

# 蔬菜種子組合包



Ministry of Foreign Affairs  
Republic of China (Taiwan)

World Vision



World Vegetable Center



# How to grow OKRA 黃秋葵



## Characteristics

Okra grows well under hot-wet conditions. The optimum temperature for germination, growth and fruiting is 25-30°C. Okra is adaptable to different kinds of soil conditions and is easy to cultivate. Normally, pest and disease damage is relatively low. However, it is not tolerant to cold.

## Cultivation instructions

Sow okra seeds directly in the field after soaking in water for one day. Distance between plants should be 50 cm. Flowering occurs 45-50 days after sowing. Harvest young fruits when they reach 6-8 cm in length. Fruits are too fibrous to consume if harvested too late. Young fruits can be harvested every 2-3 days. Apply fertilizer periodically during the harvesting period. Maintain good air ventilation between plants and good drainage.

## Nutrition and cooking

Young okra fruits are rich in protein, vitamins A and B, calcium, iron and dietary fiber. Young fruits are also rich in mucilage with a special taste, and they can be stir-fried, deep-fried, put in soups, or boiled to serve cold with dressing.



## 特性

黃秋葵喜暖熱氣候，種子發芽、生育及結果適溫均在 25-30°C 之間。在高溫下生長強健快速，開花多且結果率高，耐旱與耐濕性強，栽培容易，對土壤適應性廣，嚴重的病蟲害少，但不耐寒。

## 栽培管理

種子浸泡水中一天後取出直播於田間，每株間隔 50 公分。播種後約 45-50 天開花，食用幼嫩果莢，開花後 3-5 天果莢長至 6-8 公分，為最適採收期。若太晚採收，果莢纖維化，則不適食用。每隔 2-3 天採收一次。視田間採收情形酌量施肥以提高產量。避免過於密植，注意通風及排水良好。

## 營養與烹調

嫩莢含豐富蛋白質、維他命 A、B、鈣、鐵及膳食纖維。果莢有黏液，具特殊風味。可水煮、涼拌、炒食、油炸或煮湯。



# How to grow JUTE MALLOW 長蒴黃麻



## Characteristics

Jute mallow grows well under hot-wet conditions. It grows fast with high yield. The optimum temperature for growth is 20-30°C. It can adapt to different kinds of soil conditions and tolerates flooding, but not cold conditions.

## Cultivation instructions

Sow two seeds per hole directly in the field with spacing of 75-90 cm between plants. Water right after sowing and then regularly 1-2 times a week. When plants reach 15 cm height, remove the tips to facilitate lateral shoot growth. When plants reach 30 cm height, remove the tips again. Apply fertilizers each time after removing the tips. In 10-15 days after removing the tips the 2nd time, the young shoots can grow up to 20 cm in length and can be harvested every 15 days. Pest and disease damage is usually not serious because of frequent harvesting.

## Nutrition and cooking

Young shoots are rich in calcium, iron, and vitamins A, B1, B2 and C. They have high mucilage content and a slimy texture. Young shoots can be boiled to mix with other food items, stir-fried or added into soups. Jute mallow has less fiber than jute.



## 特性

長蒴黃麻喜高溫多濕，生育適溫為 20-30°C，土壤適應性廣。生長快速，產量高，較不怕風吹雨打及淹水，但不耐寒。

## 栽培管理

可直播於田間，每株間隔 75-90 公分，每穴播 2 粒種子，播種後立即灌水，平時依田間情況每週灌水 1-2 次。小苗長至 15 公分時摘掉心芽，以促進側芽生長，長至 30 公分時進行第二次摘心，兩次摘心後皆施追肥。第二次摘心後 10-15 天嫩芽長至 20 公分時即可採收。每隔 15 天左右收穫一次。由於經常採收，新葉不斷長出，病蟲害不嚴重。

## 營養與烹調

嫩梢及新葉內含高粘膠液，質地軟滑，筋絲少。富含維他命 A、B<sub>1</sub>、B<sub>2</sub>、C 及鈣、鐵。可涼拌、炒食或煮湯皆可。



# How to grow MUNGBEAN 綠豆



## Characteristics

Mungbean is a warm season crop. The optimum temperature for germination and growth is 28-30°C; temperatures less than 25°C cause poor germination rates. Mungbean has a short lifecycle and is tolerant to drought and poor soil; it is adaptable to different kinds of soil conditions. However, it is sensitive to cold and not very tolerant of wet conditions.

