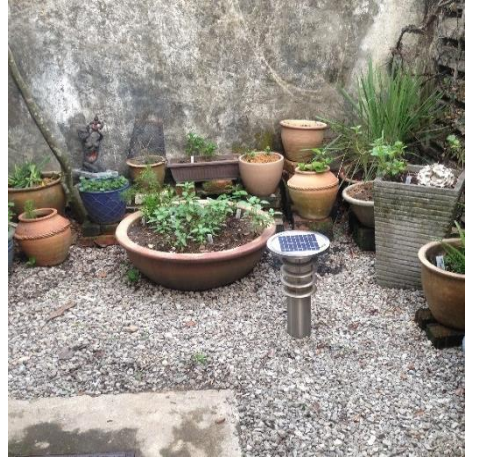
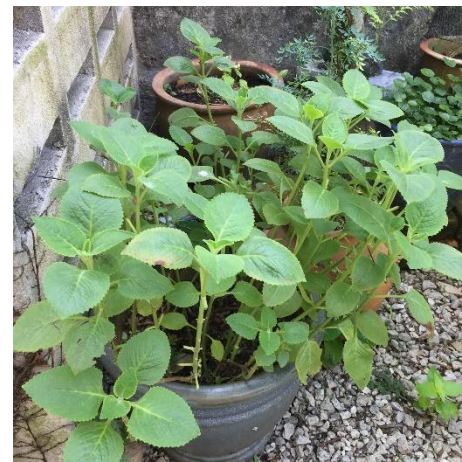
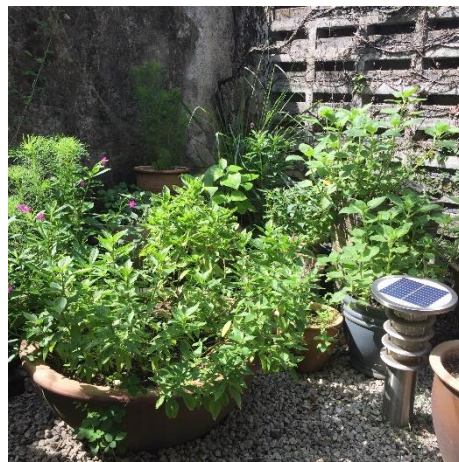
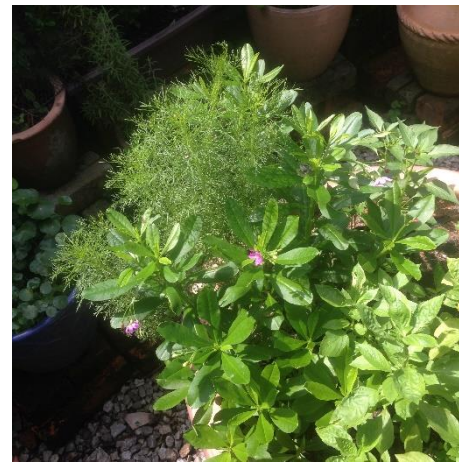


Our Kitchen Garden

SHALINI GANENDRA ADVISORY



Development from March 30 – May 15 . Images taken bi-weekly.



Development from May 22 – June 19. Images taken bi-weekly.

Our garden greenery & research -

Pink Guava

www.gardeningknowhow.com/edible/fruits/guava/growing-guava-fruit-trees.htm

Planting techniques

The guava plants thrive in any soil with good drainage and full sun for best flowering and fruit production.

The seeds can remain usable for months, but germination can take up to eight weeks.

Boil the seeds for five minutes prior to planting to soften the tough outside and encourage germination.

The tree should be planted in well-drained soil where its roots have room to spread.

Fertilize growing guavas every one to two months while young and then three to four times per year as the tree matures.

Water frequently after planting and then keep mature trees moderately moist during the blooming and fruiting seasons.

Applications

- Guava is one of the richest sources of dietary fibre.
- Guava also helps in regulating metabolism which leads to weight loss.
- Due to the rich fibre content and low glycaemic index, guavas prevent the development of diabetes.
- Guavas improve the sodium and potassium balance of the body, thereby regulating blood pressure in patients with hypertension.
- Guavas are rich in vitamin A, vitamin C and antioxidants like carotene and lycopene which help protect the skin from wrinkles.



Ulam Raja

Cosmos caudatus / King's salad

<https://www.burpee.com/gardenadvicecenter/annuals/cosmos/all-about-cosmos/article10228.html>

Planting techniques

- Plant them in full sun (in very hot regions, cosmos can take afternoon shade) and give them protection from strong winds. Cosmos tolerates a wide range of soil types, including poor soil.
- Plants need even moisture to get started, but mature cosmos are drought tolerant; plants produce more and larger flowers, however, if they are watered regularly.
- Either sow cosmos seeds outdoors after danger of frost has passed, or for an early start on summer blooms, sow seeds indoors four to five weeks before the last spring-frost date.
- Space plants approximately 2 feet apart; with tall cosmos, space plants closer than the recommended 2 feet and let them support each other.

Applications

- If you grow from organic seeds and don't use chemicals, the pretty petals are edible and brighten up salads.
- These flowers can last up to 7-10 days if you re-cut the stems regularly and keep in fresh water. Ideally cut your flowers in the early morning.
- Cosmos have a long traditional use in Brazil and Mexico for treatment of Malaria.
- This plant contains butein which has reported antioxidant and anti-inflammatory activities.



Daun Kesum/Vietnamese Coriander

Persicaria odorata/Vietnamese Mint/laksa leaf

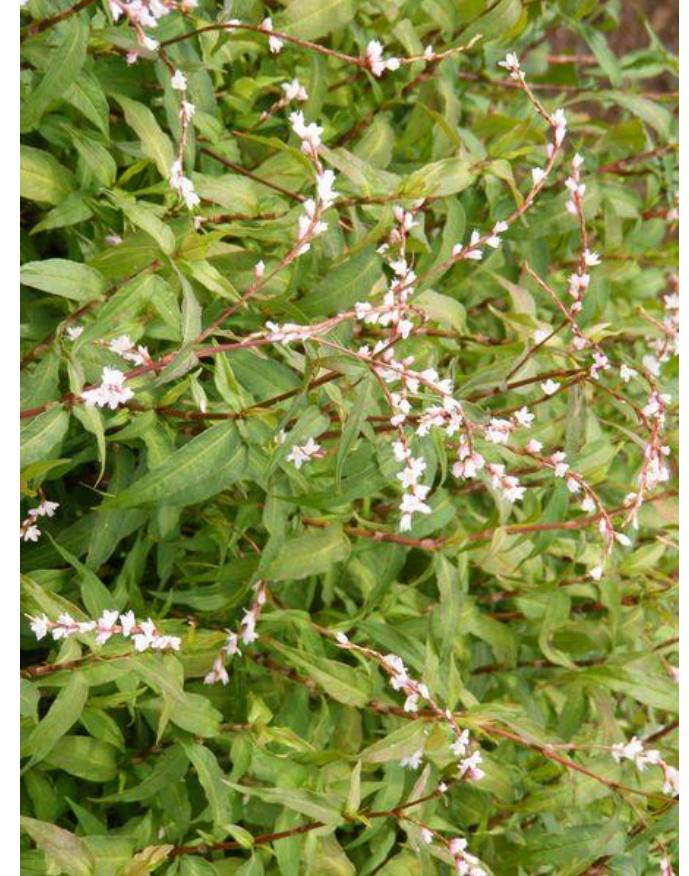
<https://www.wikihow.com/Grow-Vietnamese-Mint>

