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A study on kitchen gardening practices in Sultanpur City

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Abstract

Kitchen garden, also known as a potager, is a seasonally used space separate from the rest of the residential garden - the ornamental plants and lawn areas. Most vegetable gardens are still miniature versions of old family farm plots with square or rectangular beds, but the kitchen garden is different not only in its history, but also its design. It is a source of herbs, vegetables, fruits and flowers, but it is also a structured garden space, a design based on repetitive geometric patterns. A kitchen garden ensures an expensive, regular and handy supply of fresh vegetables which are basic to nutrition. The green vegetables contain vitamins and minerals which protects us against disease. This practice is helpful to solve our food problems. It prevents air pollution. Above table shows that 30% of respondents were growing were sufficient foods for family uses, 36% were growing more than the use of family and 34% respondents were using insufficient foods for family uses. Above table shows that 37% of respondent family income was below 10,000 Rs. Month and 26% of the respondent, family income was 10, 000—20,000 Rs. Per month while 37% of the respondents, family income was above 20,000 Rs. Per month. Above table shows that 55% of the respondents were having, knowledge about kitchen gardening while 45% respondent did not have any idea knowledge about kitchen gardening.

Keywords: kitchen gardening practices, vegetables, food

Introduction

Kitchen Garden or Potager

The potager kitchen garden, also known as a potager, is a seasonally used space separate from the rest of the residential garden - the ornamental plants and lawn areas. Most vegetable gardens are still miniature versions of old family farm plots with square or rectangular beds, but the kitchen garden is different not only in its history, but also its design. The kitchen garden may be a landscape feature that can be the central feature of an ornamental, all-season landscape, but can be little more than a humble vegetable plot. It is a source herbs, vegetables, fruits and flowers, but it is also a structured garden space, a design based on repetitive geometric patterns. The kitchen garden has year-round visual appeal and can incorporate permanent perennials or woody plantings around (or among) the annual plants.

Osama's vegetable garden

The Osama's planted a vegetable garden on the South Lawn of the White House on March 20, 2009. This L-shaped 1,100-square-foot (100 m²) garden is located by the mansion's tennis courts and can be seen from E street the house on March 20, 2009. This L-shaped 1,100-square-foot (100 m²) garden is located by the mansion's tennis courts and can be seen from E street. The plot provides more than 55 varieties of vegetables along with fruits that are incorporated into meals made for the Osama family as well as invited guests. Another portion of the yields are donated to the local soup kitchen and the Food Bank Organization. There are 55 varieties of vegetables grown, including: arugula (rocket), cilantro (coriander), tomatillo, hot peppers, spinach, chard, collards, black kale, berries and let. Honey collected from the beehives has been used to brew White House Honey Ale.

Renaissance and Formal gardens

A plan of a formal garden for a country estate in Wales, 1765A formal garden in the garden and European traditions is rectilinear and axial in design.

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The equally formal garden, without axial symmetry (asymmetrical) or other geometries, is the garden design tradition of Chinese gardens and Japanese gardens. The Zen garden of rocks, moss and raked gravel is an example.

Objectives

- To create awareness among people and promote families towards this practice.

Materials and Method

Scientific methodology is necessary for a successful study as it directly indicate words the authenticity of the research and attempt has been made to provide the details methods and techniques devices and procedure applied conducting the research. “A Study On Kitchen Gardening Practices In Sultanour City”.

Research Design

Selection of area

The area of Sultanpur district was purposively selected because study has been easily accessible to the researcher for data collection data.

Selection of Sample size-

Total 100 selected.

Methods of Collection of Data

Survey method will be adopted in order to collection of data from the selected respondent with the help of the developed questionnaire schedule. The schedule will include aspect which aspect which led to the fulfillment of the objective of this study.

The schedule the following information-

1. General Information
2. Nutritional status through anthropometric measurement.
3. Dietary information.

General Information

The general information include these information such as-

Family

The family background means how many members in the family, male or female & which age group they belong & the type of family.

Socio Economics status

The Socio economic status indicate the source of income, educational, background etc.

Analysis of data

The data was be analyzed using talk mark method the finding have been presented in form of labels tabulation of data was make comparison of each attribute in the different attributes study each group in the table express in terms of frequency & percentage. The selected samples would be interviewed personally.