## Cultivation instructions

Irrigate before sowing the seeds in the field. Sow the seeds directly in the field with spacing of 50 cm between rows and 10 cm between plants within rows. It is preferable to plant on raised beds with two rows of mungbean plants per bed. The seeds germinate 3-6 days after sowing. Irrigation is necessary 15 days after sowing. Before flowering (30 days after sowing) and during pod growth (50 days after sowing), watering is required. Plant height is 45-62 cm. Maintain good drainage in the rainy season. The bean pods are slim and cylindrical, about 14-16 cm in length, green when young and turning to blackish-brown when mature. Harvest the pods when they are mature and remove the seeds for consumption.

## Nutrition and cooking

Mungbean is rich in protein and it can be boiled to make sweet soups or cooked with rice as mungbean porridge. Mungbean sprouts can be consumed in various dishes or eaten raw.

## 特性

綠豆為暖季作物，發芽適溫為 29-30°C，低於 25°C 發芽率下降，最適合生長溫度為 28-30°C。生育期短，耐乾旱，耐貧瘠，對土壤適應性廣。對低溫敏感，耐濕性弱。

## 栽培管理

播種前先行灌溉，保持田間土壤濕潤。以條播方式，一畦兩行，每行間隔 50 公分，每株間隔 10 公分，播時每穴播 2 粒種子。播種後約 3-6 天發芽出土。播種後 15 天若無降雨，需立即灌水至畦面濕潤。開花前（約播種後 30 天）及豆莢生長時（播種後 50 天）若乾旱，務必灌水。植株不高，約 45-62 公分。生育期間遇降雨應注意排水。果莢細長圓筒形，長約 14-16 公分，初期綠色，成熟時轉為黑褐色即可採收。

## 營養與烹調

綠豆富含蛋白質，適合作成綠豆湯或綠豆粥。





# How to grow KANGKONG 空心菜



## Characteristics

Kangkong grows rapidly under hot-wet and full sunlight conditions, with few pest and disease problems. The optimum temperature is 20-30°C for germination and 25-32°C for growth. It adapts to different kinds of soil conditions and is easy to cultivate. It is tolerant to heat and flooding but not tolerant to cool temperatures.

## Cultivation instructions

Sow five seeds per hole directly in the field. The spacing between rows is 25 cm and between plants is 15 cm. Kangkong is a semi-aquatic vegetable and requires lots of water during growing stages. Irrigating twice a day is recommended in dry seasons. The plant height reaches 30 cm in 20-25 days after sowing, and young shoots can be harvested at 5-10 cm above ground level every 4-6 weeks. Apply fertilizer periodically during the harvesting period.

## Nutrition and cooking

Young shoots or leaves are rich in protein, vitamins A, E, C, folic acid, calcium, iron and dietary fiber. They can be boiled or stir-fried.



## 特性

空心菜性喜溫暖潮濕、多日照，種子發芽適溫為 20-30°C，生育適溫為 25-32°C。土壤適應性廣，在高溫下生長迅速，病蟲害少。耐熱與耐濕性強，栽培容易，但不耐寒，溫度降至 15°C 時，生育遲緩。

## 栽培管理

直播田間，每行間隔 25 公分，每株間隔 15 公分，每穴播 5 粒種子。為半水生蔬菜，生育期需有多量的水分，以促使植株生育良好。旱季時，每天早晚灌水一次。直播後經 20-25 天，植株高度達 30 公分左右時，即可自地上部 5-10 公分處進行採割。之後每隔 4-6 星期採收一次。視田間採收情形酌量追肥以提高產量。

## 營養與烹調

嫩梢富含蛋白質、維他命 A、E、C、葉酸、鈣、鐵及膳食纖維。可水煮或炒食，脆嫩可口。



# How to grow AMARANTH 莧菜



## Characteristics

Amaranth grows rapidly under hot-wet and full sunlight conditions, with less pest and disease problems. The optimum temperature is 20-30°C for germination and 25-35°C for growth. It adapts to different kinds of soil conditions and tolerates heat and drought, but not cool temperatures.

