

Leafy Vegetables–A Potential Component in Kitchen Garden

Basabadatta Sahu*, Smaranika Mohanto, Samapika Dalai and Chinmay Jena

MS Swaminathan School of Agriculture, Centurion University of Technology and Management, Odisha, India

*Corresponding author: basabadatta.sahu@cutm.ac.in

ABSTRACT

A good nutrition demands all the nutrients, vitamins and minerals. In order to increase the food security, the concept of kitchen garden came into face. The availability of different types of nutrition is possible through several crops present in kitchen garden. Among all the components of kitchen garden, leafy vegetables play a vital role. The wide use and availability of different types of leafy vegetables has paved its importance. These require less care and attention, rich in nutritional and medicinal properties and a good number of harvests is obtained in small area.

Keywords: leafy vegetables, kitchen garden

Food security is a burning topic in day to day life. Due to the changing food habit and lifestyle of people, there is deterioration in quality of health. A good health always demands a healthy and balanced diet. A diet should consist of good amount of nutrients from cereals, pulses, vegetables, fruits, etc. A regular and fresh supply of food can be provided through kitchen garden. Kitchen garden also referred as nutritional garden is primarily intended for continuous supply of fresh vegetables for the family members. It encompasses the indoor and outdoor space for food production (Keatinge *et al.* 2012). A regular and fresh supply of vegetables can be provided through kitchen garden. The daily requirement of vegetables is 300 gm per day according to ICMR. The availability of leafy vegetables is 128 gm per day. Green leafy vegetables are essential part of diet to meet the daily nutrient requirement. They play a composite role by providing several nutritional (protein, dietary fibre, vitamins, minerals, essential fatty acids) and antinutritional factors (nitrate, oxalates, tannins, phytic acid, cyanogenic glycosides) to the food intake (Hemmige *et al.* 2017).

The fresh consumption of leafy vegetables through kitchen garden also increases the nutritional value. Besides provision of food security they impart a specific role in maintaining the aesthetic view of the environment. They act as blessing for a safe and healthier life. Due to the increasing pressure to feed the growing population along with the uncertainty in cultivation increases the necessity of leafy vegetables in kitchen garden in increasing the food security.

Importance of kitchen garden

Kitchen garden consist of a diversified number of crops such as leafy vegetables, tuber crops, pulses, fruits, cucurbits, perennial, spices (Parida *et al.* 2018). It is being empowered with several benefits. The HRD Ministry has issued guidelines to all the schools directing all schools to set up a kitchen garden and

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