

Agroecological practices in home and kitchen garden for food and nutrition security in Nepal

In the context of “Improving Food Security and Nutrition of Smallholder Farmers through an Agroecological Approach” project in the western mid-hilly municipalities Raskot and Barekot

Research Questions

- What **agroecological practices** are applied in the home and kitchen gardens of the remote municipalities of Barekot and Raskot?
- How do they **contribute to food and nutritional security** for poor and marginalized women?

Methods

- Literature review
- 2 Transact walks
- 3 Focus group interviews
- 13 Key-informant interviews
- 2 Non-participatory observations
- 47 Survey respondents

Results

- Home garden production: source of energy, protein- and micronutrient-dense crops
- Total of 26 agroecological practices were identified with widespread adoption
- **Key practices:** farmyard manure usage, legume production, double digging, seed production and conservation, year-round crop production, cover cropping
- **Key Benefits:** Crop protection, water use, yield, fertilizer efficiency, food and nutrition security

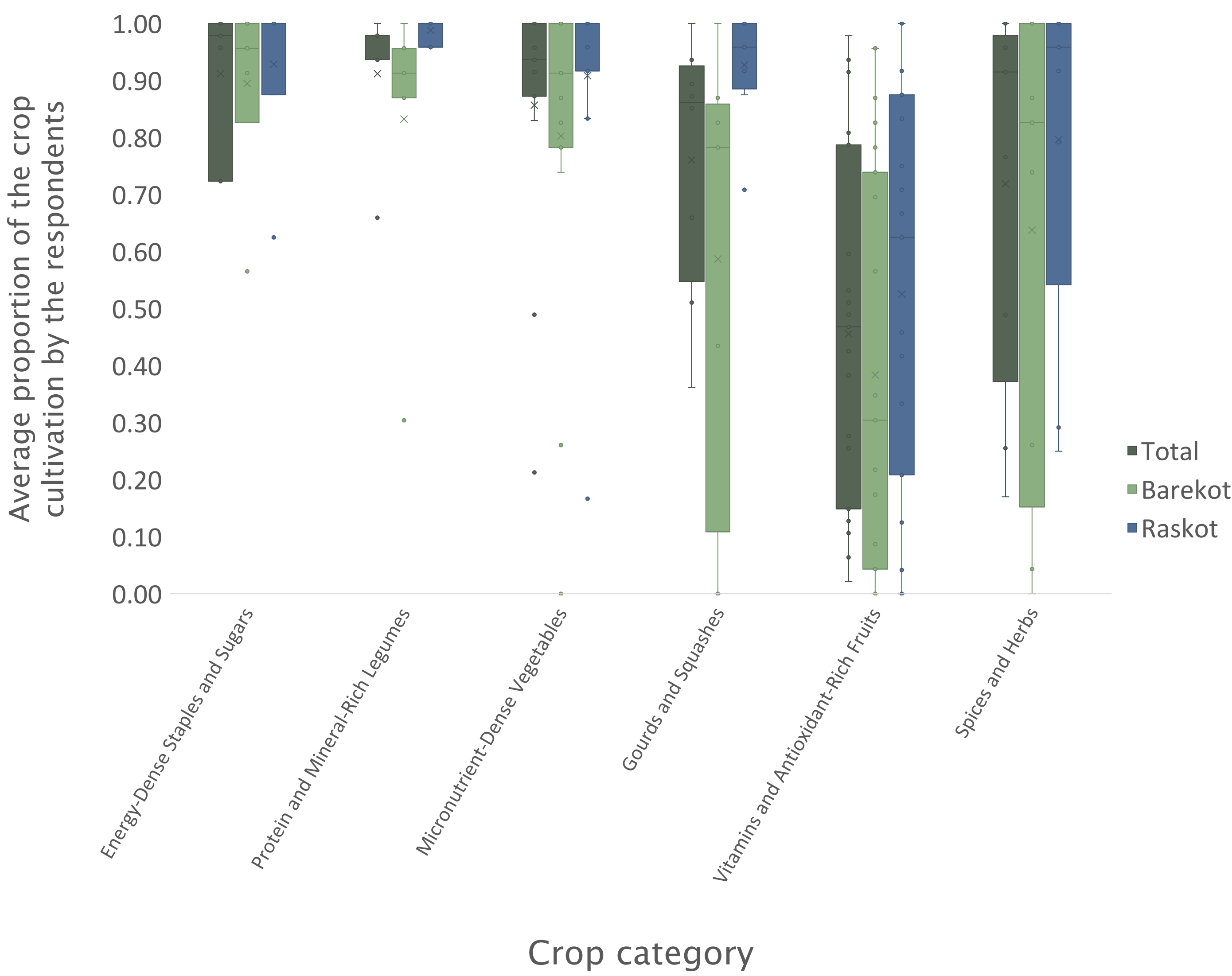


Figure 2: Distribution of the average crop cultivation proportion by crop category in Raskot, Barekot and both municipalities (respondents n= 47)

