

Papaya



Scientific Name:

Carica papaya

Growth Form:

Tree

Uses:

Fruit can be eaten fresh or cooked. Seeds can be eaten fresh or dried. Young leaves can be cooked and eaten.



Germination:

14–21 days



Sowing to 1st Harvest:

6–10 months

Sowing:



Sun Exposure:
Semi-shade



Soil Depth:
10–15mm



Indicator for Transplant:
3–4 leaves



Seed spacing:
5–10cm

Growing Care:



Sun Exposure:
Full Sun



Watering:
Moderate watering



Plant Spacing:
200–300cm



Soil Type:
Well-drained



Did You Know?

The papaya plant is a powerhouse of nutrients. Most parts of the plant, such as the ripe and unripe fruit, seeds, roots, shoots and leaves, contain nutrients or enzymes.

Cucumber



Scientific Name:

Cucumis sativus

Growth Form:

Climber

Uses:

Fruits are often eaten fresh in salads or pickled.



Germination:

3–9 days



Sowing to 1st Harvest:

100–140 days

Sowing:



Sun Exposure:
Semi-shade



Soil Depth:
15–25mm



Indicator for Transplant:
2 leaves



Seed Spacing:
10–15cm

Growing Care:



Sun Exposure:
Full Sun



Watering:
Keep well-watered



Plant Spacing:
30–45cm



Soil Type:
Well-drained



Did You Know?

Cucumbers can provide a great pick-me-up that can last for hours as it is a good source of Vitamin B and carbohydrates.

Long Beans



Scientific Name:

Vigna unguiculata

Growth Form:

Climber

Uses:

Fruit can be eaten fresh or cooked.



Germination:

3–10 days



Sowing to 1st Harvest:

50–90 days

Sowing:



Sun Exposure:
Semi-shade



Soil Depth:
25–45mm



Indicator for Transplant:
10–15cm height



Seed Spacing:
10–15cm

Growing Care:



Sun Exposure:
Full Sun



Watering:
Keep well-watered



Plant Spacing:
15–30cm



Soil Type:
All types



Did You Know?

Beans are often planted in between crops to improve the soil as they help to store nitrogen in the soil.

Chilli



Scientific Name:

Capsicum annuum (Cayenne)

Growth Form:

Shrub (Herbaceous)

Uses:

Fruit can be eaten fresh or cooked.



Germination:

6–21 days



Sowing to 1st Harvest:

120–210 days

Sowing:



Sun Exposure:
Semi-shade



Soil Depth:
5–6mm



Indicator for Transplant:
8–10 leaves



Seed Spacing:
5–10cm

Growing Care:



Sun Exposure:
Full Sun



Watering:
Moderate watering



Plant Spacing:
40–90cm

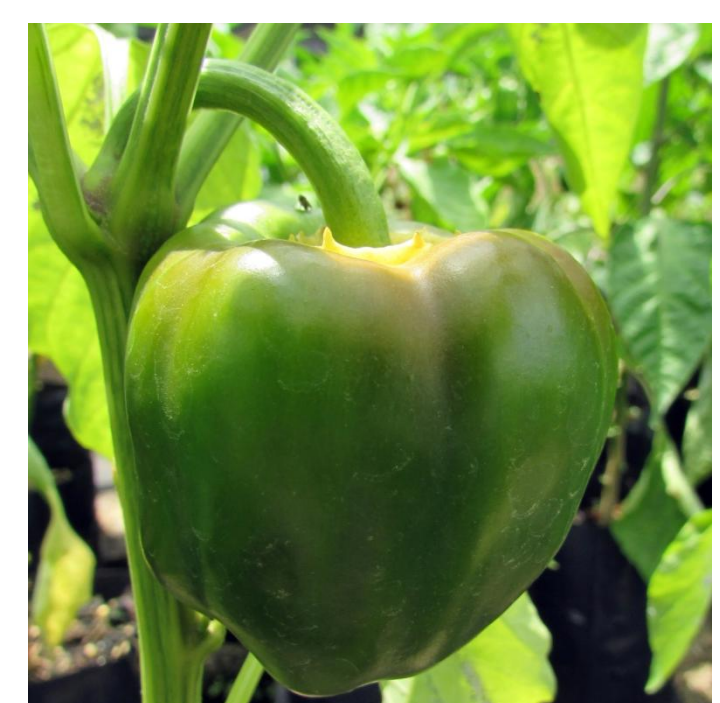


Soil Type:
Well-drained



Did You Know?

