



FOOD SELF-RELIANCE THROUGH SELF-CARE OF THE GARDEN MEDICINAL PLANTS (ASMAN TOGA) IN JERUSAWIT VILLAGE, KARANGANYAR CENTRAL JAVA

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Abstract

Indonesia's food consumption rises as a result of the country's rapid population expansion. To preserve food security, it is required to fulfill the community's food requirements so that the people's welfare is ensured. This article aims to find out the efforts made by the villagers of Jerukawit Karanganyar to preserve food security through the care of the garden medicinal plants (asman toga). The community of Jeruksawit Karanganyar created a group to plant toga plants on the empty area surrounding their home. There are eleven *dasa wisma* target groups and one core group. According to the survey's findings, market-sold plant output remains low. As a result of an ineffective marketing plan, support is still required.

1. Introduction

Food is a fundamental necessity whose demand continues to rise. It can be generated in the agricultural sector by cultivating land-dependent plants. The government's food security policy aims to satisfy society's food needs equitably. (Masitoh, Noneng, 2022). An indicator of food security is the availability of adequate quantities of high-quality, safe, equitable, and reasonably-priced food to meet the food needs of households. (Kastanja et al., 2020). The purpose of food security is to increase human well-being, as evidenced by the state's fulfillment of an individual's right to food. However, not everyone's dietary requirements can be accommodated. Therefore, independent community participation in the food supply is essential. One kind of community engagement in attempts to promote food security is the planting of edible and medicinal plants, as well as vegetables, in unoccupied spaces near the home. Medicinal plants such as ginger, ginseng, turmeric, eggplant, Moringa leaves, and gotu

kola besides being able to provide a source of antioxidants are also used as a source of health, the leaves can also be used as a cooking ingredient such as ginseng leaves, gotu kola and others (Kusumaningsih et al., 2021). If the community is active in utilizing the yard around the house by planting natural resources around it, this activity is included in the effort to be food self-reliance.

Jeruksawit Village, Gondangrejo District, Karanganyar Regency has a large yard of medicinal plants. The community has utilized the property to cultivate medicinal herbs and vegetables. The residents of the village of Jeruk Sawit joined the self-care of the garden medicinal plants group, known as ASMAN TOGA. At now there are 11 *dasa wisma* nurtured groups (Dawis) and 1 nucleus.

2. Methods of Implementation

The descriptive Asset Based Community Development (ABCD) technique is utilized in this service activity. The data-gathering strategy consisted of direct interviews with *asman toga* administrators and the distribution of questionnaires to *asman toga* members. Materials and questions pertaining to the usage and marketing of family medicinal plants (*toga*). In addition to adopting the ABCD (Asset-Based Community Development) technique, discussion and introduction are employed. The purpose of the ABCD Method is:

- a) Convey information and knowledge about food security
- b) Convey information and knowledge about the importance of using yards to increase family food and types of yard plants.

3. Results and Discussion

As a result of observations, it is known that the Jeruksawit village community has cultivated a variety of medicinal plants for the family (TOGA). Leaves of plants like ginger, turmeric, and Moringa are good for health. The ginger plant may alleviate coughs and colds, whilst the turmeric plant can treat nausea and inflammation.

Based on the results obtained, the use of the yard by the Jeruksawit village community has been carried out optimally, this can be seen in the ASMAN TOGA yard which is already filled with agricultural crops. Jeruksawit Village is an area that has a flat topography and belongs to the group of narrow plots of land, so the cultivation model they use is *verticulture* and *polybags* or pots.

Table 1 shows the questionnaire answer data that has been filled in by ASMAN TOGA members and administrators. From this data it is known that ASMAN TOGA members and administrators need help and guidance from experts to develop family medicinal plants and market their products

Table 1. Marketing

Results processing on the market	The amount total Productio marketed	Have Selling by online	Briefing Sale Online	Readiness Sale Online

Not, while doing personal	There isn't any yet, but we sell Product during	Already, selling pandan moss pudding	Can need direction	not just past wa
of	not so much yet	Of	Can need direction	Ready
no, for daily needs	Corresponding order in meeting PKK	Once	Can need direction	Ready
of	bit because it's new identification	Once	Can need direction	not yet, new level ward
no	No	No	Can need direction	No
of	4, turmeric tamarind, ginger powder, powder, Curcuma, cassava, rainbow,	Once	of	Of
Of	5kg	Of	of	Of
of	Of	for snack innovation	of	Of
no	No	No	Can need direction	Ready
of	7	Once	of	Ready
of	Of	not yet	no	Of
of	5 (moringa sticks, kelor naggets, kelor pudding, kelor tea and kelor donuts)	Once	of	Ready
not yet	there isn't any	Of	no	Ready
Crops purchased by members Themselves and the local community	Marketing only at the meeting level village PKK hamlet	there are some	of	Ready

Observational findings indicate that the primary obstacle to the growth of ASMAN TOGA Jeruksawit is the method of selling or marketing strategy where the marketing of

production is conducted on a limited scale, the necessitating direction in order to achieve a broad marketing reach.

4. Conclusion

Based on the results and discussion, it can be concluded that the people of Jeruksawit Village have made optimal use of their yards, this can be seen from the yards that have been filled with family medicinal plants. The community uses verticulture cultivation models and polybags or pots because the yard is relatively narrow. After conducting observations and interviews, as well as seeing through the results of the questionnaire, it was found that ASMAN TOGA members or management had a desire, namely to have a party that guides the medicinal plants for the family (TOGA) production results and appropriate marketing strategies so that products can reach a wider market.

5. Acknowledgements

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6. References

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