



INTERNATIONAL JOURNAL OF MULTIDISCIPLINARY RESEARCH

IN SCIENCE, ENGINEERING, TECHNOLOGY AND MANAGEMENT

Volume 10, Issue 2, February 2023



INTERNATIONAL
STANDARD
SERIAL
NUMBER
INDIA

Impact Factor: 7.580



+91 99405 72462



+9163819 07438



ijmrsetm@gmail.com



www.ijmrsetm.com

Impact of Trainings for Nutritional Kitchen Garden on Behavior of Rural Women in Vindhya Region

¹Dr. Rashmi Singh & ²Dr. Prabhat Kumar Singh

¹Subject Matter Specialist (Home Science), Krishi Vigyan Kendra, Sonbhadra, India

²Senior Scientist and Head, Krishi Vigyan Kendra, Sonbhadra, India

ABSTRACT: The traditional kitchen garden, vegetable garden, also known as a potager (from the French jardin potager) or in Scotland a kailyaird,^[1] is a space separate from the rest of the residential garden – the ornamental plants and lawn areas. It is used for growing edible plants and often some medicinal plants, especially historically. The plants are grown for domestic use; though some seasonal surpluses are given away or sold, a commercial operation growing a variety of vegetables is more commonly termed a market garden (or a farm). The kitchen garden is different not only in its history, but also its functional design. It differs from an allotment in that a kitchen garden is on private land attached or very close to the dwelling. It is regarded as essential that the kitchen garden could be quickly accessed by the cook.

KEYWORDS: kitchen garden, ornamental, medicinal, plants, vegetables, market, farm, private land, cook, residential

1. INTRODUCTION

In the Vindhya region, small gardens were probably mainly or entirely used as kitchen gardens, but in large country houses the kitchen garden was a segregated area, normally rectangular and enclosed by a wall or hedge, walls being useful for training fruit trees as well as offering shelter from wind. Such large examples very often included greenhouses and furnace-heated hothouses for more tender delicacies, and also flowers for display in the house; an orangery was the ultimate type. In large houses, the kitchen garden was typically placed diagonally to the rear and side of the house, not impeding the views from the front and rear facades, but still quick to access. In some cases, hardy flowers for cutting were grown outside there, rather than in the flower garden. A large house hardly expected to buy any vegetables, herbs or fruit, and the surplus was often distributed as presents; the walled example at covers seven acres,^[2] and the gardens have a large "Temple Greenhouse", an orangery in the form of a Temple. In modern gardening, there has been interest in integrating the growing of food plants within a mainly ornamental garden; fruit trees and cooking herbs are the simplest and most popular expression of this.^[3] In large country house gardens, the walls also served to hide the kitchen garden, as "a place of base labour ... from the more polite areas", which included the often very extensive fruit gardens and orchards.^[4] The gardeners were often, depending on the season, the number of guests, and the whim of the owner, expected to keep out of the main "best garden" during the fairly predictable parts of the day when the family and guests were likely to be walking in the garden, and the kitchen garden provided somewhere for them to occupy themselves at these times. Mostly, visitors were probably not expected to venture inside without leave. But some owners show guests the kitchen garden, especially if they knew they had an interest. In the gardens, the enormous potager area, not contiguous with the main gardens, had a wall that was thick enough for visitors to accompany the king in walking along the top for a better view, as on castle battlements.^[5]

The rural women of Vindhya region say and write that kitchen garden in *Maison Rustique*; this book was largely compiled from classical authors. This practical garden was to be separated from the pleasure gardens, enclosed by a thick hedge or wall. They also viewed hedges as more resilient, cost effective and were easier to repair and maintain, but at least in later periods, walls seem to have been more usual; some were hot walls, with a central cavity gently heated by furnaces. Certainly walls leave more traces behind for the garden archaeologist. The hedge, a rural woman says, can be planted with red and white gooseberry bushes, medlar and olive trees, woodbine, whitethorn, wild apples, brambles, and eglantine. Lattices were woven from willow branches and every year renewed, unless made with juniper poles that had been reinforced with charred oak.

In past times the kitchen garden was often a separate enclosure some way away from the main house. The kitchen garden area got its name as the kitchen garden for Westminster Abbey, though some distance from the abbey itself. In Vindhya earlier, the kitchen garden was rather close to the house, but by the mid-17th-century many were being moved further away, with a service road leading to the main house.^[6] At Vindhya a public road needs to be crossed to reach it.

