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Vegetable consumption pattern of tribal farmers in Palghar district

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Abstract

This paper examines the vegetable consumption pattern of tribal farmers in Palghar district. The study was conducted at Palghar district. A sample of 120 tribal families were considered as respondent for present study. The respondents were interviewed with the help of specially designed schedule. Collected data was classified, tabulated and analysed by using various statistical method. 'Majority' 70.84 per cent of the respondents had 'Satisfactory' vegetable consumption pattern, while '15.83 per cent' of the respondent had 'poor' vegetable consumption pattern and '13.33 per cent' of the respondents had 'Good' vegetable consumption pattern. This has to be improved by conducting more awareness programs on importance of nutrition, kitchen gardens and benefits of proper vegetable consumption pattern by the governmental agencies and non-governmental organizations working in the study area.

Keywords: Vegetable consumption pattern, Palghar district, tribal families, satisfactory

Introduction

India is the world's second-largest producer of fruits and vegetables, accounting for around 10.00 per cent and 15.00 per cent of total worldwide production, respectively. It is important to evaluate the tribe's eating habits since they provide insight into the primary factors that affect the population's nutritional state. Additionally, there is a pressing need to collect information on food consumption patterns that will help us understand the state of our health. Nutrition gardening gives people direct access to food that can be gathered, cooked and served to family members, frequently on a daily basis, so promoting household food security on a global scale. Even extremely impoverished, landless or almost landless individuals grow their own food on tiny homestead plots, vacant lots, on the side of the road, on the edge of a field, using basic hydroponics or in containers. Using locally accessible planting materials, green manures, "live" fences and indigenous pest control techniques and gardening may be done with almost minimal financial resources. So, to some extent, home gardening is a production system that underprivileged may readily access.

Objective

Vegetable consumption pattern of tribal farmers in Palghar district

Methodology: The research work was purposively conducted in Palghar district of Konkan region of Maharashtra State. Two tahasils Mokhada and Jawahar having maximum tribal population were selected to carry out the research. Six villages from each tahasil were selected randomly to carry out the present study. A total of 120 tribal families were considered as respondents for the present study. The data regarding vegetable consumption was collected with the help of a specially designed interview schedule by keeping in view the objective of the study. Collected data was classified, tabulated and analysed by using various statistical method. 'Ex-post facto' research design was used to conduct the present study.

Result and Discussion

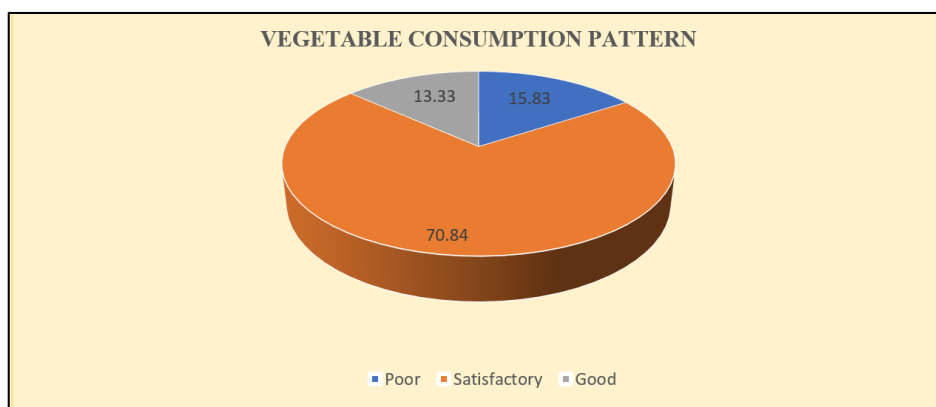
Table 1: Distribution of respondents according to their vegetable consumption pattern

SL. No.	Vegetable consumption pattern (Score)	Respondents (N=120)	
		Number	Percentage
1.	Poor (Up to 199)	19	15.83
2.	Satisfactory (200 to 226)	85	70.84
3.	Good (227 and above)	16	13.33
	Total	120	100.00

Average = 213.38, S.D. = 12.90

From table 1, it can be concluded that '70.84 per cent' of the respondents had 'Satisfactory' vegetable consumption pattern, this may be due to the fact that most tribal families had nutritional garden in their backyard. In leafy vegetable majority of the respondents consumed coriander daily. Amaranthus, spinach, fenugreek, dill leaves, ambadi weekly, radish leaves occasionally and majority of the respondents don't consume moringa leaves in their diet. In cucurbits majority of the respondents consumed cucumber, bitter gourd, ribbed gourd weekly. Bottle gourd, snake gourd, sponge gourd, pumpkin, little gourd consumed monthly. Watermelon

and muskmelon consumed occasionally. In fruit vegetables majority of the respondents consumed chili daily. Brinjal, tomato, okra consumed weekly and majority of the respondents never consumed tinda. In root vegetables majority of the respondents consumed onion daily. Radish and tapioca consumed weekly, carrot, beat root, colocasia consumed monthly and only banana rhizome consumed occasionally by the respondents. In tuber crops lesser yam, greater yam, arial yam, air potato consumed weekly by the respondents. Sweet potato, elephant foot yam, potato consumed monthly. In leguminous crops majority of the respondents consumed vegetable cow pea, dolichos bean and cluster bean weekly, kidney bean consumed monthly. In cole crops majority of the respondents consumed cabbage and cauliflower weekly. In wild vegetables majority of the people consumed tadulja weekly, cock comb, spiney gourd, benghal dayflower, mahua, dragon stalk yam, colocasia monthly. Cassia tora, green sorrel, wild bamboo, wild brinjal and ghol consumed occasionally by the respondents. In perennial crops majority of the respondents consumed curry leaf daily and drumstick monthly.

**Fig 1:** Distribution of respondents according to their vegetable consumption pattern

Conclusion

The majority of tribal farmers depend on agriculture for a living, and they eat the food that they grow on their land. The majority of tribal farmers cultivate vegetables such as brinjal, tomato, sword bean, ridge gourd, bottle gourd and tubers such as *Dioscorea wallichii*, *Dioscorea bulbifera*, *Dioscorea oppositifolia* and *Amorphophallus commutatus* in their kitchen gardens or nearby. Tribal families do not need to buy these crops from surrounding marketplaces. Because wild vegetables were readily accessible and tribal communities consume them more frequently.

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