Planting techniques

- Vietnamese mint/Coriander can be grown in most climates so long as they have warm, sunny weather.
- Vietnamese mint is best grown from clippings. Purchase a Vietnamese mint plant from a nursery or grocery store. Cut a thick, healthy stem (about 6 inches (15 cm)) from the existing plant and pull off about 1/3 of the leaves. Place the cutting in a clean glass of water while it grows roots.
- To encourage leaf growth, pinch out the growing tip of the shoot as you put it in the dirt.
- The soil surrounding the plant should be consistently moist.
- Vietnamese plants thrive best when they're fertilized often.
- If you do not cut back Vietnamese mint regularly, it can grow out of control and steal nutrients from other plants in your garden.
- Inspect your plant for aphids and spider mites. These are the two most common pests that Vietnamese mint deals with. If you spot the damage these pests can cause, spray your Vietnamese mint with a non-toxic insect repellent.

Applications

- Many Buddhist monks grow coriander in their private gardens and eat it frequently, believing it helps them remain celibate.
- The plant is sometimes cultivated for its edible leaves.
- A few leaves can be added to a mixed salad, or they can be cooked with rice, vegetables etc.
- The aroma is rather similar to coriander, with a hot, peppery but refreshing flavour.
- The flavour is destroyed by prolonged cooking
- The leaves are used as a diuretic, stomachic, febrifuge and anti-aphrodisiac.



Longan

Dragon's Eye

<https://www.ebay.com/gds/How-to-Grow-Longan-Fruit-Trees-/10000000205202480/g.html>

Planting techniques

- Plant the longan trees in the sunniest, highest, and driest part of the garden, as they require well-drained soil.
- Longan fruit trees germinate from fresh seeds, although the seedling may not produce fruit true to the parent plant.
- Water potted plants when the soil is dry to a depth of 3 to 4 inches, adding water until it drains freely from the bottom of the flowerpots.
- In extremely hot temperatures, water twice weekly.
- Germinate seeds before planting, for two weeks in a warm location in damp kitchen towels sealed in a plastic bag.
- After the seeds germinate, carefully place each one in a 1-gallon flowerpot and 1-inch deep in a mix of equal parts compost, peat moss, and perlite.

Applications

- Longan does miracles to nerve problems and is highly recommended as an anti-depressant. They give a relaxing effect to the nerves and are proven to enhance the nerve function, lower irritability and reduce fatigue.
- Longans improve wound healing capability and increases longevity. Together with polyphenols, it helps to combat the free radicals within the body and prevents cells damage.
- Longan is an excellent energy enhancer and is an outstanding Qi tonic which raises long term energy.



Rosemary

<https://www.gardeningknowhow.com/edible/herbs/rosemary/growing-rosemary-plants-rosemary-plant-care.htm>

Planting techniques

- When growing rosemary plants, provide them with well-drained, sandy soil and at least six to eight hours of sunlight.
- These plants thrive in warm, humid environments and cannot take extremely cold temperatures.
- Rosemary prefers to remain dry; therefore, terra cotta pots are a good choice when selecting suitable containers. These pots allow the plant to dry out faster.
- Thoroughly water rosemary plants when the soil is dry to the touch but allow the plants to dry out between watering intervals.

Applications

- The herb not only tastes good in culinary dishes, such as rosemary chicken and lamb, but it is also a good source of iron, calcium, and vitamin B-6.
- Fresh rosemary has a very high reserve of vitamins such as vitamin A, vitamin C, vitamin B6, thiamin, folate, as well as minerals like magnesium, calcium, copper, iron, and manganese.
- Rosemary can be infused into an oil and used externally for skin irritations like eczema and joint problems like arthritis.



Pegaga (*Centella Asiatica*) known as Gotu Kola or Asiatic Pennywort https://www.ehow.com/how_7669104_grow-gotu-kola-growing-conditions.html

Planting techniques

- It needs full sun, even if it can grow in shade, and grows best near or in water.
- The seeds are quite slow to germinate (2 to 5 months). Put them in a warm area. The sprouts may take 2 to 3 months to become a nice sized plant.
- Dig a hole twice as wide and deep as the plant's roots ball. Choose a site near water or poorly drained. You may line the hole with compost and peat to help it grow. Backfill half of the soil you removed from the hole. Fan out the roots of the plant after removing it from its nursery container. Flood the hole with water until it contains 3 to 4 inches of water. Press the roots into the muddy soil and then cover with 2 to 3 inches of soil (just enough to cover the roots). Try to space them apart of 2 to 3 inches. Press the soil around the area.

Application

- Medicinal purposes: it increases mental clarity and the brain function by allowing and facilitating the neural growth and interconnectivity inside the brain. It imparts long life, memory, and mental activity. It detoxifies the body from pollution. It is meant to have benefits in case of urinary disorders, as well as anti-inflammatory benefits. It is a rejuvenating herb as it is proved to repair skins cells and to boost the health of your skin. It is anti-leprosy, diuretic, stomachic and used in insomnia, asthma, abdominal disorders and fever.
- Used in many different ways, including pills, lotions, tincture, dried herbs or fresh leaves directly for cooking.



Aloe Vera

<https://www.wikihow.com/Plant-Aloe-Vera>

Planting techniques

- As a succulent, the plant grows best in dry conditions and a moist soil might rot the plant. It also needs bright light (north or west facing windows) for 8 to 10 hours of sunlight a day. You can plant them in cactus potting soil mix, using soil, sand and gravel. Make sure your pot has plenty of drainage holes, Aloe Vera as a succulent, is not meant to tolerate standing water. You may fill the bottom of the pot with gravel first. The pH level should be 6.0 to 8.00 (if it's not high enough, add some gardening lime).
- Cover the roots with soil when planting, but the leaves must not touch the soil (or they may rot).
- You can place a layer of small rocks around its base to keep the soil in place. DO NOT water for the first few days after planting (it may need time to repair the damaged roots due to planting).