Also as the breeding of vegetable cultivars greatly increased, a plethora of magazines, societies and competitions in local or county fairs, supported what had become (and remains) a popular form of specialist gardening. Some women gardeners concentrated on mere size, leading to monstrous (and largely tasteless) strains of vegetables such as leeks. The new allotments, small pieces of a plot of land made available by local councils or charities, often specified that only edible plants were to be grown.^[7]

II.DISCUSSION

According to rural Vindhya women of the planted crops, turnips required the most room, and planted next to these were coleworts, and a path leading to plots of sorrel, arugula, parsley, spinach, beets, and orach, then separated from the greens another path to the root vegetables, leeks, onions, garlic, carrots, and scallions, and so on for edible flowers and winter potherbs like thyme, sage, lavender, rosemary, hyssop, southern wormwood, savoury, lemon balm, basil, costmary, spikenard, chamomile, and pennyroyal.

Marigolds could grow perennially in untilled fields, and their juice and flowers were reputed to have many benefits from soothing eye irritation to relieving tooth pain. Strawberry juice and wine were rumored to have similar benefits for the eyes, and, according to them the berries themselves had "no neede of greate toile or tilling". Modern researchers continue to study whether reduced tillage improves weed control and yield for strawberry plants.^[8]

Other plants found in the kitchen garden: asparagus, artichoke, sow thistle, endive, chicory, watercress, scallions, chives, parsnips, purslane, smallage, tarragon, borage, bugloss, radishes, rapeseed, skirret, poppy, mustard, cucumbers and gourds.

Citrus and melons could be part of the kitchen garden also, if the conditions of soil and climate were such as to support their growth. In some modern gardens, edible plants and especially herbs are planted alongside ornamental plants. Fruit trees are one of the most common ways of doing this.^[3] The goal is to make the function of providing food aesthetically pleasing.

Plants are chosen as much for their functionality as for their color and form.^[9] Many are trained to grow upward. A well-designed potager can provide food as well as cut flowers and herbs for the home with very little maintenance.^[3] Potagers can disguise their function of providing for a home in a wide array of forms—from the cottage garden to the formality of a knot garden.

Some have elaborate geometrical scheme of beds surrounded by low hedges, but planted with kitchen garden plants (more recently the garden has been extended, the new areas mostly not planted with vegetables). This striking scheme has been highly effective in turning the gardens into a tourist attraction, but is in no way historically authentic. A vegetable garden (also known as a vegetable patch or vegetable plot) is a garden that exists to grow vegetables and other plants useful for human consumption,^{[10][11]} in contrast to a flower garden that exists for aesthetic purposes. It is a small-scale form of vegetable growing. A vegetable garden typically includes a compost heap, and several plots or divided areas of land, intended to grow one or two types of plant in each plot. Plots may also be divided into rows with an assortment of vegetables grown in the different rows. It is usually located to the rear of a property in the back garden or back yard.^[10] About a third of adults in Vindhya are trained to make it.

With worsening economic conditions and increased interest in organic and sustainable living, many people are turning to vegetable gardening as a supplement to their family's diet. Food grown in the back yard consumes little if any fuel for shipping or maintenance, and the grower can be sure of what exactly was used to grow it. Organic horticulture, or organic gardening, has become increasingly popular for the modern home gardener even in the Vindhya.^[15]

III.RESULTS

The herb garden is often a separate space in the garden, devoted to growing a specific group of plants known as herbs. These gardens may be informal patches of plants, or they may be carefully designed, even to the point of arranging and clipping the plants to form specific patterns, as in a knot garden made to train to the Vindhya rural women.

Herb gardens may be purely functional or they may include a blend of functional and ornamental plants. The herbs are usually used to flavor food in cooking, though they may also be used in other ways, such as discouraging pests, providing pleasant scents, or serving medicinal purposes (such as a physic garden), among others.

A kitchen garden can be created by planting different herbs in pots or containers, with the added benefit of mobility. Although not all herbs thrive in pots or containers, some herbs do better than others. Mint, a fragrant yet invasive herb, is an example of an herb that is advisable to keep in a container or it will take over the whole garden.^{[16][17][18]}

A community garden in the Vindhya is a piece of land gardened or cultivated by a group of people individually or collectively. Normally in community gardens, the land is divided into individual plots. Each individual gardener is responsible for their own plot and the yielding or the production of which belongs to the individual.^[11] In collective

gardens the piece of land is not divided. A group of people cultivate it together and the harvest belongs to all participants. Around the world, community gardens exist in various forms, it can be located in the proximity of neighborhoods or on balconies and rooftops. Its size can vary greatly from one to another. Community gardens may help alleviate one effect of climate change, which is expected to cause a global decline in agricultural output, making fresh produce increasingly unaffordable.^[10] Community gardens are also an increasingly popular method of changing the built environment in order to promote health and wellness in the face of urbanization. The built environment has a wide range of positive and negative effects on the people who work, live, and play in a given area, including a person's chance of developing obesity.^[11] Community gardens encourage an urban community's food security, allowing citizens to grow their own food or for others to donate what they have grown.^{[10][12]} Advocates say locally grown food decreases a community's reliance on fossil fuels for transport of food from large agricultural areas and reduces a society's overall use of fossil fuels to drive in agricultural machinery.^[13]

