

A close-up photograph of several large, green leafy vegetables, possibly collard greens or kale, with numerous small, clear water droplets scattered across their surfaces. The leaves are vibrant green and show detailed vein patterns. The background is a soft-focus continuation of the same foliage.

Organic Farming Made Easy

How to grow
vegetables &
fruits at home
organically

Udaya Goel

If you love to grow, just your love and care is enough to make them bloom and blossom.

Growing your own food is not only self-satisfying but exceedingly rewarding too.

Trust me it's even better if you can also cook what you grow.

Some tips on preparing the soil and looking after it will prove beneficial and also ensure you're doing it the right way.



I have put together some vegetables and fruits I've grown on my own with the help of the school gardeners or with tips from my grandparents' farm. In this booklet I am proud to present my love for growing and the result of my green fingers.

- Udaya Goel

Contents

1. Preparation of Land	6
2. Organic Pesticide	9
3. Important Things to remember	11
4. Vegetables	
a. February – March Sowing	13
i. Bottle Gourd	14
ii. Cucumber	16
iii. Bitter Gourd	18
iv. Onion	20
v. Brinjal	22
vi. Ladyfinger	24
vii. Yam	26
viii. Green Chilli	28

b. September – October	30
i. Potato	31
ii. Garlic	34
iii. Spinach	36
iv. Tomato	38
v. Coriander	40
vi. Fenugreek	42
5. Fruits	44
a. Guava	45
b. Mulberry	47
c. Mango	49
d. Litchi	51

Preparing the land to grow fruits and vegetables

- ❖ Prepare the soil by tilling and levelling it. (A patch/bed size will depend on the space the plant or tree will require and on the space available).
- ❖ Remember that trees should be planted in wider open spaces as the roots grow deep and wide into the soil as it grows older.
- ❖ Once the soil is ready, mix enough cow dung manure (it can be arranged from your local nursery or even better if you can procure it from a nearby village).





- ❖ When the manure is evenly mixed fill up the bed with water until it's soaked.
- ❖ Wait for it to dry a little and prepare the beds/rows needed for specific plants.
- ❖ All plants mentioned in this manual require a good amount of water and sunlight.

Organic Pesticide



- ❖ Dried neem leaves serve well as good pesticides as we are aiming at organic farming we'll have to make a special effort to ensure that we can organically control and do away with pests and diseases.
- ❖ Manure made of cow dung and home compost will keep our plants of fruits and vegetables healthy.

Important Things to Remember



- ❖ All seasons mentioned in this booklet are according to the weather conditions in North India.
- ❖ All fruits have to be sown in August (Middle of monsoon.)
- ❖ Size, quality, and quantity of product may be affected by conditions like weather, water & nutrition provided by the manure.
- ❖ As we are trying to promote Organic Farming, it will be great if home compost is used.

Vegetables

February - March



Bottle Gourd

- ❖ Divide your ready patch of land into rows which are 1 meter apart.
- ❖ Sow two seeds each 1.5 feet apart in each row by digging into the soil about 2.5 inches deep and covering it after sowing the seeds.
- ❖ Water the patch where the seeds are sown.
- ❖ Leave the bed alone for 20-30 days expecting a 4 inches shoot from the seed.

- ❖ Weed the bed and leave for 2 days ensuring no harm to the shoots of the germinated seeds.
- ❖ Again, Water the bed and let it dry.
- ❖ Weed and water again when dry.
- ❖ Repeat this cycle of weeding and watering for 3 months.
- ❖ During this period, the plant will grow and flower.
- ❖ Expect the fruit to grow and take shape in 3 months from sowing.
- ❖ Once the fruit (vegetable-bottle gourd) is ripe and ready to be plucked, you may twist it on the head and pluck, or you may clip with a clipper.





Cucumber

- ❖ Divide your ready patch of land into rows which are 1 meter apart.
- ❖ Sow two seeds each 1.5 feet apart in each row by digging into the soil about 2.5 inches deep and covering it after sowing the seeds.
- ❖ Water the patch where the seeds are sown.
- ❖ Leave the bed alone for 20-30 days expecting a 4 inches shoot from the seed.



- ❖ Weed the bed and leave for 2 days ensuring no harm to the shoots of the germinated seeds.
- ❖ Again, Water the bed and let it dry.
- ❖ Weed and water again when dry.
- ❖ Repeat this cycle of weeding and watering for 3 months.
- ❖ During this period, the plant will grow and flower.
- ❖ Expect the fruit to grow and take shape in 3 months from sowing.
- ❖ Once the fruit (vegetable- cucumber) is ripe and ready to be plucked, you may twist it on the head and pluck, or you may clip with a clipper.