Statistical analysis

$$\frac{N}{N} \times 100$$

N= sum of the observation

N= Total number of the observation.

Result and Discussion

The data collection of the different aspect per plan was tabulated and analyzed statistically. The result from the analysis are presented and discussed in the following sequence.

Table 1: Distributions of respondents on the basis of their age group.

Age	Frequency (N=100)	Percentage Age (%)
40- 44	30	30%
45-50	20	20%
50 year above	50	50%
Total	100	100%

Above table show that majority of respondents engaged in kitchen gardening practices were above 50 years, and 30% of the respondents were belonging to the age group between 40-44 years while 20% of the respondents were belonging To the age group 45-50 years.

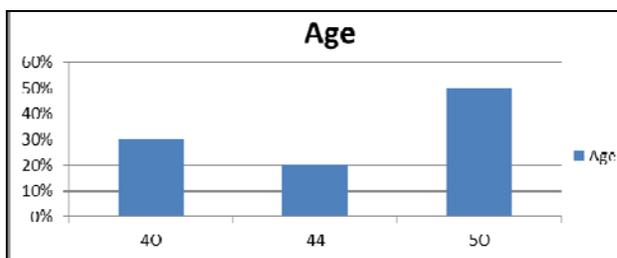


Fig 1: Distribution of respondents on the basis of their age group.

Table 2: Distribution of respondents on the basis of educational background.

Educational Background	Frequency (N=100)	Percentage Age (%)
Illiterate	20	20%
Primary	10	10%
High School	35	35%
Intermediate	20	20%
Graduation	5	5%
Post. Graduation	10	10%
Total	100	100%

Above table shows that majority of respondents 35% were passed high school 20% were illiterate, 10% were passed primary level and 10% were post graduate, 20% were intermediate and 5% were graduate.

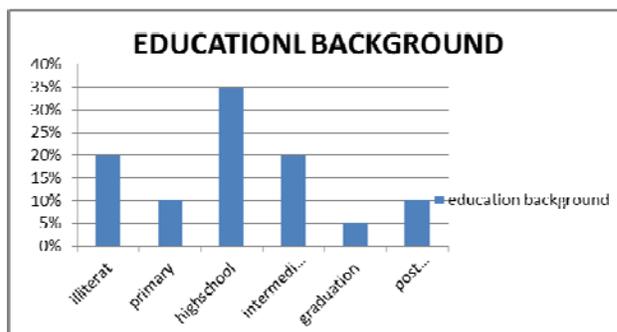


Fig 2: Distributions of respondents on the basis of their educational background.

Table 3: Distribution of respondents on the basis of their Religion.

Religion	Frequency (N=100)	Percentage Age (%)
Hindu	55	55%
Muslims	30	30%
Other	15	15%
Total	100	100%

Above table shows that majority of respondents 55% were Hindu were 30% of the respondents were Muslims and 15% of the respondents were belonging to other religions.

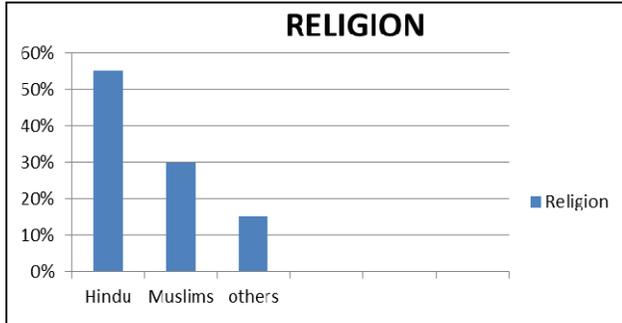


Fig 3: Distribution of respondents on the basis of their Religion.

Table 4: Distribution of respondents on the basis of the occupation of the family head.

Occupation of The Family Head	Frequency (N=100)	Percentage Age (%)
Business	36	36%
Former	28	28%
Govt. Jobs	32	32%
Others	4	4%
Total	100	100%

Above table shows that 36% of the respondents family have business as a source of income, 32% of the respondents were involved in govt. job, 28% were former while 4% of the respondents were involved in other activities.

