

The Green Kitchen Garden

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Abstract: This content will be to growing of plants in kitchen garden, To maintain the garden thought out the year for 360 days, what are the

steps are involved in this garden maintenance, How to get satisfy to growing of plants,

Keywords: Packaging practice Planning successful production-Benefits.



Introduction

- It is an art of growing vegetables on a small piece of land in a planned way in the vicinity of living /residential house to meet the needs of the family with fresh produce all year around regularly.
- A successful vegetable gardening is not accidental. It is the result of planning, constant care and the will to grow healthy vegetables.

Need of Kitchen Garden

It's to stay healthy it's very important to have a healthy diet. A healthy diet means a balanced mix of rice, bread, pulses, vegetables, herbs, fruit etc. For energy and protection against disease, vegetables play an essential role. Growing of vegetables without the use of chemical inputs, it is beneficial for health of the body.

- Grow healthy, fresh vegetables yourself

- Cultivation in a small area facilitates the methods of controlling pests and diseases through the removal of affected parts and non-use of chemicals
- This will only facilitate successful production of our own requirement of vegetables.

- To save the cost of buying vegetables and herbs,
- Waste resources such as sweepings, kitchen scraps and dirty water can be recycled onto the garden.
- Vegetables harvested from home garden taste better than those purchased from market.
- Gardening gives dual benefits of food and income generation.



Objectives of Kitchen Garden

Proper utilization of land in the empty space of the house, Utilization of kitchen water and solid waste, Useful for utilizing the spare time in a profitable way, Raising fresh vegetables rich in

nutrients to supply the family the whole year round, To minimize the food cost, The way of growing of vegetables and fruit crop to give personal satisfaction.

Main Point While Making Kitchen Garden

Site selection

There will be limited choice for the selection of sites for kitchen gardens and the final choice is usually the backyard of the house.

The area where sunlight come from, can be easily accessed from the house. This is convenient as the members of the family can give a constant care to the vegetables during leisure When these are kept in mind, site selection can be done and making garden is easier.

Protection

The kitchen garden area needs protection .It should not be possible for livestock to enter the area. A permanent fence should be made.

Thorny plants can be cut and used to make a fence, but the best method is to plant a living fence to protect the garden.

Land preparation

Getting the right mix of soil is an important step as the nutrients in the as soil determine how healthy the plants would grow. Use cow dung to keep all organic. To Sweeping pit, liquid manure, mulching, Green manure must be used for fertility of the soil. Firstly a through spade digging is made to a depth of 30-40 cm.

- Stones, bushes and perennial weeds are removed.
- 100 kg of well decomposed farmyard manure or vermicompost is applied and mixed with the soil.,

- Ridges and furrows are formed at a spacing of 45 cm or 60 cm as per the requirement .
- Flat beds can also be formed instead of ridges and furrows.

Sowing and planting

- The main objective of a kitchen garden is the maximum output and a continuous supply of vegetables throughout the year.
- Direct sown crops like bhendi, cluster beans and cowpea can be sown on one side of the ridges. Amaranthus (meant for whole plant pull out and clipping) can be sown by broadcasting in the plots. Small onion, mint and coriander can be planted/sown along the bunds of plots.
- Seeds of transplanted crops like tomato, brinjal and chilli can be sown in nursery beds or pots one month in advance After sowing and covering with top soil and then dusting



with 250 grams neem cake so as to save the seeds from ants.

- The perennial plants should be located on one side of the garden, usually on the rear end of the garden so that they may not shade other crops, compete for nutrition with the other vegetable crops:
- If seeds and seedlings are planted too wide apart, much of the space in between goes to waste, where weeds will grow. Weeds use precious water and compost and cause extra work to keep clear.

Irrigation management

- It is important to provide enough moisture for the kitchen garden.
- To make sure your plants get optimum water, check the moisture of the soil by pressing it with your fingers and then water the plant as per requirement.
- If there is no irrigation for main food crops, it is likely that there is also not enough water to irrigate the kitchen garden.

GROW GREEN , BREATH ORGANIC..!

Conclusion

Kitchen Gardening is an eco-friendly, sustainable, agricultural practice to improve food security and enhance economic growth. To

consume organic food to increase your life span , kitchen gardening is low maintenance to give high healthy vegetables for own need.