

NUTRI-GARDEN

Seasonal fruits and vegetables obtained from nutri-garden can fulfill the need of nutritious diet and diet diversity of a family throughout the year.



Summer season



Rainy season



Winter season



WHAT IS NUTRI-GARDEN?

- ✔ Piece of land around a house, where fruits and vegetables can be grown.
- ✔ At least 3-5 types of seasonal fruits and vegetable should be grown.

Having nutri-garden at home helps reduce daily expenditure on purchase of vegetables and fruits.

Depending upon the food preference of the family, backyard poultry and goat rearing can also be encouraged to meet the diet diversity requirement of the family.

POINTS TO CONSIDER WHILE PLANTING NUTRI-GARDEN AT HOME

- ✔ Use household waste water (ex- water used for washing rice and vegetables etc.) for irrigation.
- ✔ To make the soil more fertile, use manure prepared at home, cow dung or compost etc.
- ✔ For more information, contact Livelihood CRP of your area.

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