

# My 10 Favorite Seeds

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## Karen village and their companion planting





# Ivy gourd



leaf has tendrils

twine around  
the trellis



White, bell shaped flower



has small fruit



turn red when ripe







male leaf

female leaf

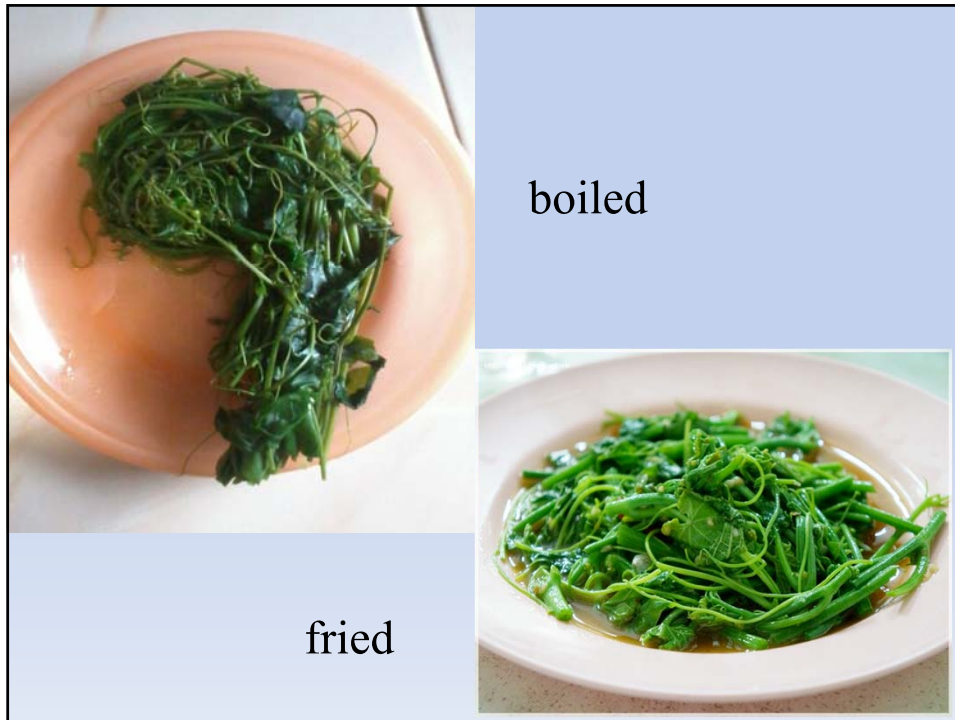


### Culinary uses:



Soup with ground pork





### Nutritional values:

- ✓ a good source of vitamin A
- ✓ calcium phosphorus
- ✓ iron and other vitamins

### Medicinal uses:

- ✓ lowers blood sugar levels
- ✓ treats nausea
- ✓ reduces fever
- ✓ treats skin problems and reduces itching

## Production method:



Stem should be mature,  
15 – 20 cm

Seedling in container



Transplant when new leaves appear





Ivy gourd seed saving



Seed drying



Carrot





## Soil preparation - carrot



- ✓ prepare soil 30 cm deep
- ✓ add organic compost
- ✓ soil should not contain any gravel, stone, clay or wood
- ✓ water daily but avoid over-watering

Young flower is white





Culinary uses:



salad





### Nutritional values & medicinal uses:

- ✓ blood in diabetes cases
- ✓ contains vitamins B, B1, B2, and vitamin A
- ✓ can aid cancer prevention
- ✓ helps prevent bone problems
- ✓ good for eyes and skin

