



Kitchen Garden in Musuvanuthu Watershed



Sunderi in Muthukamampatti is the president of the women's group in the village. She has created her own kitchen garden to provide her family with vegetables and greens. In the field which is located just in her backyard she is cultivating millets, red gram and other pulses.

In the kitchen garden closely located to the facade of her house she has trees of banana, mango, papaya, guava and drumstick. Cow pea and other beans are using the papaya tree as support to climb on. Spinach and beans are functioning as ground cover to prevent evaporation. Efficient planing of the garden and the use of nitrogen fixating crops has limited the work effort.



Sunderi in the kitchen garden by her papaya tree.



Sunderi is able to harvest bananas for the first time this year.

CIRHEP provided her with information about how to utilize the grey water from the house. The waste water has in this way come to use. The grey water sewer is now connected from the terrace straight out to the garden. This limits the work effort and at the same time uses the otherwise wasted water in a suitable way.

The kitchen garden is only one year old and has already cut her food costs significantly. It has also limited the time spent going to the local market in Nilakottai which has given her more time to focus on the women's SHG.

Sunderi has two cows which provides her with a daily income as well as milk for her own use. The time saved from creating the kitchen garden she can now spend taking care of her cows which gives her money to buy other commodities for the family.

A kitchen garden provides a sustainable livelihood in the ways that it gives economic stability and food sovereignty. It gives food security by the healthy foods cultivated and it also helps keeping the soil fertile.



Sunderi, president of Muthukampatti women's self help group.



Sunderi giving water to her cows after a day grazing in the field.

These small actions implemented by CIRHEP has created great improvement both for the life of Sunderi and the environment. Hopefully Sunderi can be a good example of a sustainable livelihood and inspire others to change to a more self-sufficient way of living. Leading the way to a greater environment for generations to come CIRHEP hopes that the upcoming years people around the villages will have there own kitchen garden to provide them with the foods they need.

ACTIVITIES APPLIED

- Supplying seeds and seedlings.
- Spreading knowledge about environmental proofing processes.
- Summer ploughing.

RESULTS

- Sustainable livelihood.
- Environmental improvement.
- Enhanced soil fertility due to organic agriculture.
- Secured income and reduced costs.