

Angled Sponge Gourd Growing Lesson



Techniques of growing angled sponge gourd

1) Selecting the seed

📖 An Angled sponge gourd has seed in domestic, hybrid seed, small and long seed, and medium seed.

2) Preparing the soil

- ❖ Plough and dry the soil for 7 to 15 days
- ❖ Plough the soil repeatedly 2 to 3 times and 20 to 30cm in deep.

3) Raising the ridge

- Making width ridge is 50cm, as for length ridge is, it depends on the demand.
- Making height ridge is 10 to 15cm in dry season and 15 to 20cm in rainy season.
- Chest of ridge is 2 to 2.5m and path for walking is 50 to 70cm.

4) Growing

📖 Dry angled sponge gourd seed for 2 hours, and then wash it with hot water at 50 Celsius degree of temperature for 15 minutes.

📖 After washing it, take that seed to keep hidden for 1 day and then take it to grow.

📖 A clump of angled sponge gourd to another one is spaced out 80 to 100cm.

📖 Before growing angled sponge gourd seed, have to put organic fertilizer at the bottom of ridge too.

5) Making trellis or fence

😊 After growing angled sponge gourd for 2 weeks, we can make trellis for it climbing.

😊 Sticking fence can be made as stand or as bamboo or wooden barricade too.

6) Taking care

➤ Cleaning grass is to do it after growing for 8 to 10 days.

➤ After growing for 20 to 30 days, have to stick into the ground repeatedly at the clump of angled sponge gourd.

➤ Pull weeds again.

- Have to water angled sponge gourd wetly.
- Check angled sponge gourd every day for bugs or other symptoms.

7) Harvesting

- ✓ After growing for 40 to 45 days, we can harvest it.
- ✓ We can harvest angled sponge gourd every day or once 2 days, it depends on results of crop or the demanding of the market.
- ✓ Growing seed directly is farmers can harvest when angled sponge gourd is 50 to 60 days.

 *Thank You!* 

Bitter Gourd Growing Lesson



*General conditions

Benefit of leaf and fruit of bitter gourd for alimentations is, can eat it and has nourishment substances such as phosphorus, iron substance, bronze, calcium, potassium, and other vitamins such as vitamin A, vitamin B1, vitamin B2 and vitamin C.

*Techniques of growing bitter gourd

1) Selecting season for growing bitter gourd

📖 Bitter gourd can be grown for full year at 20 to 35 degree Celsius of temperature.

📖 Season that provided high yields is from October to December and from May to July.

2) Selecting seeds

- ❖ In general, hybrid seed has high yields, but its price is expensive.
- ❖ Simple seed, not hybrid seed can keep for growing continuously.

❖ Bitter gourd seed has 3 kinds:

+ Bitter gourd fruit is small with 10 to 20cm in length, 100 to 200 grams in weight, dark green and extreme bitter taste.

+ Bitter gourd fruit is long with 30 to 60cm in length, 200 to 600 grams in weight, light green with lump skin and a little bitter taste.

+ Bitter gourd fruit is a triangle as conical shape, elliptical shape with 9 to 12 cm in length, 300 to 600 grams in weight, light green becomes dark green and little bitter taste becomes extreme bitter taste.

3) Preparing the soil

- Plough and dry the soil for 7-15 days
- Plough and scarify soil for 2-3 times, 2 to 3cm in deep.

4) Growing bitter gourd

+ **Growing directly**

❖ Need 5 kg of bitter gourd seeds in 1 hectare of surface of land.

❖ Take seed to dry with sunlight for 1 to 2 hours and then wash it with hot water at 50 Celsius degree of temperature for 15 minutes.

- ❖ Take seeds to keep hidden for 2 days in wet place and then take it to grow.

- ❖ Height of the ridge is 15 to 20cm and 20 to 30cm.

- ❖ Between in lines is from 110 to 150cm for growing 2 lines, from 80 to 100cm for growing 1 line.

- ❖ Between in clumps of bitter gourd is from 40 to 50cm.

- ❖ Dig a hole 1 to 2cm in deep and use 2 seeds for 1 hole with putting compost fertilizer in a hole too.

+ Growing bitter gourd seedlings

- ❖ Growing bitter gourd seedlings is the same growing seed directly, but grows a trunk of bitter gourd for a hole.

- ❖ When seedling is 7 days, we can grow it.

5) Making trellis or fence for bitter gourd climbing

- Putting trellis or fence for bitter gourd climbing is to make it when bitter gourd is from 7 to 10 days.

- Putting trellis is to help increase yields and quality of fruits.

- There are many ways for putting trellis for bitter gourd.

6) Taking care

- ✓ Cut sucker of bitter gourd
- ✓ Water bitter gourd
- ✓ Watch for bugs
- ✓ Pull weeds and
- ✓ Put organic fertilizer to make bitter gourd quick to grow up.

7) Harvesting

- After growing for 45 to 50 days, we can harvest bitter gourd.
- Use materials to cut stem of fruit and draw sheath out and then put it into the safe case to protect trembling that causes it to touch tightly and damage quality.
- Bitter gourd can be harvested many times; we can harvest it once 2 days.

8) General conditions

Benefit of leaf and fruit of bitter gourd for alimentations is, can eat it and has nourishment substances such as phosphorus, iron substance, bronze, calcium, potassium, and other vitamins such as vitamin A, vitamin B1, vitamin B2 and vitamin C.

  *Thank You!*   