Bitter Gourd

- ❖ Divide your ready patch of land into rows which are 2 meters apart.
- ❖ Sow two seeds each 1.5 feet apart in each row by digging into the soil about 2.5 inches deep and covering it after sowing the seeds.
- ❖ Water the patch where the seeds are sown.
- ❖ Leave the bed alone for 20-30 days expecting a 4 inches shoot from the seed.

- ❖ Weed the bed and leave for 2 days ensuring no harm to the shoots of the germinated seeds.
- ❖ Again, Water the bed and let it dry.
- ❖ Weed and water again when dry.
- ❖ Repeat this cycle of weeding and watering for 3 months.
- ❖ During this period, the plant will grow and flower.
- ❖ Expect the fruit to grow and take shape in 3 months from sowing.
- ❖ Once the fruit (vegetable-bitter gourd) is ripe and ready to be plucked, you may twist it on the head and pluck, or you may clip with a clipper.





Onion

- ❖ Try sowing it in early February.
- ❖ Source the seeds of Onion from the nearby seed store or the nursery.
- ❖ On the prepared patch of land sprinkle, the seeds of onion while the prepared patch of land is wet.
- ❖ Let the little saplings grow for about a month to be ready to be able to grow.
- ❖ On a separate patch of land prepare to plant the saplings. Every patch of land is prepared following the same instructions.

- ❖ Make rows about 6 inches apart and heap them up with mud about 8 inches high.
- ❖ Plant a sapling each 2 inches apart on the heaped rows and water well.
- ❖ Continue to weed and water well until April.
- ❖ In April expect your onions to take full form and be ready to be dugout.
- ❖ Keep checking and digging out when ready.
- ❖ Onions can be cleaned and stored in a dry place for a long duration.





Brinjal

- ❖ Brinjals come in varieties.
- ❖ The big and almost round one, smaller ones, thin long ones, and the Green long or the long white ones are the most common varieties available in India.
- ❖ Divide your ready patch of land into rows which are 2 meters apart.
- ❖ Sow two seeds each 2.5 feet apart in each row by digging into the soil about 2.5 inches deep and covering it after sowing the seeds.
- ❖ Water the patch where the seeds are sown.
- ❖ Leave the bed alone for 20-30 days expecting a 4 inches shoot from the seed.

- ❖ Weed the bed and leave for 2 days ensuring no harm to the shoots of the germinated seeds.
- ❖ Again, water the bed and let it dry.
- ❖ Weed and water again when dry.
- ❖ Repeat this cycle of weeding and watering for 3 months.
- ❖ During this period, the plant will grow and flower.
- ❖ You may need to add support of sticks (any kind easily available) to provide support to the plant as it starts to grow if you wish to.
- ❖ Brinjal requires regular clipping and it yields crop twice a year one in June-July and the other in August-September, but you may expect to see brinjal or two shoot up in other months too.





Ladyfinger

- ❖ Divide your ready patch of land into rows which are 2 meters apart.
- ❖ Sow two seeds each 4 inches apart in each row by digging into the soil about 2.5 inches deep and covering it after sowing the seeds.
- ❖ Water the patch where the seeds are sown.
- ❖ Leave the bed alone for 20-30 days expecting a 4 inches shoot from the seed.
- ❖ Weed the bed and leave for 2 days ensuring no harm to the shoots of the germinated seeds.



- ❖ Again, Water the bed and let it dry.
- ❖ Weed and water again when dry.
- ❖ Repeat this cycle of weeding and watering for 3 months.
- ❖ During this period, the plant will grow and flower.
- ❖ You may need to add support of sticks (any kind easily available) to provide support to the plant as it starts to grow if you wish to.
- ❖ Expect the fruit to grow and take shape in 3 months from sowing.
- ❖ Once the fruit (vegetable- okra) is ripe and ready to be plucked, you may do so.



Yam - Arbi/ Ghuiyan

- ❖ Divide the patch of land into rows which are 6 inches apart and heap up with the same prepared soil (about 8 inches high) in the rows creating a cavity in between.
- ❖ When this preparation is done, ensure that your seed yam which can be bought from the seed store or even from a vegetable vendor or a grocery store are sown with the root pointing towards the ground and the pointed end facing up.
- ❖ Now in the heaped rows, 6 inches apart sow your yam (1 each) 3 inches deep.