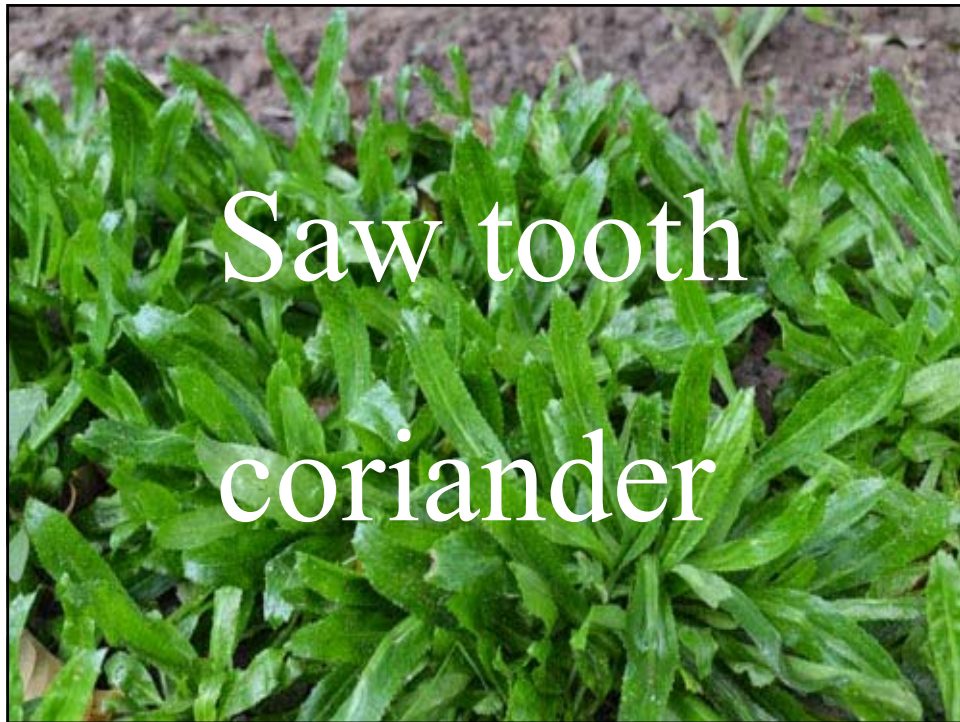


Can be harvested in 3 -4 months



Ready to harvest







### Culinary uses:





## Nutritional values & medicinal uses:

- ✓ vitamins A, B, B2, B3, C, calcium, iron
- ✓ minerals, beta carotene
- ✓ reduces fever in malaria cases
- ✓ whole plant useful for treating high blood pressure

## Soil preparation



### Pests and diseases:

- ✓ mainly yellow margin leaf burn.

### Length of production:

- ✓ can be harvested after approximately 60 days
- ✓ plants have a long life of 5-6 years

Seed







As a green manure cover crop, it can reach 3 m





Plough into the soil



Yellow flower and green pod



## Self-pollinates but also needs insects



## Pest and diseases





Pod turns brown before it can be harvested



Post harvest







### Chick pea characteristics







## Culinary uses:

- ✓ seeds are eaten fresh, sprouted, parched, fried, roasted or boiled
- ✓ eaten as a snack food, sweet and as a condiment
- ✓ ground into a flour for soup, dhal, tofu, and bread or as a side dish prepared with pepper
- ✓ Young plants and green pods are eaten like spinach

baked with ground pork



salad



## Seed saving:

- ✓ For dry seeds, the plants are harvested at maturity or slightly earlier by cutting them close to the ground or uprooting
- ✓ Plants are then stacked in the field for a few days to dry
- ✓ Chaff is separated from the grain by winnowing.

small red brown



smooth light brown



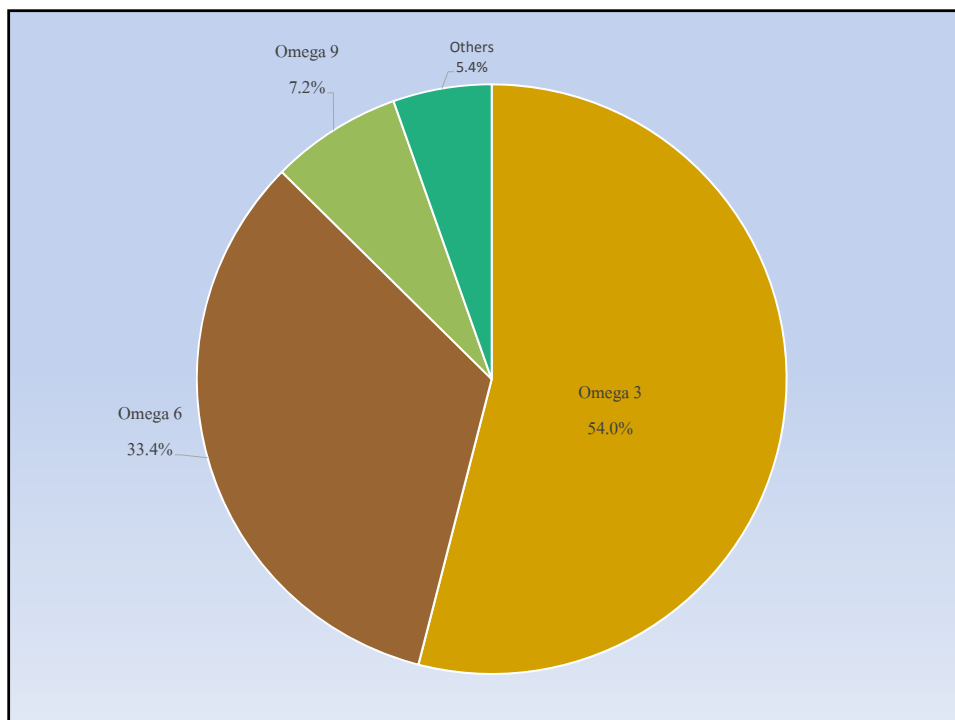
## Culinary uses:

- ✓ dry the leaves as a tea
- ✓ seed is pressed for oil
- ✓ seed can be roasted



## Nutritional values & medicinal uses:

- ✓ seeds contain 35- 60% oil and 27% protein
- ✓ seeds are rich in iodine vitamin A and E
- ✓ helps control blood sugar levels
- ✓ combats hyperactivity
- ✓ seed cake has good protein content and used in animal feeds
- ✓ edible oil is rich in omega 3, 6 and omega 9





