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**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Handout #1: Growing Vegetables**

**A. Classifications of Vegetables**

1. *Leafy vegetables* – these are vegetables in which the stems and leaves are eaten. Green leafy vegetables are good food for the body because they are low in calories and fat but are rich in vitamin C, fiber and minerals like calcium and iron. Leafy vegetables are easy to grow and do well in cool conditions. Thus, you should keep the soil moist when growing leafy vegetables.

Some examples of these vegetables are bamboo shoots, kangkong, camote tops, pechay, lettuce, cabbage and malunggay.

2. *Fruit vegetables* – these are plants in which the fruits are eaten. This classification may be confusing since it combines two

different kinds of plants – fruit and vegetable and this issue

becomes more controversial because of the debate on whether a

*tomato* is a fruit or a vegetable.

In general term, a fruit is the ripened ovary of a flowering

plant containing two or more seeds. So, foods which have seeds

are termed as *fruit* while foods which do not have seeds are called *vegetables* . But fruits which grow from herbaceous plants or herbs (plants without woody stems and has soft leaves and green stems) are also considered as vegetables. Thus, it is accepted to term some fruits as fruit vegetables because they have both the characteristics of fruits and vegetables.

Some examples of fruits and vegetables *are tomato, pumpkin, upo, patola, red and green bell peppers and eggplant***.**

3. *Root, tubers and bulb vegetables*

These vegetables are closely related as the usually grow underground. Examples of these are ***root vegetables*** like *carrots, radish, turnip, ube, gabi and ginger* ***tuber vegetables*** like potato and cassava and ***bulb vegetables*** which are characterized by layers or clustered segments like *onions and garlic*.

Root vegetable is a healthy food because it does not only provide vitamins and minerals but much as well carbohydrates. For instance, carrots are rich in vitamin A while cassava and potato are excellent sources of carbohydrates.

Root vegetables should be directly planted on a land soil and need well-drained and loose soil for better root development.

4. *Flower vegetables* – plants in which the flowers are good to eat. Examples of these are cauliflower and broccoli.

5. *Legumes* – vegetables from the fruit or seed of a pea plant that are characterized by a case or pod that splits into two when ripe and having the seeds attach to one side of the case. The seeds and pod of these vegetables are both edible. Legumes normally crawl as they grow so, you should provide trellis or poles as a support for the plant. Like other plants it need a full sun and the soil should be well moist.

Some examples of legumes are sitao, baguio beans, chicharo, string beans and toge.

**B. Caring for Vegetables**

**Weeding** – is the removal of wild plants which grow practically anywhere. They compete for the nutrients with the plants.

To remove weeds, pull out the weeds as they grow. Get rid of the weed roots so that the weeds will not grow again but before very careful not to damage the roots of your plants.

**Watering** – to test if you are putting just the right amount of water on your plants, Dig about 3 inches of soil and take a good look if the water you pour on the soil reach this far down, if yes and then you are watering properly.

**Mulch** – any organic material like grasses, lawn clippings that you put on the surface of the soil to prevent water from evaporating.

**Controlling pests** ( amag, bacteria, virus, nemotodo, namumulaklak na parasitikong halaman, buwa ng kamatis

* Planting healthy seeds
* Treating the seeds
* Use of fertilizers ( organic)
* Removing unhealthy parts of the plant

**C. Harvesting vegetables**

1. Root – when the desired shape is acquired

2. Tubers – When the leaves start to wilt

3. Bulb – when the leaves start to wilt

4. Tomatoes and other fruit vegetables – when the desired shape is achieved.

5. Legumes – when the pods are full at can easily break

6. cauliflower – the curd is full

7. Broccoli – when the flower is full

8. Pechay and other leafy vegetables – when the right size is achieved

9. Cabbage – when the head is full

Harvest in the morning or at night.

**Harvest vegetables by:**

1. pulling the whole vegetable from the soil

( mustasa, kintsay, pechay, carrot and radish)

2. cutting using scissors ( cabbage, broccoli, cauliflower, eggplant)

3. digging the soil ( camote, potato, onion, radish)

4. picking ( tomato, chicharo, okra, bell pepper, cucumber)

**Caring and Storing of vegetables after harvest**

1. Wash vegetables

2. Remove wilted leaves

3. Store vegetables in refrigerator or in a thick, clear plastic with small holes for aeration.