

## Nutritional Gardening: A Sustainable Use for Health and Environment

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### SUMMARY

Nutrition gardens are a small-scale and cost-effective technique to guarantee nutritious meals. Farmers cultivate at least 12-14 different crop varieties, including vegetables, tubers, seasonal greens, and fruit trees, to ensure a balanced meal with enough macro and micronutrients. The food industry is to blame for 25% of the world's carbon emissions due to tree removal and deterioration of soil elements. Nutri gardens can improve the diet of the family and offer several other advantages, especially for women. The major benefits for health and environment to growing nutritional gardens include reducing carbon emissions, reducing pesticide and fertilizer use, and improving the diet of the family.

### INTRODUCTION

A small-scale and cost-effective technique to guarantee nutritious meals is through nutrition gardens. "Nutrition Gardening" is the methodical cultivation of crops on small plots of land owned by households. The nutrition garden guarantees that a balanced meal with enough macro and micronutrients is available right outside your door.



Farmers grow their chosen vegetables in kitchen gardens, whereas the main characteristic of Nutri-gardens is the diversity of the foods grown there. The cultivation of at least 12 to 14 different crop varieties, including vegetables, tubers, seasonal greens, and fruit trees, is encouraged by farmers. According to the US Environmental Protection Agency (EPA), the food industry is to blame for 25% of the world's carbon emissions. This occurs as a result of tree removal and the deterioration of essential soil elements, which diminishes the soil's capacity to absorb, distribute, and store carbon, which is the primary source of the rising levels of greenhouse gases. The use of synthetic fertilizers on crops and the usage of fossil fuels for transportation are also. The richest source of nutrition is a vegetable-based Nutri-garden, which can actively contribute to the eradication of undernutrition. A more sophisticated type of kitchen garden called a Nutri-garden uses more scientific methods to grow vegetables as a source of food and money. Nutri gardens for small and marginal farmers can improve the diet of the family and offer several other advantages, especially for women. The current research focuses on commercial commodities grown in fields, however, the money made from selling these products is frequently not used by the family to purchase nutritious food. Questions concerning agriculture's role in promoting nutrition and health are progressively emerging.

**The major benefits for health and environment to growing nutritional garden:****1. It reduces carbon emissions:**

Resource usage is extremely high in commercial production. It necessitates a lot of large machinery, which consumes a lot of fuel for cultivation and shipping and results in significant carbon emissions. Transporting food is generally not something we consider. No carbon emissions are produced if we raise our own fruits and veggies. We cultivate, clean, and consume it, thus there are basically no carbon emissions and possibly fewer greenhouse gas emissions than there would otherwise be.

**2. It reduces pesticide and fertilizer use:**

When we grow our garden, we decide what moves in the soil and what moves on the plant, and how much. So that it can reduce the use of fertilizers and pesticides and promote organic farming also.

**3. It fosters a connection with nature:**

By interacting with the soil and plants, cultivating a garden offers a tangible connection with nature. We feel close to nature when we cultivate a food garden. All the factors involved in the growing process can be immediately experienced through contact with plants, soil, and weather.

**4. It provides better nutrition.**

Healthy, nutrient-dense food is produced by plants cultivated in healthy soils inhabited by beneficial bacteria that are active and actively contributing to the production of delicious, nutrient-dense fruits and vegetables. Compost, minerals, and other nutrients can be added to the soil to manage the fertility of the plants and provide the maximum amount of nutrition.

**5. No need for plastic:**

Finding produce that isn't wrapped in plastic can be challenging in many locations, especially to buy organic. The necessity to keep fruit and vegetables fresh, especially when they must be shipped across the world, makes it impossible for supermarkets to eliminate the use of plastic packaging from their shelves, despite their increasing attempts to do so. Fresh produce is that which is cultivated in your backyard or on a community allotment. Homegrown produce does not add to the amount of plastic trash because it does not need to be tightly wrapped for transportation.

**6. Improve mental health:**

Even though it could require some of your days, growing your fruit and veggies is time well spent. With exercise and access to fresh air being strongly advised for those with mental health issues, gardening is an excellent approach to reducing stress and worry. From planting seeds to harvesting veggies, the different actions required to produce greens for the kitchen table are sure to improve daily activity. Fruits and vegetables grown organically have more nutritional value and no chemical residue. We avoid having to buy produce at the market and spend less money as a result. A constant supply of fruits and vegetables is maintained based on the requirements and preferences of the household. As more and more fruit and vegetable kinds are produced, a wider array of foods are available for consumption. It's a crucial instrument for kids' education, amusement, and exercise. Self-grown crops pique the family's attention more. It also provides beauty and serenity on an aesthetic level. Common issues include the expanding population, unpredictable weather, undernourishment, excessive use of chemical fertilizers, etc. An efficient answer to all the problems resulting from nutrition.

**CONCLUSION**

Nutrition gardens are a low-cost and small-scale method of ensuring wholesome meals. The nutrition garden, which is located just outside your door, ensures a balanced meal with sufficient macro and micronutrients. The food business is to account for 25% of the carbon emissions in the world, according to the US Environmental Protection Agency (EPA). Resource usage is extremely high in commercial production. No carbon emissions are produced if we raise our fruits and veggies. The use of fertilizers and pesticides is decreased: We choose what moves in the soil and how much it moves the plant when we grow our garden. order to encourage organic farming and decrease the usage of pesticides and fertilizers.

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