Cayenne chillies belong to the same species of plants as the bell peppers but are of different varieties.



Lettuce



Scientific Name:

Lactuca sativa

Growth Form:

Shrub (Herbaceous)

Uses:

Leaves are often eaten fresh in salads and sandwiches.



Germination:

4–10 days



Sowing to 1st Harvest:

55–100 days

Sowing:



Sun Exposure:
Semi-shade



Soil Depth:
3–5mm



Indicator for Transplant:
2 leaves



Seed Spacing:
5–10cm

Growing Care:



Sun Exposure:
Full Sun



Watering:
Keep well-watered



Plant Spacing:
30–50cm



Soil Type:
Well-drained



Did You Know?

Lettuces are from the same family as Sunflowers. Some species of lettuces also contain a sleep inducing substance called lectucarium, which is known to help with insomnia.

Brinjal



Scientific Name:
Solanum melongena

Growth Form:
Shrub (Herbaceous)

Uses:
Fruits are consumed as a cooked vegetable.



Germination:
7–21 days



Sowing to 1st Harvest:
100–140 days

Sowing:



Sun Exposure:
Semi-shade



Soil Depth:
6–7mm



Indicator for Transplant:
7–10 cm height



Seed Spacing:
5–10cm

Growing Care:



Sun Exposure:
Full Sun



Watering:
Moderate watering



Plant Spacing:
50–80cm



Soil Type:
Well-drained



Did You Know?

Brinjals are also known as eggplants because the first varieties grown outside India and Southeast Asia had egg-shaped white fruits.

Bittergourd



Scientific Name:

Momordica charantia

Growth Form:

Climber

Uses:

Immature fruits are often cooked and eaten as a vegetable.



Germination:

2–7 days



Sowing to 1st Harvest:

90–180 days

Sowing:



Sun Exposure:
Semi-shade



Soil Depth:
15–25mm



Indicators for Transplant:
10–13 days



Seed Spacing:
5–10cm

Growing Care:



Sun Exposure:
Full Sun



Watering:
Moderate watering



Plant Spacing:
30–50cm



Soil Type:
Well-drained



Did You Know?

The green bittergourd fruit usually used in cooking is the immature fruit. The fruit turns orange when ripe and splits open to reveal the flesh and seeds.

Lady's Finger



Scientific Name:

Abelmoschus esculentus

Growth Form:

Shrub (Herbaceous)

Uses:

Fruit can be eaten fresh or cooked. It is usually added to curries and stews. The seeds can be pressed for oil.



Germination:

6–10 days



Sowing to 1st Harvest:

40–90 days

Sowing:



Sun Exposure:
Semi-shade



Soil Depth:
6–7mm



Indicator for Transplant:
~10cm height



Seed Spacing:
8–15cm

Growing Care:



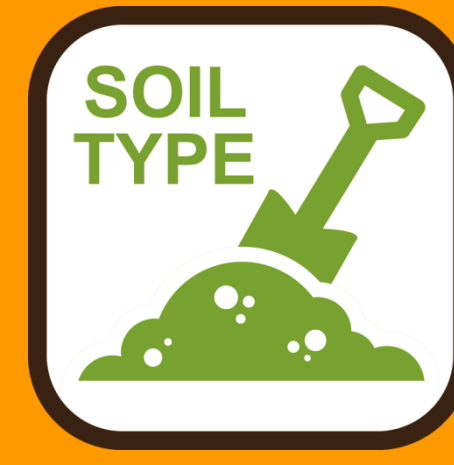
Sun Exposure:
Full Sun



Watering:
Keep well-watered



Plant Spacing:
15–25cm



Soil Type:
Well-drained



Did You Know?

