



Banana



Papaya



Pineapple



Mango



Anola



Lemon



Kokum



Bimbla



Ambada



Coconut Fresh

Nursery preparations:

Most of the vegetable seeds are sown in nursery to raise the seedlings and the transplanted to the main field. Nursery can be prepared in raised beds or in pro trays. The pot mixture provides food and allows free drainage of water in the pot.

The ingredients for potting mixture are : Red soil (2): Coarse sand (1): FYM (1).

These ingredients are well mixed just before adding to the pot.

Nutrient management:

The health of a given crop is determined by the nutrition that is available to it. The major nutrients Carbon, Hydrogen and Oxygen are available from air and water. Nitrogen, Phosphorus and Potash are macro nutrients, while Calcium Magnesium and Sulphur are secondary nutrients. Micro nutrients such as Iron, Zinc, Boron are very much essential for the normal growth of the crops.

In kitchen gardens, well dried or composted organic manures & vermicompost are always preferred. Application of chemical fertilizers should be limited to the minimum quantity.

Irrigation and water management: Good quality water being a scarce resource in Goa water management in kitchen garden focuses on means of increasing the efficiency of each irrigation. It is also important to irrigate each crop so that yield is increased and thereby biomass production per unit of water applied is also increased.

Pest and disease management:

Pest and diseases are common problem in kitchen garden. To minimize the Chemical pesticides use insect traps, Bordeaux mixture,

biocontrol agents and organic pesticides to control them.

Kitchen garden in every house in the state of Goa can ensure the food and nutritional requirements of every households Efforts are being made by Krishi Vigyan Kendra, ICAR – CCARI, Old Goa to intensify the awareness among people to increase production of vegetables organically by means of establishing kitchen garden.



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"A Way to Good Health" **KITCHEN GARDEN**



Krishi Vigyan Kendra

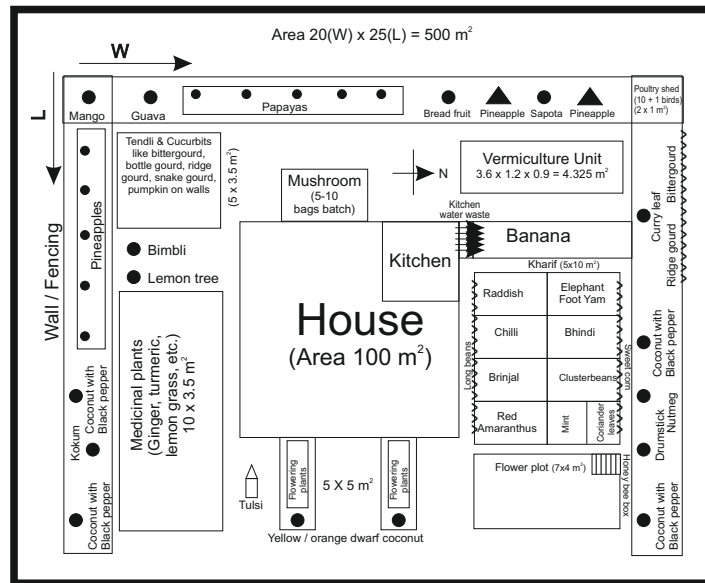
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Introduction

Kitchen garden / Nutrition garden is an essential component of every house hold. It can provide the required quantity and kind of fresh fruits and vegetables every day to the family. Fruits and vegetable obtained from the market lack freshness and contains pesticides in unacceptable levels.

- Kitchen garden ensures the best quality of fresh vegetables and fruits.
- Kitchen gardening becomes a pleasure and a means of recreation and a possible family enterprise.
- The whole family can be engaged and there is no much technical skill is required.
- The land available with in the residential compound can be effectively utilized for the layout of the kitchen garden.



