



# ***Vegetable Kitchen Garden***



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## **Introduction**

- It is an art of growing vegetables on a small piece of land in a planned way in the vicinity of living /residential house to meet the needs of the family with fresh produce all year around regularly.
- A successful vegetable gardening is not accidental. It is the result of planning, constant care and the will to grow healthy vegetables.

## **WHY TO HAVE A KITCHEN GARDEN?**

- There are many reasons of having a Kitchen garden but one of the simplest reason of having a kitchen garden is that it can make you

**“HEALTHY WEALTHY AND WISE”**

## **HOW DOES IT MAKES US HEALTHY?**

- Fresh air
- Place for exercising
- Healthy vegetables which are fresh and rich in vitamins and minerals.

## **HOW DOES IT MAKES US WEALTHY?**

- Help in family budget and saving
- Moreover it helps us to avoid visiting Doctors 'coz by having all the fresh fruits and vegetables in our garden is just like having PHC's And CHC's at our own compound
- And above all **“A HEALTHY MAN IS A WEALTHY MAN”**.

## **HOW DOES IT MAKES US WISE?**

- A wise person always value time
- Because fresh and quality vegetables are available when ever needed we can save time in purchasing from the market
- Self preparedness

## **THE MOST IMPORTANT REASON**

Create a feeling of satisfaction and enjoyment in harvesting fruits of one's own hard work and labour.

## **OBJECTIVES**

- Raising fresh vegetables rich in nutrients to supply the family the whole year round.
- Proper utilization of land in the vicinity of the house
- Best utilization of time of the family members in a pleasure way exercising an efficient and effective training to the children
- Utilization of kitchen water and waste
- Economizing the food cost
- Useful for utilizing the spare time in a profitable way

## **TYPES OF KITCHEN GARDEN**

- Exclusively vegetable garden
- Vegetable and fruits garden
- Vegetable and flower garden

- Combined vegetable ,fruit and flower garden

## **PRINCIPLES OF KITCHEN GARDENING**

For developing a kitchen garden proper planning is required.

- The basic principles to be considered while planning are as follows :
- In a new construction, it is wise to plan kitchen garden in advance.
- Appropriate size and shape will depend on the family size. It is better to have a small size well maintained garden than a poorly maintained large one.
- Location is the fundamental principle and it should be close to the house
- Suitable and convenient layout
- Open and sunny site as sunlight is very important for proper growth of plants
- Site should be free from shade trees, etc
- Close to well, water tap natural and any other source of irrigation including kitchen water which can be profitably utilized
- The ideal kitchen garden be established in a fairly highly level area preferably on the southern site of the house, which can be protected by a live fence from stray animals.
- Suitable and effective rotations should be followed to make best use of the available land

## PLANNING CRITERIA

- A 200 sq. metres size plot will be sufficient to meet the demand of vegetables for an average family of 5-6 members.
- Preparation a clear sketch plan of a planned kitchen garden on a notebook before planting
- Plan should indicate the layout of plots, paths channels, perennial plants permanent spots, etc.
- The size and shape of plots will depend on the slope of land.
- Selection of vegetables to be grown on the kitchen garden will depend on the season ,region, area available ,nutritive value/ importance , choice of individual 's taste and preference of family members.
- Sowing /planting of vegetables should be systematically planned.
- Vegetables required in small quantities like lettuce, mint and coriander should be adjusted on ridges, along the path and water channels.
- Vegetables required in large quantities like potato, onion, garden pea, dwarf beans etc should be allowed to occupy more space.
- Temperate vegetables like radish, carrot, turnip, etc required for salad should be accommodated on ridges and sown continuously at intervals to make available daily
- Pole type vegetables like cucurbits, french bean during summer/rainy season and garden peas in winter be planted along the fence on the three side along the boundary wall so

that maximum space be provided for their optimum spread.

- Taking into consideration the direction of sunlight, tall vegetable varieties should always follow medium and then dwarf ones so as every plot gets maximum sunlight.
- Perennial vegetables like asparagus, cho-cho etc should always be planted in one corner so that they do not interfere with preparation of land ,annual beds, more so to avoid shade.
- Follow principles of crop rotation.
- Several sowings or succession of planting of one particular vegetables of short interval should be done to ensure regular supply of fresh vegetable, using a continuous crop pattern in the form of succession and companion cropping.
- Leguminous vegetables like french bean, pea etc should be included in rotation to maintain soil fertility.
- Ridges should always be used to grow root vegetables and side path be used for growing tomatoes, or other leafy vegetables like celery etc.
- Early maturing varieties should be planted together in continuous row so that the area may be available at once for planting late varieties.
- In interspace of vegetables which are slow growing and take long duration to mature like cabbage, bringal cauliflower, broccoli etc must be used for quick growing vegetables like coriander, radish spinach lettuce etc.
- Vegetables which are easily grown with less effort, less expensive be included.

- A small pit in a corner of the kitchen garden may be dug so that kitchen/house waste and plant refuse, etc be put for preparation of organic manure .This helps in providing manure for kitchen garden.

## **CONCLUSION**

- Kitchen garden should be part of home and hobby irrespective of the fact whether it is developed in hills, plains, villages or cities.

The idea of kitchen garden should be spread so that it can contribute substantially to the health, happiness and economy of each and every family.



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