

## Report of the Nutrition Garden Demonstration

### **Introduction:**

The limited availability of vegetables, especially during the off-season, higher market price and lack of awareness regarding the importance of consumption are key factors that limit the vegetable consumption in Jeypore region. So also only limited number of traditional vegetables like broad beans, cow pea, pumpkin, bottle gourd and ash gourd are generally seen in the home gardens of tribal. Many nutritionists believe that integration of food rich in micronutrients in to the diet is only sustainable way to improve micronutrient status of the human body. Improved vegetable production and consumption is thus the most direct, low cost method for many rural poor to increase micronutrients in the diet.

Koraput in Odisha is considered as one of the most nutrition insecure districts in India, particularly children under five forms the most vulnerable section of the population. Infant Mortality Rate in the district is 101 and Child Mortality Rate is 153 per 1000 live births. 43.5% of children are reported underweight.

### **The Intervention:**

Keeping these in view, demonstration on “Nutrition Garden” have been established in 2 demonstration villages and one in MSSRF campus at Jeypore. Best practices for vegetable cultivation have been demonstrated through this intervention to address Iron and Vitamin C deficiency at household level.

### **Location of the Nutrition Garden:**

Sl.No.	Location	Area ( acre)
1	Atalguda	0.22
2	Maliguda	0.36
3	MSSRF campus	0.25

### **Progress so far....**

- The first two gardens have been managed by the village community of the concerned villages.
- Fruit bearing plants like - papaya, banana, guava, lemon, custard apple, pomegranate, and other tree species like: drumstick, curry leaf and *Bauhinia purpurea* (a wild leafy vegetable) planted in the fence as per the space availability.
- The garden has been designed in such a manner that all the three types of vegetables viz: green leafy vegetables, root & tuber; and other vegetables can be available round the year as per the season.

- In summer the cultivation is restricted to a few vegetables in gardens with water availability from wells.
- In rainy season a large number of vegetables like: colocasia, yams, sweet potato, radish, different green leafy vegetables, beans, brinjal, chilli, tomato, lady's finger, ridged gourd, spine gourd, cow pea, country bean, cluster beans, bitter gourd, cucumber and pumpkin are grown in the kitchen garden.
- In winter season the more common vegetables are: cauliflower, cabbage, carrot, knol-khol, bush bean, chilli, brinjal, onion, tomato, radish, coriander, and green leafy vegetables.
- Vegetables like: drumstick, chilly, tomato, yams, cauliflower, carrot, papaya, plantain green (banana), spinach, various amaranthus species and other green leafy vegetables which are rich in iron and vitamin - A has been encouraged as per the space availability.
- Yield and utilization of the nutrition garden produce has been recorded daily through a well developed "nutrition garden utilization card".
- The data collected for the month of November & December is under process of analysis.
- A field day was organized in Atalguda nutri-farm to expose the farm family about the crop grown and package of practices in the nutrition garden as well as importance of nutrition garden towards household food and nutrition security. 25 farmers from the same village were participated in the programme.



Land preparation and fencing in Maliguda



Over view of the nutrition garden in MSSRF campus



*"SHRAMA SIKSHAY"  
Programme conducted  
at Atalguda A Farm  
7.12.2013*

Cabbage in Atalguda Nutrithon garden



*Sharing of knowledge  
among farmers in "Shram  
daar" Programme*

Field day at Atalguda



Overview of the nutrition garden in Atalguda

January 2014

**Annexure 1.**

The cropping pattern, which may prove helpful for homestead nutrition garden under Koraput climatic condition, is as following.

-----North-----

<u>Plot 1</u> Brinjal (Jun-Oct) Spinach (Nov-Dec) Lady's Finger (Feb-June)	<u>Plot 2</u> Amaranthus/Greens (Jun-Aug) Carrot (Oct-Jan) Cluster bean (Feb-May)
<u>Plot 3</u> Chilli (May-Oct) Onion (Nov-Feb) Amaranthus/Greens (Mar-Apr)	<u>Plot 4</u> Amaranthus/Greens (Jul-Aug) Radish (Sep-Nov) Cluster bean (Dec-Feb) Lady's Finger (Feb-May)
<u>Plot 5</u> Tomato (Jun-Oct) Cabbage (Oct-Jan) Spinach (Feb-May)	<u>Plot 6</u> Lady's Finger (Apr-June) Colocasia (Jun-Nov) Tomato (Nov-Feb)
<u>Plot 7</u> Cucumber (Jul-Oct) Carrot (Nov-Jan) Chilli (Feb-Jun)	<u>Plot 8</u> Tomato (Apr-Jul) Cabbage (Aug-Nov) Lady's Finger (Jan-Mar)
<u>Plot 9</u> Spinach (Jun-Aug) Cauliflower (Sep-Dec) Knol-khol (Dec-Apr)	<u>Plot 10</u> Cluster bean (Jul-Sep) Brinjal (Oct-Jan) Amaranthus/Greens (Jan-Mar)
<u>Plot 11</u> Lady's Finger (Jul-Sep) Beans (Oct-Jan) Cabbage (Feb-Jun)	<u>Plot 12</u> Onion (Jul-Oct) Coriander (Nov-Feb) Cluster bean (Mar-Jun)

-----South-----

\*\*\*The perennial and fruit bearing plants like: papaya, drumstick, guava, kagzi lime, banana, custard apple, pomegranate, curry leaf were planted usually on the northern side or in the fence both in northern and southern side.

Annexure 2.



Leveraging Agriculture for Nutrition in South Asia (LANSA)



**NUTRITION GARDEN UTILIZATION CARD**

Card No.:

HH ID:

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**1. Name of the Village/hamlet:**

**2. Name of the Household Head:**

a) Name of the wife:

b) Name of the Husband:

**3. Caste/Tribe:**

**4. Total No. of Family members:**

a) No. of Adults:

b) No. of Children:

**5. Area of the Nutrition Garden:**

a) Backyard Area:

b) Roof area:

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