Applications

- Medicinal purposes: remedy for skin conditions (burns, sunburn, frostbite, psoriasis and cold sores)
- as well as dried hair and scalp, osteoarthritis, bowel diseases, fever, itching, inflammation, asthma, stomach ulcers, diabetes and for soothing side effects of radiation treatment.
- Forms of use: gel or latex, juice, ointment, pills.



Dill

Anethum graveolens

<https://www.wikihow.com/Grow-Dill>

Planting techniques

- Growing dill is quite easy. They grow best in full sun (6 to 8 hours a day) but will grow happily in both poor and rich soil (but prefers sandy soil), as well as in damp or dry conditions (but doesn't like too much water). It also grows best in a slightly acidic soil, with pH 5.8 to 6.5.
- You just need to scatter the seeds in the desired location after the last frost, from April through May. Then, slightly cover the seeds with soil and water the area thoroughly. If you wish, you can sow additional crops every few weeks. After you planted it, the seedlings will appear after 10 to 14 days. You may thin out the seedlings to keep only one plant every 12 to 18 inches. Snip off the top of the plant once it reaches 8 inches: cut off the top 2 to 3 inches of the plant. This will help direct the plant's nutrients outwards, encouraging the dill to become bushier and to develop more leaves. It should be harvested no later than 90 days after planting to get the best flavor.

Applications

- It acts as a natural bug repellent. It provides a source of energy and aids in digestion.
- Forms of use: seeds, dill seeds oil, fresh leaves, ointment.
- You can cook this herb in a lot of recipes, salads or soups, or make a decoction of it.
- A dill salve is good for wounds.



Mint/Peppermint

<https://www.almanac.com/blog/natural-health-home-tips/magnificent-medicinal-and-sometimes-maleficent-mints>

<https://www.gardeningknowhow.com/edible/herbs/mint/growing-peppermint-plant.htm>

Planting techniques

- You can plant directly from 6-inch cuttings of rooted stems, about 2 feet apart in moist soil. Mint should grow to be 1 or 2 feet tall. You can also sow seeds, no more than 5mm deep in moist soil. They will sprout in 10 to 16 days. Although, mint may not come true from seed because of its difficult control over cross pollination.
- Minimal care is needed. For outdoor plants, use light mulch, which would help keep the soil moist and keep the leaves clean.
- Be aware that your mint is very likely to conquer new territory with horizontal runners. A tip is to provide it physical barriers as containers to avoid ending with a sprawling giant plant. Mint benefits from picking and pruning.
- Frequent harvesting is the key to keeping mint plants at their best. Young leaves have more flavor than old ones. You can harvest one mint plant 2 or 3 times in one growing season.

Applications

- Ways of use: compress, essential oil, fresh, dried,
- It contains a lot of nutrients, is a source of antioxidants
- Medicinal purposes. Digestion, colds and flu, type II diabetes, blood pressure, eye-health., brain function.
- Cooking: fresh or dried, in drinks, infusion, tea, salads.



Oregano

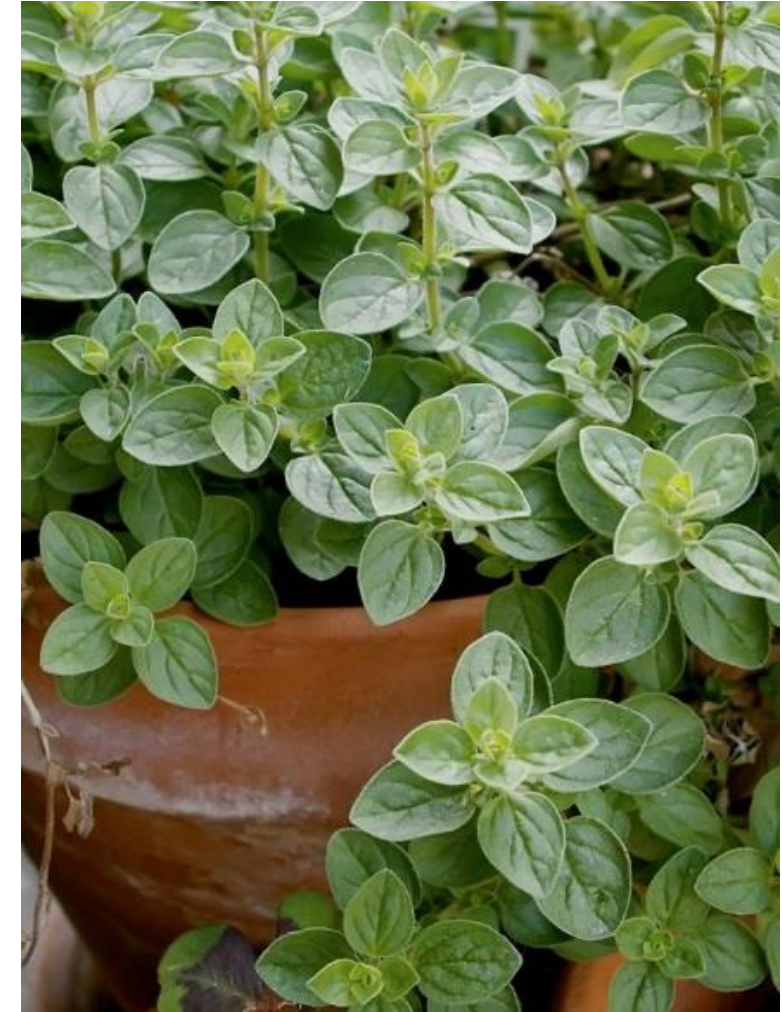
<https://www.wikihow.com/Grow-Oregano>

Planting techniques

- You can either grow oregano from seeds or from a cutting. Be aware that when you plant seeds, 1 quarter of them won't grow. Take clippings only from established and well-rooted plants.
- Select a sunny location and a well-drained soil. Plant oregano indoors if you live in a colder part of the world and transfer it outside when the weather warms up. Plan extra space for multiple plants, bearing in mind that a fully grown oregano plant is about 60 to 76 cm tall and 60cm wide. Give your oregano 25 cm of space between plants. Plant your seeds about 60 cm deep and bury your clippings 1.3 cm deep.
- You can start planting your oregano as early as 6 to 10 weeks before the last predicted frost of spring. It will take 5 to 10 days to sprout from the ground. Water it regularly to get it started, and start reducing the amount of water once they are established. Check whether the soil is dry or not, and water thoroughly if dry. Weed around your plants
- You may trim your plant so that it gets thicker when growing. Wait until the plant is 10 cm tall and then pinch or trim its leaves and ends to encourage it to develop denser leaves. You can use these trimmed leaves fresh in your recipe or dry it for later. Trim the oregano leaves just before the plant blossoms for the best flavor.