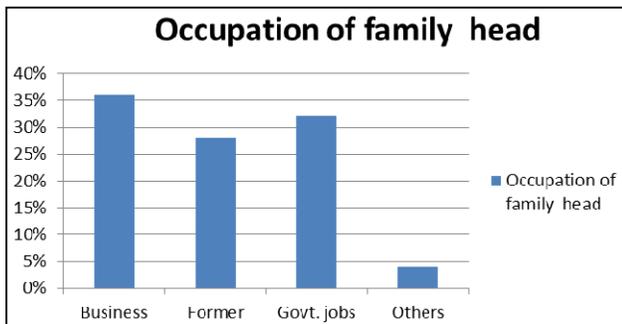


Fig 4: Distribution of respondents on the basis of occupation of family head.

Table 5: Distribution of Respondents on the basis of their living area.

Living Area	Frequency (N=100)	Percentage Age (%)
Urban	40	40%
Rural	60	60%
Total	100	100%

Above table shows that majority of the respondents 60% were living in rural areas while 40% of the respondents were living in urban area.

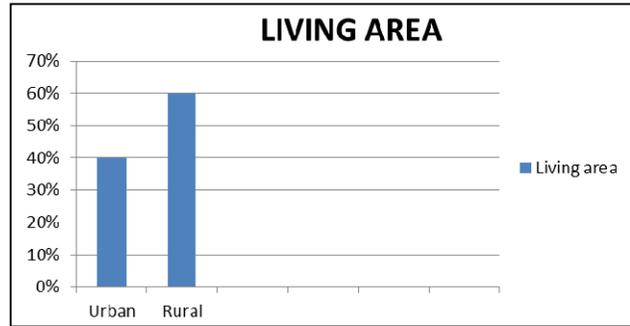


Fig 5: Distribution of respondents on the basis of their Living area.

Table 6: Distribution of respondents on the basis of their Start kitchen gardening.

Start U.P. kitchen Gardening	Frequency (N=100)	Percentage Age (%)
Inspired by seeing others	65	65%
Self-motivation	35	35%
Total	100	100%

Above table shows that majority of the respondent 65% were inspired by seeing others while 35% of the respondents were self-motivated to start kitchen gardening.

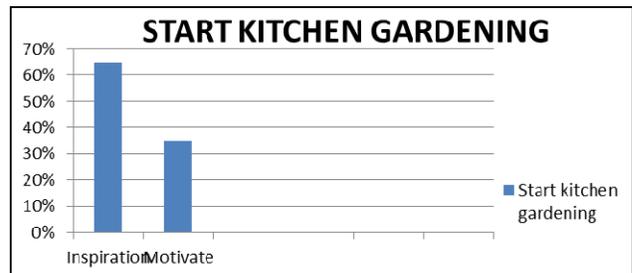


Fig 6: Distribution of respondents on the basis of their Start kitchen gardening.

Table 7: Distribution of respondents on the basis of their Do you know about kitchen gardening.

Knowledge about Kitchen Gardening	Frequency (N=100)	Percentage Age (%)
YES	55	55%
NO	45	45%
TOTAL	100	100%

Above table shows that 55% of the respondents were having knowledge about kitchen gardening while 45% respondent did not have any idea knowledge about kitchen gardening.

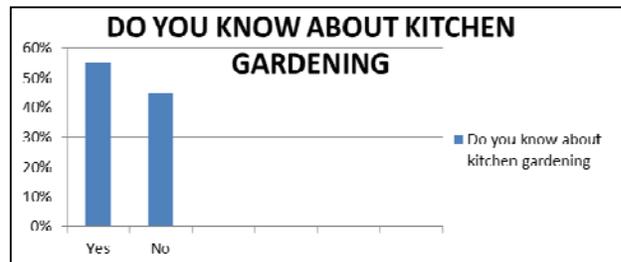


Fig 7: Distribution of respondents on the basis of their Do you know about kitchen gardening.

Table 8: Distribution of respondents on the basis of time period Sino they adopting kitchen gardening practices.

