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Status of nutritional garden in tribal area of Palghar district

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Abstract

This paper examines the Status of nutritional garden in tribal area of Palghar district. The study was conducted at Palghar district. A sample of 120 tribal families were considered as respondent for present study. The respondents were interviewed with the help of specially designed schedule. Collected data was classified, tabulated and analysed by using various statistical method.

Keywords: Vegetable garden, Palghar district, tribal families, nutritional garden, kharif season, rabbi season

Introduction

The most crucial aspect of our lives is vegetables. Our diet is incomplete without vegetables. Nutrition gardening gives people direct access to food that can be gathered, cooked and served to family members, frequently on a daily basis, so promoting household food security on a global scale. Even extremely impoverished, landless or almost landless individuals grow their own food on tiny homestead plots, vacant lots, on the side of the road, on the edge of a field, using basic hydroponics or in containers. Using locally accessible planting materials, green manures, "live" fences, and indigenous pest control techniques and gardening may be done with almost minimal financial resources. So, to some extent, home gardening is a production system that underprivileged may readily access. The variety of fresh meals that come through gardening increases the family's access to both quantity and quality of nutrients.

The 250 sq. m land was sufficient and acceptable for the formation of a nutrition garden for a family of 4-6 individuals, which supplies essential goods as well as some income. Nutrition gardens are one of the primary intervention techniques aimed at improving food nutrition and nutrition security for the poor. Nutrition gardens give direct access to food via self-sufficiency rather than reliance on externally funded programs such as subsidies and supplementation schemes.

Objective

To study about status of nutritional garden in tribal area of Palghar district.

Methodology

The research work was purposively conducted in Palghar district of Konkan region of Maharashtra State. Two tehsils Makhada and Jawahar having maximum tribal population were selected to carry out the research. Six villages from each tehsil were selected randomly to carry out the present study. A total of 120 tribal families were considered as respondents for the present study.

Status of nutritional garden refers to the vegetables grown by the tribal families in various seasons in the nutritional garden. Schedule was developed to measure the status of nutritional garden. The total income was calculated considering home consumption and sale in Rs.

Result and Discussion

From table 1 it can be concluded that, brinjal, pumpkin, okra, cluster bean, ridge gourd, bitter gourd planted for kharif season. Brinjal production was 8.65 qt from area 0.1632 ha from that home consumption was 5.98 qt and sale was 2.60 qt, the total income from brinjal production from all the respondents was 15,680 Rs. Pumpkin production was 3.12 qt from area 0.1362 ha from that 2.92 qt and 0.36 qt are home consumption and sale respectively and the total income was 1,120 Rs. Production of okra from area 0.1782 ha was 5.42 qt from that home

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Consumption and sale was 4.96 qt and 0.46 qt respectively with the total income 1,680 Rs. The cluster bean was produced from area 0.1626 ha was 2.52 qt with home consumption and sale was 2.42 qt and 0.10 qt respectively with income 360 Rs. Ridge gourd production was 3.78 qt

from area 0.1306 ha from that 3.06 qt and 0.72 qt was home consumption and sale with the total income 2,134 Rs and the income from the bitter gourd was 1,000 Rs from 0.1392 ha with the total production 3.86 qt from that home consumption and sale was 3.62 qt and 0.28 qt respectively.

Table 1: Status of nutritional garden in tribal area during kharif season

SL. No.	Vegetable	Area (Ha)	Production (Qt)	Home consumption (Qt)	Sale (Qt)	Income (Rs)	
						Home consumption	Sale
1.	Brinjal (N=100)	0.1632	8.65	5.94	2.60	30,000	15,680
2.	Pumpkin (N=90)	0.1362	3.12	2.92	0.36	8,760	1,120
3.	Okra (N=114)	0.1782	5.42	4.96	0.46	17,360	1,680
4.	Cluster bean (N=98)	0.1626	2.52	2.42	0.10	8,000	360
5.	Ridge gourd (N=82)	0.1306	3.78	3.06	0.72	9,000	2,134
6.	Bitter gourd (N=86)	0.1392	3.86	3.62	0.28	12,670	1000

