

Sowing Of Vegetables

1. Materials and Tools Needed

- **Tools:** Small hoe, rake, measuring tape, watering can.
- **Inputs:**
 - Vegetable seeds.
 - Organic fertilizers (e.g., compost or manure).
 - Mulch (e.g., rice straw, dry grass).

2. Step-by-Step Sowing Process

Step 1: Preparation of the Sunken Bed

- Loosen the soil within the sunken bed and remove any weeds or debris.
- Incorporate organic manure or compost (2-3 kg/m²).
- Level the soil to ensure uniform moisture distribution.

Step 2: Seed Selection and Treatment

- Select high-quality seeds adapted to the local climate.

Step 3: Marking the Sowing Rows

- Use a stick or string to mark straight rows across the bed.
- Maintain **5-10 cm spacing** between rows for small seeds (e.g., carrots, lettuce) and **15-20 cm** for larger seeds (e.g., cucumbers, pumpkins).

Step 4: Sowing Seeds

- **Sowing Depth:** Sow seeds at a depth 2-3 times their diameter.
 - Small seeds (e.g., lettuce, spinach): 0.5-1 cm deep.
 - Larger seeds (e.g., beans, cucumbers): 2-3 cm deep.
- **Spacing Within Rows:**
 - Small plants (e.g., onions, spinach): 2-5 cm apart.
 - Large plants (e.g., tomatoes, eggplants): 20-30 cm apart.

Step 5: Covering the Seeds

- Cover the seeds lightly with soil, avoiding compaction.