Lady's Fingers belongs to the same family as Hibiscus. The pod of the Lady's Finger contains some of the highest levels of antioxidants, such as beta-carotenes, xanthin and lutein, among green vegetables. It is also a source of Vitamin A.

Pumpkin



Scientific Name:

Cucurbita moschata

Growth Form:

Climber, Vine & Liana

Uses:

Fruit can be used in soups and desserts. Seeds can be cooked and eaten or pressed for oil.



Germination:

7–10 days



Sowing to 1st Harvest:

90–140 days

Sowing:



Sun Exposure:
Semi-shade



Soil Depth:
20–30mm



Indicator for Transplant:
~10cm height



Seed Spacing:
5–10cm

Growing Care:



Sun Exposure:
Full Sun



Watering:
Moderate watering



Plant Spacing:
90–120cm



Soil Type:
Well-drained



Did You Know?

The pumpkin has separate male and female flowers on the same plant. The female flower has a tiny golf ball-size ovary, which is an unfertilised baby pumpkin, below the flower.



Watermelon



Scientific Name:

Citrullus lanatus

Growth Form:

Climber or Vine

Uses:

Fruit can be eaten fresh, made into juices or used in desserts.



Germination:

6–10 days



Sowing to 1st Harvest:

100–125 days

Sowing:



Sun

Exposure:
Semi-shade



Soil

Depth:
15 – 25mm



Indicator for
Transplant:

3–4 leaves



Seed

Spacing:
10–15cm

Growing Care:



Sun

Exposure:
Full Sun



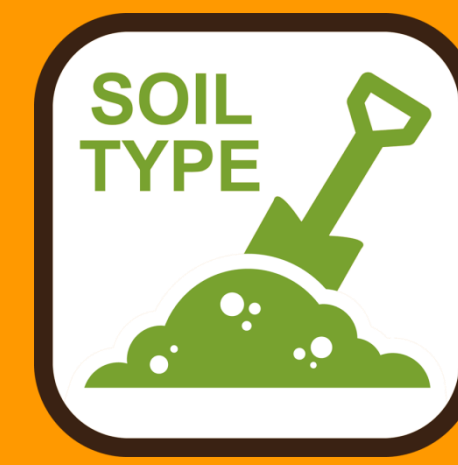
Watering:

Moderate
watering



Plant

Spacing:
90–120cm



SOIL TYPE

Soil Type:

