

ABSTRACT



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Kitchen gardening is the skill of growing vegetables on a small plot of land in the proximity of a residential area to fulfil the requirements of the family with fresh food all year round. A kitchen garden is developed for innumerable reasons. With a little land, a few seeds and tools, and some fertilizer, anyone willing to put in the time and effort can grow a wide variety of delicious and nutritious vegetables and fruit. Growing the vegetables can cost significantly less than buying them and the food one grows may be more nutritious than equivalent produce purchased at grocery stores. We live in an age in which food marketing is all about cholesterol, fibre, and fat. Gardening helps to turn away from this absurdity and return to the idea of eating whole, nutritious, delicious food, as opposed to whatever “nutrients” the latest scientists, marketers, and journalists have suggested. Similarly, in an era in which many people are almost completely sedentary or go to great lengths to “exercise,” gardening is a form of activity that has a useful end-product. For those overwhelmed by the pace of modern life, gardening can provide a focused, mindful break from constant noise and rush. Others like the sense of ownership they get from taking care of a piece of land, including the plants and soil. For those with children, gardening can be an excellent way to introduce children to the natural world and to food production and preparation. Finally, many individuals just plain find it enjoyable. As kitchen garden is significant to a household in multiple ways, the present study on “Development of Kitchen Garden Designs for the Residences of Vadodara City” was conducted on selected homemakers, who were having kitchen garden in their residences living in Vadodara city. The major objective of the study was to develop kitchen garden designs for the residences of Vadodara city. To attain the major objective, the extent of problem experienced by the users of the kitchen garden and extent of knowledge of the respondents regarding household compost were studied and designs were developed. The major findings of the study revealed that one-third of the respondents were residing in flats, slightly more than one-third of the respondents were having container type of kitchen garden, majority of the respondents were having 50-200 sq. ft. area of garden, more than one-half of the respondents had having rectangle shape of their garden, majority of the respondents were not preparing household compost at their home. More than half of the respondents (55.50 per cent) experienced high extent of problems in their kitchen garden. The sample survey revealed that less than half of the respondents (46 per cent) had low

extent of knowledge regarding the household compost. The designer found that various components of kitchen garden were not set up properly or were in poor condition such as placement of plants, placement of annual medicinal and herb plants, direction of sunlight, clearance space between individual plants and preparation of compost. Therefore, the proposed designs of kitchen garden in various spaces of the residence like; land, terrace, balcony, and container were prepared using AutoCAD 2021 and SketchUp 2019 software. A booklet was developed with the purpose of disseminating detailed information with regards to the development of the kitchen garden. It was developed in both English and Gujarati language for better understanding of the users. One of the objectives of the present research was to conduct an intervention program for the respondents covering the various aspects of kitchen gardening. The purpose of the intervention program was to give more information and motivate the homemakers to develop their kitchen garden and to resolve their queries through one-on-one interaction. A study on kitchen gardening would be beneficial to the students of Family and Community Resource Management, Interior Designing students, Architecture Students and Landscape Designers to design kitchen garden. The findings of the study will broaden the horizon of kitchen gardening and various kitchen garden designs developed will be useful for those working in the landscape and gardening area and those who are interested in creating their own garden by themselves.