

## Nutritional Security and additional income from Kitchen Garden:

Kristi Bai is a poor tribal woman living in Yalagala Vanka Thanda (a tribal Hamlet) of Belguppa mandal of Anantapuram Dist. AF has been working on Sustainable Agriculture in this village since 2007 and about 60 families in the village are practicing Sustainable agriculture.



Kristi bai family consists of 8 members (couple and 6 children). They own 2 acres of Rainfed land which they leased out to a neighbor as they could not cultivate due to continuous loses. Kristi bai family's only source of livelihood is wage labour.

Kristi bai had joined Labour SMG and was attending meetings conducted by AF in the village. She was impressed with the idea of Kitchen Garden and took up the Kitchen garden activity in 3 cents land in her back yard.

AF had provided vegetable seeds to Kristibai. She has grown Tomato, Chilli, Brinjal, Ladies finger, Bitter gourd, Ridge gourd, Coriander and Leafy vegetables in her Kitchen Garden. As she does not own cattle, she collects the dung from neighbors, prepares and uses Jeevamrutham regularly. She uses waste water from her house to irrigate the Kitchen garden. She also carries water from local tap.

In the first year itself she got a good yield of vegetables. The taste and quality of vegetables were very good. "I stopped buying vegetables for my family and still my family is eating more vegetables than ever, thanks to my Kitchen garden. My family is eating well and my children are healthy," said Kristibai. She also sold vegetables to her neighbors when she has surplus. "I have earned about Rs 10,000 in the year 2012 and I am very happy about it as I managed some expenses of the family with the money" says Kristi Bai with confidence.

Now Kristi bai is working more in her Kitchen garden to improve yields. She has constructed a fence to the garden. All her neighbors have appreciated her work and two of them Manjula bai, Rajamani Bai started kitchen garden inspired by Kristi Bai.