Layout of a Kitchen garden:

Layout of a Kitchen garden:

Layout of a kitchen garden depends on the availability of the land. It helps to effectively exploit the available space. Some of the important facts to be kept in mind while preparing layout are,

- 1. Location of plot:** The location selected for kitchen garden should have proper irrigation and drainage facilities. The area should be free from water logging. It is always better to select an area near to the backyard for the easy monitoring and management.
- 2. Selection of crops:** Select the crops which are suitable to the climatic conditions of the area. While selecting the crop, the preference of the family members can also be considered.
- 3. Variety of the crops:** Choice of the variety depends on the family itself. It is always good to select pest and disease resistant varieties. Procure seeds and other planting materials from the authenticated sources only.

- 4. Spacing:** The spacing or the distance between the plants should be minimum, so that we can include more crops per unit area. Dwarf and non spreading varieties are preferred in kitchen gardens.

- 5. Inter crops:** The available space between the tree crops can be utilized for cultivating small vegetables. Tree crops can be trailed with climbing spices and vegetables.

- 6. Crop rotation:** Same plot should not be planted continuously by a vegetable crop. After every season it should be rotated with another vegetable crop to avoid the soil borne infections and pest prevalence.

Components of kitchen garden:

Fruits and vegetables play an important role in the balanced diet of human beings which provides vital protective nutrients. Fruits and vegetables from own garden gives satisfaction and also provides valuable roughage which helps in digestion. The daily requirement of minerals and vitamins can be met by consumption of fresh fruits and vegetables.

Vegetable crops:

Vegetables	Nutrients
Amaranthus (Red), Palak, Methi, Radish.	Good source of Iron, calcium and vitamin A & C,
Tomato	Good source of Potassium, Vitamin C & K1.
Bottle gourd, Ridge gourd, Cucumber, Bitter gourd, Snake gourd	Fair source of Phosphorous Potassium, Vitamin C
Green Chilli,	Fair source of Phosphorous Potassium, Vitamin A & C
Drumstick leaves	Rich in iron, phosphorus, potassium calcium, vitamin A & C.
Bhindi	Good source of Potassium, Calcium and Riboflavin
Curry Leaves, Coriander	Rich source of vitamin A & C and calcium.



Fruits and tree crops:

Fruits	Nutrients
Banana	It is fair source of Riboflavin and Thiamin.
Papaya	It is rich source of Vitamin A & C.
Pineapple	It is a rich source of Riboflavin and Vitamin C.
Mango	Fruit is rich in Vitamin A and fibres.
Anola	It is rich in vitamin C and has lotof medicinal value.
Lemon	Lemons are rich in vitamin C.
Kokum	It is rich in vitamin C.
Bimbla	It is rich in vitamin C.
Ambada	It is a rich source of vitamin C.
Coconut fresh	It is fair source of Riboflavin and rich source of Vitamin E

Fruits	Recipes and Uses
Banana	Local varieties Saldatti and Velchi and can be planted in kitchen garden. It is consumed as fresh fruit and also used for making custards. The variety Savorbo unim is used as a vegetable for making bhajia, raita, chutney and vermicelli.
Papaya	Papain present in papaya is a good digestive enzyme. Bhaji can be made out of raw papaya. Papaya chutney, tutty -fruity and halwa can be prepared out of papaya. Ripe papaya is also used as a natural cosmetic agent.
Pineapple	Pineapple can be planted on border in between coconut trees. It aids in proper digestion also. Recipes like pineapple raita, cake, squash, etc. can be made from it.
Mango	Mangoes can be planted in kitchen garden with proper canopy management. The fruits are utilized for fresh consumption, pickling and other processed product making viz; halwa, barfi, squash, etc..
Anola	It is good for hair growth and skin problems. Recipes like Murrabba, pickle, juice, etc. can be made of it.
Lemon	They can be used for making juices and pickles.
Kokum	Kokum contains Hydroxy Citric Acid (HCA) which helps to burn fat. Recipes like kokum squash, rind dry, etc. can be made of it.
Bimbla	It is used in pickles, raita and also in prawn curry and shell fish preparation.
Ambada	It is mostly used for making pickles, chutney and raitas. It also acts as a souring agent in prawn curry.
Coconut	Coconut is very important crop which is used in everyday diet of goans to make fish curry, vegetable and kokum curry. Goans also prefer coconut oil for frying of fish.