± 7.97 years. Most of the females were educated upto primary level (35.36%) and among them 19.51% were found illiterate. Majority of participants (52.43%) belonged to other backward class followed by general caste (28.04%) and schedule caste. Their per capita income ranged between Rs. 400 to 2300 per month with a mean of Rs. 1031.48 ± 486.81 . Training helps in improving knowledge and skill and changes the attitude of the people. The knowledge of the participant women was assessed through collection of data through an interview schedule before and after training programs. An increase in the knowledge of participants after their participation in training on various aspects of kitchen gardening. Least (14.63%) rural women had knowledge on improved varieties whereas highest knowledge was observed on land preparation aspect (74.39%) before the training. After training, their knowledge has been increased in all the aspects of vegetable production through kitchen gardening. A total of 97.56% rural women showed knowledge on post harvest and value addition followed by land preparation and layout (96.34%), and so on. Malabasari and Hiremath, also reported an increase in the knowledge of rural women after providing them training on various aspects of agricultural and home sciences ^[3].

Conclusion

Nutri -garden is a very important tool helping in reducing the malnutrition problem in the country. Women children and girls are suffering from malnutrition and anaemia related problem. This nutri-garden is help to over come these problems with the help of different vegetables and fruits at fresh availability at household level. Nutri-garden is play a very important role for reducing rural area problem related to vegetables and their nutrients

The Government of India launched the National Nutrition Mission or POSHAN Abhiyaan with the objective of a multi-ministerial convergence mission to ensure attainment of a malnutrition-free India by 2022. And in this mission nutri -garden fulfill the objective. Despite having good amount of vegetable production at national level, the per capita availability of vegetables is still less from the recommended dietary allowances. Kitchen garden can be established at household or community level in order to ensure the daily supply of fresh vegetables in the diets. Low availability of water for irrigation was perceived as major constraint in establishing a kitchen garden. Average per capita availability of vegetables increased from 172 gm/day to 278 gm/day after kitchen gardening was done in selected families.

Application of research: Trainings and front-line demonstrations were provided to farm women to increase their knowledge about gardening and to ensure the adequate supply of vegetables to selected farm families.

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