



## Vegetables sowing table for hilly area



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Crop	Month	Sowing hints	Germination (in days)
Broad bean	March- June	Sow in double rows allowing 23 cm (9 inch) between each row and 60 cm (2 ft) between each pair of rows. Seeds should be spaced 8 cm (3 inch) apart and later thinned to 15 cm (6 inch) apart	4-6
Climbing French bean	March- June	Grow on poles/ support	4-6
Dwarf French bean	March- June Sept- Nov.	Sow in rows 45 to 60 cm (1.5 ft to 2 ft) apart and space plants to 15 to 25 cm (6 to 10 inch) apart within rows.	4-6
Cluster bean	March to June	Same manner as dwarf French bean	6-8
Beet root	April /May or Aug/Sept.	Sow by drilling 30 to 38 cm (12 to 15 inch) apart and thin out 8 to 10 cm (3to 4 inch) apart	8-10
Bhindi	April/may	Sow in rows 90 cm (3 ft) apart subsequently thinning 6-8 out plants to a distance of 45 cm (1.5 ft) within rows	6-8
Brinjal	April/May	Sow in beds and transplant in rows 45 to 60 cm (1.5 to 2 ft) apart and 45 to 60 cm (1.5 to 2 ft) between plant	4-6
Broccoli	March- may or Aug/ Sept	Sow in beds and transplant 45 to 60 cm (1.5 to 2 ft) apart each way	4-6
Brussels sprouts	Same as broccoli	Sow in beds and transplant 60 cm (2 ft) apart each way	4-6
Cabbage	March- may	Sow in beds and transplant seedling in rows 60 to 75 cm apart and plants 30 to 45 cm (1 to 1.5 ft) apart	4-6
Gourd	March to May	Sow 3 or 4 seeds in patches 1.5 to 1.8 m (5 to 6 ft) apart each way and allow strongest plant to grow in each patch provide support if necessary	4-6
Knol- khol	April/ may or Aug/ Sept	Sow in beds and transplant 30 X20 cm (12X8 inch) apart	4-6
Lettuce	March to may or Aug/Sept	Sow in beds and transplant 30 X45 cm (12 X18 inch) apart or directly. Sow in rows and thin out	4-6
Mustard	March to July	Sow by broadcasting if grown mixed with cress otherwise by drilling 30 cm (1 ft) apart and thin out to 15 to 23 cm (6 to 9 inch) apart	4-6
Onion	March to may	Sow in beds and transplant seedlings 30 cm (1 ft) apart in rows and 15 to 23 cm (6-9 inch) apart between plant	6-8
Pea	March to may or Sept/oct	Sow by drilling in double rows 15 cm (1 inch) apart each pairs of rows being 90 to 180 cm (3 to 6 ft) apart depending on variety. Seeds should be Spaced 5 cm (2 inch) apart	4-6

Carrot	March to May	Sow by drilling 20 to 30 cm (8 to 10 inch) apart and thin out plant to a distance of 8 to 10 cm (3 to 4 inch) apart depending on variety	6-8
Cauliflower	March to may	Sow in beds and transplant in 45 to 60 cm (1.5 to 2 ft) apart each way depending on variety	4-6
Celery	March to may or Aug/Sept	Sow in pans or boxes and prick out to an open bed. When plants are 13 to 15 cm (5 to 6 inch) high transplant to field in trenches apart	8-10
Chilli	March to May	Sow in beds and transplant seedlings in row 60 to 75 cm (2 to 2.5 ft) apart and plant 30 to 45 cm (1 to 1.5 ft) apart	4-6
Coriander	March to Aug	Broadcast seed thin out if necessary	4-6
Cucumber	March to may	Sow 5 to 6 seeds in patches 1.5 to 1.8 m (5 or 6 ft) apart each way and allow three strongest plants to grow in each patch	4-6
Pumpkin	March to may	Sow 3 or 4 seeds in patches 1.5 to 1.8 m (5 or 6 ft) apart each way. Allow strongest plant to grow in each patch	4-6
Radish	March to Aug	Sow 15 cm (6 inch) apart and thin out seedling 2.5 cm (1 inch) in case of salad radish and 5 cm (2 inch) in case of cooking varieties or broadcast and later thin out	4-6
Spinach	March to May or Aug/Sept	Sow by drilling 30 cm (1 ft) apart and thin out to 30 cm (1 ft) apart within rows	8-10
Sweet corn	March to may	Sow by drilling 90 cm (3 ft) apart and thin out to 45 cm (18 inch) apart within rows	4-6
Tomato	March to May	Sow in pans or beds and transplant seedlings in rows 60X75 cm (2 X 1.5 ft) * adjust spacing with varieties	4-6
Turnip	March to May or July/Aug	Sow by drilling 30 to 35 cm apart and thin out to 10 to 13 cm (4 to 5 inch) apart within rows	4-6

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