

Factsheet

Homestead Gardening to Reduce Nutrition Gap



Definition

Homestead gardening is a practice of producing vegetables and fruits close to the homestead / Even if production is possible on only a small area, food security and nutrition for all household members can greatly improve.



Photo Credit- Fazle Rashid Khan, BIID

How can homestead gardening contribute to our daily food?



Vegetables and fruits are good sources of vitamins, minerals and dietary fibers. Dark leafy vegetables, yellow or orange colored vegetables and fruits are especially good sources of carotene and vitamin C. By frequently eating a variety of fruits

and the family members / nutritional needs can be met.

Produce Nutritious Vegetables and Live Healthy

Choice of Location and Crops

Appropriate planning is important for a bountiful homestead garden. Consider these locations for-

- **Sunny area**- Eggplant, okra, tomato, yard long bean, amaranth, red amaranth, or sweet gourd. , Mango, or Litchi trees grow well sunny areas.
- **Shaded place**- Mint, Turmeric, Taro and other leafy vegetables.
- **Partially shaded**- Chili, cabbage, country bean, ridge gourd Guava and papaya do well in partial shade, and so do Mango and Litchi etc. can be grown in such places. Tomatoes, amaranth and eggplants do well, too.
- **Under Trees**- Turmeric, Ginger, coriander, mint, Indian spinach, pineapple,
- **On top of the house, on the roof of House**- Ash gourd, sponge gourd, bottle gourd, Indian amaranth, and others.

Closing the Nutrition Gap at Home

Eat the right kinds of fruits and vegetables from the homestead garden to close nutrition gaps

Benefits of Homestead Gardening

- Improve food security
- Eating nutritious vegetables and fruits can reduce malnutrition.
- After meeting family's nutritional needs, excess product can be sold in the market and families can make additional income.

Women can lead homestead gardening activities. Every family member can help. A productive homestead garden can support income generation and women empowerment.

Sources of Contents: BARI, AIS, FAO, FHI360, HKI, USDA and USAID

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