Applications

- Ways of use: fresh or dried in dishes, oregano oil.
- Oregano has antibacterial and anti-inflammatory properties and is meant to boost your immunity and to increase energy levels. It also protects from cancer and aids digestion. It improves heart and bone health, in addition to detoxifying the body.
- You can ingest oregano in any of its form. Use the essential oil as a sanitizer for your laundry and home washing. Dilute the oil and consume it during illness to help recover.



Tulsi (Red and Green) or Holy Basil

<http://balconygardenweb.com/how-to-grow-tulsi-plant-care-and-growing-holy-basil/>

Planting techniques

- It grows well in loamy and fertile soil with good drainage but can tolerate a wide range of soil. It thrives in **full sun** but grows in partial shade too. At least 4 hours of sunlight a day is required. The more sun it gets, the more oil it contains.
- Water the plant when top one inch of soil is dry.
- When the seedlings have grown 2 or 3 sets of true leaves, transplant them if you have had planted them in containers.
- Pinch tops of tulsi plants when they are forming 4 or 6 pairs of leaves in order to make the plant grow bushier. Remove the flower buds when they appear, it will help to grow more lush. Remove the damaged or faded leaves to encourage the growth of new foliage. Prune it regularly throughout the year. Remove no more than half of the growth of stem while pruning.

Applications

- Form of use: leaves, fresh or dried, essential oil, insect repellent.
- How to use: infuse dried leaves as a tea, house protector, mouthwash, infused honey, fresh juice, in dishes.
- Good for: fever, respiratory disorder, skin health, heart, lung, stress, oral health, headache, healing process, immunity system, vision.



Common Rue

<http://theherbexchange.com/rules-for-growing-rue/>

Planting techniques

- It grows best in well drained soil and even tolerate rocky and dry soil. It needs full sun and rarely needs to be watered.
- It can be started from seeds and usually germinates in 1 to 4 weeks. They will need light and warm area. When big enough, transplant to well-drained soil in full sun. It usually grows to 3 feet tall.
- As it grows, it acts as an insect repellent and is a great companion plant for Alpine Strawberries, Figs, Roses and Raspberries. Avoid planting it near Basil, Sage or Mint because it will inhibit their growth.

Applications

- Ways of use: oil, leaves fresh or dried in salad, infusion, Homeopathic preparations.
- Benefits: skin, hair, insect repellent, anti bacterial, anti-inflammatory.



Curry Leaves

<https://www.gardeningknowhow.com/edible/herbs/curry/growing-curry-leaf.htm>

Planting techniques

- Sow the seeds in potting soil and keep them damp but not wet. They will need a warm area of at least 20 degrees to germinate. It can take a couple of months to germinate. You can use the seeds contained in the berries (grown by the flowers): either sow whole ripe berries or remove the fleshy part before sowing.
- You can also use a curry leaf, with a stem that is about 3 inches long and has several leaves, to start a plant. Treat it as a cutting. Remove the bottom 1 inch of leaves and immerse the bare stem into a soilless potting medium. Mist it. It will take roots in about 3 weeks if you keep it warm and moist. This method is the easiest.
- Pluck the flower buds when they appear to help the plant keep its energy to develop new leaves rather than flowers.

Applications

- Food and Medicinal purposes: good source of carbohydrates, energy, fibre, calcium, phosphorous, iron, magnesium, copper, and minerals. It also contains various vitamins like nicotinic acid and vitamin C, A, B and E, antioxidants, plant sterols, amino acids, glycosides, and flavonoids.
- It has anti-diarrheal properties and can be used in case of gastrointestinal issues. It is used in diabetes control, to fight cancer and lower cholesterol levels. It is also meant to strengthen hair roots. It is good for eyesight, effective in fighting bacterial and fungal infections. Good for skin (burns, cuts, bruises, irritation, bites) and protects the liver with good hepato-protective properties.
- Forms of use: dry curry leaf powder seeds, dill seeds oil, fresh leaves, juice, paste.



Lemon Grass

<https://bonnieplants.com/growing/growing-lemongrass/>

Planting techniques.

- Grow lemon grass from cuttings. Put the stalks into a glass of water in a glass of water and wait for the roots to appear within a few weeks. Wait for it to mature and then transfer it to a pot of soil. The pot must contains a all-purpose well-drained soil and be put in a warm and **sunny** spot.
- Space plants 24 inches apart. Lemongrass grows tall, so plan to plant it in a large pot that is at least 12 inches across.
- Water the plant regularly. Do not let it sit in wet soil, neither dry out.
- Start harvesting as soon as plants are 12 inches tall and stem bases are at least half an inch thick.

Applications

- Edible part: near the bottom of the stalk. Leaves can be used in infusions. The stalk has to be peeled off of the outer fibrous layer.
- Cooking: use the tender inner stalk bases in salads, sauces. Infuse in tea
- Ways of use: fresh, dried leaves, oil.
- Medicinal purposes: digestion, detox, weight loss, insomnia and nervous system, skin and hair health, cancer, cold and flu, insects repellent.



Chilli

<https://www.thompson-morgan.com/how-to-grow-chilli-peppers>

Planting techniques

- You can start sowing from January until the end of April, the sooner the better since it leaves much more time to the chili to ripen before the end of the summer. You can start sowing indoors, after the last frost, on the surface of a moist, free-draining compost, do not use garden soil. Germination usually takes 7 to 10 days, after which you can move your seedlings to a warm and sunny windowsill. The soil should be moist but not wet. When your seedlings are big enough to handle with, transplant them into bigger individual pots or wait a bit more to transplant them directly to their final positions in your garden, into well prepared beds of fertile, moist and well-drained soil. Space the plants 50 cm apart. Water them regularly and pinch out the growing tip of the first flowering shoots to promote a better harvest. Harvest before the first frost by cutting the chill peppers from the plant. Water when the top of the soil dried out.
- To store your chillies, you can either dry them or freeze them. Drying will take 4 to 5 weeks in a warm and well-ventilated spot.

Applications

- Food and Medicinal purposes
- Use it dry or fresh in any recipes. Pills form or powder.
- You can make a decoction to apply on infected area or a tincture to be taken at the beginning of meals.