- ❖ If the land is not well irrigated then fill the cavity with 4 inches of water and repeat once it dries up again. Remember that the heap of soil where the seed is sown will draw moisture from the cavity.
- ❖ Ensuring that this sowing is done in March after the potatoes are harvested is ideal and will result in the finest home-grown yam crop.
- ❖ The yam seed will shoot in about 20-30 days.
- ❖ Continue to weed and water in the same way.
- ❖ By August September, the yam will start to form and will be almost ready to be dugout.
- ❖ Be cautious while digging out for the tender yams in their early growth and as another month passes by they will toughen and form a thicker skin just like potatoes. They will grow bigger by September and October and just like potatoes they have to be dug out and stored in a cool dry place.
- ❖ While they are tender and have thinner skin, they have a shorter life of storage (up to a week only).



Green Chili

- ❖ Source good quality seeds of chili from the seed store or the nursery.
- ❖ Sprinkle the seeds of chili when the prepared patch of land is wet
- ❖ Let the little saplings grow for about twenty days.
- ❖ Meanwhile prepare a patch of land to plant the saplings.
- ❖ Make heaps of mud rows 2 feet apart and plant the saplings which are now about twenty days old.

- ❖ Do not fill the green chili bed with water.
- ❖ Continue to weed and water lightly.
- ❖ Harvest 5-6 months after sowing.



Vegetables

September - October



Potato - Aloo

- ❖ Divide your ready patch of land into rows which are 18 inches apart and heap up with the same prepared soil creating ridges about 8 inches high, in the rows creating a cavity in between.
- ❖ When this preparation is done, ensure that your seed potatoes which will be sown are ready with 3-4 eye shoots each. If the potatoes are big enough and have many eyes shoots grown on them then you may cut and use them for sowing.
- ❖ Now in the heaped rows, sow your cut chunks or whole potatoes with 3-4 eye shoots each 3 inches deep.

- ❖ Ensure that the distance between sowing each potato seed is about 6-8 inches.
- ❖ If the land is not well irrigated then fill the cavity with 4 inches of water and repeat once it dries up again. Remember that the heap of soil where the seed is sown will draw moisture from the cavity.
- ❖ Like all fruits and vegetables, potatoes too have varieties. You may choose what is available in your area as it's best to grow what belongs to the place.
- ❖ The seed will shoot in 12-15 days into a little plant.
- ❖ Continue to water in the same manner and deep-weeding is essential when the potato saplings are 3-4 inches high.
- ❖ Water lightly after the weeding, and once the ridges are dry enough and the saplings have become 8-10 inches some additional mud has to be dug up from the tunnels of the ridges and clapped on to the side of the ridge, so that the expanding potatoes are not exposed.
- ❖ By January, the potatoes will start to form and will be almost ready to be dug out for consumption.
- ❖ One needs to be cautious while digging out for the smaller potatoes in as early as January as the remaining will grow bigger by February and finally by March you would have reaped all and the plant will start to wilt and wither indicating the end of its life.



- ❖ Remember that potatoes dug out while the plant is green and growing have thinner and very fine skin and can't be stored for more than a few days.
- ❖ The potatoes reaped after the plant is fully grown and starts to wither indicates that the potatoes are fully ripe and have formed thicker skin and can be stored in a cool and dry place (or a cold storage) for usage over the season.
- ❖ Important- Potatoes for seeds must be got from the seed store or the nearby nursery. The ones in our kitchens aren't necessarily the ones that can be used for growing.



Garlic

- ❖ Divide your ready patch of land into rows which are 6 inches apart and heap up with the same prepared soil (about 8 inches high) in the rows creating a cavity in between.
- ❖ When this preparation is done, ensure that you separate each clove of garlic.
- ❖ Now in the heaped rows, sow each clove 3 inches deep.
- ❖ Ensure that the distance between sowing each clove is about 2-3 inches.

- ❖ If the land is not well irrigated then fill the cavity with 4 inches of water and repeat once it dries up again. Remember that the heap of soil where the seed is sown will draw moisture from the cavity.
- ❖ The seed will shoot in 12-15 days into a little plant.
- ❖ Continue to water in the same manner and weeding is essential in small gardens specially to ensure that each seed fruits well.
- ❖ By March, the garlic will start to form and will be almost ready to be dug out for consumption.

