

Case-Study

Bahadur Sahito – Access to Fresh Vegetables

Food is the primary necessity for the survival of humans. To have access to its availability and be able to feed one's family is the basic aim of every individual. However, there are many homes which lack the affordability to have one time's meal even. As is the case with 38 year old, Bahadur Sahito.

He was a resident of village Mulko Wahan in district Khairpur. By profession he was a farmer, however, due to severe poverty he was barely able to feed his family. There were 13 members in his household.

Observing the positive results of OSDI's Kitchen Gardening Project (KG), he joined the project in the fourth phase. He initiated to grow vegetables in the backyard of his home. Due to the financial crisis he purchased seeds in very less quantity so less seeds meant insufficient production.

Bahadur sowed Qulfa, Pumpin, Ridge Gourd, Cluster Beans and Lady Finger in his KG. As a positive result of his hardwork he managed to grow 40kg of Qulfa (Spinach), 19kg of Pumpin, 15kg of ridge gourd, 21kg of Cluster beans and 5kg of Lady Finger. From which he utilized a few for his home cooking and sold the rest. By doing so, he managed to earn some extra income.

He is now able to generate some extra income from his KG and is happy his family can enjoy healthy and nutritious fresh vegetables at home.