Pandan leaf

<http://homeguides.sfgate.com/plant-pandan-103293.html>

Planting techniques

- Plant it in a full day sun area to partial afternoon shade. Moist soil that retains moisture without becoming soggy results in the healthiest growth. It should be grown in a container with drainage holes at the bottom. You may need to transplant pandan every 2 or 3 years to avoid the roots to become crowded.
- Use a soil mix formulated for tropical plants.
- You may want to propagate pandan from cuttings or seeds. The plant produces suckers from its base that you can cut off and transplant in another pot. Leave the pot in bright but indirect sunlight. It should root in 4 to 6 weeks. For the seeds, you will need to soak them for 24 hours before planting them in a moist medium. They may take 2 to 3 months to germinate. Cuttings provide a quicker propagation method.

Applications

- Ways of use: fresh or dried leaves, essence
- Medicinal purposes: lower high blood pressure, fight dandruff, overcome weak nerves, anti-rheumatic and stiff, boost appetite, pain relief, anti-carcinogenic, good for anxiety and stress, insects repellent, heal sunburns, Antihyperglycemic Effect.
- Use the leaves to flavor dishes. Usually, they are discarded and not eaten.



Limau Purut (Kaffir Lime)

<https://www.gardeningknowhow.com/edible/fruits/lime/care-of-your-kaffir-lime-tree.htm>

Planting techniques

- Choose a site that is full sun as the citrus tree won't tolerate shade or partial sun. It has the capacity to top out at 8 to 10 feet tall.
- You will usually use grafted seedlings with resistant rootstocks. They are ready for planting when they are about 60 cm tall. Before planting your seedling, you should prune the transplant.
- Dig a hole roughly twice the width of your Kaffir lime's root ball but no deeper than the measurement from top to bottom of its roots. Citrus trees require well-drained soil that is at least 3 feet deep. Mound soil slightly around the trunk.
- Prevent any contact between the seedling and mulches.
- Water it thoroughly during the dry season. But be aware that this tree is prone to root rot if kept too wet.
- Prune the young lime tree to encourage branching and a more bushy plant. Pick the leaves every few weeks to help encourage

Applications

- Ways of use: fresh citrus (juice, flesh or rind), fresh leaves, dried, essence oil
- Cooking: use the leaves, fresh or dried, in any dish. Infuse them
- Household: cleaning or hair conditioning
- Medicinal benefits: detoxifies blood, digestive issues, insect repellent, skin and hair care, lower inflammation, reduces stress, oral health, boosts immunity



Papaya

<https://www.wikihow.com/Grow-Papaya>

Planting techniques

- Papaya tree won't grow well in wet soil. You need a nutrient-rich potting mix for tropical plants. As long as the soil drains well, the exact soil texture does not matter. Papaya will grow in sandy, loamy or rocky soils. Papaya prefers sunny location, at least 3m away from buildings and other plants.
- You may want to grow your tree from seeds that you have scraped out of the center of a fruit. Press the seeds against the side of a colander to break the sac surrounding the seeds but without breaking the seeds themselves. Rinse thoroughly and then dry in a dark location on a paper towel.
- You may plant your seeds directly in your garden to avoid the risks of transplanting them later, or you may want to plant them in pots to have greater control of plant arrangement when you see which ones are sprouting. Poke the seeds into the soil about 1.25 cm under the surface and about 5 cm apart from each other.

Applications

- Ways of use: raw fruit, dried as snacks or cooked in dishes, salads, smoothies.
- Seeds are edible with possible side effects, raw or powder.
- Full of nutrients : folate, Vitamin A, B, E and K, magnesium, copper, fiber...
- Good for: age-related macular degeneration, asthma prevention, bone health, diabetes, digestion, skin and hair, healing process, cancer, inflammation...



Pomegranate

<https://www.wikihow.com/Grow-a-Pomegranate-Tree>

Planting techniques

- There are several ways to grow a pomegranate: from a seedling, a cutting or from a seed. Though, growing pomegranate from seeds does not guarantee you to get fruits and will take a few years if you get one. Always take the cutting from the tree in February or March, when the plant is still dormant. Plant it in early spring. Dig a hole 60 cm deep and wide and place the pomegranate seedling into the hole.
- Pick a spot that gets plenty of sunshine to ensure your tree will produce fruits. The tree should be partly protected from heavy winds.
- If you grow the tree from a cutting, plant the branch vertically so that the cut end is about 5 to 6 inches down in the soil with the dormant buds pointing towards the sky.
- Water it immediately after planting it and then water it daily until it begins to grow new leaves. Then gradually diminish the watering interval to 7 to 10 days. When the tree is flowering or producing fruits, give the plant a good watering every week.

Applications

- Ways of use: fresh fruit for its seeds, in juice, salad, any dish!
- Medicinal purposes: loaded with lots of nutrients including Vitamin C, anti-inflammatory, good digestion, fights prostate and breast cancer, lower blood pressure, fights arthritis and joint pain, heart health, improves memory.



Passion fruit (vine)

<http://www.tropicalpermaculture.com/growing-passionfruit.html>

Planting techniques

- Passion fruit vines need fertile soils, do not hesitate to use compost and mulch. The passion fruit's root system is quite vulnerable so maintain a healthy soil. It also needs **full sun**, warm climate and protection from the wind. The warmer the climate, the easier it grows. It will need a lot of water especially when fruiting, and generally requires a regular water supply. Though, it can't tolerate waterlogged soil. Make sure your site is well-drained.
- If you want to grow it from seeds, use fresh and young seeds and plant them directly in the soil. It will need 10 to 20 days to germinate. The older it is, the longer it will take to germinate. However, as usual, seeds will not necessarily grow true type. It is best to grow it from seedlings.
- Plant them when they are about 20 cm high. Dig a hole that is at least twice as big as the root ball. Mix the soil with compost before you backfill. Then mulch thickly around the plant.

Applications

- Nutritious information: Vitamin A, C, B5, B6, folate, potassium, protein and iron.
- Good for: immunity, prevent cancer, digestion, reduce blood pressure and improves circulation, bone health, treat insomnia, respiratory system, cardiovascular health,
- Ways of use: pulp and seeds are edible. You can use it for any recipe.



Kudang Tree (mango plum or gandaria)

<http://myseedgarden.blogspot.my/2009/02/buah-kundang-mango-plum-mini-mango-ma.html>

Planting techniques

- It should be planted in **full sun** and well-drained soil. It loves heat and regular watering in summer so that it can produce high quality fruits.
- This very large tree can reach a height of 18 m.
- If you are using seeds, soak them into water overnight. Sow them directly into the soil with 5 inches depth and cover the seed with soil. The germination needs a moist soil, and should be over within 2 to 3 weeks.

