

Success story on Nutrition Garden -1

(Kitchen/backyard garden/terrace garden/vertical garden)

- **Title** : Kitchen gardening
- **Details of beneficiary**
 - **Name** : L. Manorama
 - **Age** : 36
 - **Education** : Graduate
 - **land holding** : 0.66 ha
 - **size of family** : 4 nos
 - **Address** : Leimaram
- **Size of nutrition garden (sqm)** : 200sqm
- **Crops grown in nutrition garden**
 - **Kharif** : Spinach, cucumber, okra, spongegourd, bittergourd, Amaranth
 - **Rabi** : Beetroot, fenugreek, coriander, radish, tomato, brinjal, cauliflower, cabbage, broccoli.
 - **Summer**: Tomato, chilly, brinjal, okra, French bean
- **Growing condition (conventional/organic/natural farming)** : Natural farming
- **Production and consumption of nutrition garden crops**

S. No.	Varieties	Area grown (sqm)	Production (kg)	Consumption (kg)	Sell of produce (kg)	Income from sell of produce (Kg)
1	Okra, sponge gourd, bittergourd, amaranth, cucumber, spinach	200 sqm	340	300	Mostly for consumption and very less % for sell.	Saving in expenditure per month@Rs 500 to 5000
2	Beetroot, fenugreek, coriander, radish, tomato, brinjal, cauliflower, cabbage, broccoli		290	240		
3	Tomato, chilly, brinjal, okra, French bean.		150	145		

- **Success point** : Significant change in household vegetable production and average per capita consumption of vegetables increased after successful intervention of nutrition garden.
- **Feedback**: It enhances their nutritional security and their economic benefit.

PHOTOGRAPHS



Success story on value addition -2

- **Title :** Nutri Papad ,Healthy Choice for Consumer
- **Details of beneficiary**
 - **Name** : N. Arundayanti Devi
 - **Age** : 56
 - **Education** : B. Sc
 - **land holding:** 0.66 ha
 - **Size of family** : 5
 - **Address** : Oinam Kangjeibung Mapal, Nambol Sub Division, Bishnupur District.
- **Crop** : Black gram, alium hookeri, coriander, mint, Chinese chives.
- **Value added product-** Papad

- **Details of value added product**

Amount produced (kg)	Cost of produce/kg	Market price of produce/kg	Net income/kg	Shelf life of produce	FSSAI Certification (yes/no) If Yes, certification number
100	190	400	210	12month	2162004000915

Success point - Soon after the training, she started production of papad with added natural vegetable flavour (viz. Chinese chives, alium hookeri, coriander, mint etc). After the introduction of her products to the local market, her flavoured papad gained popularity and it came to known as green papad. The demand also picked up and she has already increased the production by inducting more manpower. Her green papad is also sold at organic outlet at MOMA (Manipur Organic Mission Agency), a unit of Manipur government. The demand has increased manifold and she is working overtime to meet the demand. Prior to KVK Bishnupur intervention, her income was very less. But now after the intervention and coupled with her hard work and sincerity, her income has increased manifold. Over the last few months, she is earning a net income of about Rs 70,000. (seventy thousand) per month which translates into Rs 8,40000 lakh per annum approximately.

Feedback - Women are increasingly seen as an important index for the development of nation. It is necessary to foster economic development among women and encourage them to take up entrepreneurial activities so that the significant workforce of the country may be utilized more effectively for the progress of the country. Providing knowledge and skill to an unskilled farm woman is not an easy task. It is a great challenge to produce a knowledgeable and skilled farm entrepreneur. The common weakness were too much competition in the market, inappropriate location of enterprise to sell the goods and high cost of the product compared to other imported papad.

Time to time intervention is required for proper checking of the activities continuing by the women entrepreneurs so that we can advise or rectify the mistake in the time and to encourage the entrepreneurs in alternate form. Overall, we need hard work, patience, determination and courage to overcome the difficulties in achieving the target of becoming a successful entrepreneur.

Photographs



Success story on Nutrition Garden -3

(Kitchen/backyard garden/terrace garden/vertical garden)

- **Title :** Nutrition Gardening
- **Details of beneficiary**
 - **Name** : Y. Padamapati Devi
 - **Age** : 40 years
 - **Education** : Graduation
 - **land holding** : 1.07 ha
 - **size of family** : 5nos
 - **Address** : Utlou
- **Size of nutrition garden (sqm):** 200 Sqm
- **Crops grown in nutrition garden**
 - **Kharif** : Cucumber, spinach, okra, spongegourd, bittergourd, amaranth.
 - **Rabi** : Fenugreek, coriander, radish, tomato, brinjal, cauliflower, cabbage, broccoli.
 - **Summer**: Tomato, chilly, brinjal, okra, French bean.
- **Growing condition (conventional/organic/natural farming):**
- **Production and consumption of nutrition garden crops**

S. No.	Varieties	Area grown (sqm)	Production (kg)	Consumption (kg)	Sell of produce (kg)	Income from sell of produce (Kg)
1	Okra, sponge gourd, bittergourd, amaranth, cucumber, spinach	200 Sqm	350	320	Mostly for consumption and very less %for sell.	Saving in expenditure per month @ Rs. 480 to 5000
2	Beetroot, fenugreek, coriander, radish, tomato, brinjal, cauliflower, cabbage, broccoli		295	250		
3	Tomato, chilly, brinjal, okra, French bean.		160	155		

- **Success point** : Smt. Y. Padamapati Devi is hardworking women and interested in agriculture and allied sector. She got awareness programme from KVK about the nutrition gardening and started a scientific way of kitchen gardening now her family becomes more healthier than before.
- **Feedback** : Food availability and accessibility of nutrients through nutri garden.

Photographs

