



Kitchen Garden : *a Best Practice in KGBVs*



The aim of Kitchen garden practices is to provide chemical free and nutrient-rich organic vegetables and fruits to the students. This also provides an opportunity to students learning by doing. School management is facilitating the space, water and other requirements like seeds and necessary equipment. Under these practices, school gardens are constructed and students are taught the importance of nutrition and balanced diet. They are also familiar with the necessity of sanitation and healthy life- style.

This best practice comes from the 82 out of 143 KGBVs across the State. The area occupied for kitchen garden is different in each KGBV i.e. 10 sq meters to 1540 sq ft. across the state. The yield of Seasonal vegetables and fruits grown are weekly, monthly and yearly. The amount of yields, we get differs as per area available and season i.e. vegetables grown is between 05-40 kg whereas fruits 5-25 kg in average. At KGBV level the convergence with agriculture Department, horticulture and forest Department to have more benefit. In these practice teachers, students and watchman are equally involved to make kitchen garden very productive. In kitchen garden, many fruits and vegetables are grown like cluster beans, ladyfinger, tuwar (pulses), eggplant, watermelon, chilies, bottle gourd, bitter gourd, beans, banana, guava, mango, lemongrass and fenugreek (*methi*) etc. Teachers and students go through a sense of contentment when they see the yields of vegetables and fruits.

