

### Production and nutritional output from nutrigarden

Vegetables	Production (kg) (per 10sq Meter)	Protein (g)	Energy (Kcal)	Calcium (mg)	Iron (mg)	Vitamin A (carotene) µg	Vitamin C (mg)
Brinjal	20	420	7200	5400	270	0	3600
Kale	30			94	1.17	17,707	53.3
Tomato	27.5	288	6400	15360	128	112000	8640
Cabbage	25	360	5400	7600	80	240000	24800
Okra	8	190	3500	6600	150	5200	1300
Early Cauliflower	30	520	6000	6600	300	6000	11200
Chilli	15	435	4350	4500	180	26250	16650
Onion	25	264	11000	10340	154	0	2420
Fenugreek	6	220	2450	19750	835	117000	2600
Pumpkin	25	280	5000	2000	140	10000	400
Bottle gourd	25	60	3600	6000	210	0	0
Cucumber	60	96	3120	2400	360	0	1680
Knolkhol	25	NA	NA	NA	NA	NA	NA
Table radish	30	NA	NA	14	0.2	4	8.6
Carrot	27.5	NA	NA	23	0.27	13286	2.8
Beet root	20	NA	NA	14	0.67	30	3.1
turnip	35	NA	NA	51	0.28	NA	18.1
Capsicum	20	NA	NA	NA	NA	NA	NA
Broccoli	NA	NA	NA	31	0.52	1207	50.6
Palak	20	NA	NA	30	0.81	2813	8.4
French beans	15	2	26	50	1	5	2.1
Potato	28	NA	NA	26	1.87	17	16.6

### Conclusion

Utilization of coloured vegetables into the daily diet will enhance the individual's ability to fight diseases and improve immunity. Innumerable phytochemicals in a range of fresh fruits and vegetables act as anti-oxidant, anti-allergic, anti-carcinogenic, anti-inflammatory, anti-viral and anti-proliferative. Nutri-gardens are also very much essential in places and villages which are isolated and far from the local market.

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## Nutri-Garden

*“Concept of eating a rainbow”*



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## Introduction

- India may be the world's second largest producer of food, but it has its second largest undernourished population.
- Malnutrition and unbalanced diet is directly linked to high rates of stunting, excessive weight, and death in children under five years of age. More than half of women in India suffer from anaemia, which is one of the reasons for the high rate of low-birth weight babies.
- The Government of India has implemented programmes for providing food security and ensuring access to adequate quantity of quality food.
- Community and nutrition gardens can play an important role in enhancing national food security and dietary diversity to combat malnutrition.
- Nutri-garden is advanced form of kitchen garden in which fruits and vegetables are grown as a source of food and income.
- For small and marginal farmers, nutri-gardens can contribute towards diversified family diet and provide several other benefits, particularly for women.
- Concept of eating a rainbow in the plate must be popularized, as colors are the indicators of wide range of vitamins and pigments a well planned Nutri Garden.

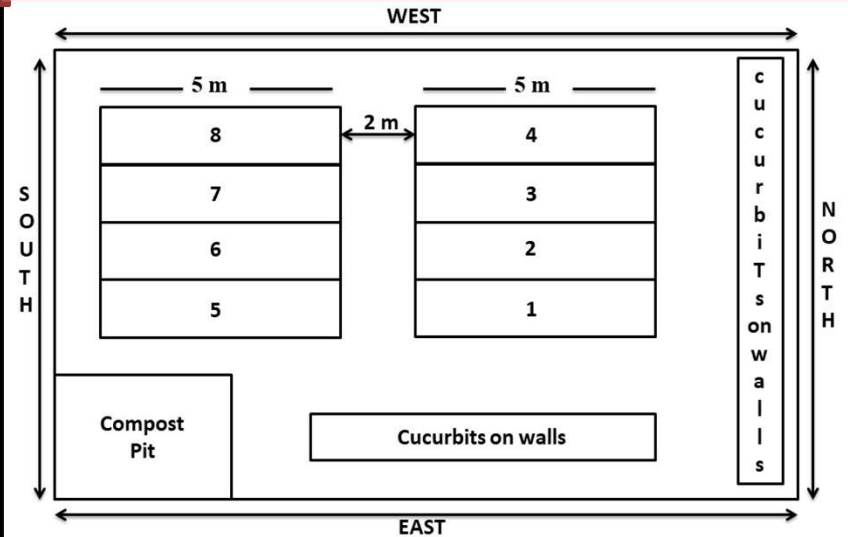
## Objective of Nutrigarden

The main objective of introducing the concept of nutri-gardens was to encourage women to cultivate healthy food crops in their backyards. A nutri-garden ensures an inexpensive, regular and handy supply of fresh vegetables, which are basic to nutrition and thus may be regarded as a simple but innovative option to:

- Bridge the gap between the available resources and its utilization in a sustainable manner

- Address issues like malnutrition
- Create additional revenue-generating opportunities for farmer communities, especially women
- Introduce healthy eating practices

## Layout plan for Nutrition Garden



## Season wise cropping plan for Nutrition Garden

Plot	Kharif	Rabi	Spring
1	Brinjal	Fenugreek/Coriander	Kale
2	Tomato	Knolkhol	Cabbage
3	Okra	Late Cauliflower	Table radish
4	Chilli	Carrot /Beet root/Radish/turnip	Early Cauliflower
5	Capsicum	Winter kale	Broccoli
6	Summer Kale	Palak	Orach
7	French beans	Garlic/Onion	-
8	Tomato	Peas	Potato

Size of each plot 10 sq.m