Applications

- Ways of use: raw fruit, dried as snacks or cooked in dishes, leaves in salads, seed even if bitter.
- Nutritious fact: Vitamin A, C and dietary fiber.
- Good for: skin health, healing process, cancer, blood circulation, brain function, detox, heart, lung, vision, weight loss...



Avocado tree

<https://www.wikihow.com/Plant-an-Avocado-Tree>

Planting techniques

- Use the method described below in the grafting section to grow your tree from a seed. You may enjoy fruits from your tree faster than if you just wait from the seed without grafting procedure.
- Whatever method you prefer, avocado tree needs **sun**.
- It will grow better in a well-drained soil, low in saline and can tolerate temperatures between 15 to 30 degrees. If you plant it in a container, put rocks at the bottom, then coir and topsoil. Dig a narrow hole deep enough to accommodate your avocado's roots and pit.
- You can either wait until the seed germinates in a glass of water, or put it directly into the ground. Let the pointed end of the seed outside soil, and the flat end down in the soil.
- If you're waiting for it to germinate, do what follows: when the tree reaches 6 to 7 inches in height, prune it back to 3 inches. When leaves have re-grown you are ready to plant. Bury the avocado pit in the soil so that the top-half shows above the surface.

Applications

- Nutritious information: Vitamin K, C, B5, B6, E, folate, potassium. It is loaded with Heart-Healthy Monounsaturated Fatty Acids, as well as loaded with fiber. It lowers cholesterol and triglyceride levels. It is full of antioxidants that protect the eyes, prevents cancer. It helps lose weight and protects the skin.



Pumpkin

http://www.bbc.co.uk/gardening/basics/techniques/growfruitandveg_growingpumpkins1.shtml

Planting techniques

- Plants should be grown in a moisture-retentive but free-draining soil. It prefers **full sun** but tolerates light shade.
- Seeds can sown in pots from April to June. Fill a 7.5 cm pot with compost and place a seed in 2.5 cm deep. Cover with soil. Water and place on windowsill. Wait until the roots begin to show through the bottom of the pot and then transfer into a larger pot (12.5 cm). Once seedlings have established, plant outside, spacing them 2 to 3 m apart.
- Seeds can also be sown from late May to early summer directly into the ground. Choose a sunny, sheltered spot and improve the soil before planting by digging in well-rotted compost or manure. Make sure the fruit will have a lot of space to develop. Sow seeds 2.5 cm deep. Once the seedlings have germinated, after a week, remove the weakest one. Water regularly through the growing season as they are thirsty plants. But make sure to keep foliage and fruit dry to avoid it to rot.

Applications

- Ways of use: fresh pumpkin, pumpkin seeds.
- Pumpkin is good for eyesight, weight loss, reducing cancer risk, protects the skin, boost your immune system pumpkin seeds for the heart and boosting your mood.
- An ingredient you can add in any recipe.



Ginseng

<http://hwwff.cce.cornell.edu/docs/GinFs.pdf>

Planting techniques

- Roots are best when left to maturity for 5-10 years. Be patient. Difficult to grow the roots wild because they can be eaten by rodents or plant diseases would certainly occur.
- Wild-stimulated method: choosing the site according to the shade provided by deep-rooted trees as Poplar and Oaks. It might be easier to grow ginseng if the sites is full of herbaceous woodland plants such as Jack-in-the-Pulpit, Bloodroot, Solomon's Seal and ferns. But make sure to avoid dense patches of weeds.
- It is possible to try to recreate the shady environment and conditions to grow ginseng in a flower pot or directly in the garden soil: it needs 80% shade to thrive and prefers a rich and deep loamy soil. Organic humus works well. It requires moist well drained soil but swampy and clay soil must be AVOIDED. Best to plant in north or east facing slopes.

Application

- Medicinal purposes: increasing energy, physical and mental activity. It sharpens cognitive function and thinking processes.
- Used in many different ways: the root of the plant, pill form , ingredient in tea, honey or lotions.
- Make your own ginseng tea: **steep a dried root in boiled water for 5 minutes and then serve your tea.**
- Make your own tincture: use whole fresh or dried ginseng root to put in a jar filled with liquor and leave it in a cool place for 15 to 30 days.



Prunella Vulgaris

<https://www.gardeningknowhow.com/edible/herbs/self-heal/self-heal-prunella-vulgaris-plant.htm>

Planting techniques

- It is quite an easy plant to grow, even if it grows best in cool to mild temperatures and sun to partial shade, and in moist to damp soil. Be aware that prunella is prone to vigorous spreading.
- You may plant or sow it in spring. Amend the soil with organic matter and bury it 4 to 6 inches deep and space it 6 to 9 inches apart. Seed should be slightly covered with soil. Mature plants reach about 1 to 2 feet high, at which time they will fall over and attach new roots to the ground. To prevent reseeding, trim back prunella plants after blooming has ceased.
- To harvest prunella for medicinal use, cut the flowering tops and dry them upside down in small bunches. Store in a cool, dry and dark location.

Applications

- Ways of use: both internally and externally to treat a number of health complaints and wounds, especially cold sores and ulcers. Taken as a tea, it treats fevers, diarrhea, sore mouth, internal bleeding. The whole plant is antibacterial, antiseptic, antispasmodic, astringent, diuretic, tonic.
- Make herbal tinctures, infusion and ointments.
- You can obtain an olive-green dye from the flowers and stems.



Brazilian Spinach <http://greenharvest.com.au/Plants/Information/BrazilianSpinach.html>

Planting techniques

- This tropical plant benefits from enriched soil. It will tolerate sunny positions but **thrives in 50% or more shade**. Once planted, it is quite tolerant to dry and hot conditions. It grows easily from cuttings. You should propagate it during the wet season.
- If not trimmed off regularly, it will flower especially in very hot and dry conditions. Harvesting the plant will encourage new leaf growth to shoot.
- If it grows as a perennial, you may cut back to ground level each year.
- Propagation may be carried out by cuttings place direct into the ground. The ground should be kept moist and the plant should be protected from sunlight for the first 2 weeks with a shade-cloth.

Applications

- It contains a lot of nutrients, including B-carotene, Vitamin C, Ferrum, calcium and fiber. It is rich in minerals.
- It has a lot of benefits: it helps fighting cancer, maintains eye's health, strengthens bones, helps weight loss. It also improves the immunity system and helps the digestive system (prevents constipation),. It helps in smoothing blood circulation, prevent anemia, overcomes gum problem
- Used in cooking, you can either steam it or boil its leaves, in order to reduce the presence of oxalates. You can also have it as lettuce, in a salad with dressing.



