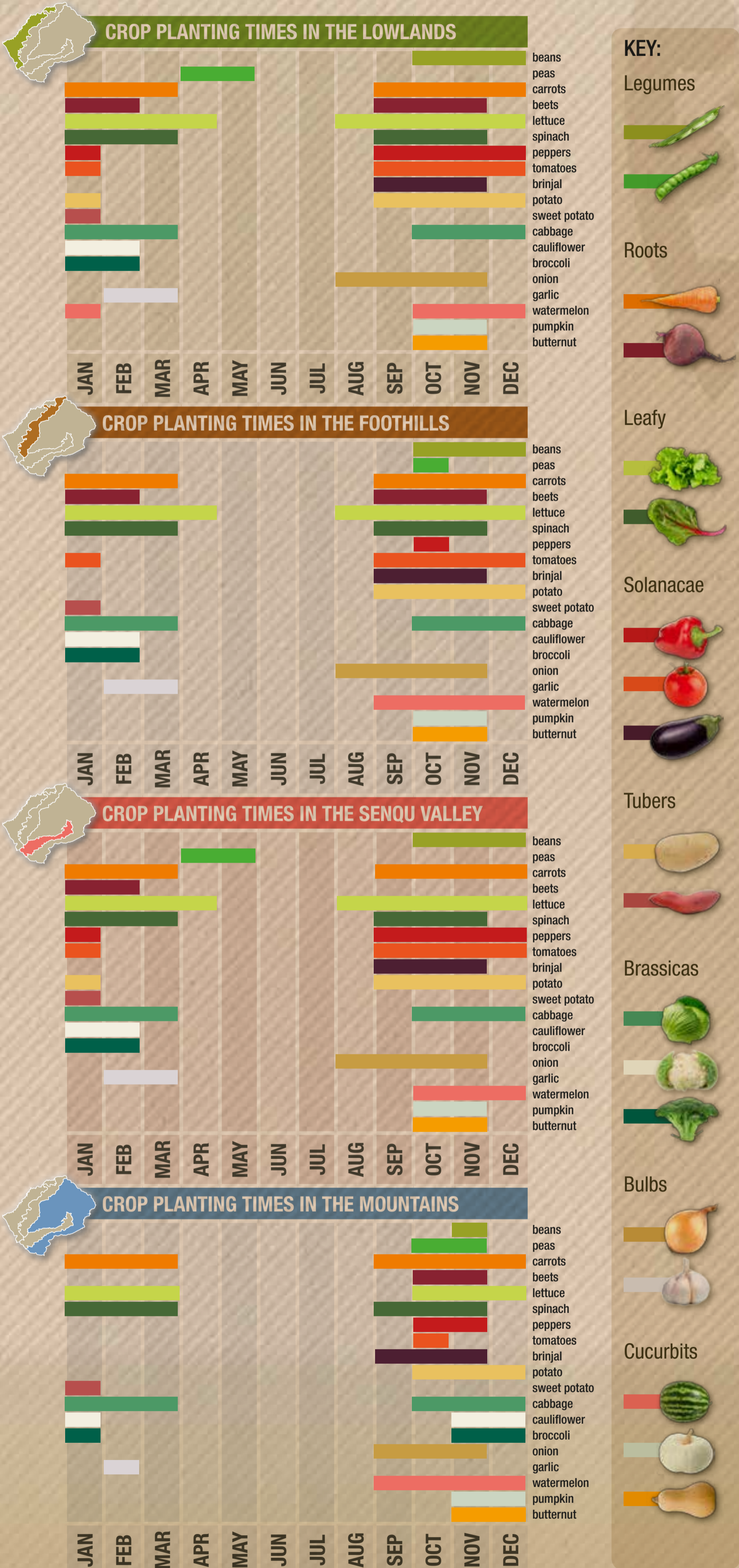
