Home vegetable gardening has been around a long time.
and continue to be popularized...
Sustainable scaling up requires

Commercial and Community involvement
Optimized taste, space and time
Home vegetable gardens can be highly productive

6mx6m area produces 250-300 kg per year

Seasonal vitamin A supply (ug RAE/person)

Weekly nutritional yields

Minimum requirement
Improved nutrition and usually controlled by women
...lowered expenditures and increased consumption

Preintervention expenditure

- Rs.30-45: 47%
- Rs.50-70: 19%
- Rs.15-25: 21%
- >Rs.80: 13%

Post intervention expenditure

- Rs.0-15: 50%
- Rs.20-40: 43%
- >Rs.60: 7%

5 kg/week: 70% consumed at home

Vegetable expenditures halved Rs14 to Rs 7/person
Consumption tripled: 0.3-0.5 kg to 0.9-1.5 kg/person

Hariharan, 2010
Nutrients from Punjabi home gardens...

**Per capita vegetable consumption (g)**

- AVRDC garden >3 years
- AVRDC garden 1-3 years
- Traditional garden
- No garden

**Vitamin A (mg)**

- AVRDC garden >3 years
- AVRDC garden 1-3 years
- Traditional garden
- No garden

**Folic acid (mg)**

- AVRDC garden >3 years
- AVRDC garden 1-3 years
- Traditional garden
- No garden

**Vitamin B1**

- AVRDC garden >3 years
- AVRDC garden 1-3 years
- Traditional garden
- No garden

**Vitamin C**

- AVRDC garden >3 years
- AVRDC garden 1-3 years
- Traditional garden
- No garden
Short term value after disasters (Odisha 2011-2012)
But more than seed packs are needed...

Diverse nutrient supply
Year-round production options
Improved processing and recipes
Production and nutrition training
The right type of crops and varieties...

Targeted seeds or seedlings

Different crops and varieties are needed

Home gardens are not just little fields
Micronutrient content of common traditional vegetables

Data source: AVRDC Nutrition Lab
Ranges: including >100 vegetable species

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Ranges</th>
<th>Tomato</th>
<th>Cabbage</th>
<th>Moringa</th>
<th>Amaranth</th>
<th>Aibika</th>
<th>Sweet potato leaf</th>
</tr>
</thead>
<tbody>
<tr>
<td>β-Carotene, mg</td>
<td>0.0 - 22</td>
<td>0.40</td>
<td>0.00</td>
<td>15.28</td>
<td>9.23</td>
<td>5.11</td>
<td>6.82</td>
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<tr>
<td>Vit C, mg</td>
<td>1.1 - 353</td>
<td>19</td>
<td>22</td>
<td>459</td>
<td>113</td>
<td>82</td>
<td>81</td>
</tr>
<tr>
<td>Vit E, mg</td>
<td>0.0 - 71</td>
<td>1.16</td>
<td>0.05</td>
<td>25.25</td>
<td>3.44</td>
<td>4.51</td>
<td>4.69</td>
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<tr>
<td>Iron, mg</td>
<td>0.2 – 26</td>
<td>0.54</td>
<td>0.30</td>
<td>10.09</td>
<td>5.54</td>
<td>1.40</td>
<td>1.88</td>
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<tr>
<td>Folates, μg</td>
<td>2.8 – 175</td>
<td>5</td>
<td>ND</td>
<td>93</td>
<td>78</td>
<td>177</td>
<td>39</td>
</tr>
<tr>
<td>Antioxidant activity, TE</td>
<td>0.6 - 82,000</td>
<td>323</td>
<td>496</td>
<td>2858</td>
<td>394</td>
<td>560</td>
<td>870</td>
</tr>
</tbody>
</table>
Think vertical, not just horizontal

Home gardens are not just little fields

30% of Indian rural population is functionally landless
• Seed packs and poster produced by KGVK
• 5000 sold to NGOs and farmers in 2013
Seed company involvement for product marketing...

Lal Teer Home garden seed packs are living advertisements

- Reduced TV advertising
- Aimed to sell 200,000
Fencing and water supplies
Wider community involvement

School gardens can have a multiplier effect
Community health workers using home garden packs as an input for improved nutrition
An integrated package for vested interests to promote

Nutritionally targeted package of home garden supplies, seeds or seedlings that can be marketed to improve community health
Thank you