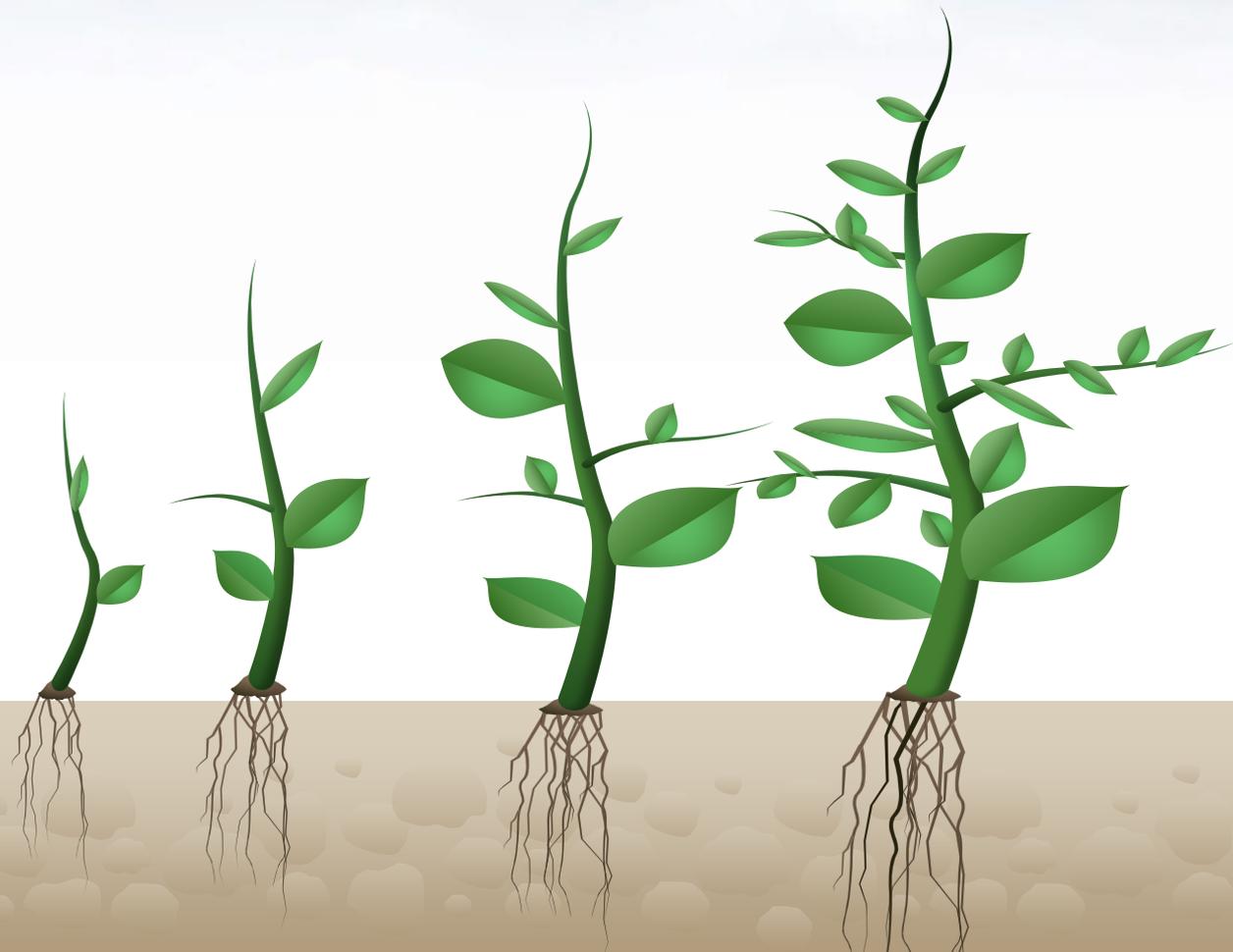


The benefits of kitchen gardening
Standing Committee of Agriculture
With the collaboration of BPW Lebanon



When we look back at how our grandparents used to live in the villages the image, we get is that little old house sitting by a beautiful randomly designed garden containing many kinds of vegetables, herbs and sometimes fruits.

Back then a kitchen garden was an essential part of a household especially when there was a difficulty transporting fresh produce long distances in the absence of refrigeration and a developed road system.

It is better to have a small size well maintained garden than a poorly maintained large one.

So why not to copy our oldies way and look first at the benefits of a kitchen garden.



Gardening is an excellent opportunity

To Learn:

Gardening is a wonderful opportunity for our children to learn. After all, we do not want our children thinking that onions grow on trees. Gardening improves the literacy skills of our children as they learn the names of different plants, how they grow, and tools used in the garden. With gardening our children can develop opportunities for the development of their motor skills.

To eat healthy food

A kitchen garden is one way to ensure that you have a constant supply of vegetables in your diet. Even better is the fact that you are assured that your vegetables have no chemical residue compared to the ones you buy in the market.

To bond:

Instead of letting your children to the mercy of the internet and cartoons all day, why don't you engage them in gardening? It will give an opportunity to spend time with them and create that bond with plantation and cropping fun.



To Recycle

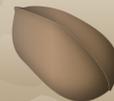
By the kitchen gardening we can recycle our vegetables, for example we can gather the unwanted vegetables and make a compost of it and again use that compost to help grow new organic vegetables and herbs knowing they are not contaminated with commercial chemicals. With this method we can also reduce the yield of kitchen waste which goes into garbage.

To have our own seed.

With overgrown vegetables we can collect seeds and use for the next generation season so we can save the cost of new seeds. And maybe exchange seeds with friends.

To reduce cost and time saving

Growing our own vegetables can help cut our groceries budget. Moreover, a kitchen garden saves us a trip to the market, and we can use that time for something else.



Location

Location is the fundamental principle, and it should be close to the house. Suitable and convenient layout should be maintained. Open sunny site and water supply are required as sunlight and irrigation are very important for proper growth of plants. Also, selection of the crops should depend on two factors, the size of the garden and the choice of the family.

Finally, kitchen gardening offers a lot of benefits for you and your family. The good thing is that you don't need a huge parcel of land for kitchen gardening. You can use the little space in your compound or make use of old tins and containers.

