EVALUATION OF BENEFITS AND DIFFICULTIES RESULTING FROM NUTRITION GARDEN

Veenika Singh, Deepak Rai, Vivekanand Singh and Shalini Thakur*
ICAR, Indian Sugarcane Research Institute, Lucknow (U.P.)

ABSTRACT

The study was conducted to examine the benefits and constraints of home gardening in three villages out of eight blocks of Lucknow district. On selected home gardeners' fields. Total 25 respondents were interviewed with presented structured interview schedule. Data were analyzed using frequency counts and percentage. Among the benefits derivable form of home gardening in descending order of importance are; easy source of fresh food (85.7%), reduction in family budget (68.5%), health oriented (30.2%) and easing of emotional stress (11.6%) among others, rank order of important constraints to home gardening in the study area in descending order of severity include insect attack, destruction of crop by animals, pest and disease infestation and lack of good quality planting materials. More females (61.8%) than male 38.2% were involved in home gardening.
