

Smooth loofah growing lesson

Techniques of growing smooth loofah

A. Preparing the soil:

- 1) Plough the soil and dry it up for 7 to 15 days.
- 2) Plough the soil for 2 to 3 times more so that makes grass die, kill evil insects, and makes the soil loose and have oxygen, also.

B. Preparing beds and holes:

- 1) Raise the width of bed, 50 to 60 centimetres (5-6 Toeks in Khmer's measurement), the length of bed is according to the size of land and the height of bed is 10-15 centimetres in dry season, in rainy season is 15-20 centimetres. And then make a groove along the bed.
- 2) Dig a hole 20 to 30 centimetres (2-3 Toeks in Khmer's measurement in deep, each side of a hole is 2 to 3 Toeks, and space from one hole to another is 1 to 2 metres.
- 3) Put natural fertilizer mix with soil in the bottom of the hole, and then fill the soil into the hole to make land surface of the hole smooth.

C. Growing smooth loofah:

- 1) Soak smooth loofah seed in the water for one night, and then keep hidden it for one night more.

- 2) Take seeds to grow by placing 3 seeds for a hole and bury them in the ground deep, one node of finger.
- 3) After growing, water it to be wet.

D. Making trellis

- 1) Make trellis after growing already or when smooth loofah grows up a little, width of trellis is 2 to 3 metres, length of trellis is according to possibility, and its height is 1.5 metres.

E. Taking care:

- 1) Pull weeds out.
- 2) Dig and break the soil become small at a clump of smooth loofah.
- 3) Put organic fertilizer.
- 4) Water smooth loofah in the morning and in the evening.
- 5) Watch for insects.

F. Harvesting smooth loofah:

When smooth loofah is about 40 to 45 days old, we can harvest it.

Leaf mustard growing lesson

Techniques of growing leaf mustard

A- Preparing the soil:

- 3) Plough the soil and dry it up for 7 to 15 days.
- 4) Plough the soil for 2 to 3 times more so that makes grass die, kill evil insects, and makes the soil loose and have oxygen, also.

B- Preparing beds:

- 4) Raise the width of bed, 1 metre, the length of bed is according to the size of land, and the height of bed is 10-15 centimetres in dry season, in rainy season is 20-30 centimetres
- 5) Use organic fertilizer for placing at the bottom of the bed.

C- Growing leaf mustard:

- 4) Soak leaf mustard seed in the water for one night, and then keep hidden it for one night more.
- 5) Take four shares of sand to mix with leaf mustard seed and then sow it smoothly in the bed.
- 6) Cover small pieces of straw on the bed to protect leaf mustard seed jumps away.
- 7) Make roof to cover on the bed (seed does not germinate yet) if as possible when leaf mustard seeds appear shoots and then pull the roof out.

D- Taking care:

- 1) When young plant (leaf mustard) is 10 to 15 days old, have to pull grass, scarify the soil around the clump of leaf mustard.
- 2) Use 20 to 30 cc of liquid EM and 15L of water, stir together before spraying on the crops.
- 3) Watch for evil insects every day.
- 4) Water leaf mustard 2 times a day, in the morning and evening.

E- Harvesting:

When leaf mustard is 30 to 35 days old, we can harvest it.