



## Kitchen Gardening

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### INTRODUCTION

Kitchen gardening commonly known as bari in local language. It is an art of growing vegetables on a small piece of land. It is planned by the requirement or choice of the family members in residential house to fulfill the requirement of the family. A successful vegetable gardening is not accidental. It is the result of planning, constant care so that family members can enjoy the fresh vegetables and fruits round the year regularly.

#### Objectives

- Growing fresh vegetables rich in all major nutrients to fulfill the need of the family round the year.
- Helpful for utilizing the spare time in a beneficial way
- Appropriate utilization of land in the surrounding area of the house
- Best use of kitchen waste and water
- Economizing the food cost

#### Kinds of Kitchen Garden

1. Exclusively vegetable garden
2. Vegetable and fruits garden
3. Vegetable and flower garden
4. Combined vegetable, fruit and flower garden

### PRINCIPLES OF KITCHEN GARDENING

An appropriate planning is required for developing a kitchen garden. Following are the basic principles to be considered while appropriate planning a kitchen garden:

- It is wise to plan kitchen garden in advance in a new construction area.
- Proper size and shape of kitchen garden will depend on size of the family.
- Primary principle is the location and it should be close to the house.

- Appropriate and suitable layout is required.
- For proper growth of plants, open and sunny site is very important.
- Selected site should be free from shade trees.
- Close to irrigation channel including kitchen water which can be beneficially utilized.
- The best kitchen garden can be established in the southern site of the house and in a moderately high level area.
- Proper rotations should be followed to make most excellent way to use the available land.
- To make the daily availability of temperate or cool season vegetables (radish, carrot and turnip) should be sown continuously at regular intervals.
- The vegetables which require support for climbing like cucurbits, french bean and garden peas planted along all sides of boundary wall so that maximum space can be utilized for optimum spreading.
- Tall vegetable varieties should follow medium and then dwarf ones so that every plot can get plenty of sunlight.
- Perennial vegetables like asparagus, drumstick, chow-chow etc should always be planted in one side so that they do not obstruct with preparation of land.
- Several sowings of particular vegetables of short interval should be done to make certain regular supply of fresh vegetables.
- Leguminous vegetables like cow pea, french bean and garden pea etc should be included in crop rotation to sustain the fertility of soil for longer period.
- Vegetables which are less expansive can be grown easily with less effort.
- A small pit may be dug out in the corner of the kitchen garden so that kitchen waste material can be utilized for the preparation of organic manure.

### PLANNING CRITERIA

- A 200-225 m<sup>2</sup> plot size is enough for average family members of 5-6 members to meet the daily requirement of vegetables.
- Prepare a well plan of kitchen garden before planting.
- The plan should point out the layout of plots, paths channels and permanent spots of vegetable plants.
- The shape and size of plots will depend on available land slope.
- Selection of vegetables to be grown on the kitchen garden will depend on the season, region, and area available, nutritive value, choice and preference of family members.
- Sowing of vegetables should be systematically designed
- Vegetables which are required in small quantities like lettuce, mint and coriander should be grown on ridges.
- Vegetables which are required in large quantities like potato, onion, garden pea, dwarf beans etc should be allowed to occupy more space.

### CONCLUSION

The kitchen gardening is a low cost sustainable approach for mitigating malnutrition problem mainly in the rural areas. It contributes to household food security by providing direct access to the food that can be harvested and fed to the family members.