



## VEGETABLES

Vegetables are key item in traditional home gardening. You can incorporate a diversity to your plate through your own grown vegetables. Specially, you can grow green leaves in your garden easily. Green leaf provides your various vitamins and minerals.

For example, gotokola, sarana, spinach like green left vegetables, herbs like polpala and welpenela amd trees like Kathurumurung and Muringa can be grown in your garden.



## LEGUMES

Legumes are a very nutritionally rich food source that you can grow. They are a key plant protein source that provides you quality proteins. There are so many legumes varieties that can be grown in our country. So, you can grow not only one variety, but various varieties that adds a diversity for your everyday meal. Mung bean, beans, me and kathurumurunga are some examples.



- ✦ You can have fresh foods that are rich in nutrients from your own garden (directly from from garden to plate)
- ✦ You can assure the safety of the food that you eat if you can grow your own foods. The foods that are available in market are grown for the economical purpose. So they might be treated with various agrochemicals beyond the recommended levels and other processing chemicals that can harm you. So, growing your own food by your self is safer than purchasing.
- ✦ Gardening is an opportunity for bonding with your family and friends. The happiness and stress relief that gardening provides is a great thing to share with loved ones.

**START GROWING YOUR OWN FOODS, INCLUDE A VARIETY AND NUTRITIOUS FOODS TO YOUR DIET AND BE HEALTHY!**



Food and Agriculture Organization of the United Nations



**HOME GARDENING**





## GROW, EAT AND BE HEALTHY!

### ❖ IMPORTANCE OF HOME GARDENING

❖ Home garden is a beautiful place to live in that provides you nutritious foods

Home gardening is one of the best ways to improve the diet quality of yours and your family. It positively affects in tackling malnutrition and enhance family income. There are lots of benefits that we get from home gardening. It is a cheap source of nutritive foods in providing food energy and improvement of dietary diversity, nutritional security, and nutritional status of families and provision of livelihoods to alleviate hunger and malnutrition during global food crisis. Also, it gives you some exercises and mental pleasure.

It increase the food production and provide enough nutritious foods for all the family year round. This makes you economically beneficial because the number and quantity of the foods that you need to buy from shop is less. You can reach for nutritionally rich foods easily within your household.

Home gardening helps to increase your income. Sales of home garden produce can contribute considerably to a family's income (to buy daily essentials and farming inputs that cannot be produced on your farmlands as well as other goods and services).

❖ Every home garden can be improved to fulfill your family's needs better. A well-planned and well-tended home garden can provide nutritious food, income, medicines.



### ❖ THE FOODS THAT YOU CAN CULTIVATED AT YOUR HOME GARDEN

#### YAMS

Sri Lanka is a country that has a considerable number of edible roots and tubers. Yams can be eaten as a staple or as a side dishes. You can easily grow various kinds of yams in your home garden. Yams give mainly energy to your body through carbohydrates.

e.g. Manioc, sweet potato, Gahala, Innala, Kiriala, Raja ala

#### FRUITS

In most of the Sri Lankan household, there is at least one fruit tree in their garden. You can easily grow several fruit trees in your garden. Fruits are a rich source for vitamins that helps you to stay healthy.

Mangoes, rambutan, banana, pomegranate, lemon, star fruit, amberella, pineapple and many other variety of fruits can be grown depending on the size of your garden.



❖ Gardening is a very practical activity. It allows you to grow your own vegetables and fruits thus ensuring that you have healthy food on the table.



#### Some tips for home gardening:

1. Select the right site - Place your garden in a part of your yard where you'll see it regularly
2. Plan your new garden near a water source.
3. Let the sunlight in.
4. Plant the crops in good soil.
5. Use containers - You can grow many plants in pots, including vegetables, herbs, flowers, fruit trees, and shrubs.
6. Choose the right plants - select plants that match your growing conditions. This means putting sun-loving plants into a sunny spot, and grow veggies with young seedlings.
7. Add some mulch - Apply a layer of mulch that's 2 to 3 inches deep around each plant. This will help reduce weeds by blocking out the sun, and reduce moisture loss.
8. Feed plants regularly - add organic manure and water as needed.

Mainstreaming Nutrition in the Agriculture Sector in Sri Lanka

