

## Role of Container Gardening to Mitigate Malnutrition

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### INTRODUCTION

Globally, nutrition is major issue of disease and death. About millions of people are suffering from different kinds of malnutrition. In fact, about 1.9 billion fully adults are overweight or obese while about 462 million are underweight. Among the children, about 52 million under-fives are suffering from the wasting, where they have a problem of low weight for height. Around one in ten children are born with low birth weight, and in South Asia, it is one in four, and approximately 45% of deaths among children under five are linked to undernutrition. These deaths often occur in low and middle-income countries where childhood obesity levels are rising at the same time. Scientists are working day and night to improve the nutrient status. The basic problem faced by developing countries are soil erosion and building of new societies on agricultural lands. We think container gardening may be an alternative to our come this situation. Container gardening is an excellent way to add a natural, earthy look to any home. Moreover, it provides fresh produce for your family. It can get a bit tricky choosing the right container. Whether you're interested in growing herbs, flowers, or vegetables, container gardening is an excellent way to get started. Container gardening provides good production and lowers the chance of many diseases. It provides the protection against pests and rodents who causes major losses in crops. There are some materials which are used in container gardening i.e. wood, rubber, tires, metals etc. Moreover, the mobile plants give more control over moisture, sunlight and temperature.



### **What is Container Gardening**

Container gardening is a small garden which are easily moved from one place to another like tin, pots, baskets, box and hanging baskets. Container gardening is also called pot gardening in which plants and edible plants like vegetables are grown in container rather than ground. This technology is mostly used for ornamental purpose in those areas where the climatic changes occur. In Container gardening the material used are included soil, wood, concrete, rubber tires, metal bricks and many others. Raise bed gardens are also included in a container gardening but in this the bed is higher than the ground level and having no walls. It is mostly grown in schoolyards, gardens, parks and also there where the space is less in the urban area. Selection of soil is compulsory that one should well known about the soil site history while working on the container gardening. Soil should free from contamination and other materials.

### **Requirements of Container Gardening**

Plants in containers need the best possible soil, aeration, and drainage for healthy root growth and optimum harvest. **Do not use soil from the garden:** It is too heavy, can become

waterlogged, and brings disease and insects with it. Choose instead a soilless mix (quick-draining and lightweight) or use compost, alone or combined with a soilless mix.

### **Soil and site selection**

To construct the garden some gardeners, take soil from the local retailers or from the off-site or garden site but the soil which are used first test to ensure that the soil is enriched with the essential nutrients which are beneficial for the plant growth. Contamination which are present in the soil absorb by the crops like spinach, carrot and radish in different plant parts. Place the containers in 6 hours' sunlight because without sunlight there will be no production.

### **Materials**

Most common materials are wood, rubber, tires, metals etc. railroad ties contain wood preservatives are dangerous for human health. Also cause cancer in the animals as well. Tires and rubber also contain chemical materials which are hazardous for the plant and animals. Other material like rocks, bags, burlap, straw, bales concrete blocks and bricks. Mostly the plastic containers are used because it is easily moved from one place to another like furniture. Other containers like concrete and iron are not much moved easily.





### **Container selection**

This is an easier way to garden, it's still essential to know the basics, including how to choose the right container for right planting. Small numerous holes must be present inside the containers rather than a big hole for sufficient drainage of water.

### **Planting**

Planting a container garden depend on the growers. Range from teacups and plastic pots on the irrigation system. Also found in porches, window garden, front step and urban location. Potting material should be loosening for proper aeration for root breath, prevent root

rot. The placing of potting plant into the small or large container is re-potting. Re-potting is done according to the root system inside the container.

### **CONCLUSION**

Many plants are suitable for containers like decorative flowers, herbs, climbers, cacti, vegetables and small trees. This technique reduces the risk of soil borne diseases, virtually eliminated weed problems. Moreover, this technique might reduce the risk of developing malnutrition.