

# Chinese Spinach Growing Lesson



## 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 30centimetres.

### 2) Preparing the seedbed or ridge

❖ Making width ridge is 1metre, as for length ridge is according to the size of the land.

❖ Making height ridge is 15 to 20centimetres in dry season and 20 to 30centimetres in rainy season.

❖ Have to make soil finely and repeatedly by drying it with sunlight for 3 days before sowing seed.

### 3) Growing

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

- Dry 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 spinach and
- 😊 Watch for bugs.

#### 5) Harvesting

- ✓ When 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 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.

 *Thank You!* 

# Wax Gourd Growing Lesson



## Techniques of growing wax gourd

### 1) Selecting seed:

Wax gourd seed has many kinds like,

- light wax gourd (growing for short time)
- Medium wax gourd (growing for medium time, not short not long time)
- Heavy wax gourd (growing for long time)

### 2) Preparing the soil:

☺ Hoe or plough the soil and dry it up for 7-15 days, and then plow to scarify soil 2 or 3 times, plough the soil in deep 20 to 30 centimetres.

### 3) Preparing the ridge:

- ❖ Width ridge can be ploughed to pile up= 2 to 3 metres or 7 Toeks (70centimetres). If 7 Toeks, have to space the ridge= 2 to 3 metres.
- ❖ Height= 15 to 20 cm, and 20-30 cm based on situation of land.

❖ Have to hoe as a hole in the middle of length ridge, 2 Toeks (20cm, Khmer name of each side of a hole by spacing out 120 to 150 centimetres or 80 to 100 centimetres.

**+ In the case for alluvial soil in dry season:**

- They just plough soil repeatedly many times, next hoe a hole, and then grow wax gourd.

**4) Growing:**

📖 Have to clean seed and then dry for 2 to 3 hours.

📖 Take seed to soak in the water for 1 night and keep hidden for 1 night and then take it to grow.

📖 Have to take compost fertilizer to put into the hole and mix with soil in the hole well and then fill soil into the hole fully.

📖 Take 3 to 4 seeds to grow in the hole.

📖 Water wax gourd immediately after growing.

📖 Wax gourd can grow to be trailing on the ground or make trellis.

**+ Notice:**

If you want wax gourd to have many fruits, you have to cut its stem for one time when it grows up 7 nodes. When sucker of wax gourd grows up 7 nodes, have to cut out its shoots again. When sucker that is cut out grows

up 7 nodes, have to cut out shoots again. Do like this way, it makes wax gourd have many fruits.

## 5) Taking care

➤ Have to check wax gourd when it grows up for 7 to 15 days, can take out some young wax gourd.

- Pull weeds.
- Stick into the ground repeatedly at the clump of wax gourd.
- Put fattened fertilizer.
- Water wax gourd wetly.

## 6) Harvesting

✓ Wax gourd can harvest from 40 to 50 days for light wax gourd (growing for short time)

- ✓ Harvesting is depending on the demanding of the market.

   **Thank You!**   