

Callaloo Growing Lesson



Techniques of growing Callaloo

1) Preparing the soil

- ☺ Plough and dry soil up for 7-15 days
- ☺ Plough and scarify for 2-3 times, in deep 20-30 cm

2) Raising the bed or seedbed

- ☺ Make the width bed 1 m, length one is 20 m or according to size of the land.
- ☺ Height of the bed is 10-25cm, between from 1 bed to another one is 25-30cm.
- ☺ Use 20-25 baskets of natural fertilizer or compost for putting at the bottom of the bed.

3) Growing:

- ☺ Make soil in the bed of callaloo or seedbed well and then mix natural fertilizer with soil in there.
- ☺ Dry seed with sunlight for 30-50 minutes.

☺ Soak seed in the water for 2-3 hours and then keep hidden for one night.

☺ Mix 4 shares of sand with vegetable seed and then takes that seed to sow in the seedbed.

☺ Sprinkle short straw in the seedbed (if there is) and then water it wetly.

In one more case:

- Callaloo seed has no need to soak in the water after drying it with sunlight, can take it to sow.

- Callaloo seed starts germinating after sowing for 3-5 days.

- When young callaloo is 7-10 days old, can take it to plant or in height 2 nodes of finger. If we plant, between in a clump to another one is 10-20 cm or 20-30 cm.

4) Taking care:

☺ Water callaloo but don't be very wet, it can cause crop to become rotten.

☺ Stick repeatedly into the soil at the clump of callaloo.

☺ Pull weeds, watch bugs, and put fertilizer.

5) Harvesting:

☺ We harvest callaloo when it is 25-30 days.

☺ We can pull callaloo including its root or cut shoots of callaloo out.

This depends on the demand of the market.

☺ Harvesting with cutting shoots of callaloo out can do it for many times.

6) Keeping seed:

➤ Keep trunk of callaloo for flowering.

➤ When flower is ripe, can strip off it to put into bag and then dry it with sunlight.

➤ Crush flower of callaloo; broadcast it to take seed out and then dry seed with sunlight again.

➤ Keep seed in the bottle with closing lid for growing next year.

 *Thank You!* 

Lettuce Growing Lesson



The Techniques of growing lettuce

A-Preparing the soil

- 1) Plough and dry the soil 7 to 15 days
- 2) Have to scarify the soil 2 or 3 times so that evil insects die, grass is rotten, soil get fertile, soil has oxygen and make soil loose and finely (small pieces).
- 3) Plough into the ground 30 centimetres in deep to make the soil moisture deeply and loose.

B-Preparing the seedbed and the ridge

- 1- The width of seedbed is 1 or 1.2 metres, length of the seedbed is to depend on the demand and height of the seedbed is 10 to 20 centimetres or 25 centimetres.
- 2- As for the ridge makes the same the seedbed but the length of the ridge can be longer.
- 3- Use 20 to 25 baskets of the compost or organic fertilizer for 20 metres of the length of the seedbed or ridge.

4- Between from one ridge to another one or path for walking is spaced out 30 to 40 centimetres.

C-Growing lettuce

1. After making the seedbed or ridge, have to take the organic fertilizer or compost to sprinkle on the seedbed and then mix together and completely, soil in the seed and organic fertilizer.

2. Wrap seed with cloth and soak in the water for one night and keep hidden for one night. (*Seed left from sowing, have to keep it in the bottle or can and then close lid of the bottle don't let wind come out or enter.*)

3. Take the seed that kept hidden to sprinkle on the seedbed that has been already prepared.

4. After sowing seed, take small pieces of straw to sprinkle on the seedbed to protect drop of water and keep moisture for a long time.

5. Make the roof to protect the sunlight and rain.

6. After young lettuce is 10 to 15 days old, they can take it to plant but have to choose good young lettuce. (*Have to remember: before taking young lettuce to plant, stop watering and using organic fertilizer for 2 days to make trunk of the lettuce strong.*)

7. Before using compost fertilizer (organic fertilizer) in the ridge, have to keep it for 2 to 3 hours to make its heat empty and then can grow young lettuce. If we grow or plant lettuce suddenly during organic fertilizer with heat, it will make young lettuce rotten because it has ammonia substance.

8. Growing from a clump of lettuce to another is to space 15 centimetres and have to make the roof to protect young plant for 2 or 3 days and then take it out.

D-Taking care

- 1) Water lettuce at least 2 times in the morning and evening.
- 2) After planting lettuce for 7 or 8 days, have to pull grass and break soil to become small pieces at the clump of lettuce; don't let grass grow so long.
- 3) Have to use organic fertilizer when lettuce is 8 days old and have to water once 3 days. And when lettuce is 12 days, have to water it once a week.

E- Methods to protect

- ❖ Have to grow other plants nearby to scare evil insects such as lemon grass, Sbai Roeung (Khmer name) flower or use natural medicine

to kill insects, use 1 litre of natural medicine for 17 litres of water to spray.

❖ Natural medicine such as Bandoul Pich, Krobb Slegng, Meum Kduoch, Ple Slak, Brong (Khmer Names), leave of sweetsop, and galanga,etc. Chop them finely and then soak in the water and keep hidden for one month but have to stir it many times. After that we can decant it and keep it in the bottle or Bidong (Khmer Name, container for keeping liquid) and keep in the cool place.

❖ Organic fertilizer: 3kg of bananas, 1kg of palm sugar, and 3kg of ripe papayas. Chop them finely and mix together and then keep hidden for 1 month and can decant it to use.

❖ How to use: use 2 spoonful of fertilizer with 20 litres of water for 20days-old-small young crops and have to water 2 times a day in the evening. If water it in the morning or afternoon after 10 minutes, have to water it usually to wash its leaves. This fertilizer can attract useful insects like bees, wasps and Sraings (name of insect similar to wasp but smaller) and so on.

F-Harvesting lettuce

1. When lettuce is 30-35 days old, they can star harvesting (from sowing until harvesting for 35 days).

2. Before harvesting it, have to stop watering for 1 day.
3. Have to pull lettuce in the morning or evening but in the evening is better.
4. How to harvest is to use a small spade or a knife for cutting root of lettuce and then pull it and also shake soil away.
5. Have to put lettuce in the shade, and then wash its base well, next put it in the basket with putting leaves of bananas under so that having wind inside or outside.

 *Thank You!* 