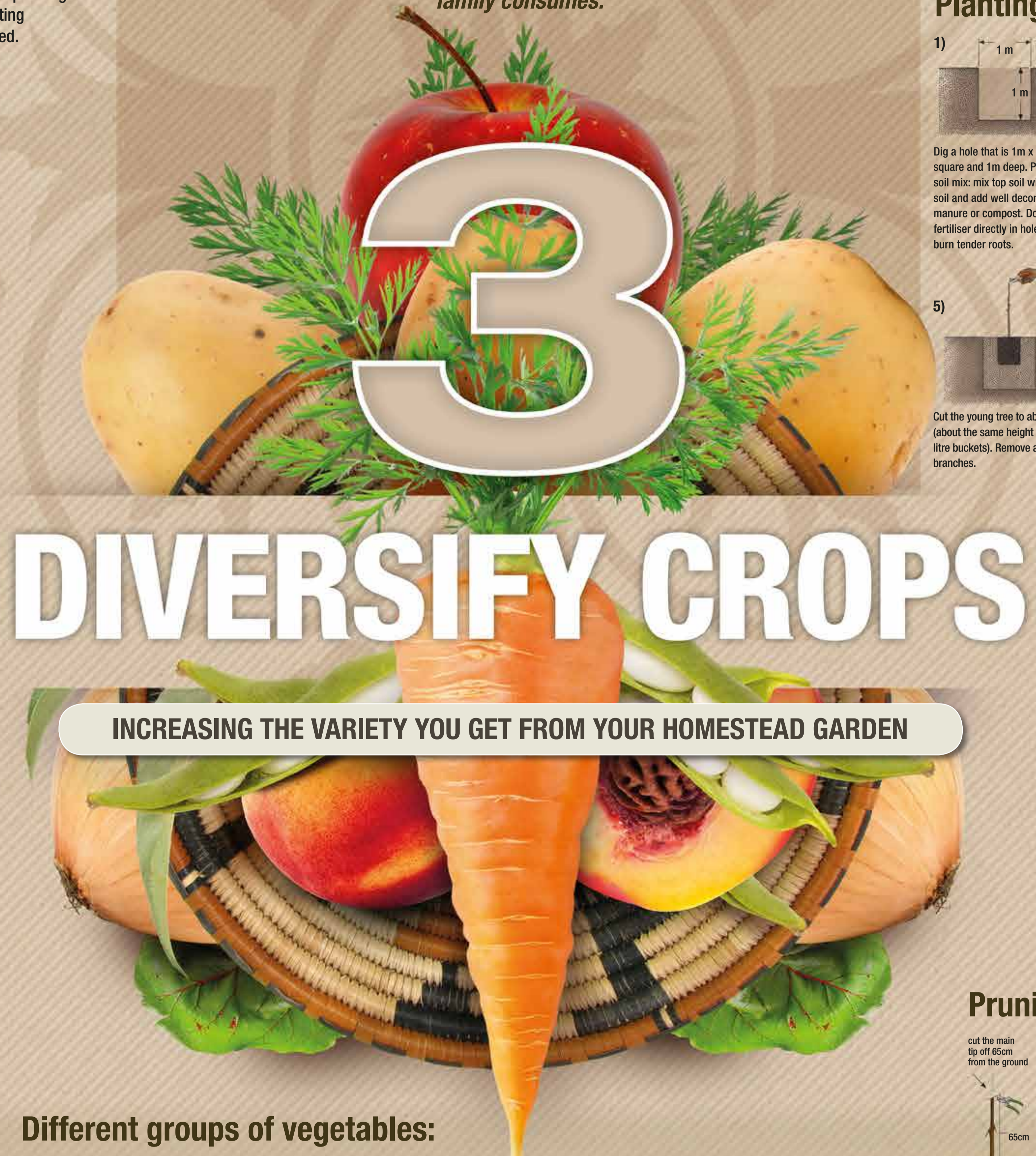


