

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!** 

Winged bean growing lesson



Techniques of growing winged bean

1)-Preparing the soil:

- ☺ Plough and dry soil up for 7-10 days.
- ☺ Plough and scarify for 2-3 times, in deep 20-30 cm.

2)-Raising the bed:

- ☺ Raise the bed of winged bean in width 0.5 metre or 1 metre according to growing, in length it depends on possibilities.
- ☺ Height of the bed is 20-30 cm and between in the bed can space 30 cm.

3)-Growing:

- ☺ Growing in 1 line: width of the bed is 0.5 metre, spacing from a clump of winged bean to another one is 50-70 cm, and size of each hole is 20 cm, 1 kg of fertilizer for a hole.
- ☺ Growing in 2 lines: width of the bed is 1 metre, spacing from a clump of winged bean to another one is 50-70 cm, the middle chest is 50 cm, growing is as Letter V.
- ☺ Growing is 2 seeds in a hole.
- ☺ Dry seeds with sunlight for 1-2 hours, soak it in the water for 3-4 hours and then keep hidden for one night before growing.

4)-Putting the trellis:

- ☺ We can put the trellis across the same string bean for growing in 2 lines.

☺ For growing in 1 line, we can do it as the trellis of loofah or wax gourd or put small trees for winged bean climbing.

☺ Trellis can put after winged bean growing in height 20cm.

5)-Taking care:

☺ Water winged bean 2 times a day.

☺ Pull weeds for winged bean.

☺ Watch for bugs daily, and

☺ Put natural fertilizer.

6)-Harvesting:

☺ We can harvest the winged bean when it is 45-50 days old, as for Khmer traditional winged bean is from 3-6 months.

☺ If we take care of winged bean well, it can live for 2 years.

7)-Keeping seed:

☺ We can keep seed if it is not hybrid seed.

☺ Keeping seed is to watch good fruit, without soil at the fruit.

☺ Don't keep that ripe seed for a long time.

☺ Dry winged bean seed with sunlight and then peel and dry it up again.

☺ Keep seed in the bottle and close with lid or we can also keep it no need to peel so that protects KHMOUT (insect name) insect eating.

 *Thank You!* 