

**CONTRIBUTION OF HOMEGARDENING TO FOOD AND  
NUTRITION: A CASE STUDY IN THE MATARA DISTRICT.**

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This paper investigates the contribution of food and nutrition from homegarden products to the Sri Lankan's diet. This study has been carried out in Matara District. Two villages, Mapalana and Radawela, were selected for the field investigation. Thirty families from each village were randomly selected and information were gathered using a pre-tested questionnaire. Collected data were analysed using simple tables.

Average homegarden size in Mapalana and Radawela was estimated as to 0.77 ac and 0.58 ac, respectively while corresponding monthly average income was Rs.310 and Rs.162. Coconut, jak, bread fruit, mango, goraka, cloves, coffee, and pepper are the prominent perennials found in both villages. Among the annuals, sweet potato, manioc, chillies, brinjol, and okra can be found. Further, medicinal plants such as ginger, eramusu, polpala, and babila are often found in homegardens of both villeges.

It is evident that almost all the homegarden products are being used for household consumption. However, major parts of the production of cloves, coffee, pepper and goraka were sent to the local market. At Mapalana, homegarden products claim a share of 12% of the recommended per capita calorie requirements for a normal person in Sri Lanka while it was 14% at Radawela. Contribution of protein to the daily per capita protein requirement from homegarden products is very low. This contribution was only 8.4% and 5.8% at Mapalana and Radawela, respectively. The above calorie and protein supplies come from approximately 50% of the land extent under homegardens at both villages. Further, results show that cropping intensity of homegardens at Mapalana was 53% while it was 69% at Radawela.

This study demonstrates that there is a potential to increase the homegarden food production by launching programmes on technical assistance, resource development, and effective utilization of existing resources. Infact, efforts should be made to increase the productivity of land resource because it is evident that a considerable portion of land being under utilized in this farming system.