

National Institute of Post Harvest Technology (NIPHT),  
Talegaon Dabhade, Dist. Pune Organizes



# Organic Kitchen Gardening Workshop

## OwnGrown Method



### What You'll Learn

- OwnGrown organic kitchen gardening method developed by Saraswati Kuwalekar, Grow and eat your first veggies in just 3 weeks
- Terrace / Balcony / Backyard organic kitchen.
- Introduction to medicinal plants.
- Guided Terrace Tour.
- Ample live demos & practicals on:
  - Composting kitchen waste
  - Soil preparation & pot filling
  - Transplant seedlings
  - Seed selection
  - Seeds Sowing techniques
  - Plant care & watering methods
  - Pollination basics
  - Natural pest control
  - Multi-cropping & its benefits




**Surprise Gifts**  
for participants



**Certificate**  
by NIPHT



### Key Takeaways:

- Convert kitchen waste into "Black Gold" (compost)
- Reduce synthetic chemical intake via fruits & Veggies
- Contribute towards a dumping-free, greener Earth 

### Start Your Green Journey Today



Date:

20-21 June 2026

Fees:

Rs 3,000 + 18% GST

Time: 10 am to 5 pm



SCAN & PAY



#### Program Venue



National Institute of  
Post Harvest Technology,  
Sr. No.39B-400, Near CRPF  
campus, Talegaon Dabhade,  
Tal. Maval, Dist. Pune,  
Pin-code: 410505

#### Contact / Registration



For registration WhatsApp:

Amol Bhong - 9545594050  
Ravindra Deshmukh - 9822499265  
NIPHT office - 9529610195



Fees includes  
lodging and boarding

