

KITCHEN VEGETABLE & FARMING AROUND CITIES

Vegetables are an important part of the human diet which are consumed daily in different forms i.e. either fresh in the form like salads, fresh juices of carrot & tomato, cooked alone or cooked with other vegetables or in combination with rice, chicken meat and beef.

Increasing population is exerting pressure day by day on available limited food supply sources whereas, vegetables are rich source of vitamins & minerals in addition to other dietary components like protein, carbohydrates and fiber. In this situation, vegetables could play important role to cope with nutritional requirements. In Pakistan, presently vegetables are being grown on an area about 0.69 million hectares with a total production of 8.4 million tones annually ultimately per capita availability (137 g/man/day) is less than international health standards (300 g/man/day).

Internationally, the water availability is a great challenge but present scenario, Pakistan may face an acute shortage of irrigation water therefore we have to think ahead of time to kept the food security. At present due a natural disaster of flood made the situation critical and most of affected areas are in the rehabilitation phase therefore urban population may face an acute shortage of vegetable or have buy the vegetables at a very high rates.

To cope with the situation, vegetable production in and around the cities will counter this situation in the shortest possible time. Luckily, it is a peak time for growing the winter vegetables in houses and around the cities but it important to know that which winter vegetables can be grown in our small houses, big houses and how they can be grown successfully. It is important to know that what kind of material is needed which is summarized as follows.

1. What vegetable can be grown during winter 2010

Turnips, Radish, Spinach, Coriander, Fenugreek (Methi), Lettuce, Cabbage, Cauliflower, Carrots, Tomato, Onion, Peas and Garlic.

2. Possible medium for home grown vegetable

i. Soil (Annex I)

ii. Baskets

iii. Pots

iv. Others (Used tyres, empty/used containers, Crates, Tubs, Plastic bags etc)

3. Vegetable suitable for different kind of medium

Nature of Vegetable	Medium
1. Shallow Rooted (Turnips, Radish, Spinach, Coriander, Fenugreek (Methi), Lettuce, Cabbage, Cauliflower, Carrots, Tomato, Onion, and Garlic)	Grown in soil (Loam to Sandy loam soil required) Grown in Pots/Baskets/Others (One part of soil + one part of sand + one part well rotten Farm Yard Manure or Compost)
2. Vine Type (Tomato and Peas)	-do-
3. Tuberous (Potatoes)	-do-
4. Tap coats (Radish, Carrot)	-do-
5. Deep rooted (Nil)	
6. Others (Nil)	

4. Seed sources/availability

Public and Private Seed Agencies and International Seed Agencies supplying hybrid vegetable seed for flood affected areas.

5. Fertilizer available requirement

Urea = 2 g/sq feet
DAP = 5 g/sq feet
SOP = 3 g/sq feet

6. Development plan/Technical know how dissemination

- a. Radio
- b. T.V.
- c. Newspapers
- d. Demonstration sites
- e. Documentary C.Ds.

7. Incentives

- 7.1. Free technical know how and literatures regarding production technologies will be provided to the growers.
- 7.2. Training of growers

8. Agencies involved

Public and Private Sectors



Earthen Pots Types



Annex I

Annex II



Tomato grown in plastic pots

Annex III



Lettuce grown in Plastic pots



Pot stand



Sweet Peppers in Pots

Annex IV



Soil medium



Vegetable grown in Soil

Annex V



Vegetables grown in plastic tubs



Vegetables grown in Basket



Hybrid Tomato



Tomato and Chillies



Winter vegetables grown in Soil

Annex VI



Tomato grown in Plastic Bag



Harvested vegetables