

'Workshop on Urban Terrace Gardening'

by Dr. Vinnie Mehta

During the workshop, the invited speaker Dr. Vinnie Mehta, BDS (Dentist), shared her knowledge about urban terrace farming and urban gardening. Urban Terrace Farming is growing fruits and vegetables in cities / urban areas. Urban terrace farming aims at growing own organic vegetables at home or terrace. This activity provides organic vegetables / fruits in urban area at reasonable cost, practice of horticulture therapy, preserved vitamins, physical fitness and reduce the occurrence of stress.

Urban Terrace Farming: Introduction

At the beginning speaker introduced herself by highlighting her passion for gardening. The speaker introduced importance of terrace gardening in urban areas. The speaker highlighted importance of organic and home-grown fruits and vegetables like physical fitness, preserved vitamins, safe and healthy.

Dr. Vinnie Mehta started gardening workshop by explaining various types of home-made containers that can be used to grow vegetables like buckets, grow bags, plastic bags etc. Optimum size of holes is required in container (at side and bottom surface) for drainage of excess water. She also explained that plant requires optimum 4 to 5 hrs. sun light daily. The speaker gave information on quality of seeds to be used for home gardening. Dr. Vinnie Mehta explained entire procedure to grow red bell pepper at home. The speaker gave information on how to store seeds using seeding tray. The speaker also gave tricks and tips for seed germination like seed germination using tissue paper. During germination process, seeds requires 2 to 3 hrs. sun light.

Dr. Vinnie Mehta compared various types of soil needed and identification of optimum soil mixture (No cracks, enough moisture etc.) The speaker explained use of cocopeat in terrace farming / home gardening with its advantages like $\frac{1}{4}$ th of weight as compared to regular soil, high organic matter etc.

Dr. Vinnie Mehta explained even though cocopeat contains high organic matter, cow manure and/or vermicompost is required to grow plant. Plant should be initially grown

in small container and then it should be place to bigger container as it grows. When plant grows it requires more sunlight.

The speaker discussed some important ways to protect plant from bird using plastic bags. With plastic bags proper sunlight can reach to plant and holes made in plastic bag maintain the temperature of plant environment.

Key Takeaways

Dr. Vinnie Mehta gave an informative workshop session on Urban Terrace Farming. The speaker gave insights of home gardening, hurdles one can face while growing plant at home with solutions etc. The workshop concluded with Question and answer session. The speaker gave very important tricks and tips to grow vegetables at home. Overall, it was very informative workshop where participants got information on home gardening from speaker. The workshop will help participants to grow vegetables at home or terrace to get fresh, organic and nutrition rich vegetables at home.

Compiled by – Prof. Nilima Main and Prof. Ishan Upadhyay of Vidyalkar Institute of Technology