

# Mooli Growing Lesson



## Techniques of growing Mooli

### 1)-Selecting seed

- Have to select seed that fits with weather in Cambodia.
- Mooli has many kinds of seed ,such as, round fruit, small and long fruit, big and long fruit, and yellow fruit.
- Have to select seed that can put out shoots 85%.

### 2)-Preparing the soil

- ☺ Plough soil and dry soil up for 15-30 days.
- ☺ Plow and scarify soil at least 2-3 times, in deep 2-3 Toeks (20-30 cm).

### 3)-Preparing the bed or hole

- ❖ Raising the bed of mooli can be made, width= 50cm or 1m or 1.2m.
- ❖ Height of the bed is 20-25 cm in the dry season and 25-30 cm in the rainy season.
- ❖ Use 2-3 kg of organic fertilizer or compost in a square metre for putting at the bottom of the bed.

### 4)-Growing

- Dry it up with sunlight for 2 hours.
- Soak seed in the water for 3-4 hours and then wash it up many times.

- Make grooves across the width of the bed by spacing out 20 cm, a clump of mooli to another one can be spaced out 10-20 cm.
- Grooves can be made across the length of the bed and growing as a clump can also make in the length of the bed.
- Mooli seed can be sowed in the bed, too.
- Have to sprinkle and cover with soil after growing.

### 5)-Taking care

📖 Have to water mooli, clean weeds, stick into the ground repeatedly at the clump of mooli, and watch for small bugs or insects.

📖 Have to pull some young mooli out when it grows up for a suitable time and keep plump and good young mooli for spacing sufficiently.

📖 In the section of growing up, after growing mooli for 7-10 days, it needs medium water the same section of coming out shoots, too.

📖 In the section of generating bulb and extending bulb, after growing for 15-18 days, it starts to extend and swell up the base of mooli; it needs water and substance to support more and more until time of harvesting.

### 6)-Harvesting

- We can harvest mooli when it is 50-60 days old or more but it depends on seed.
- We can observe leaves of mooli, green leaves become dark green.
- Green bulb of mooli becomes gray.
- The average yield is from 2.5-7 kg in a square metre surface of the earth.

 **Thank You!** 

# Chinese Mustard Growing Lesson



## Techniques of growing Chinese mustard green

### 1) Preparing the soil

- Plough and dry soil up for 7-10 days (avoid growing on the earth with sinking water.)
- Plough and scarify the soil for 2-3 times.

### 2) Preparing the bed

- Make the width bed, 1 metre, length one is 10 metres according to possibility; as for a bed of chinese mustard to another one is spaced out 25-30 cm.
- Raising height of the bed is 20-25 centimetres in the rainy season as shape of the shell of turtle.
- Raising height of the bed is 25-30 centimetres in the dry season as the hollow shape in the middle of the bed.
- Use 5-10 kilograms of organic fertilizer or compost for putting at the bottom of the bed in a square metre surface of the earth and mix it with soil in the bed.

### 3) Growing

- 🌱 Dry seed with sunlight for 30 minutes.
- 🌱 Soak seed in the water for 3 hours and then keep hidden for 1 night so that seed dilates.

**The 1st Way:**

- 📖 Prepare soil in the seedbed well.
- 📖 Mix 4 shares of sand with seed and then take that seed to sow in the seedbed equally.
- 📖 Water chinese mustard wetly.
- 📖 Sprinkle ashes around the seedbed to protect ants take seed out.
- 📖 When young chinese mustard is 15-20 days old, we can take it to plant.
- 📖 Stop watering for 2 days before pulling young chinese mustard.
- 📖 Have to pull young chinese mustard green out of the seedbed immediately after watering.
- 📖 Have to select good young chinese mustard and similar size.
- 📖 Planting a clump of chinese mustard to another one is spaced out 15-20 cm.
- 📖 Between the bed (path for walking) is 25-30 cm.
- 📖 Cover young chinese mustard that just plants for 2-3 days to protect sunlight.
- 📖 Water chinese mustard in the morning and evening until harvesting.

**The 2nd way:**

- 📖 Prepare the seedbed or the bed well.
- 📖 Take seed that kept hidden for 1 night to mix 4 shares of sand, and then sow it in the seedbed or the bed and water it.
- 📖 Or make grooves across the width of the bed the same water morning glory and spacing of groove is 15-20 cm and then sprinkle seed by each groove and then water it.

**4) Taking care:**

- ❖ Water chinese mustard in the morning and evening.

- ❖ Pull weeds
- ❖ Put natural fertilizer and
- ❖ Watch for insects.

## 6) Harvesting:

- When chinese mustard is 45-50 days old, we can harvest the result for chinese mustard that sows seed.
- When chinese mustard is 50-60 days old, we can harvest the result for chinese mustard which pulls young chinese mustard to plant.
- An average yield is from 16-18 tons a hectare but it depends on taking care or chinese mustard seed, too.

 *Thank You!* 