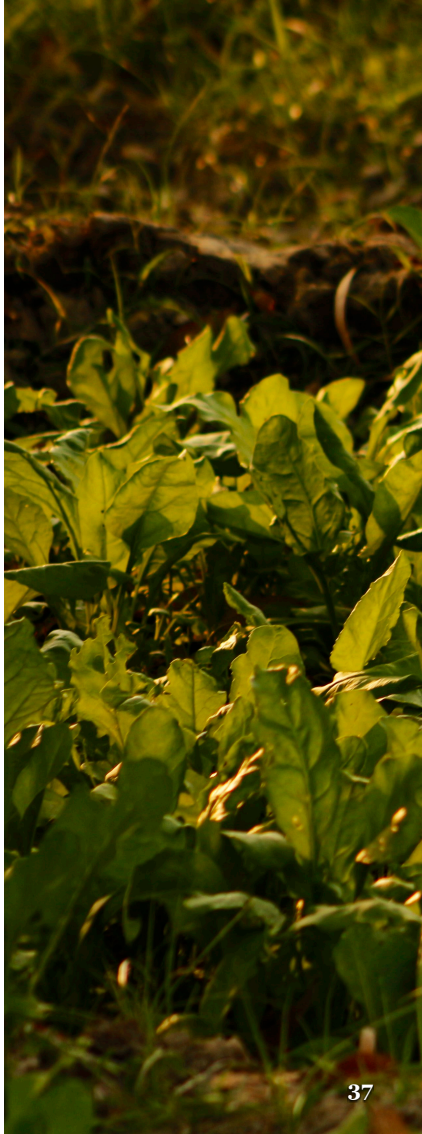




Spinach

- ❖ Source good quality seeds of Spinach from the seed store or the nursery.
- ❖ Sprinkle the seeds of spinach when the prepared patch of land is wet.
- ❖ In 5 -6 days, the seeds will germinate, and the plant will start taking the form.

- ❖ Ensure that the patch is always wet – water when dry.
- ❖ Once the leaves are formed, you can start to harvest by cutting the leaves from the ground level and keep harvesting until the retune continue to leaf.





Tomato

- ❖ Source good quality seeds of tomato from the seed store or the nursery.
- ❖ Sprinkle the seeds of tomato when the prepared patch of land is wet
- ❖ Let the little saplings grow for about twenty days.
- ❖ Meanwhile prepare a patch of land to plant the saplings.
- ❖ Make heaps of mud rows 2 feet apart and plant the saplings which are now about twenty days old.



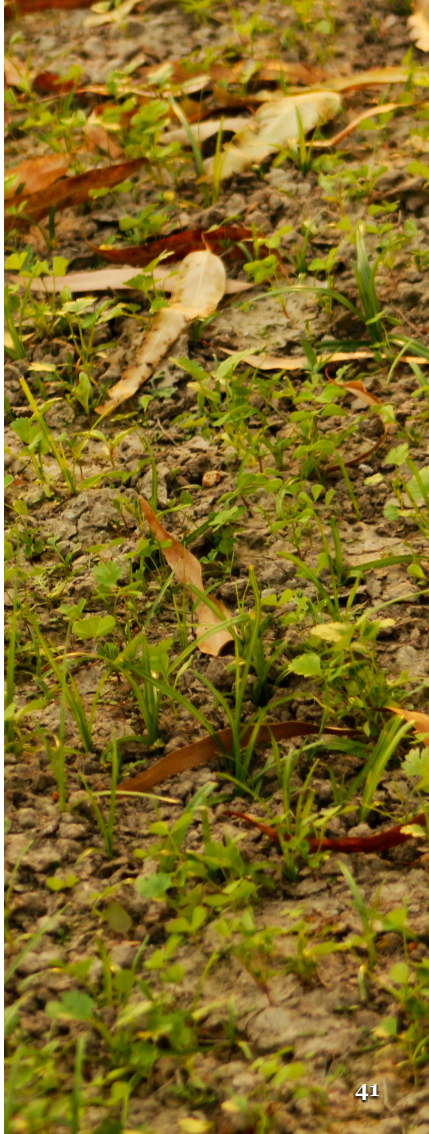
- ❖ Do not fill the tomato bed with water.
- ❖ If needed, you can support the plant with small sticks, as it may start to bend due to the weight of the tomatoes.
- ❖ Continue to weed and water lightly.
- ❖ Harvest 5-6 months after sowing.



Coriander – *Dhaniya*

- ❖ Source good quality seeds of Coriander from the seed store or the nursery.
- ❖ The seeds need to be split into two halves before sprinkling.
- ❖ Sprinkle the seeds of coriander when the prepared patch of land is wet.
- ❖ In 5 -6 days, the seeds will germinate, and the plant will start taking form.

- ❖ Ensure that the patch is always wet – water when dry.
- ❖ Once the leaves are formed, you can start to harvest by cutting the leaves from the ground level and keep harvesting until the retune continue to leaf.
- ❖ Will grow till March and April.

