

Cauliflower Growing Lesson



Techniques of growing Cauliflower

1. Selecting seed

- ❖ Growing cauliflower is good in November to January.
- ❖ Cauliflower seed is suitable for growing such as light (using short time) seed is 45 days from time of growing or planting; medium (using not short, not long time) seed is 75 days from time of growing or planting.

2. Preparing the soil

- 📖 Have to plow the soil and dry it up for 7 to 15 days.
- 📖 After that have to plow it repeatedly 2 to 3 times and in deep 3 Toeks (30cm).

3. Preparing the bed of cauliflower

- 😊 For growing 2 lines, a width of the bed is 1 metre, length of the bed is, it depends on possibility and height of the bed is 1.5 to 2 centimetres in dry season and 2 to 3 centimetres in the rainy season.
- 😊 In some case, is not grown to raise the bed, they just hoe a hole and put the fertilizer at the bottom of the hole and then grow it.

😊 A clump of cauliflower to another one is spaced out 3 to 4 Toeks (30 to 40cm) and chest of the bed is 4 to 5 Toeks (40 to 50cm) and in between path for walking is 5 Toeks (50cm).

😊 Deep of a hole is from 8 to 10 centimetres.

4. Growing cauliflower

- Prepare the cauliflower seedbed.
- Dry seed with sunlight for 30 to 40 minutes and soak in the water for 3 hours after that keep hidden for 1 night.
- Take 4 shares of sand to mix with seed and then sow it in that seedbed.
- Take straw to cover on the seedbed and then water it.
- Make a roof to protect with sunlight, too.
- We can pull and plant young cauliflower when it is 20 to 25 days or when it has 3 to 4 leaves.

5. Taking care

- Water cauliflower wetly.
- Stick in the ground repeatedly when young cauliflower is 10 days.
- Pull weeds and watch insects.

6. Harvesting

- ✓ Have to follow along an age of cauliflower and its situation of flower to avoid having a shape not enough or cauliflower blooms very extremely because it can make lost yields and value of cauliflower.
- ✓ Light seed (using short time) harvests the result in between from 50 to 60 days.
- ✓ Medium seed (using not short, not long time) harvests the result in between from 65 to 75 days after planting.
- ✓ The yield that gets from 9 to 11.5 tons a hectare.

7. Benefit of cauliflower

- 1- Wash and clean intestine.
- 2- It is against the cancer.
- 3- It has a plenty of protein
- 4- It has a plenty of calcium.
- 5- It makes your eyes see clearly.
- 6- It protects from heart disease.
- 7- It makes your skin moisture.
- 8- It is against oxidation.
- 9- It is against virus.

 **Thank You!** 

Tomato Growing Lesson



Techniques of growing Tomato

1. Selecting tomato seed

There are many kinds of tomato seeds and their growing is also different.

2. Preparing the soil

Plough or hoe the soil and dry the soil up from 10 to 15 days and then plough it repeatedly 2 to 3 times.

3. Raising the bed of tomato

❖ Making the width of the bed is 1 metre, as for length of the bed is 10 metres or more or according to possibility.

❖ Height of the bed is 1.5 to 2 Toeks (15 to 20cm) in dry season and 2 to 3 Toeks (20 to 30cm) in rainy season.

❖ Spacing a path for walking is 5 Toeks (50cm) and has to make 2 grooves by the length of the bed.

4. Building the trellis brace

Brace post is pounded for both sides of the bed, and a brace post to another one is spaced out 3 metres and tie brace by the length of the bed as 2 layers of string.

5. Germinating young cauliflower

- 📖 Take tomato seed to dry with sunlight for 30 minutes.
- 📖 Soak in the water for 1 night and keep hidden for 1 night.
- 📖 Take that seed to sow in the seedbed.
- 📖 After that sprinkle the compost of short straw on the bed and water it wetly.
- 📖 Make a roof to cover on.
- 📖 When cauliflower appears leaves, take the roof out.
- 📖 Before pulling to grow, stop watering cauliflower for 2 days.

6. Growing cauliflower

- When young tomato is 28 to 30 days, we can take it to plant.
- Dig size and deep of a hole 2 Toeks (20cm) for each side of the hole, and then put compost at the bottom of the hole and mix with soil in the hole well.
- A clump of tomato to another one is spaced out 6 to 7 Toeks (60 to 70cm) as triangle shape.

- A chest of the tomato is 5 Toeks (50cm) and spacing a path for walking is 5 Toeks, too.

7. Taking care

- When seeing any young tomato with disease, have to pull it out.
- Pull weeds and stick in the ground repeatedly at a clump of tomato and use organic fertilizer more.
- Watch for insects on the tomato crop.
- Water tomato every day.

8. Harvesting

- ✓ Farmers can harvest tomato when it is 85 to 112 days.
- ✓ Harvesting tomato has to do in the morning or in the evening.
- ✓ Prepare to put tomato fruit in the basket well with putting banana leaf around the basket, too.

 *Thank You!* 