

Mizoram

Kitchen Gardens in the Schools

One of the best practices found in most of the north eastern states is kitchen garden in the schools. In Mizoram, certain schools, especially in the rural areas and small towns, have started their own kitchen gardens. The schools serve fresh vegetables grown in the garden in the MDM sometimes as one of the main items, sometimes as supplement to MDM and as salad depending upon the types of vegetables available in various seasons. In states like Mizoram, where adequate supply of green vegetables throughout the year is not available, it is a good practice to have kitchen garden in a school.