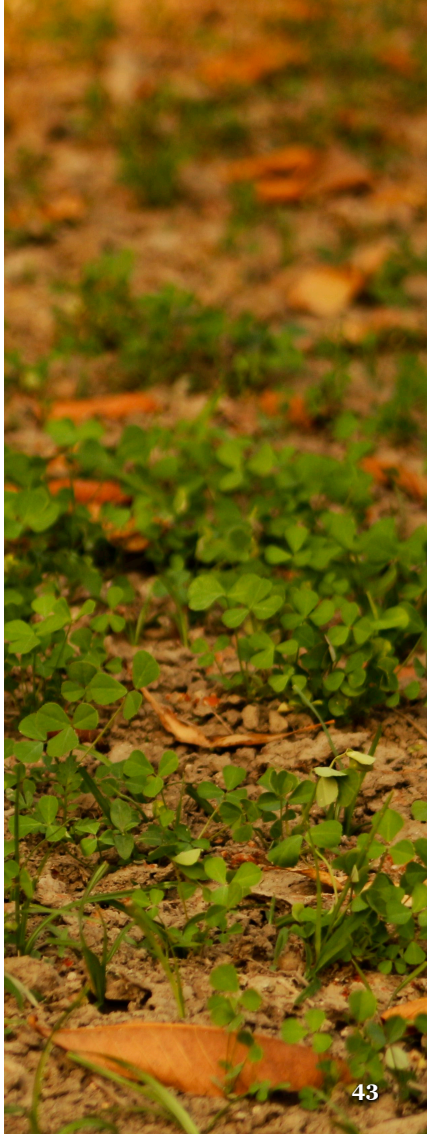




Fenugreek – *Methi*

- ❖ Best time to sow after the monsoon of August – September.
- ❖ Will grow till February.
- ❖ Source good quality seeds of Fenugreek from the seed store or the nursery.
- ❖ Sprinkle the seeds of fenugreek when the prepared patch of land is wet.

- ❖ In 5 -6 days, the seeds will germinate, and the plant will start taking form.
- ❖ Ensure that the patch is always wet – water when dry.
- ❖ Once the leaves are formed, you can start to harvest by cutting the leaves from the ground level and keep harvesting until the retune continue to leaf.



Fruits



Guava

- ❖ Dig up a round cavity in cultivable soil, mix 2 kg manure (cow dung and compost) for one plant.
- ❖ Procure a sapling of the variety of Guava which grows best locally from a nursery close by.
- ❖ Plant a sapling in the prepared cavity and fill it up with 2 large buckets of water.



- ❖ Regularly water and weed, when dry.
- ❖ Weeding and watering must continue along with manure being added every 3 to 4 months.
- ❖ Wait for five years for the fruit.
- ❖ There can be a delay in the growth depending on conditions like weather, water & nutrition provided by the manure.



Mulberry

- ❖ Dig up a round cavity in cultivable soil, mix 2 kg manure (cow dung and compost) for one plant.
- ❖ Procure a sapling of the variety of Mulberry which grows best locally from a nursery close by.
- ❖ Plant a sapling in the prepared cavity and fill it up with 2 large buckets of water.



- ❖ Regularly water and weed, when dry.
- ❖ Weeding and watering must continue along with manure being added every 3 to 4 months.
- ❖ Wait for four years for the fruit.
- ❖ There can be a delay in the growth depending on conditions like weather, water & nutrition provide by the manure.



Mango

- ❖ Dig up a round cavity around 10 inches deep in cultivable soil, mix 2 kg manure (cow dung and compost) for one plant.
- ❖ Procure a sapling of the variety of the Mango which grows best locally from a nursery close by.
- ❖ Plant a sapling in the prepared cavity and fill it up with 2 large buckets of water.
- ❖ Regularly water and weed, when dry.



- ❖ Weeding and watering must continue along with manure being added every 3 to 4 months.
- ❖ The flowers of the fruit start to bloom before 8 years but we need to pluck them off for the healthy growth of the tree.
- ❖ Allow the flowers of the fruit to bloom in the eighth year for the fruit.
- ❖ There can be a delay in the growth depending on conditions like weather, water & nutrition provided by the manure.



Litchi

- ❖ Dig up a round cavity around 10 inches deep in cultivable soil, mix 2 kg manure (cow dung and compost) for one plant.
- ❖ Procure a sapling of the variety of Litchi which grows best locally from a nursery close by.
- ❖ Plant a sapling in the prepared cavity and fill it up with 2 large buckets of water.



- ❖ Regularly watch and water, when dry.
- ❖ Weeding and watering must continue along with manure being added every 3 to 4 months.
- ❖ Wait for five years for the fruit.
- ❖ There can be a delay in the growth depending on conditions like weather, water & nutrition provide by the manure.

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