Organic Vegetable Cultivation and Utilization for Health

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ABSTRACT

This activity aims to provide knowledge and skills in organic vegetable cultivation techniques, provide skills to manage vegetable food ingredients according to the concept of food safety, provide understanding of diseases caused by vitamin and mineral deficiencies and their prevention to junior high school students and companions at Sanggar Anak Alam (SALAM)
This activity was carried out at Sanggar Anak Alam School, with a target group of teachers and accompanying junior high school students in SALAM with 40 participants, 5 from service lecturers and 3 students. The implementation of this activity is through discourse, demonstration, discussion and individual practice. Discourse, demonstration, discussion, and question and answer about issues related to the knowledge and skills of organic vegetable cultivation techniques, knowledge and skills to manage vegetable food in accordance with the concept of food safety and knowledge and understanding of diseases caused by vitamin and mineral deficiency and its prevention. The individual practice is to grow mustard greens and cayenne pepper in a pot and the results are left at school, and some are brought home to their homes. The vegetables are used for cooking and eaten together for all students in SALAM
The results of the activity showed that the junior high school students were happy to carry out the cultivation of organic vegetables by diligently watering and maintaining them by taking pests in the plants so that the plants could flourish. In addition, it can also be used as student practice activities, the products can be used for cooking at the Sanggar Anak Alam School itself and then replanting is carried out. The next crop can be cooked again or sold. Through planting organic vegetables, students can get vegetables that are safe and healthy and free from drugs

Kata Kunci: *Training, Organic vegetables, food safety, health, SALAM*