

## Mrs. Muthamma grows vegetables for her family needs

Muthamma hails from Ajjibettu in Bantwal Taluk, studied up to 7<sup>th</sup> standard and married to Dombayya Balike, Ajjebettu, She could not continue her education due to poverty. She has three school going children and family owns 15 cents of land.

She joined Nisarga FDG promoted by DISHA. Being a member of the group Muthamma got interested in kitchen garden which is one of the activities of DISHA-AHB NRM Project. In her kitchen garden she has grown variety of vegetables like ladies finger, long beans etc. Her children also join her in growing vegetables. She prepares her own manure by collecting wastes, dry leaves and cow dung. "By participating in the meetings I upgraded my knowledge. It motivated me to grow vegetables in my small piece of land. Now I feel happy that I am growing fresh vegetables which contribute to the nutrition requirements of my family. We all support each other in our FDG and I enjoy the company of fellow members of my group" says Muthamma happily.

