

Kitchen Garden Project Progress Report

Quarterly Report

Developing kitchen Gardens to Ensure Nutritious Intake
For Families Living In Drought Prone Areas

Oct to Dec 09

Target For Per Year	Present Status
2007-08 75	<ul style="list-style-type: none">❖ The area suffered with flood situation at beginning of October. So about 50% of plots have remained uncultivated up to November end.❖ Remaining, 36 plots have performing very well by cultivating yields like Brinjals, Onion, Tomatoes, Radish, Drumsticks, Cluster beans, ladies finger, spinach, chilies, bottle guard, bitter guard, Methi etc. <p>The affected plots have been started repairing newly.</p>
2008-09 75	<ul style="list-style-type: none">❖ The area suffered with flood situation at beginning of October. So about 50% of plots have remained uncultivated up to November end.❖ Remaining ,41 plots have performing well by cultivating snake guard, bottle guard, pumpkin, leafy vegetables like spinach, chilies, ladies finger, cluster beans coriander leaves ,bitter guard ,tomatoes and drumsticks.❖ The affected plots have been repaired and they have started plugging seeds. 
2009-10 75	<ul style="list-style-type: none">❖ The Distribution of K.G material & seeds have been completed for 63 new beneficiaries. Among these total 45 plots completed with the Installation process and remaining 18 plots been in process.❖ 40 beneficiaries have been ready to cultivate the vegetables after installation; they have plugged the seeds like cluster beans, radish, coriander leaves, bitter guard snake guard, bottle guard, pumpkin, leafy vegetables like spinach, chilies, Shepu, carrot, tomatoes and drumsticks.

As this year we had very good rains in the area, there is a lot of enthusiasm among the participants of the kitchen garden program. Plantation of wide range of varieties of vegetables, trainings to prepare that food which is nutritional and delicious marked the activities of this quarter. This is being the third year of the program; we are receiving very good feedback from the participants.

We have developed an effective feedback mechanism. Through this we learnt that eight families were not using the kinder garden material effectively, hence we took all the material back and handed over the same to other willing participants.

The follow up team has worked very well after the flood situation, they have kept good track of the participants. They helped them to clean & repair the drip lines, and other damages, there by to start the plot again.

- Cooling chamber concept:

We had the awareness meetings with the participants about cooling chambers; we have explained them, about importance and need of this mechanism for the area. We had nice discussions with the participants as this zero energy concept is of good use for the families in keeping their vegetables fresh for longer time. They gave good response to the concept and showed the interest in using it.

There after we have arranged the training program on this technique through the Agriculture school. We have demonstrated them 'How to use Mud vessels to keep the vegetable fresh for 4-5 days', what technique has to used with mud vessel & how to build the chamber with the use of local material to keep this vessel in it'. This will help to keep the temperature low in the cooling chamber than the room temperature. Through 4 batches 120 women participants have participated in the training programs. The participants took interest in the training by asking there queries about building chambers and so on thus by making it interactive. They assured us that they will be using this technique during this summer.

Recipe Training:

1. On 1st Nov. 09 we have conducted Recipe training program at Jalihal Campus. Total 78 men –women have participated in the training.

Dr. Shruti Joshi Dietician & Dr. Geeta Joshi child psychologist have been addressed to the beneficiaries. They have explained the importance of nutritious food and appropriate diet for children. 'The use of various fresh vegetables in the diet regularly is a must', added the dietician. The milk is also essential factor for growing kids, said she. The proper intake of food on proper time intervals will keep them think positive and work in healthy atmosphere, suggested the psychologist.

During the interaction session the common complaint arrived by most of the mothers that children usually hesitate to eat different vegetables though they have used fresh vegetables available from their kitchen garden. The psychologist has told them not to scream on them or force them to eat. Besides that make the child aware of the nutritious value of that vegetable and talk to them freely so as to know the reason behind not eating.

Then the discussion started about 'the traditional method used by these mothers seems to be unattractive to the children'. With this note we started demonstrating the recipes to the beneficiaries. We demonstrate about 4 different dishes with different vegetables. The nutritious values of these recipes have been explained to them. The participants observed that the children present in the training with their mothers enjoyed the taste of dishes very much. The vegetables focused through the recipes are Spinach, Pumpkin & Soybeans. They enjoyed this training and committed us will be used regularly.



2. On 29th December 09 we have conducted Recipe training program in

Asangi cluster. The total participants in the training have 45 women (21 from K.G. and 24 Arogya Pravartika). The training has been conducted by Bharti,



Vailshali. First we have reviewed about the vegetables they have in their K.G. plot. We also discussed about the recipe they used to cook those vegetables. We found that the methods of cooking these vegetables have more or less same. Then we discussed about the nutritious values of the vegetables by using charts.

In this session we showed them recipes of '*Methi*'. Besides there traditional ways there have been very taste recipes of preparing *Methi*. *Methi* is a very common vegetable they use. So as make it more delicious and to get all its values as well.



We demonstrate them '*Methi Paratha*', '*Methi Bhaji*' ,& '*Methi Besan*'.

The recipe training has got good response from the beneficiaries. The adolescent girls showed their interest as well in this training program by assuring that they will also try these recipes on their own.

Learning Experience:

We found that some participants couldn't able to attend the training due to unavailability of transportation at Jalihal Campus.

To overcome this problem of not attending the training we have planed to make the group of villages to form a cluster. The near by villager can participate at a time in the training arranged in that cluster. The villages grouped in a way that transportation will not be a problem for them. So as to participate in the program will be ease to them.

Case Study:

Mrs. Gaurakka Sahebbanna Karkal

Village: Morbagi

She have owned 4 Acre land, the crops have fully rain dependant. She has completed her education up to 5th std . She has 2 children, a girl and a boy. She

is living in a joint family of around 6 family members. Her in-laws were suffering with headache and itching of eyes, weakness as well. She is a member of SHG, from this group she got the information of health as well as kitchen garden program. Then she applied for the Health program first and served as Arogyapravartika. She can't able to buy different vegetables due to economical conditions. So the use of veggies in the daily meal was not possible for her.

When she had come to know about Kitchen Garden project, she applied for the same. from last one year.



Thereafter she applied for kitchen garden project after completing the baseline survey she has participated in the Kitchen Garden.

The recipe training made her trained in preventing nutritious values with different variety of recipe from the vegetables, pulses and cereals. With these trainings she has been informed with the nutritious values and importance of fresh vegetables in the daily meals.

The use of fresh vegetables in the daily meal gave her better results as preventive measures. Due to recipe training she started preparing the variety of dishes at her own so the children have started eating vegetables without complaints.
