

Chinnappan is a farmer living in Semmedu village, located in the Kadavakurichi watershed. On his farm he lives along with his wife Fatimamary, two of his three children and two grandchildren. He also has two cows and two goats at his farm.



*Chinnappan with his wife Fatimamary.*

In 2016 Chinnappan introduced a kitchen garden at his farm. The garden takes up 0.5 acres of land and is abundant in various fruits and vegetables. CIRHEP helped out in the implementation of the kitchen garden by providing seeds for chili, tomatoes and brinjal. They also gave him some fruit bearing trees of guava and pomegranate. Except for help through providing seeds and trees, CIRHEP also organised field visits to other kitchen gardens and arranged training sessions on organic farming practices. This gave Chinnappan as well as many other farmers inspiration and knowledge on how to implement a kitchen garden in their own farm.



*Guava tree.*

Some of the food items growing in his kitchen garden are guava, chili, orange, tomato, jackfruit, sweet potato, almonds and banana.



*Tomato plant.*

His farm is completely organic which means that he doesn't use any chemical bio inputs for his crops. Instead he prepares organic manure from cow dung and waste materials that can all be found at his farm. Since they don't have to spend any money on buying chemical bio inputs they are able to save a lot of money.





*Pile of organic manure, consisting of wasted fruits, cow dung and ash.*

One of the main purposes of Chinnappan's kitchen garden is to ensure food sovereignty. Fruits and vegetables that they don't harvest for their own consumption they sell at the market in Nilakottai. Due to low expenses from the kitchen garden and an extra income from selling at the market the family has managed to strengthen their financial situation which has led to increased sustainable livelihood.

One other benefit with growing food items for their own consumption is that they know the quality of their own product and that it is fully organic. "When we used to buy fruits and vegetables in the market we wouldn't know for sure whether it's organic or not, so we were afraid of health problems that could come with consuming chemically cultivated crops", says Mr. Chinnappan.

#### **Activities applied**

- Providing the farmer with a couple of fruit bearing trees as well as vegetable seeds.
- Arranged practices in how to prepare their own organic bio inputs.
- Organised field visits to other kitchen gardens.



*Fatimamary holding sweet potato.*

The many different varieties of food crops in the kitchen garden give yield in different seasons. This results in ensured food security for the family throughout the whole year.



*Chinnappan under one of his Guava trees.*

Prepared by Edvin & Emma, Future Earth-interns of Cirhep, 2019-2020

#### **Results**

- Ensured food sovereignty.
- Increased knowledge on how to maintain productivity in their kitchen garden.
- Strengthen financial situation due to lower expenses and increased income.
- Increased sustainable livelihood.