

## **Nurturing the Nutri-garden and Harvesting of vegetables from garden**

**Date:** 25th April 2025

**Venue:** Raidighi College

**Time:** 10.45am to 11.30am

**Volunteers in action:** 07

**Programme officer:** Dr Arvinda Shaw, PO-1

### **Introduction:**

Nutri- Garden or Kitchen garden is a community-based or personal cultivation space dedicated to the sustainable growth of seasonal vegetables and herbs. This garden serves not only as a source of fresh produce but also as an educational and environmental initiative that promotes organic farming, healthy eating, and self-sufficiency. Raidighi College maintains a nutri-garden in its campus which is nurtured and taken care of by the gardener and NSS volunteers. On 25th April 2025 the volunteers did thorough cleaning of the garden and harvested the produce from nutri-kitchen.

### **Location and Layout:**

Nutri- Garden is typically established in a backyard, open plot, or rooftop, with raised beds or earthen rows for planting. It is organized into sections based on the type of vegetables grown, with clear pathways for access and maintenance. The garden layout maximizes space, sunlight, and water use efficiency.

### **Vegetables Grown:**

A variety of vegetables are cultivated depending on the season. Common examples include:

- **Summer Crops:** Tomatoes, cucumbers, chillies, brinjals (eggplants), and okra.
- **Winter Crops:** Spinach, carrots, radishes, cabbage, cauliflower, and peas.
- **Perennials:** Lemongrass, curry leaves, mint, and coriander.

### **Cultivation Practices:**

- **Soil Preparation:** The soil is enriched using compost and organic manure to improve fertility and structure.
- **Sowing and Planting:** Seeds are sown in rows or seedlings are transplanted with proper spacing.
- **Watering:** A drip irrigation system or manual watering ensures that plants receive adequate moisture without wastage.
- **Pest Management:** Natural pest repellents like neem oil or companion planting methods are used to avoid chemical pesticides.

**Harvesting Process:**

Vegetables are harvested based on their maturity and intended use. For example:

- Leafy vegetables like spinach are harvested multiple times by cutting mature leaves.
- Root vegetables like carrots and radishes are pulled from the soil once they reach optimum size.
- Fruiting vegetables like tomatoes and brinjals are hand-picked when ripe, usually in the early morning or late afternoon to preserve freshness.

Care is taken during harvesting to avoid damaging the plant, ensuring future growth or yield where applicable.

**Benefits of Nutri -Garden:**

- **Fresh and Organic Produce:** Grown without synthetic fertilizers or pesticides.
- **Cost-Effective:** Reduces grocery expenses, helps to control micro-nutrient deficiencies.
- **Environmental Impact:** Promotes biodiversity, improves air quality, and reduces carbon footprint.
- **Educational Value:** Teaches gardening skills and environmental awareness, especially to children and students. The students/ volunteers learn to respect the efforts of crop producers-farmers.
- **Mental and Physical Health:** Gardening is a therapeutic activity that encourages physical exercise and stress relief. The produce can be efficiently utilized for promotion of good health.
- **Volunteers learnt about team work, communication and social interaction skills. Hands-on experience fosters a deeper understanding and appreciation for the natural world, responsible resource management, and reduces food wastage.**
- **Studies have shown that participation in kitchen garden programs can improve student's academic performance and engagement.**

**Conclusion:**

Nutri- Garden represents a simple yet powerful way to reconnect with nature, practice sustainability, and enjoy nutritious home-grown food. Whether as a hobby or a community effort, vegetable gardening encourages responsible living and supports healthier lifestyles. With proper planning and care, anyone can start and maintain a productive Nutri- Garden. The skills and knowledge gained in kitchen gardening can be valuable for students all throughout their lives. The volunteers prepared vegetable khichri and mixed vegetables curry from the harvest, and concluded the day by paying their gratitude towards mother nature.



### Raidighi, West Bengal, India

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GPS Map Camera





**Raidighi, West Bengal, India**

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GPS Map Camera



Raidighi, West Bengal, India

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(I) NUTRI GARDEN CARE & HARVESTING OF VEGETABLE

S.No	NAME OF VOLUNTEER	CASTE	SEM	CONTACT No.
1.	Suchismita Gayen	SC	2 <sup>nd</sup>	8509891909
2.	AnuShri Raniparia	GI	2 <sup>nd</sup>	9093091757
3.	Raneta Bera	OBC	2 <sup>nd</sup>	9907007901
4.	Purnima Dhal	SC	2 <sup>nd</sup>	7063413501
5.	Ananya Mandal	GI	2 <sup>nd</sup>	8695824146
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Programme officer: Dr. Aninda Chao