

Anganawadi worker sets example by maintaining a kitchen garden

Mrs. Vanitha is member of Pragathi Farmers Development Group (FDG), Ammunje, Bantwal Taluk. She is living with her husband and daughter. She works as Anganwady worker. Family has 5 cents land. DISHA encourages growing vegetables in large PVC bags which becomes ideal for families owning small sites. She made up her mind to maintain a kitchen garden for which she bought 10 bags and managed to get 5 bags of compost from her father. She narrates her experience 'Growing vegetables in PVC bags is a new experience for me. I was not aware of preparation of soil and compost for growing vegetables. DISHA staff Mrs. Harinakshi taught me how to do it which boosted my self-confidence. Now the vegetable plants are growing and already harvested long beans. I feel proud and can motivate parents of Anganavadi



children to grow vegetables in their small piece of land. Every home can grow vegetables. I am doing it on our terrace. I feel happy when people around my house come and see my vegetable garden. I am very much thankful to DISHA team and also



Pragathi FDG for striving to enhance the livelihoods of its members'. She beams with confidence.