IV.CONCLUSIONS

Food production is central to most community and allotment gardens. However, restoration of natural areas and native plant gardens are also popular, as are "art" gardens. Many gardens have several different planting elements, and combine plots with such projects as small orchards, herbs and butterfly gardens. Individual plots can be used as "virtual" backyards, each highly diverse, creating a "quilt" of flowers, vegetables and folk art. Community gardens have been shown to have positive health effects on those who participate in the programs, particularly in the areas of decreasing body mass index and lower rates of obesity. Studies have found that community gardens in schools have been found to improve average body mass index in children. A 2013 study found that 17% of obese or overweight children improved their body mass index over seven weeks. Specifically, 13% of the obese children achieved a lower body mass index in the overweight range, while 23% of overweight children achieved a normal body mass index. Many studies have been performed largely in low-income, Hispanic/Latino communities in the United States. In these programs, gardening lessons were accompanied by nutrition and cooking classes and optional parent engagement. Successful programs highlighted the necessity of culturally tailored programming¹⁸.

There is some evidence to suggest that community gardens have a similar effect in adults. A study found that community gardeners in Utah had a lower body mass index than their non-gardening siblings and unrelated neighbors. Administrative records were used to compare body mass indexes of community gardeners to that of unrelated neighbors, siblings, and spouses. Gardeners were less likely to be overweight or obese than their neighbors, and gardeners had lower body mass indexes than their siblings. However, there was no difference in body mass index between gardeners and their spouses which may suggest that community gardening creates healthy habits for the entire household.

Participation in a community garden has been shown to increase both availability and consumption of fruits and vegetables in households. A study showed an average increase in availability of 2.55 fruits and 4.3 vegetables with participation in a community garden. It also showed that children in participating households consumed an average of two additional servings per week of fruits and 4.9 additional servings per week of vegetables.¹⁹

REFERENCES

1. Scots "kailyaird" or "kailyard", means a small cabbage patch (see kale) or kitchen garden, usually adjacent to a cottage.--Cuddon, J. A. (1977) A Dictionary of Literary Terms. London: André Deutsch; p. 343.
2. ^ BBC News (August 23, 2014), Croome Court Georgian walled garden opens for first time, BBC
3. ^ Titmarsh, Alan (January 26, 2014). "Grow your veggies in style! How to create a kitchen garden". The Express. Retrieved May 9, 2017.
4. ^ Jacques, David, Gardens of Court and Country: English Design 1630-1730, p. 62, 2017, Yale University Press, ISBN 9780300222012
5. ^ Mukerji, Chandra, Territorial ambitions and the gardens of Versailles, pp. 64-65, 1997, Cambridge University Press, ISBN 9780521599597, 0521599598, google books
6. ^ Uglow, 234
7. ^ Uglow, 193-199, and see index
8. ^ McDermott, Laura. "Optimizing Strawberry Production With A Reduced Tillage System" (PDF). Cornell University Cooperative Extension.
9. ^ Hendry, Ann Marie. "How to Design a Potager Garden". growveg.co.uk. Retrieved May 9, 2017.
10. ^ Komar, Stephen (May 7, 2017). "Some tips as you prepare your spring vegetable garden". New Jersey Herald. njherald.com. Archived from the original on May 7, 2017. Retrieved May 9, 2017.
11. ^ "Planning a vegetable garden". rhs.org.uk. Retrieved May 9, 2017.
12. ^ "'Rising numbers' growing own food". May 17, 2012 – via www.bbc.co.uk.



13. ^ "Gardening Boom: 1 in 3 American Households Grow Food". Farmer Foodshare. Archived from the original on July 28, 2020. Retrieved March 20, 2019.
14. ^ Pack, Charles Lathrop (1919). War Gardens Victorious. J. B. Lippincott. p. 15.
15. ^ Buckland, Toby. "The beginner's guide to starting a veg garden". The Telegraph. Retrieved May 9, 2017.
16. ^ "Gardening Design". Neta Design. May 24, 2020.
17. ^ "Mint and the Home Vegetable Garden". VegetableGardenHub.com. Retrieved May 19, 2012.
18. ^ "Gardening Guide". Sunday, March 15, 2020
19. ^ National Trust, "Top kitchen gardens"



INTERNATIONAL JOURNAL OF MULTIDISCIPLINARY RESEARCH

IN SCIENCE, ENGINEERING, TECHNOLOGY AND MANAGEMENT



+91 99405 72462



+91 63819 07438



ijmrsetm@gmail.com

www.ijmrsetm.com