CROP PLANTING CALENDAR

Different crops have different planting times in different areas of Lesotho. Correct planting times will improve our yields. Beware that Climate Change often delays the planting period of some vegetables, thus the use of short season cultivars is recommended.



Planting different varieties of vegetables in the right periods of the year and taking due care of fruit trees will allow us to diversify the food our family consumes.



DIVERSIFY CROPS

INCREASING THE VARIETY YOU GET FROM YOUR HOMESTEAD GARDEN

Different groups of vegetables:

Leafy	Legumes	Brassicas	Roots	Bulbs	Solanaceae	Cucurbits	Tubers
spinach, lettuce, swiss chard, radish, rape, etc.	beans, peas, etc.	cabbage, cauliflower, broccoli, etc.	carrot, beetroot, turnip, etc.	onion, garlic, etc.	peppers, tomato, chilli, eggplant, etc.	pumpkin, butternut, cucumber, etc.	potato, sweet potato, etc.

FRUIT TREE GROWING & CARE

Planting fruit trees:

- 1) Dig a hole that is 1m x 1m square and 1m deep. Prepare a soil mix: mix top soil with sub soil and add well decomposed manure or compost. Do not put fertiliser directly in hole or it may burn tender roots.
- 2) Prune off roots that are dry, broken, discoloured or too long.
- 3) Place the tree in the hole to the same depth at which it grew in the nursery (use the soil mix you prepared to fill the bottom of the hole). The wound from grafting should be above soil level and face away from prevailing winds (to prevent tree breakage).
- 4) Fill the hole with the soil mix prepared earlier. Then firm the soil around the tree. Add organic mulch on top of the soil-filled hole.
- 5) Cut the young tree to about 60cm (about the same height as 2 x 20 litre buckets). Remove all the side branches.
- 6) Make a watering basin about the same size as the planting hole (1m in diameter). Water tree with about 2 x 20 litre bucket.
- 7) Re-check planting depth. If trees have settled too deep, gently lift them by their lower trunk until they are raised to proper height.
- 8) Spacing: fruit trees should be planted 3m apart to ensure enough nutrients and light for good fruit development.

Deciduous trees and vines can be planted any time during their dormant season (the time between leaf fall in autumn and swelling of buds in spring). Planting trees in summer is not recommended as the heat puts stress on the new trees and they will need constant watering.

Watering and feeding fruit trees:

For young trees with small root system, 2 x 20 litre buckets of water per tree every 2 to 3 weeks. Young trees can be fertilised throughout the growing season with organic fertilisers.

For fruit bearing trees (3 years+), water application is especially needed during blossoming and fruit maturation. Add 3 x 20 litre buckets per tree every 2 weeks. Fruit bearing trees should only be fertilised during spring and after fruit harvest.

Or use drip irrigation: make 4 tiny holes at bottom of empty containers; partially bury the empty container into ground, 5 to 15cm, next to tree roots. Fill the containers with water once a week or as needed.

Pest and disease control

Information on pest and disease control affecting fruit trees and how to treat them is available on the back of this Poster.

Pruning fruit trees:

cut the main tip off 65cm from the ground

leave the main outward-facing branches

aim for a 'triangular' shaped fruit tree with a central leader

aim for a 'vase' shaped fruit tree

General fruit tree pruning instructions: Prune in winter, when trees are dormant.

Prune out all branches originating from the base of the tree (suckers) or tender straight twigs originating inside the tree canopy (water sprouts).

Methods of pruning stone fruit trees (e.g. peaches) and pome fruit trees (e.g. apples) are different. Stone fruit trees should form a vase shape allowing light and air circulation.

Pome fruit trees should maintain a central leader or triangular shape (taller than stone fruit trees).



These materials have been commissioned by the United Nations Food and Agriculture Organization (FAO) in Lesotho and the Ministry of Agriculture and Food Security (MAFS) with financial support from the European Commission Humanitarian Aid and Civil Protection Directorate (ECHO), the Office of U.S. Foreign Disaster Assistance (OFDA) and the UK Department for International Development (DFID) in 2013. These materials were developed in coordination with, and endorsed by, the Home Gardening and Nutrition Working Group in Lesotho (HGNGW) and can be freely reproduced for non-commercial purposes ensuring attribution to MAFS, FAO and HGNGW. Any derivative work must be approved by FAO and MAFS. The members of the HGNGW are the following: Action Aid, Apostolic Faith Mission, CARE Lesotho, Caritas, Catholic Relief Services (CRS), Food and Agriculture Organization (FAO), Food and Nutrition Coordination Office (FNCO), Growing Nations, Lesotho Agricultural College, Lesotho College of Education, Lesotho Council of NGOs (LCN), Lesotho Red Cross Society, Machobane Foundation, Ministry of Agriculture and Food Security, Ministry of Forestry and Land Reclamation, National University of Lesotho (NUL), Rehobotho Church, Rural Self Help Development Association (RSDA), Send a Cow Lesotho, UNICEF, World Food Programme, World Vision Lesotho. Special thanks to Catholic Relief Services (CRS) for its guidance in the preparation of Keyhole Gardening contents and UNICEF for its contribution in Nutrition.

