



Nutrition & Livelihood through Vegetable Cultivation

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Different methods of Vegetable Cultivation

- Poshan Badi
- Rain Shelter
- Vegetable cultivation
- Horticulture Crops

Sustainable Nutrition Garden (Poshan Baadi)

Efforts are being made to keep the nutrition garden in the homes in collaboration with the community, normally after October-November no one used to maintain the nutrition garden, but now many families have tried to maintain it throughout the year. Vegetables are being grown using the waste water of the houses, it is beneficial for the families too

Integration of Nutrition and Livelihood

Malnutrition is often more visible in children in tribal areas, as well as women are anemic. The simple reason for this is the lack of nutritious food, the community has reduced access to many green leaves from the forests. The effect of lack of nutritious food and lack of variety in food is visible on the nutritional level of children and anemia in women. This topic was discussed in the community and the women representatives of the Panchayat were given information on malnutrition. It was understood from the discussion in the community that almost all the families in the villages plant some vegetables according to the season. Local vegetables are

grown mainly during rains. We tried to give some better shape to this system of the community and the vegetables grown in the bari were named POSHAN BADI. Efforts were made by women to grow four to five types of vegetables by making five sections in a roundness of about 5 feet, making a small nutrition garden. This work was started in the families of pregnant, lactating women and malnourished children. Seeds are sown in each section at an interval of a few

days so that the vegetables are available to the family continuously. In this type of small nutrition garden, the water requirement is also



POSHAN BADI by Pregnant Women

very less, this nutrition garden is irrigated with the water coming out of the house every day. We worked on this topic with about 500 families, through this the family got nutrition, which benefitted the children and women.



Ginger Cultivation for livelihood support

The economic condition of Baiga families is very weak, they do not even have better options of livelihood, we chose vegetable production for them, production of turmeric and ginger along with vegetables was promoted, cultivation of turmeric and ginger in small places Started, every family took 45 to 50 kg production from 2 kg ginger seeds, similarly turmeric was also produced, each family earned three to four thousand profit by selling both the crops, used for home use and the next also kept the seed for the year.



Baiga Women from Rajma Village Says

“First time in our life, we grow and eat green vegetables in summer”

Rain Shelter for Vegetable Cultivation

Rain shelter is a great but very simple technology for vegetable production, in which vegetables can be produced for a long time. Plants are protected from heavy rain, cold, hail and scorching heat, there is facility in irrigation, hoeing, fertilizing. Temperature is also controlled, insect moths are protected and production is better. Production can be taken in it almost throughout

the year. A lot of vegetables are produced for a family in about three hundred square feet, the family also sells vegetables. This also gives some income to the family. It does not cost much to make it, rain shelter is made using some wood, bamboo, plastic sheet and rope. This experiment done with Baiga families has given very positive results, the family earned more than five

thousand by selling vegetables, the family continued to get vegetables, the families saved a lot of money, the families are being encouraged to do this. Maintain and improve your family's income as well as nutrition.





Happiness of Baiga family on getting irrigation facility at Rajma Village

Vegetable Production starts in Rain Shelter

Within about three months, the families start getting vegetables from the plants planted in the rain shelter. With this, the families get fresh vegetables, which removes their nutritional deficiency. Gradually the production of vegetables increases, then the family starts selling them. Due to which the family starts earning. Three to four thousand vegetables can be sold per month from a rain shelter.

Plants that grow old are replaced by new plants, which maintains continuity. The family also gets income from this and also nutrition. The plastic sheet has to be changed once a year and by then the family is in a position to bear the cost. By spending five to seven thousand rupees, a rain shelter becomes a source of income for the

family for the next several years.

“Small supports to these tribal families bring big change in their life”





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Many ways to sell out of Turmeric

Along with vegetables, the family can make better profit by planting turmeric around the rain shelter, turmeric seeds were provided to the families which gave them additional benefits. By applying just two kg of turmeric, production of 40 to 50 kg of turmeric is achieved. Turmeric becomes available for use in a family year-round, and the rest of the turmeric can be sold in many forms. By making raw turmeric, dry turmeric or turmeric powder and selling it comfortably, the family increases its income.

