

Testimony of Mrs. T. Sathya

Benefits of owning a Kitchen Garden

“My name is Sathya and I am from Vallam village. Apollo Tyres Foundation together with National Agro Foundation have helped and trained me to maintain a kitchen garden for self consumption. They have also provided various vegetable seeds such as radish, tomato, bitter gourd, bottle gourd, and pumpkin etc. and provide us with necessary guidance whenever required. We have harvested the vegetable multiple times and re used seeds for new plants. We have also the provided seeds to other neighboring families for their use.



Due to this kitchen garden, I now have easy access to my own vegetables and am able to provide good nutritious food to my children and family members.”