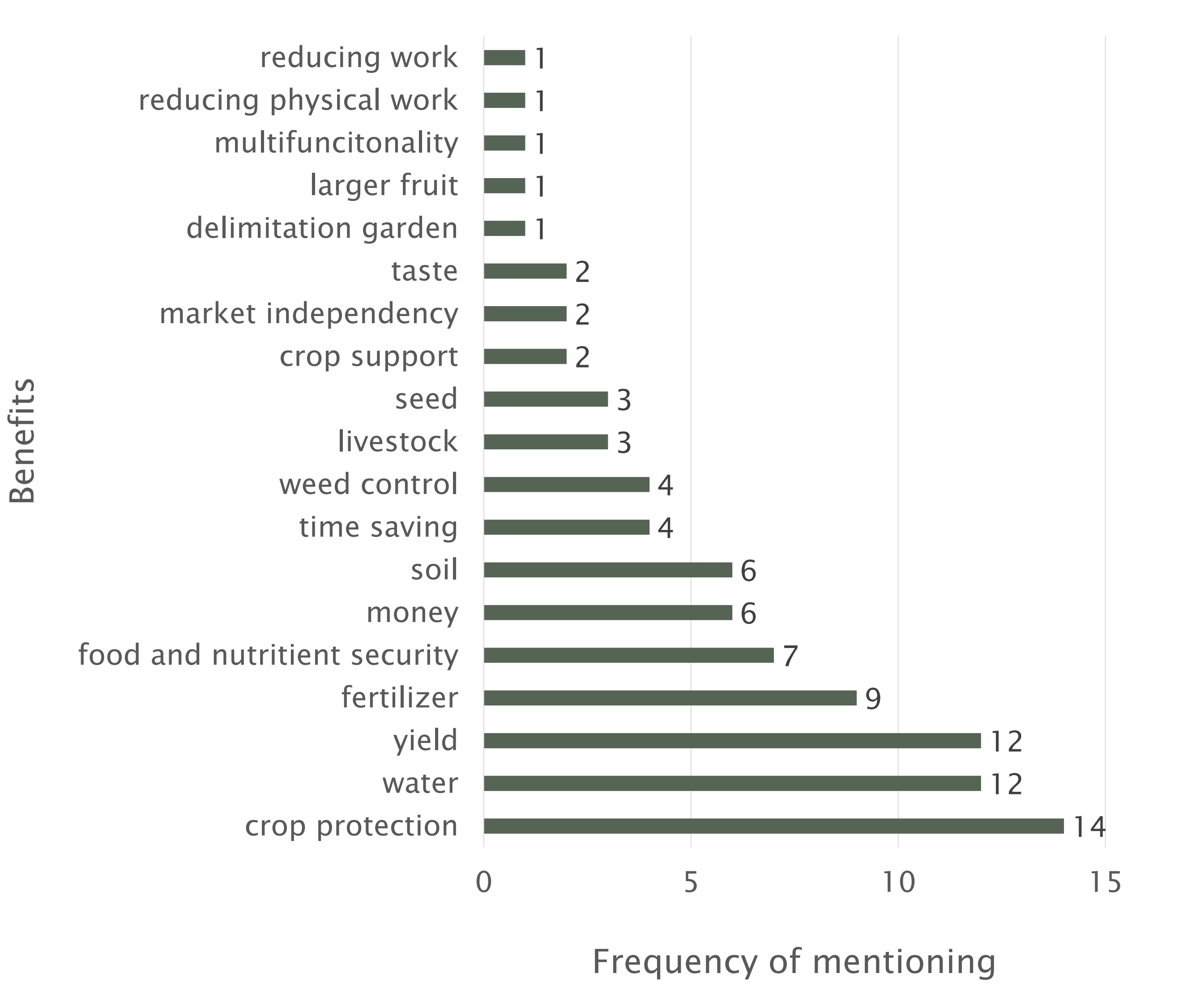


Figure 3: Frequency of mentioned benefits of agroecological practices applied in home and kitchen garden by project participants (total respondents n = 35)

Conclusions

- Home gardens are central for food and nutrition security
- Agroecological practices are widespread in the gardens and positively influence food and nutrition security by improving market independency, income, climate resilience, in-situ conservation, and yields
- Project stakeholders should strengthen and expand agroecological practices by integrating existing and new locally relevant methods across home gardens and entire farming systems



Figure 1: A poor and marginalized women standing in her home garden in Barekot Rural Municipality, Nepal (Source: Author)