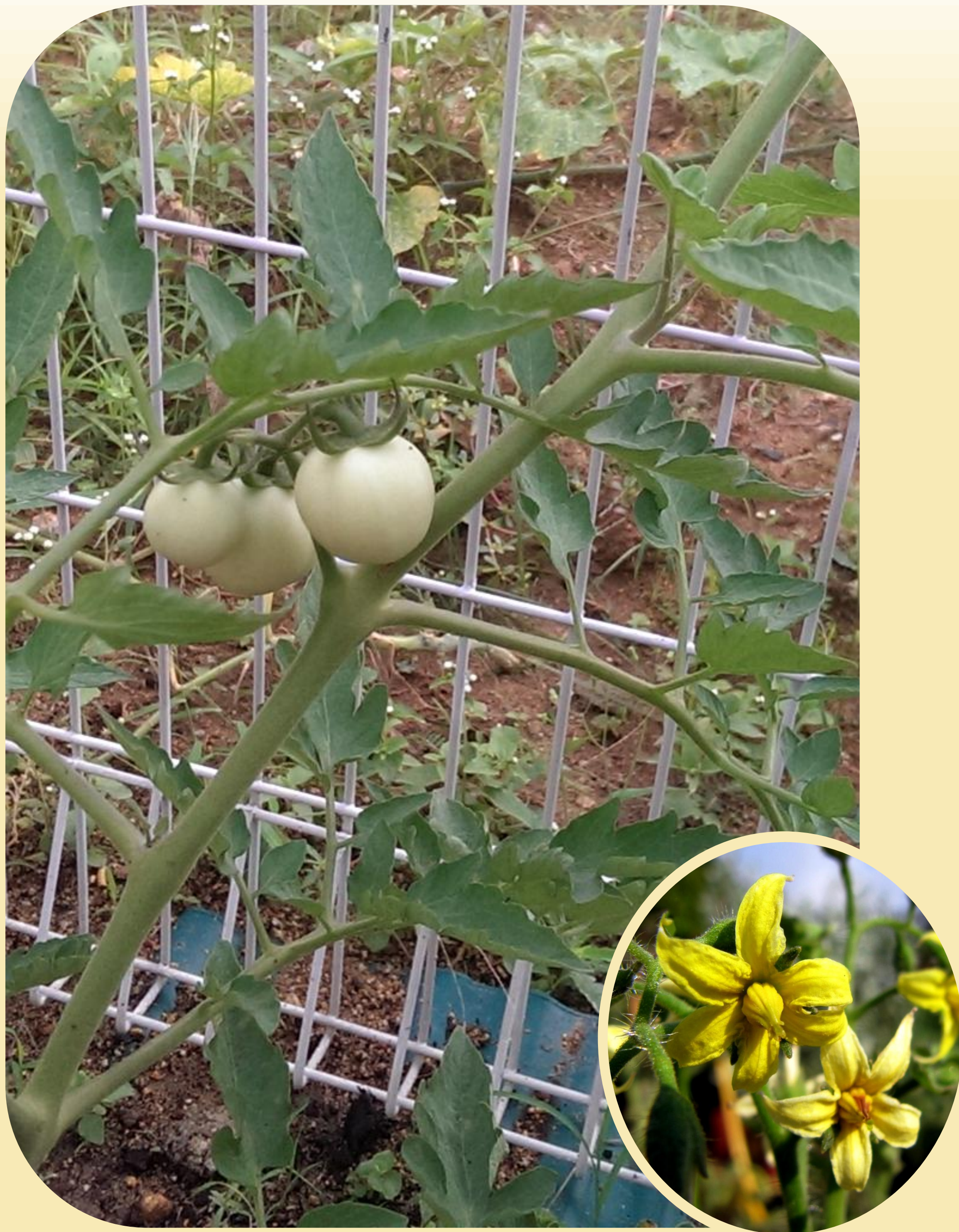
Loamy soil



Did You Know?

The watermelon has an extremely high water content, up to 92% of the total weight of the fruit. It is often used as a delicious juice to quench thirst.

Tomato



Scientific Name:

Lycopersicon esculentum

Growth Form:

Shrub

Uses:

Fruit can be eaten fresh or cooked. It can also be processed into tomato sauce or juice.



Germination:

6–15 days



Sowing to 1st Harvest:

60–100 days

Sowing:



Sun Exposure:
Semi-shade



Soil Depth:
6–7mm



Indicator for Transplant:
15–25cm height



Seed Spacing:
3–5cm

Growing Care:



Sun Exposure:
Full Sun



Watering:
Moderate watering



Plant Spacing:
30–60cm



Soil Type:
Sandy to clay-loam



Did You Know?

Studies show that eating tomatoes can help to reduce UV damage in humans as the carotenoids and flavonoids found in tomatoes are distributed to areas such as skin and eyes after ingestion and help provide protection against UV rays.

Winter Melon



Scientific Name:

Benincasa hispida

Growth Form:

Herbaceous vine

Uses:

Fruit is often used in soup, candied in sugar or stuffed and steamed. Young leaves and buds can be steamed and eaten as vegetables.



Germination:

10–21 days



Sowing to 1st Harvest:

100–160 days

Sowing:



Sun Exposure:
Semi-shade



Soil Depth:
10–15mm



Indicator for Transplant:
4–6 leaves



Seed Spacing:
5–10cm

Growing Care:



Sun Exposure:
Full Sun



Watering:
Keep well-watered



Plant Spacing:
60–120cm



Soil Type:
Well-drained



Did You Know?

The wax that coats the fruit can be used to make candles.

