

## **CULTIVATING VEGETABLE PLANTS IN THE HOME GARDEN: Solution to Support Food Security (Literature Study)**

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### **ABSTRACT**

*Food security is a condition where food is met for countries and individuals, which is reflected in the availability of sufficient food. The problem is that agricultural land is getting narrower due to land conversion, but the increase in population means that food needs are also increasing. Vegetables are one source of food that can be consumed for food security. The solution that can be done is to cultivate vegetable plants in the home yard because agricultural land is increasingly narrow. If household level food security can be achieved, then this will support village food security. If village food security is met, it will be able to support national food security. One solution for village food security can be done by cultivating vegetable plants in the home yard. The types of vegetables that can be planted are kale, spinach, lettuce, chilies, mustard greens and others. Vegetable harvests are prioritized to meet family needs first. If there is more, it can be sold so that the family income increases. Cultivating vegetables in the home garden can support food security because it provides healthy and safe food. Planting vegetable plants as an effort to utilize the home yard can be a provider of healthy nutrition for the family.*

**Keywords:** *food security, home garden, vegetables*

### **1. INTRODUCTION**

Indonesia, as an agricultural country, cannot be separated from the agricultural sector. This is because one of the keys to national development is the growth and development of the agricultural sector, so that it gets the government's attention. (Saheb et. al, 2018). The problem that occurs is that agricultural land is increasingly narrow so that the productivity of the agricultural sector is also reduced. Meanwhile, the population and need for food products are increasing. One food source that is easy to cultivate and for public consumption is vegetables. Having sufficient vegetable food sources will be able to support food security starting from the family and village levels and will have a national impact. Food security is a global issue that can be sought for solutions from the grassroots level. Food security includes factors of availability, distribution and consumption. Availability means an adequate food supply to meet the needs of the population. The distribution factor is creating an effective and efficient distribution system to ensure that people can obtain food in quantity, quality and at an affordable price. Meanwhile, consumption means directing the pattern of food utilization so that it meets the rules of quality, diversity, nutritional content and halalness (Prabowo, 2010).

One of the things that can be done to increase food sufficiency, resilience and independence is through the use of yard land. Yards are considered to have important functions and benefits for every household, therefore the Ministry of Agriculture in 2011 developed the Sustainable Food Home Area Program (KRPL), which is a concept for managing yard land by applying the principles of family food security and independence, resource-based food diversification, local plant conservation and improving family welfare (Andrianyta & Mardiharini, 2015).

## **2. RESEARCH METODOLOGY**

The method for writing this literature study is to examine literature or references from trusted sources which include articles in national and international journals.

## **3. RELATED RESEARCH**

The agricultural sector, especially the contribution to the use of yard land, requires a creative mindset and culture. Most places in Indonesia have yards, and yards are very good agroecosystems and have considerable potential to meet the living needs of the community or their owners, even if they are developed well they will get further results, such as economic income, welfare of the surrounding community, fulfilling market needs and even meeting national needs (Marhalim, 2015).

A house yard is a plot of land around the house, whether it is in front, beside or behind the house. Utilizing the home yard is very important, because the benefits that can be taken are numerous. Good use of a yard can bring various benefits, including as a shop, pharmacy, living barn and living bank (Ashari et al., 2012).

When linked to environmental issues, efforts to utilize yard land can be used as an effort to maintain biodiversity and improve ecological conditions (Rauf et al., 2013). Vegetable cultivation activities in the yard can be carried out collaboratively to meet the needs of residents so that they can support national food security.

## **4. RESULTS AND DISCUSSION**

According to Sutrisno (2022) Food Security is a condition where food is met for the country and individuals, which is reflected in the availability of sufficient food, both in quantity and quality, safe, diverse, nutritious, equitable and affordable and does not conflict with religion, belief and community culture, to be able to live healthy, active and productive lives in a sustainable manner.

Efforts to provide food for the population have been carried out by the government through a food security program whose activities include intensification, extensification and diversification of agricultural production.

Supporting national food security is regional food security, one of which is village food security. The solution to support village food security is to cultivate vegetable crops at the household level.

Cultivating vegetable plants in the home garden is not something new and has been done for a long time, especially in rural areas. However, as time goes by, this habit is increasingly being abandoned and many yards in rural areas are not being used, left neglected and unproductive. Yard land has the potential to be developed into a fairly basic source of food security. Currently, the area of homestead land in Indonesia reaches 14.3 million hectares (16.88%) of the area of people's agricultural land.

The most suitable use of the home yard is to plant vegetable plants. According to Sismihardjo (2008). Planting vegetable plants as an effort to utilize the home yard can be a provider of healthy nutrition for the family. Apart from providing healthy nutrition for the family, businesses in the yard, if managed intensively according to the yard's potential, can also contribute income to the family. From research

results, in general the home garden can contribute between 7-45% of family income (Solihin, et al 2020).

Home garden cultivation is not only carried out in monoculture (one type of commodity) but can also be carried out in polyculture (various types of commodities). These choices are adjusted to the abilities and skills of a family (Zulkifli, 2021). Empty yard land can be planted with various agricultural commodities. Horticultural commodities commonly grown in gardens are various kinds of vegetables. The types of vegetables that can be planted are kale, spinach, lettuce, chilies, mustard greens and others. Vegetable harvests are prioritized to meet family needs first. If there is more, it can be sold so that the family income increases.

Cultivating vegetables in the home garden can support food security because it provides healthy and safe food. Cultivating vegetables in the yard can be done using various methods, such as direct planting, hydroponics and verticulture

## 5. CONCLUSION

One solution for village food security can be done by cultivating vegetable plants in the home yard. Cultivating vegetables in the home garden can support food security because it provides healthy and safe food. Planting vegetable plants as an effort to utilize the home yard can be a provider of healthy nutrition for the family.

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