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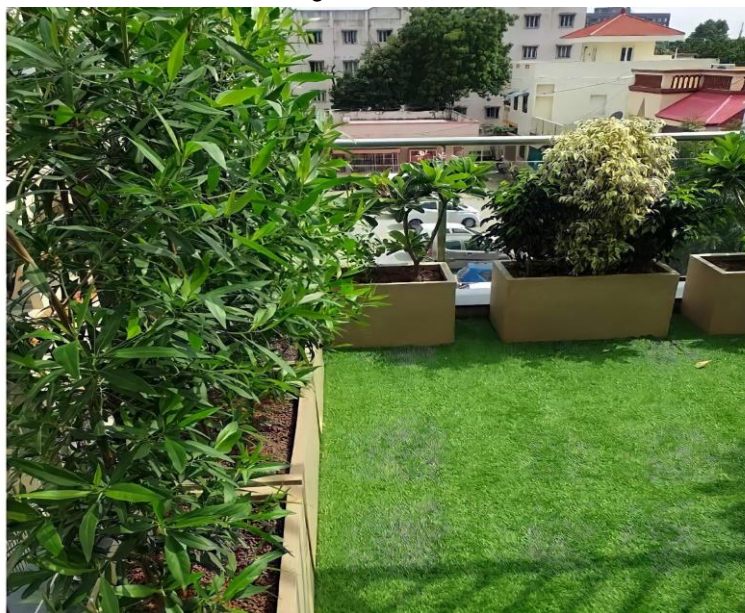
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Terrace Gardening

Terrace gardening is a practice of having a garden in any open space at top of the building. It has good aesthetic purpose and may provide fresh self-cultivated produce; it reduces the house temperature and can also be a habitable place for some wilds. In India most houses have flat roof tops. Well those can be transformed into beautiful recreational terrace gardens. Increasing population trends in India stressing each and every farming product into greater demand and making its quality very low. Hence the better way to recover our lost nature and to conserve the remaining ecology terrace gardening is the prime alternative.

INTRODUCTION

Life in urban areas is great..! We have a lot of industries, multiplexes, factories working in full swing which are now becoming a basic necessity for mankind. At the same time there are visible problems from those centres. It is not just the air that is toxic, even the food we eat is equally toxic to that. This leads to birth defects, severe health diseases and it will cause long term serious illness.



Hmm.. That doesn't sound good right?

So what can we do that is practically possible. The best and eco-friendly alternative to solve these crises is - Terrace Gardening.

We may think that gardening is an ideal activity for our grandpa or grandma because they have more time on their hands and can afford to idle it away on plants. Just avoid these excuses. This content will take you through a tour on terrace gardens, how to get started, construct, manage and maintain a terrace garden in our living space with minimum expenditure.

WHAT IS IT EXACTLY?

The terrace garden is also called roof gardens, it is a garden in which fruits, vegetables, flowers are developed on the terrace, roof, and balconies. The kitchen garden in every Indian household has now been shifted to roofs due to the constraints of space. It doesn't need any farming background to start a roof garden.

HOW CAN WE INITIATE?

At first we need to determine how much space we have for starting our rooftop garden and ensure that we have access to the water source on the terrace and don't forget about the important source for doing photosynthesis.

REQUIREMENTS

The main tools are the basic garden tools and containers, pots for planting. Instead of sand going with coir pith reduce the weight over the roof and provide security to the ceiling. We can get a terrace garden kit from our nearby agriculture office. If you're planning for climbers don't forget to equip trellis or poles.

LET'S GROW

After equipping the requirements, decide what plant/veggies you're going to cultivate based on the local weather conditions. First pick our desirable container and bed the stones at the bottom. Instead of putting more sand mix it with some coir pith for more efficiency. If it is needed some organic manure can



also be added to it. Mix the contents altogether. Plant some seeds of one plant. Watering the plants is one of the most intensive parts of gardening hence regularizing the watering conditions. In addition fertilize the plants regularly with any organic course fertilizers as the pot/container only can get limited resources.

THE ULTIMATE BENEFITS

- Gives our family true nutrition.
- Ensures our food is free of poison.
- We can enjoy better tasting vegetables.
- Provides important education in a subtle manner.
- Conserves food and saves money.
- Keep our home cool.
- Reduce the surrounding temperature around 8°C
- Pure environment.

CONCLUSION

COVID-19 taught us many valuable lessons. One of them is being self-sufficient and togetherness. This terrace gardening or family farming is one of many creative hobbies; one would embark on as a therapeutic measure. Let's go green and conserve nature.

WARNING: Gardening is a serious addiction and creates enormous joy and pride beyond description. Our body, mind and soul go through a fantastic experience which in turn may create jealousy and anxiety in the neighbourhood. You may end up talking too much about your plants and create unexpected levels of interest among your friends, family and peers. Please exercise caution and build this hobby very quickly and sturdily to enjoy life to the fullest.

“If you have a garden and library, you have everything you need” - Cicero

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