

# Better utilization of local resources for vegetable production at household level (Improving livelihood)

**Feel empower:** Manzooran wife of Mr. Abdul Majeed of forty years has six children. She lives in 86 DB district Bahawalpur and participated in the field from start of the project. She attended on hand training by SOFT facilitators and involved in growing vegetables from site selection to harvesting. She also participates in the demonstration of cultivation of pulses experiment. She shared that I am supporting my husband in crop management and storage of cereal.

Project team facilitated her in growing vegetables, irrigation and disease control. She is quite happy to having lush green garden of vegetables. She told that before kitchen gardening we were purchasing vegetables from market. Now fresh and delicious vegetables are saving our money. It is after SOFT facilitators that we are now able to produce fresh vegetables, manage the pest and diseases, prepare organic fertilizer (compost) by utilizing our green consumed vegetables peels, livestock waste and irrigating our land on proper time which is learnt by using the chameleon sensors



Figure 2 Monzooran bibi cleaning her vegetable garden

She attended training and she worked in the project like **Kehi Kuni** (local term which defines involvement



Figure 4 group participation with their own vegetable in training session

**Monzooran Bibi said, "I am so happy that I can get fresh vegetables any time at door step and saving money".**



Figure 1 women work together



Figure 3 use of chameleon by Monzooran Bibi



Figure 5 dried vegetable for next season

## Results of Kitchen garden Project:

District	Name	Radish Kg	Carrot Kg	Coriander Kg	Spinach Kg	Turnip Kg	Fenugreek Kg	Radish Pod Kg	Garlic Kg	Beetroot Kg	Total Kg	Total Land
	<b>Total Weight Kg.</b>	463	140	57.5	238	95.5	49.5	66.5	30	19	1159	
	<b>Market Rs Avg.</b>	20	20	20	20	20	50	40	80	50	35.5556	
	<b>Total Amount.</b>	9260	2400	1150	4760	1910	2475	2660	2400	950	27965	
	<b>Avg. Weight per Household</b>	926	240	115	476	191	247.5	266	240	95	2796.5	
Total Marlay. 5x10= 50												
	Number of Water	6										
	Fertilizer. Avg	10 kg										
	Hoeing. Avg	2										
	FYM. Avg	80kg										
<b>KKFS Plan. Food security Total Amount = 27965 / 10 Household = 2796.5 Rs</b>												