Torenia (wishbone flower)

<https://www.thespruce.com/growing-wishbone-flower-torenia-1402918>

Planting techniques

- It prefers hot and humid conditions, but can be grown in most regions. It takes a bit of time for it to germinate, so it should be started indoors from seed 10 weeks before the last frost. Start the seeds in rich compost soil and cover it slightly with soil. For a bushier plant, trim off the growing tip of the plant to encourage branching when the seedling is about 3 inches tall. If you are transplanting a seedling directly, just wait until the last frost and put it outdoors. Prepare your soil with a thin layer of sand to increase the soil's water drainage. Place your transplants 6 inches apart.
- It needs a planting area with **morning sun and afternoon shade**.
- Water it often enough to keep the soil moist, but be careful not to get a soggy soil. Avoid the soil to dry out as wells.

Applications

- Edible parts: flowers and stem.
- It is used for its medicinal properties, especially for cornea infection and gonorrhea treatment.



HOW TO -

Grafting process 1

<https://youtu.be/X-lhJgyAQl0>

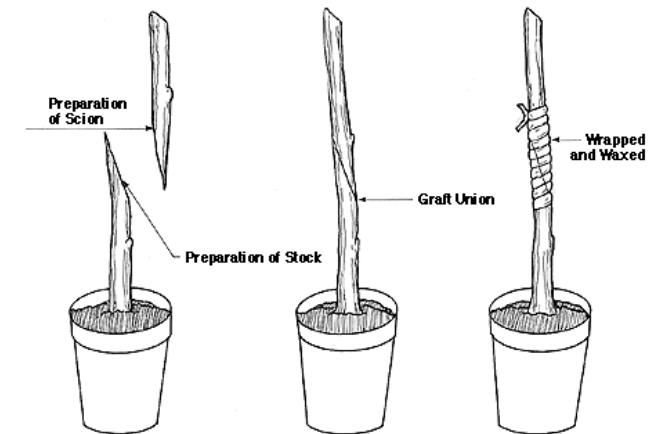
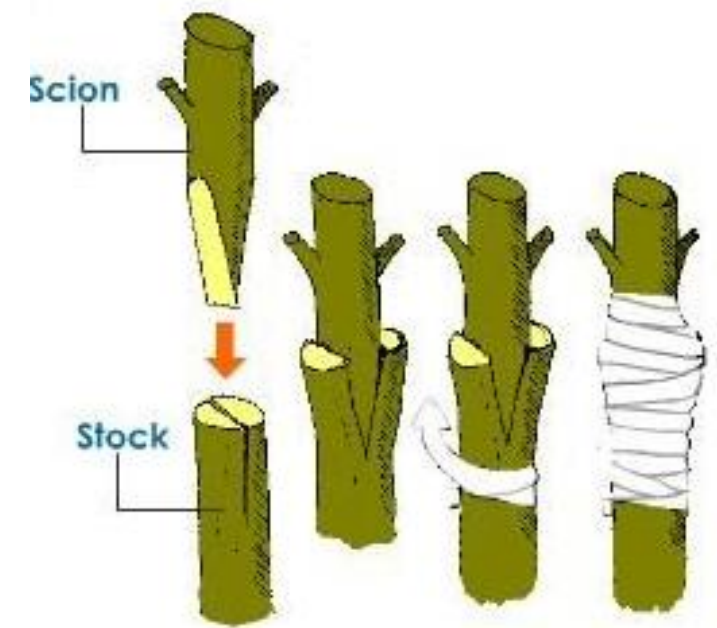
<http://homeorchard.ucdavis.edu/8001.pdf>

What is the principle?

- Fruit trees that are grown from seeds may not produce edible fruit for many years (7 to 12). This cloning of original mother fruit tree that is known to be a good producer. It is a way of circumventing the wait before getting any fruits from your tree.
- This horticultural technique consists in splicing together a stem with buds to a stem with roots, so that they continue their growth together and form a new plant. The upper part of the combined plant is called a **scion** while the lower part is called the **rootstock**. The success of requires the conductive tissues to line up within the plant (**cambium** layer, which is a one or two cell wide thin greenish layer just inside the bark) in close enough proximity that the cambium can make a connection between the two parts. Then, it will enable the buds on the scion to resume growth.

How?

- If you have an avocado seed, you can germinate it by placing toothpick horizontally into the seed near the top and suspending the seed in a small container of water. Place it in direct light and refresh the water weekly. It may take up to 15 days to germinate. When it has germinated, replant the seed into a larger container of good-quality potting mix or, if no risk of frost, plant it directly into the ground where you want the tree to grow. The seedling will be ready for budding or grafting when it has grown to 60 to 75 cm tall. Make sure that the diameters of the scion and the rootstock match to maximize cambium layer contact.
- Choose your scion from the established and grown tree. Do it when the tree is still dormant in spring. Select a hard and mature green wood that is less than a year old. Remove all the leaves on this piece, and you will end up with a small stub. Store in a zip bag in the fridge, to prevent them from getting warm and drying out. You may wait until your rootstock tree is just leafing out in the spring to maximize your chance for a successful grafting.



