

A general guide to grow leafy vegetables (soil cultivation in plastic roof-netted growing house)

Type of Vegetables	Transplanting Age	Fertilising	Spacing in Soil Bed (cm)	Harvest (DAS)	Est. Yield* (kg/m ²)
Bayam (Sharp leaf)	Direct sowing Seeds: 0.5g/m ²	Basal fertiliser, chicken manure compost: 1.5 kg/m ² , apply 7 days before sowing 1 st side: NPK 18:6:5, 15 g/m ² (7 DAS), via soil drenching (5L/m ²) 2 nd side: NPK 18:6:5, 15 g/m ² (14 DAS), via soil drenching (5L/m ²)	NA	21-23	2.8-3.0
Kangkong (Bamboo leaf)	Direct sowing Seeds: 18 g/m ²				3.9-4.9
Hong Kong Choy Sum (Early flower)	14 DAS	Basal fertiliser, chicken manure compost: 1.5 kg/m ² , apply 7 days before transplanting 1 st side: NPK 21:21:21 foliar spray, 4g/L/m ² (7 DAS) 2 nd side: NPK 18:6:5, 15 g/m ² (16 DAS), via pellet 3 rd side: NPK 18:6:5, 15 g/m ² (23 DAS), via soil drenching (5L/m ²)	10x 15	28-30	3.4-3.8
Caixin (Medium flower)			10x 15	30-33	3.8-4.3
Xiaobaicai			10x 10	30-33	3.0-3.3
Baicai	16 DAS	Basal fertiliser, chicken manure compost: 1.5 kg/m ² , apply 7 days before transplanting 1 st side: NPK 21:21:21 foliar spray, 4g/L/m ² (7 DAS) 2 nd side: NPK 18:6:5, 15 g/m ² (18 DAS), via pellet 3 rd side: NPK 18:6:5, 15 g/m ² (25 DAS), via soil drenching (5L/m ²)	15x 15	35-37	3.7-5.0
Chinese cabbage			20x 20	35	3.8-4.5
Gailan	18 DAS	Basal fertiliser, chicken manure compost: 1.5 kg/m ² , apply 7 days before transplanting 1 st side: NPK 21:21:21 foliar spray, 4g/L/m ² (7 DAS) 2 nd side: NPK 18:6:5, 15 g/m ² (20 DAS), via pellet /soil drenching (5L/m ²) 3 rd side: NPK 18:6:5, 15 g/m ² (27 DAS), via soil drenching (5L/m ²) 4 th side: NPK 18:6:5, 15 g/m ² (34 DAS), via soil drenching (5L/m ²)	15x 15	42	3.6
Lettuce			20x 20	45	4.4-5.4

*Est. yield is based on field trials carried out in July 2016

General practices:

1) For irrigation method: Overhead sprinkler

- At seedling stage: 3 times/day, 2-3 mins
- After transplanting: 3 times/day, 3-5 mins

The watering duration and frequency is dependent on weather conditions. As a rule of thumb, maintain 60% moisture of soil.

2) For pesticide application: Apply **ONLY** when needed.

Definitions:

Basal fertiliser	Also known as pre-planting fertiliser, refers to fertiliser applied to soil before sowing of seeds or planting of seedlings.
Chicken manure compost	Chicken manure that had undergone certain level of processing and used to provide nutrients for vegetables.
Days after sowing (DAS)	Number of days after the seeds were placed in respective growth condition.
Foliar spray	A technique of applying liquid fertiliser directly to the leaves.
NPK fertiliser	A compound fertiliser containing 3 macronutrients namely nitrogen (N), phosphorus (P) and potassium (K) often used for side dressing. An NPK value of 18:6:5 means the fertiliser contains 18% of total Nitrogen (N), 6% of total Phosphate (P_2O_5) and 5% of total Potassium (K_2O).
Pellet	NPK fertiliser can come in pellet form which can be applied directly onto the soil.
Soil drenching	NPK fertiliser can be dissolved into water and applied directly to the base of plants to provide targeted fertilisation.
Side dressing (1st - 4thside)	Application of fertilisers to crops after sowing of seeds or planting of seedlings.
Transplanting	A technique of moving or transferring a plant from one location to another.