

# Potential Development of Herbal Garden (*Warung Hidup*) Household-scale to Support Food Safety in Crangah

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## Abstract

*Technological progress has not been able to accommodate the principal needs of people in Crangah, especially in food matters. This paper aimed to review the potential and obstacles of herbal garden utilization, especially in household-scale vegetable cultivation in Crangah. To provide knowledge and cultivate herbal garden training independently or groups to support food safety and economic enterprises on a household scale. The obstacles are about socio-cultural and economic problems, that the herbal garden cultivation with polybag systems is not yet cultured, the lacking technology of herbal garden cultivation with the processing of agricultural products, and non-market-oriented are problems that must be addressed immediately to realizing food safety and economic efforts on a household-scale. The first step is preparing soil and goat feces compound and media planting polybags with various sizes. Second, put in the soil and goat feces compound into a polybag. Third, put in ready-planted vegetable seeds and tidy it up on a bamboo-shelf to avoid pest and look good. Fourth, watering the plant every morning and evening to grow and developed well. Fifth, the seeds that have been planted after a few weeks will be ready to be harvested and can be consumed. The people responded positively with this activity, especially in the vegetable cultivation venture, the herbal garden can grow around the local house's yard.*

**Keywords:** Economy, Food safety, Herbal garden, Household.

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## Introduction

Food safety is a produce enough healthy food (food availability) to which everyone has access. A household can have food safety if the member not in starvation condition. Food safety is a measure of resilience to future disturbances or lacks food supplies due to various factors such as drought, shipping disruptions, fuel shortages, economic instability, war and so on. Humans always need food to maintain life. Food is a source of energy and food, and all food comes directly or indirectly from plants that are mostly included in the vegetable group.

The food pattern is formed by the culture that affected the nutritional status and lifestyle. Some factors include an availability and cost also determine the type of food. Appropriate nutrition depends on food consumption in diverse on the adequate number, nutrition quality, and balance which allows a growth and maintenance of good body functions.

In another part of the world, some wild plant species that can be eaten is not consumed-well because they are unknown, taboo or lack information about this kind of plants. Only when they faced in lack food, they turn

to the plants. Potential food of wild vegetation has a large a number of its availability only by collection ways. For some reasons, the cultivation plant is not as large as the fact can be done. People tend to get nutrition from cereal and nuts, for some affluent they eat animal foods. Plants are the affordable food source than animal foods who have higher-price. The changes in food pattern from cereal and nuts consume to animal foods is an opulence for most people around the world. Better socialization on nutrition and food diversity by-consuming plants will tend to effects health improvement for world population.

Nutrition content of vegetables are crucial things for human health, therefore with an herbal garden can support the plant's availability with chemical-free. The herbal garden is one of a work program that used soil and fertilizer. Most people in Crangah is a goat-stock farmer then goat feces can be used as a natural fertilizer in making an herbal garden. As the land in Crangah is steep and not possible to do plant, therefore the herbal garden is conducted into a polybag system. The main foundation of utilization of herbal garden is to make easy to gain vegetables, as the condition does not allow to get access to the

market. Moreover, the herbal garden had more values with making the house more pleasant. The main purpose of making an herbal garden is by hoping the farmer in Crangah could give full attention to of herbal garden program with polybag system to get an easy cultivation and plant-care. Another purpose is to increase an ability and household income with empowering woman in extending a knowledge and income by utilizing an herbal garden.

## Method

This research used a material such as a polybag with various size as a growing medium, seed, soil and fertilizer mixture, bamboo, and equipment tools. The steps of making herbal garden are, first, blend the soil and fertilizer of goat feces then put into growing medium (polybag) to full. Afterward dry little the soil and spread the seed on the ground and covered with soil. The alternative of limited field is by making bamboo-shelf to set the polybag. The herbal garden started from on August 1, 2018, from 8 am – 3 pm o'clock.

## Discussion

Crangah is located in the midst of Sungapan I and Puren sari village. Most people of Crangah is roomie's farmer and housewife. The purpose of making an herbal garden is to assist the housewife to accommodate the groceries like vegetables become easier to gain, because of the transportation and access matter. The herbal garden is using goat feces to utilize as natural fertilizer and soil by utilizing an empty field. With the herbal garden will help and complete the nutrition with chemical-free. The old practical in making an herbal garden there is a trouble with water lack, so the herbal garden does not optimum. In this herbal garden, we need some tools and materials, such as soil and growing medium (polybag) with various size, and customized as a necessity. After mixing soil and goat feces and put into the medium, afterward put the vegetable seed into one pot. And then watering the plant every morning and afternoon to get a good product. Set the plant on bamboo-shelf to avoid pest and look good. After weeks, the seed will grow and develop as each size and took a short time to be ready to harvest.

The benefit of the herbal garden on limited land is as:

1. Organic as the reason for plant cultivation in the yard. Vegetable consumption for students and local society from the market is planted with using chemical-fertilizer and chemical insecticides that are not good for health.

2. Education medium for children. Plant vegetable as a way to teach the children with responsibility, knowledge, math, economy, and happiness from producing a thing by self. It gave a chance to the children to try something new about food.
3. To get fresh air in the morning.
  - a. Fulfilled soil and fertilizer mixture into a polybag.



- b. Making bamboo-shelf process



- c. The herbal garden product



## Conclusion

Community Service Program (KKN) activities can give a contribution to people in create herbal garden. The herbal garden is a food stock provider that positively fulfill family consumption needs. Besides that, herbal garden in Crangah also has an opportunity to develop into economy enterprise local society so can save economical and increasing the household income.

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