Grafting process 2

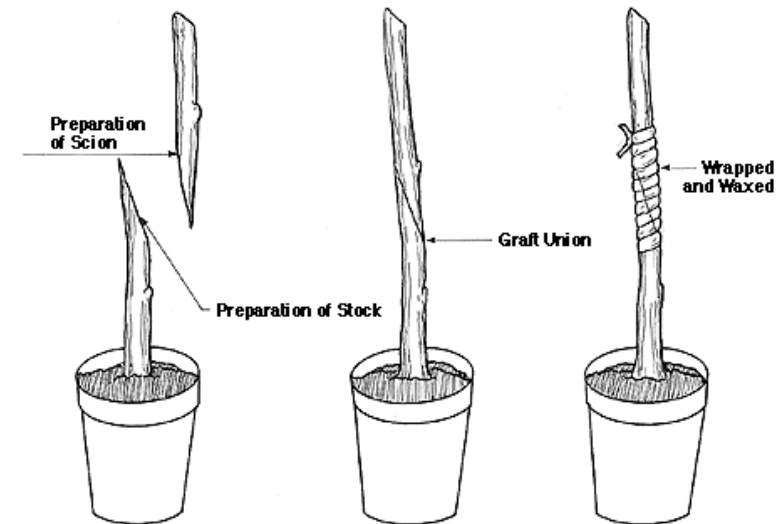
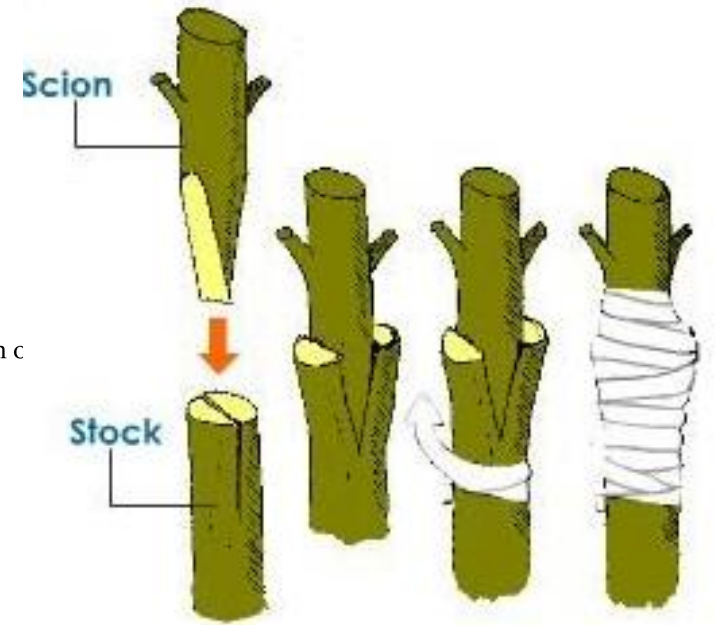
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<http://homeorchard.ucdavis.edu/8001.pdf>

- Use a grafting knife to chop slice in a V form so that the scion slots perfectly into the rootstock slit. Then, use a pair of clippers to cut the top of your rootstock plant. Then slice down the middle of the rootstock plant about 1 cm. Join the two pieces together and secure with tape. Apply grafting wax to seal the union. The most important key to successful grafting is properly positioning the scion so that the cambium layer of both scion and rootstock are aligned and touch each other.
- Another grafting technique is whip grafting and consists in cutting the stems at a matching angle so that the scion and rootstock would join.
- Within 10 to 15 days, you'll notice that the graft has formed a callus (hard whitish tissue). If not, the grafting has probably failed.

Success factors

- For deciduous trees, grafts should be in place before new growth appears in spring.
- Make sure the host and scion are compatible (depending on varieties).
- There must be good contact and pressure at the joint.
- Cut branches right below the graft so that the nutrients are pushed into the grafted branch instead of getting divided among various branches.



Budding process

<https://www.youtube.com/watch?v=8rhb8QBfjws>

<http://homeorchard.ucdavis.edu/8001.pdf>

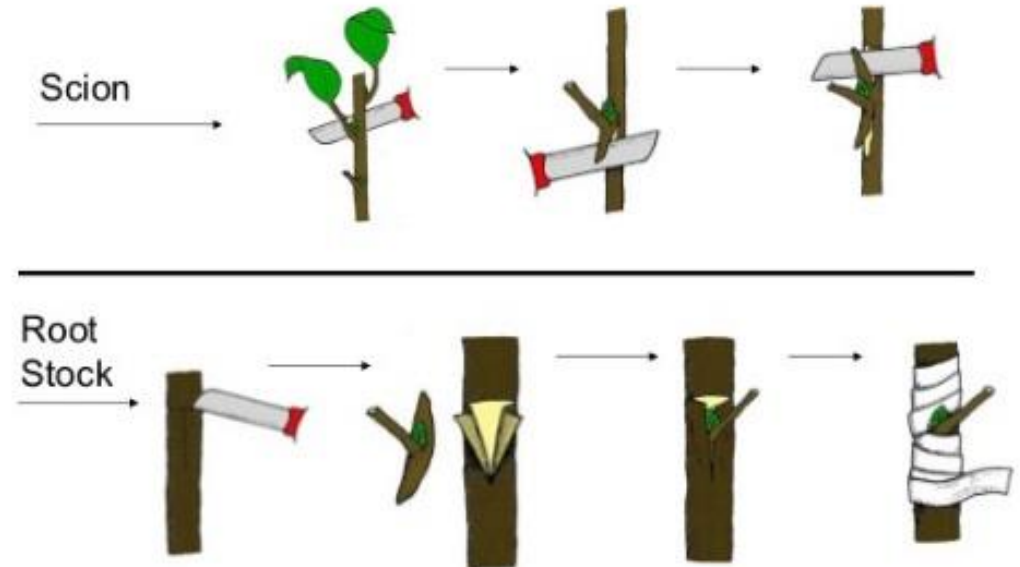
What is the principle?

- The principle remains the same, but the technique changes a little bit.
- This horticultural technique consists in splicing together the bud of one plant, used as a scion, onto that of the host tree. Bud wood should be taken only from high-producing and disease free trees. The best avocado budwood is located near the terminal end of shoot that have fully matured, leathery leaves.

How?

- T- budding is probably the best method for citrus and avocados. Cut bud sticks of the desired cultivar from strong shoots of the present season's grown. These should be mature, as indicated by their brownish color. Once the bud sticks are cut, clip off the leaves, leaving just enough for a handle and then wrap in a moist material to prevent it from drying. Make sure the size of the branch is not too large so that the bark is not too thick to splice the two buds together. On the branches of the rootstock tree, make a T cut just across the bark and then lift the corners and loosen the bark. Join the bud to the rootstock branch and wrap it tightly. Make sure not to cover the bud. You may have to cut it in 2 or 3 weeks, before it binds too tightly.
- Budding is made in the summer, from mid-July to mid-August when there are well-grown buds. The bud should remain dormant until the following spring. Do not permit any shoot growth above the budding. One bud is usually enough to grow a new branch.

T-budding is the most common method for propagating fruit trees.



Compost tips

KEEP IN MIND PROPORTIONS: 3/1

How to deal with maggots?

- It is very likely that your compost will attract flies, especially if you put a lot of fruit waste in it because it is sugary. The “black soldier” fly larvae develops in a warm and moist environment. Our compost is the best place for them to stay!
- These maggots aren’t damaging your compost. On the contrary, they are helping food waste to break down even faster, but you may want to get rid of them if there are a lot. Here are a few tips to get rid of them:
 - *Add more brown materials. It will dry your compost out and lower the proportion of food matter that larvae can find and feed on.*
 - *Lime your compost. You can pour a cup of lime, add pine needle or add more citrus fruit waste.*
 - *Make sure you aren’t allowing flies in to your compost. Keep it well-covered.*
 - *Mix your compost to avoid keeping moist pockets of food waste that maggots will flock to.*

