

## **Kitchen gardening - A step to fresh and organic food**

Imagine yourself plucking fresh coriander, mint, tomato etc. from your own garden and then cooking it in your kitchen. Giving a complete organic diet to you at a low cost which makes you healthy with no harm to your pockets !!!

Money plants, Tulsi and many such everyday plants form part of our gardens as they are hassle free and easy to take care and provide visual senses in the middle of concrete jungles. But practice of kitchen gardening can add more value in addition to greenery all around.

Many housewives have now started to look for a substitute for over priced vegetables from their own kitchen gardens. Freshest vegetables available to decorate your meals everyday. Though the idea of having kitchen garden seems somewhat impossible for space constrained urban residents but still it is not impossible to achieve. All we need to have patience, passion and perseverance.

Metropolitan cities of India like Mumbai, Bangalore are moving towards this trend in India. **Padamshree Dr. Ramesh Doshi is a pioneer in this trend of bringing farming to cities. He contributed greatly in Green Revolution of 1960. According to an article in Times of India his daughter-in-law practices gardening on her terrace and has a complete kitchen garden on terrace of their bungalow.**

Kitchen Gardening now can be practiced in a variety of ways including container gardening, terrace gardening, hydroponics and many more. This actually opens up new doors to a self sufficient households in terms of their own produce.

Developing a kitchen garden is probably easier than we think and proper planning can give you fruits of your labor in your garden. Many gardeners start up with a great excitement and with time lowers down their zeal and enthusiasm and end up wasting food and feeling overwhelmed by their garden.

Every plant has three basic requirements to grow healthy and develop in a right way. So a perfect spot fulfilling the basic requirements of sunlight, soil and water should be picked up for kitchen garden.

- 🕒 **Sunlight** - Most of the plants require a good sunlight of at least 6 to 8 hours per day. As plants require sunlight for the process of photosynthesis which is essential for their proper growth and development. Besides this, if they are devoid of sufficient sunlight they become susceptible to diseases and pest and insect attacks.
  
- 🕒 **Water** - Vegetables mainly require plenty of water and aren't very drought tolerant and thus proper amount of water at right timings is necessary. Water from your kitchen which is thrown as waste can be used for the same. It will be a good recycling, reuse of water as well as fulfill requirements of plants.

🕒 **Soil** - Soil forms the foundation for green and healthy gardens. So for kitchen gardens you require healthy soil full of organic matter , well-drained, moist and highly rich in nutrients. For developing an organic garden rather than having synthetic and chemical fertilizer, organic nutrients will be a good source for flourishing gardens.

Its not very difficult to have such a space in our houses having optimum supply of all these three together for lush green fruits and vegetables at our home only. Many of us have planted ornamental and flowering plants in pots and containers but growing of our vegetables can add very much to our daily diets can reduce pressure on our pockets.....

So start today with just one or two your favorites vegetables and fruits and enjoy delicious fruits of your handwork and enjoy gardening !!