

Subhavati Devi: A Case Study on Kitchen Garden



Situation analysis/ Problem statements:- Mrs. Subhavati Devi lives with a family of seven in Rakhukhor village within Jungle Kaudiya block of Gorakhpur district in Eastern Uttar Pradesh. Her family relies mostly on the market for seasonal vegetables & fruits.

Plan, Implement and Support:- Mrs. Subhavati Devi has been actively engaged with self-help groups and has worked with them for the last 2 years. Though her previous experience was not overtly successful, she joined the training programme on kitchen garden intervention & got the benefit of demonstration also

organized by the MGKVK. The reason for her intrigue in the program was due to the nature of her family's diet. Subhavati Devi mentioned that prior to joining this program her family's diet lacked diversity and consisted mostly of the crops they could grow on their farmland or what they could purchase in the market. Mrs. Subhavati Devi further noted that relying on the market for food can be costly; thus, their family could not expand their diets through the market.

Output:- A key intervention through the demonstration program is distributing seeds through the FLD programme of the KVK and helping create kitchen gardens near hand-pumps or where families are disposing of waste water. These kitchen gardens are meant to increase food diversity in the diets of the participating families and reduce reliance on the market for introduced vegetables and fruits.

Outcome:- According to Mrs. Subhavati Devi, the kitchen garden has been impactful for her family and in her village. The initial batch of seeds have since grown into a beautiful, diverse, garden. This garden includes turmeric, garlic, onion, spinach, papaya, torai, chilli, eggplant, green leafy vegetable and tomatoes. She planted fruit plants such as Banana, Mango, Guava, lemon and Litchi. Mrs. Subhavati proudly claimed that the foods grown in the garden were being utilized in recipes within their home. Additionally, she said the quantity was more than sufficient for the foods to be distributed equally for the whole family. The intervention has also been successful in reducing reliance on the market.

Impact:- As a part of the programme Mrs. Subhavati and all participants are encouraged to exchange seeds with other households to increase food diversity within the whole village. Seed exchange and proper maintenance of the kitchen garden will allow this intervention to be sustainable for the foreseeable future. Mrs. Subhavati Devi is very

happy with this improved kitchen garden intervention and set forth example for other farm women of the district.