

# " KNOW WHAT YOU ARE EATING AND WHERE IT COMES FROM "

## PLANTEAZY - KITCH KIT

Imagine a world without plants. We would be left with only concrete jungles and deserts. Plants, trees, shrubs and flowers provide greenery, which is a feast to the eyes. Plants are the most versatile organic material on earth. Above all, plants provide oxygen because of which we are all here in this beautiful world of plants. Do you know it takes 38 trillion dollars to create oxygen required to supply for all human beings for next 6 months. Plants\Trees do it for free...

L&N Medra offers a fully comprehensive kitchen garden design & implementation service from conception to completion.

### Why Planteazy - Kitch Kit

Vegetables occupy an important place in our daily diet. For a balanced diet, an adult should have an intake of 85gm of fruits and 300gm of vegetables per day as per the dietary recommendation of the nutrition specialists. But the present level of production of vegetables in our country can permit a per capita consumption of only 120gm of vegetables per day. Besides this, different factors like escalation in the price of agricultural inputs such as fertilizers and pesticides and middle men's profit during the change over from wholesale to retail market have pushed up the cost of vegetable so high that a middle class family finds it extremely difficult to purchase the day to day requirement of vegetables.

Considering the above facts, producing our own vegetable requirement in our backyards using the available fresh water as well as the kitchen wastewater has become the need of the hour. It can be useful for successful production of our own requirement of vegetables through our physical effort, which forms a regular exercise to our body.

### Psychological Benefits

Psychiatrist recommends that working in garden refresh the body and mind by relieving harsh stresses. In fact, a research project in Australia found that the act of gardening could fulfill every essential human need across four the existential states of BEING, DOING, HAVING AND INTERACTING.

If we make our **kids** to take active part in gardening activities, it helps them to **cultivate constructive thinking pattern and creative mindset**.

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## Health Benefits

An hour of gardening burns 200 to 300 calories. According to the survey, the average garden enthusiast spends 5 hours a week with his\her hands in the dirt. That's an average of 1250 calories burned a week. This will benefit you in keeping yourself fit.

## Real estate Benefits

Vegetable gardens are not the only plantings that have an impact. According to a recent report NGA (National Gardening Association) & Michigan State University estimates that well-maintained landscaping or Home garden can increase your home's value by up to 11%.

## Objectives of Planteazy - Kitch Kit

- In urban areas, due to escalating population, most of the available land is being concretised for construction purpose. Therefore the need for other alternative, for increasing the vegetable production in the cities is to be thought of.
- To provide a platform to city dwellers to cultivate their own vegetables.
- Motivating city dwellers to grow vegetables on rooftop in their proximity of major urban centers of Chennai and other metros.
- Dissemination of cultivation technology to the urban people of Chennai and Coimbatore.
- Eco-friendly nature and reduction of air pollution.
- Provide nutritional security through pesticide free vegetables.

## Do - it Yourself Kit

The Do-it Yourself Kit for establishment of roof top vegetable garden in an area of 16 sq.mt have the following components:

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S.No	Components	Unit
1	Co extruded, UV treated LDPE sealed polythene bag of 11"x11"x11" size	20 Nos
2	Compressed Cocopeat 5kg bricks	4 Nos
3	Vegetable seed kit containing the following items	
	a. Brinjal	5 gm
	b. Tomato	5 gm
	c. Chillies	5 gm
	d. Bhendi	20 gm
	e. Cluster beans	20 gm
	f. Bush beans	20 gm
	g. Radish	20 gm
	h. Amaranthus	100 gm
	i. Coriander	100 gm
4	Azadiractin (100ml packing)	1 No
5	Azorspirillum (200gm packing)	1 No
6	Phosphobacteria (200 gm packing)	1 No
7	Pseudomonas (50gm packing)	1 No
8	Trichoderma viridi (50gm packing)	1 No
9	Plastic hand sprayer-one litre capacity	1 No
10	Plastic rose can - 5 litre	1 No
11	Steel Hand digging fork with plastic handle	1 No
12	Hand trowel\Soil scoop - with plastic handle	1 No
13	Pro tray - fifty holes	1 No
14	Water Soluble fertilizer (19:19:19)	1 Kg
15	Planteazy Ferti Tabs - 4 tablet strip	1 No
16	Allwin Top	1 No
17	Wonder Fresh Bag	1 No
18	Do it yourself Manual	1 No

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## Bags allocation & Yield of vegetables



### Brinjal

3 bags(1plant/bag)  
Duration 6 months  
Yield: 1.5kgs/bag  
Total yield : 4.5 kgs



### Tomato

3 bags(2plants/bag)  
Duration 5 months  
Yield: 2kgs/bag  
Total yield : 6 kgs



### Chilli

1bag(2plants/bag)  
Duration 6 months  
Yield: 2kgs/bag  
Total yield : 2 kgs



### Bhendi

3 bags(4plants/bag)  
Duration 4 months  
Yield: 5kgs/bag  
Total yield : 15kgs



### Cluster Bean

2 bags(4plants/bag)  
Duration 4 months  
Yield: 1kg/bag  
Total yield : 2 kgs



### Bush Lab-Lab

2 bags(4plants/bag)  
Duration 4 months  
Yield: 2kgs/bag  
Total yield : 4 kgs



### Radish

2 bags(10plants/bag)  
Duration 45 days  
Yield: 1kg/bag  
Total yield : 2kgs



### Amaranthus

2 bags(3-4bundles/bag)  
Duration 30 days  
Total yield : 6-8  
bundles in 1 month



### Coriander

2 bags(3bundles/bag)  
Duration 30 days  
Total yield : 6  
bundles in 1 month



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## Services



### Kit available in 2 Plans:

**Plan 1:** Planteazy-Kitch Kit - Rs 2999 + Delivery charges

**Plan 2:** Rs 4499

Planteazy-Kitch Kit - 1no, Red soil 30 kg bag - 3 nos, Vermi compost 25 kg bag - 1no, setting up the kitch kit, labour charges for 2 visit and delivery charges.

With Regards,

**Arvind K. Narasimhan**

*Agro farming*



For any queries:

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