Table 2: Status of nutritional garden in tribal area during Rabi season

SI. No.	Vegetable	Area (Ha)	Production (Qt)	Home consumption (Qt)	Sale (Qt)	Income (Rs)	
						Home consumption	Sale
1.	Brinjal (N=71)	0.1270	6.84	4.32	2.42	23,760	13,460
2.	Chili (N=100)	0.1662	2.98	2.34	0.64	7,020	1,940
3.	Tomato (N=78)	0.1308	6.90	4.02	2.72	12,060	8,500
4.	Cauliflower (N=72)	0.1182	4.40	3.04	1.32	3,040	1,840
5.	Radish (N=66)	0.1036	5.08	2.90	2.18	5,800	4,340
6.	Carrot (N=60)	0.0996	1.40	1.32	0.08	6,600	400
7.	Pumpkin (N=50)	0.0784	3.50	2.10	1.00	4,620	2,262
8.	Dill leaves(N=84)	0.1456	3.32	2.62	0.50	6,026	1,190
9.	Spinach (N=76)	0.1164	3.20	2.58	0.58	6,192	1,440
10.	Coriander (N=92)	0.1488	3.82	2.86	1.00	2,860	1,420
11.	Ambadi (N=86)	0.1448	6.70	4.14	2.56	7,038	4,510
12.	Fenugreek (N=68)	0.1078	4.50	3.04	1.74	5,472	3,280

From table 2 it can be concluded that, during Rabi season brinjal, chili, tomato, cauliflower, radish, carrot, pumpkin, dill leaves, spinach, coriander, Ambadi and fenugreek was planted. These crops are not planted by every respondents. Brinjal production from the area 0.1270 ha was 6.84 qt from that home consumption and sale was 4.32 qt and 2.42 qt respectively with the income 13,460 Rs. Chili planted on the area 0.1662 ha with production 2.98 qt with 2.34 qt home consumption and 0.64 qt sale with income 1,940 Rs. Tomato production from area 0.1308 ha with 6.90 qt production from that home consumption and sale was 4.04 qt and 2.72 qt respectively with income 8,500 Rs. Income from the cauliflower production was 1,840 Rs from area 0.1182 ha with total production from 4.40 qt that home consumption and sale was 3.04 qt and 1.32 qt respectively. Radish production from 0.1036 ha with 5.08 qt production from that home consumption and sale was 2.90 qt and 2.18 qt respectively with income 4,340 Rs. Carrot production from the area 0.0996 ha was 1.40 qt from that home consumption and sale was 1.32 qt and 0.08 qt respectively with the income 400 Rs. pumpkin planted on the area 0.0784 ha with production 3.50 qt with 2.10 qt home consumption and 1.00 qt sale with income 2,262 Rs. Income from the dill leaves production was 1,190 Rs from area 0.1456 ha with total production 3.32qt from that home consumption and sale was 2.62 qt and 0.50 qt respectively. Income from the spinach production was 1,440 Rs from area 0.1164 ha with total production 3.20 qt from that home consumption and sale was 2.58 qt and 0.58 qt respectively. Coriander production from area 0.1488 ha with 3.82 qt production from that home consumption and sale was 2.86 qt and 1.00 qt respectively with income 1,420 Rs. Ambadi production from area 0.1448 ha with 4.50 qt production from that home consumption and sale was 3.04 qt and 2.56 qt

respectively with income 4,510 Rs. Fenugreek production from area 0.1078 ha with 4.50 qt production from that home consumption and sale was 3.04 qt and 1.74 qt respectively with income 3,280 Rs.

Conclusion

All these vegetables were the most common grown by the tribal farmers in kharif and Rabi season. Thus it is concluded that majority of the vegetable seed/ seedlings was provided by the KVK Kosbad hill and these vegetables are rich source of vitamin and minerals. Hence, they had plenty of vegetables for consumption and no need to buy from the market.

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