



# Chinese Spinach Lesson



## I. Benefits of Chinese Spinach

Spinach vegetable is very important for the health of people and animals and it has many benefits as follows,

- ❖ Plenty of vitamins
- ❖ Plenty of fiber substance
- ❖ Aid for losing the weight
- ❖ It makes bone strong
- ❖ It helps to treat asthma
- ❖ It protects from cadaverous disease
- ❖ It supports to reinforce for the blood vessel of the heart
- ❖ It supports to reinforce for complex systems.

## II. Techniques of growing Chinese Spinach

### 1) Preparing the soil

- 📦 Plough and dry the soil up for 7 to 15 days.
- 📦 After that have to plough the soil repeatedly 2 to 3 times in deep 20 to 30 centimeters.

### 2) Preparing the seedbed or ridge

- ☺ Making width ridge is one meter, as for length ridge is according to the size of the land.

☺ Making height ridge is 15 to 20 centimeters in dry season and 20 to 30 centimeters in rainy season.

☺ Have to make soil finely and repeatedly by drying it with sunlight for three days before sowing seed.

### **3) Growing**

- Use 1 to 2 buckets of organic fertilizer for 1 meter of length ridge to put it at the bottom of the ridge and mix with soil in the ridge completely.

- Dry Chinese spinach seed for 30 minutes, after that, soak it in the water for 3 hours and then keep hidden in the ice box for 1 night.

- Take 4 shares of sand to mix with seed and then take it to sow in the seedbed.

- When young spinach is 10 to 15 days, we can take it to plant. (Plant 20cm by 25cm)

#### **+ Growing seed directly:**

- Sow seed loosely after soaking in the water.
- Sprinkle short straw in the ridge.
- Water it wetly after sprinkle short straw.
- Before sowing seed, have to water the ridge wetly.

#### 4) Taking care

- Have to scarify the soil.
- Pull weeds.
- Use water wetly for Chinese spinach and
- Watch for bugs.

#### 5) Harvesting

✓ When Chinese spinach is 20 to 25 days, we can harvest the result.

✓ Chinese Spinach is harvested at 7.00 AM to 10.00 AM in the morning or at 3.00 PM to 6.00 PM in the evening.

✓ Have to stop watering for 2 days before harvesting.

✓ Harvesting is according to the demanding of the market.

✓ An average of harvesting is 18 to 22 tons a hectare, but it depends on the growing, the taking care and the seed.

 Thank You!

# Mooli Lesson



## I. Benefits of Mooli

Mooli (Radish) crop is very important for the health especially for our health of poeple. This crop has many benefits as follows,

- 1) losing the weight
- 2) Preventing for obstructed urinating
- 3) Preventing hemorrhoid disease
- 4) Aid for moving the blood system running
- 5) Protecting diabetes disease
- 6) Preventing typhoid fever
- 7) Good for kidney
- 8) Preventing for lack of liquid substance
- 9) Eliminating for hair falling and
- 10) Eliminating dandruff disease

## II. Techniques of growing Mooli

### 1. Preparing the soil

- Have to plow and dry the soil with sunlight for 7 to 15 days and then have to do it repeatedly 2 to 3 times more in order to make the soil fine and loose.
- Plowing the soil is 2 to 3 Toeks (20 to 30cm) in deep.

## 2. Preparing the ridge

▣ The width ridge can be made from 1 to 1.2 metre, and the length ridge is according to possibility.

▣ The height of the ridge is from 15 to 20 centimetres in the dry season and 20 to 30 centimetres in the rainy season.

## 3. Growing

❖ Wash mooli seed well and then soak it in the water for 3 to 4 hours.

❖ Make grooves in the width or length of the ridge that a space of groove from one to another one is 20 centimetres.

❖ A clump of mooli to another one is spaced out 15 to 20 centimetres.

❖ Have to put natural fertilizer or compost at the bottom of the ridge before making grooves.

❖ Have to take 8 to 9 grams of seed for 1 square meter of surface of the earth.

❖ Remember that after soaking seed in the water, can take it to keep hidden for one night. Next, you can take it to sprinkle into the groove and then fill the soil into that groove.

❖ Water mooli wetly that is to get ready.

### + How to grow one more:

After keeping hidden seed for one night, take it to sow on the ridge or the soil that plowed well. After that you can also use a wooden barricade or a rake to harrow to fill the soil on seed or no need to harrow. But you just spray water wetly on the soil.

❖ After growing mooli for 15 to 20 days, have to use a spade or a hoe to stick into the ground repeatedly at a clump of mooli and pull some young mooli.

#### 4. Watering mooli

+ **The section of germinating:** have to water mooli 100%.

+ **The section of growth for real leaf:** After growing mooli for 7 to 10 days or appearing 2 to 3 leaves, it needs water as medium.

+ **The section of constructing bulb and enlarging bulb:** After growing mooli for 15 to 18 days, it increasingly needs much water and many substances to support its organs. It needs much water until harvesting.

#### 5. Harvesting mooli

✓ Mooli is harvested when it is 50 to 60 days.

✓ Check leaf of mooli, it changes green into dark green, sharp top of mooli bulb did not grow up anymore and its bulb changes light white into grey and glossy.

✓ The average yield of mooli is 2.5 to 7 kilograms for 1 square meter of the surface of the earth.

✓ The average yield is 28 to 32 tons for 1 hectare of the surface of the earth. Receiving the low or high yield is, it depends on a kind of seed and the season of growing.




**Thank You!**