Adopting Kitchen Gardening Practices	Frequency (N=100)	Percentage Age (%)
Recently (6-7 month)	45	45%
More than 6 month	36	36%
More than 1 year	19	19%
TOTAL	100	100%

Above table shows that 45% of respondents adopted kitchen gardening practices Recently 6-7month, and 36% were doing this from more than 6 month while, 19% of the respondents were involved in this practices from one year or more than that.



Fig 8: Distribution of respondents on the basis of their Adopting kitchen gardening practices.

Table 9: Distribution of respondents on the basis of Space utilized for this.

Space utilized for this	Frequency (N=100)	Percentage Age (%)
Roof	10	10%
Back yard	20	20%
Lawn	5	5%
Others	65	65%
Total	100	100%

Above table shows that only 5% of the respondents were using lawn for kitchen gardening 10% respondents were using roof, 20% were using back yard while majority of the respondents 65% were using some other space for kitchen gardening.

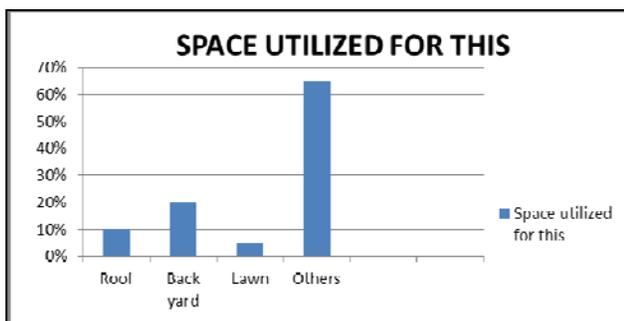


Fig 9: Distribution of respondents on the basis of Space utilized for this.

Table 10: Distribution of respondents on the basis of their family member's involvement.

Family Members Involvement	Frequency (N=100)	Percentage Age (%)
Yes	45	45%
No	55	55%
Total	100	100%

Above table shows that 45% of respondents were while 55% of the respondents were not any kind of help from the family members.

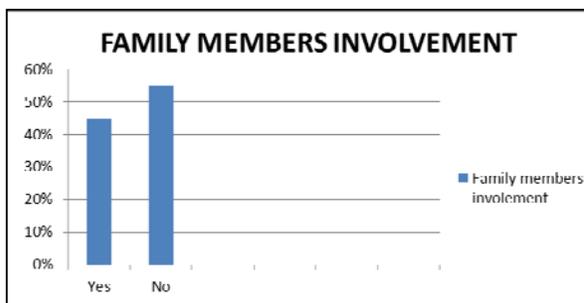


Fig 10: Distribution of respondents on the basis of their family member's involvement.

Summary and Conclusion

The present study entitled “A Study on Kitchen Gardening Practics in Sultanpur City” Total 100 respondents of majority of respondents engaged in kitchen gardening practices were above 50 years, and 30% of the respondents were belonging to the age group between 40-44 years while 20% of the respondents were belonging to the age group 45-50 year. majority of respondents 35% were passed high school 20% were illiterate, 10% were passed primary level and 10% were post graduate, 20% were intermediate and 5% were graduate. majority of respondents 55% were Hindu were 30% of the respondents were Muslims and 15% of the respondents were belonging to other religions. 60% involved in kitchen gardening practices were living in joint family and 22% of the respondents were living in nuclear family, while 18% of the respondent were living in extended family. 37% of respondent family income was below 10,000 Rs. Month and 26% of the respondent, family income was 10, 000—20,000 Rs. Per month while 37% of the respondents, family income was above 20,000 Rs. Per month. 36% of the respondents family have business as a source of income, 32% of the respondents were involved in govt. job, 28% were former while 4% of the respondents were involved in other activities. majority of the respondents 60% were living in rural areas while 40% of the respondents were living in urban area.

Limitations of Study

- The study was carried out for short period, so that time and other resources were limited to an extent.
- It was questionnaire schedule method which has its own limitation of respondent dependent information without any alternative.

Acknowledgement

All glory to the almighty, whose blessing in the success behind this project praise pride and perfection belong to almighty. So first of all I would like to express my deepest sense of gratitude to the omniscient power of the universe, the almighty God.

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patience during my study. Her continued encouragement positive attitude towards my ability made the achievements of this goal easy to tackle and complete my work in time.

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