## Cultivation instructions

Directly broadcast the seeds in the field and cover with fine soil. The seeds germinate 2-3 days after sowing. Thinning is required for better growth. The spacing is 10 cm between rows and between plants. Amaranth tolerates drought, but adequate water during growing periods can produce better quality and higher yield. The plant height reaches 20-25 cm in 20-25 days after sowing. Plants can be uprooted or 50% of foliage and tender stem can be cut repeatedly every 1-2 weeks at 15-20 cm above ground surface until flowering.

## Nutrition and cooking

Leaf and tender stems are rich in vitamins A, C, E, B2, folic acid, calcium, iron and protein. They can be eaten boiled, steamed, stir-fried, as soup, stewed or pureed.



## 特性

莧菜性喜溫暖潮濕、多日照，種子發芽適溫為 20-30°C，生育適溫為 25-35°C。土壤適應性廣，耐熱與耐旱性強，高溫下生長迅速、病蟲害少。但不耐寒，溫度降低時生育緩慢、易開花。

## 栽培管理

可直接撒播於田間，由於種子細小，播種時只需將種子均勻撒在畦面，再用細土覆蓋，不使種子露出土面即可。播種後約 2-3 天發芽，再行適度疏苗以利生長，每行與每株各間隔 10 公分。莧菜可耐旱，但生育期若可充足供水，可生產較優良的品質及豐產。播種後 20-25 天，植株高度達 20-25 公分時即可全株拔取，或自地上部 15-20 公分處割取嫩莖葉，此後每隔 1-2 星期採收一次。

## 營養與烹調

嫩莖葉富含維他命 A、C、E、B<sub>2</sub>、葉酸、鈣、鐵及蛋白質。可煮湯或炒食，清脆可口。



# How to grow MALABAR SPINACH

## 落葵

### Characteristics

Malabar spinach grows rapidly under hot-wet conditions and is adaptable to most soils. The optimum temperature for germination and growth is 25-35°C. It is tolerant to heat and flooding with few pest and disease problems, but sensitive to cold. Low temperature and short days can induce flowering.

### Cultivation instructions

Sow Malabar spinach seeds directly in the field after soaking in water for 24 hours. Distance between plants should be 30 cm. The seeds germinate 4-6 days after sowing. When the seedlings reach five true-leaf stage, remove the tips to facilitate lateral shoot growth. The young and tender tips and leaves can be first harvested when the plants reach 20-30 cm in height (about 30-45 days after planting) and can be continuously harvested every 2-5 days.

### Nutrition and cooking

Leaf and tender stems are rich in vitamins A, C, E, B2, folic acid, calcium, iron and protein. They can be eaten boiled, steamed, stir-fried or raw in salads. A good addition to soups, stews and tofu dishes.



### 特性

落葵性喜高溫多濕，發芽適溫為 20°C 以上，生育適溫為 25~30°C。耐熱、耐濕強及對土壤適應性廣。高溫下生長快速、分枝多，溫度降低、日長變短時開花。溫度高達 35°C 或低至 10°C 時，發育並不受影響，但溫度太低時，葉片會有凍傷的現象。落葵生長勢強健，除老化葉片會發生斑點病外，很少有病蟲害。

### 栽培管理

播種前先将種子浸泡水中 24 小時後取出，於 4-5 月時直播於田間，每株間隔 30 公分，約 4-6 天後發芽。在小苗長至本葉 5 片時摘心，以促進側芽生長。於植株長至 20-30 公分高，即可採摘嫩芽及葉片。之後每隔 2-5 天可採收一次。從定植至採收約需 30-45 天。

### 營養與烹調

嫩莖葉富含維他命 A、C、E、B<sub>2</sub>、葉酸、鈣、鐵及蛋白質。可水煮、炒食或煮湯，味道鮮美。



## World Vegetable Center

本包裝內有 6 種可在家庭菜園中種植，富含高營養的傳統蔬菜種子。種子由亞蔬 – 世界蔬菜中心生產並與世界展望會合作在台灣贈送。

經費由中華民國（台灣）外交部提供。

作物名稱	數量 (公克) / 包	種植面積
莧菜	1.5	10 平方公尺
落葵	4.0	10 平方公尺
長莧黃麻	0.5	10 平方公尺
黃秋葵	3.0	10 平方公尺
綠豆	20.0	10 平方公尺
空心菜	50.0	10 平方公尺



下載這些說明的 .pdf 副本

### 亞蔬 – 世界蔬菜中心

74199 台南市善化區郵政信箱第 42 號

電話 : 06 5837801

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