

Our kitchen garden

Objective

1. To understand the economics of a kitchen garden.
2. To encourage the utilisation of leisure time for productive purposes.
3. Whatever vegetables we want, we can grow them in our house. It saves money and protect health too.

Background

Many houses/homes have ample free space. As a hobby people tend to make use of this freely available space for kitchen gardens. Kitchen gardens have a variety of seasonal vegetables which can, to some extent, meet the requirements of the family without completely relying on vegetables from the market. Besides involving the family members in physical activity, this practice also helps the family in saving money and keeps them physically active and healthy.



Methodology

1. Find out in your neighbourhood the homes that have kitchen gardens and those which do not have a kitchen garden even though they have open space.
2. Find out from those that have kitchen gardens, the different kinds of vegetables they grow.
3. Find out the amount of money they spend on seeds, saplings, manure, pesticides and irrigation.
4. Also find out from both kinds of households about the vegetables they buy from the market.
5. Enquire from each of the households the amount of money they spend on vegetables per week.

6. Tabulate your data and compare the expenditure incurred by the households.
7. Find out the creative pleasure they derive from a successful production.
8. Prepare a report of your study.

Conclusion

The greenery around our house looks clean and gives us pleasure. Let's utilise the place around our house. Plant tall trees one side and vegetables another side. In the same way plant the plants which grow under the shade and climbers. Let's divide the open place in our house and plant different varieties of plants like. Fruit giving flower bearing leafy vegetables etc. Plant climbers like bottle gourd, pumpkin which climb on to the terrace. If we do not have open place in our house we can grow them in large pots. And we can grow roof gardens. The vegetables that grow in our kitchen garden are healthy we do not use chemicals and pesticides, hence the environment will not be polluted. We will be healthy and there will not be any medical expenses. All these activities are eco friendly.

Based on your study conclude whether having a kitchen garden is economically beneficial or not.

Follow-up

1. Present your report in the class or in the morning assembly.
2. Grow vegetables and leafy vegetables in your house. If there is no place try to grow them in pots filled with soil. If not possible fill plastic covers with fertile soil and grow small plants like coriander, mint, menthi, tomato, etc.
3. Insert a sweet potato in a narrow necked bottle which filled with water. Observe how it grows. Write your feelings in a notebook.
4. What is your favourite vegetable? Collect information about that vegetable from news papers, magazines and prepare a scrap book.