

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 one metre, 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 three 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!* 

Pumpkin Growing Lesson



Techniques of growing pumpkin

1) Selecting seed

- Hybrid seed (seed has many fruits)
- Simple seed: it is a seed that can keep for growing continuously or next time.
- Pumpkin seed has many kinds such as Ka ek(crow) pumpkin, Phnorng pumpkin (name of pumpkin as Khmer), Troo or Hab (name of pumpkin) pumpkin, etc.

2) Preparing the soil

- ☺ Plough and dry soil up for 10-15 days.
- ☺ Plough and scarify soil for 2-3 times, and then harrow to break soil well.

3) Preparing the bed or hole

- ❖ Raising the bed of pumpkin can be made, width= 2 to 3 metres by ploughing to pile up earth only one time.
- ❖ Height of the bed is 15 to 30 centimetres according to seasons.

❖ In general, pumpkin can be hoed and grow; when it appears shoots, we can pile up the bed.

4) Growing

- Wash pumpkin seed and then dry it up with sunlight for 3 hours.
- Soak seed in the water for 4-5 hours and then keep hidden for one night.
- Hoe a size of a hole, 2 to 3 Toeks (20 to 30 cm) and in deep, 2 to 3 Toeks (20 to 30 cm).
- Make a hole, from a clump of pumpkin to another one is spaced out 120 to 150 centimetres.
- A chest of pumpkin is spaced out 2 to 3 metres.
- Have to use natural fertilizer or compost at the bottom of the hole.
- Use 3 to 4 seeds to grow for a hole in deep 3 centimetres.
- We grow 4565 holes= 4.5 kg of seeds for a hectare.

5) Scarifying soil

📖 Scarify soil, pull weeds, and pile up earth at a clump of pumpkin. We make it when pumpkin growing for 15 to 20 days.

📖 Check and pull out some trunks of young pumpkin if having too many.

6) Taking care

- ❖ Check small bugs or other diseases.
- ❖ Water pumpkin wetly from growing until harvesting the result.

7) Harvesting

➤ Harvesting results of pumpkin, it depends on seeds, some seed is 80 to 85 days old, and some is 95 to 110 days old; during this time we can harvest their results.

- Check on the demand of the market, too.

8) Keeping seed

- ✓ We can keep seeds if it is not hybrid seed.
- ✓ Have to check and take any fruits which are good ripe and no mark of insect making a hole.
- ✓ Also keep ripe pumpkin fruit and then split it to take seed out.
- ✓ Wash seed and dry it up with sunlight and then pour it into the bottle or glass or wrap with cloth to keep well.

 *Thank You!* 