

## Winged bean growing lesson

### Techniques of growing winged bean

#### 1. Preparing the soil

- Plow the soil and dry it up for ten days.
- After that return the soil at least two more times.

#### 2. Raising the bed

- Growing 2 lines, width of the bed= 1m, length of the bed depends on possibility, height of the bed= 20-25cm for the rainy season (bed as turtle shell), 15cm for the dry season (smooth bed) and one bed to another is spaced out 3 Toeks for walking path.
- Growing 1 line, width of the bed= 5 Toeks and other parts is the same above.

#### 3. Making trellis

- Make trellis before growing or during winged bean also appears shoots.
- Make trellis for winged bean climbing the same to string bean or sponge gourd.

#### 4. Growing winged bean

- Wrap seeds with cloth, soak it in the water for one night and keep hidden for one more night.
- Put 1 kilo of natural fertilizer in the hole for bottom of the hole (if there is) and then mix with soil in the hole well.
- Dig 2 Toeks (Khmer) of each side of the hole (4 sides) and 2 Toeks of a hole in deep.
- For 2 lines, keep the chest 5 Toeks, a cluster of winged bean to another is spaced out 5 to 7 Toeks; put 2 or 3 seeds for a hole and bury those 2 nodes of finger in deep.

#### 5. Taking care

- Water winged bean seeds in the hole urgently after growing and water it in the morning and in the evening.

- Clean grass, put fertilizer in additions and watch bad insects every day.

## **6. Harvesting yields**

- Winged bean, since growing to harvesting yields is to last 40 to 50 days.  
This winged bean seeds can grow every season.
- For ancient winged bean seeds, since growing to harvesting yields is to last 2 more to 3 months.

## Chinese mustard growing lesson

### Techniques of growing Chinese mustard

#### 1) Preparing the soil

- Plow the soil and dry it up for 7 to 10 days (do not grow it on the ground with water sinking in the rainy season).
- After that return the soil at least 2 to 3 times.

#### 2) Raising the bed of Chinese mustard

- Raising the bed, width= 1m, length= 10m or depends on possibility, in between from a bed to another is 25 to 30cm.
- In the rainy season, raise the bed 20 to 25cm in height, as turtle shell.
- In the dry season, raise the hollow bed in the middle of the bed 10 to 15cm in height.
- Put the natural fertilizer or compost in the bottom of the hole from 5 to 10 kg in 1 square metre and mix it with the soil of the bed well.

#### 3) Growing Chinese mustard

- Dry chinese mustard seeds for 30 minutes and then soak it in the water for 3 hours and keep hidden it for one night to make its seed blooming.

##### **Method 1:**

- Prepare the bed well and then mix together, chinese mustard seeds and the sand (Ex: chinese mustard seed= 0.1 kg mixing with sand= 0.4 kg) after that sprinkle seeds on the bed, next water seeds wetly 3 times, in the morning, afternoon, and in the evening.
- Scatter ashes around the bed to protect ants carrying out.
- Young chinese mustard is 15 to 20 days, can take it to plant.
- Before taking young chinese mustard, quit to water it for 2 days.
- Water it wetly and then take it from the bed immediately.
- Choose good young chinese mustard and its size is similar.
- Plant in between 15 to 20 cm from a clump of chinese mustard to another and in between of the bed 25 to 30 cm.
- Cover young chinese mustard that planted for 2 to 3 days to protect the sunlight.
- Water it in the morning and evening until harvest the yields.

**Method 2:**

- Make the bed well and then take chinese mustard seed that kept hidden to mix with 4 parts of sand completely, next sow it on the bed and water it. Or make a groove, width is the same the bed of water morning glory, spacing of groove is from 15 to 20 cm, next take seeds to sprinkle by the groove and then water it.

**4) Taking care**

Water chinese mustard in the morning and evening, pull out of grass, put fertilizer and watch insects.

**5) Harvesting yields**

- When chinese mustard is 45 to 50 days, we can harvest yields for chinese mustard is sowed seeds directly. As for chinese mustard that is pulled young one to plant is 50 to 60 days.

- Yields which we receive from 16 to 18 Tons a hectare, but it depends on taking care and seeds too.