## Production methods:



place seedlings in  
plastic bags  
then transplant



Grows well under minimum temperature 10°C (50°F) and maximum 36°C (96°F)



brown colour means  
ready to harvest

remove seed from shell







### Culinary uses:



Place seedlings in bags first  
then transplant



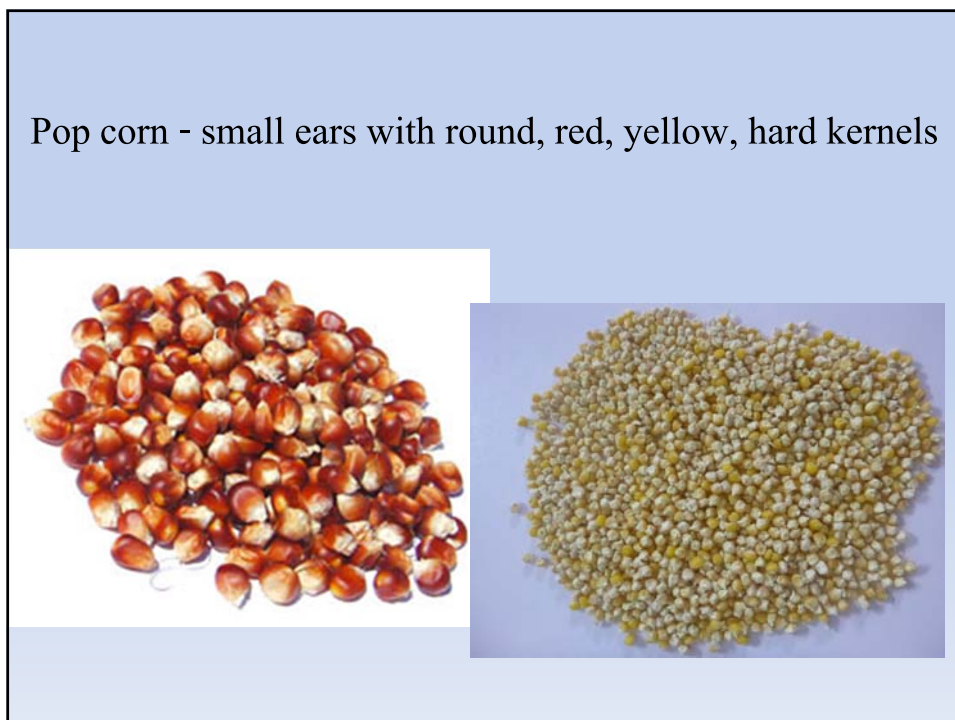
## Nutritional values & medicinal uses:

- ✓ leaves & fruit pods are rich sources of calcium and iron, vitamins B, A, and C
- ✓ can be used to treat diabetes
- ✓ can be used to treat high blood pressure
- ✓ used in cancer prevention
- ✓ helps treat bowel disease
- ✓ helps treat bone disease

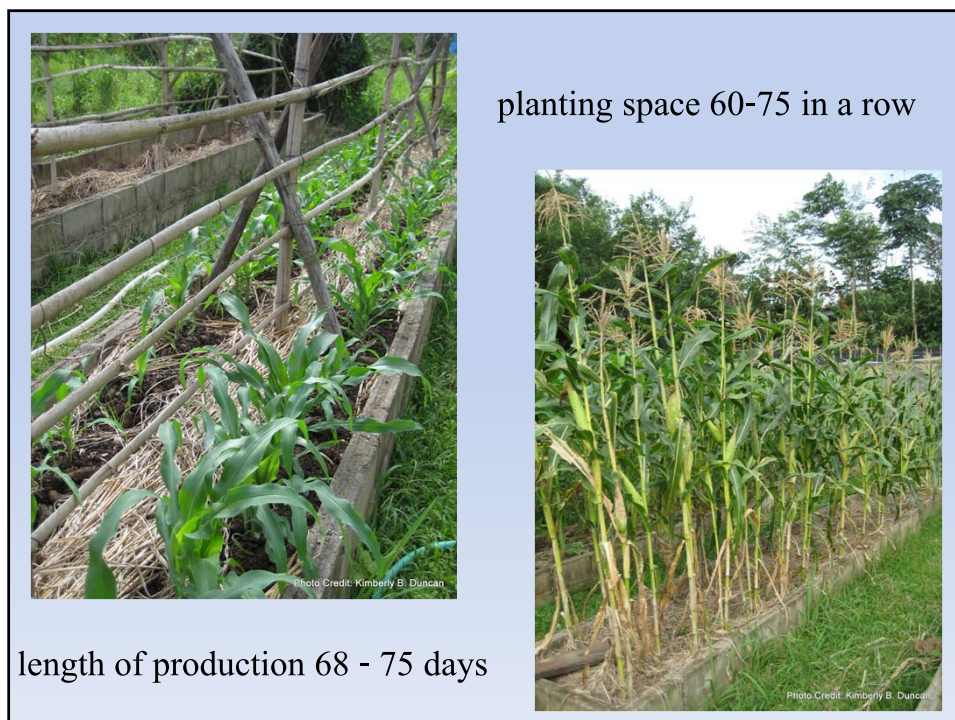
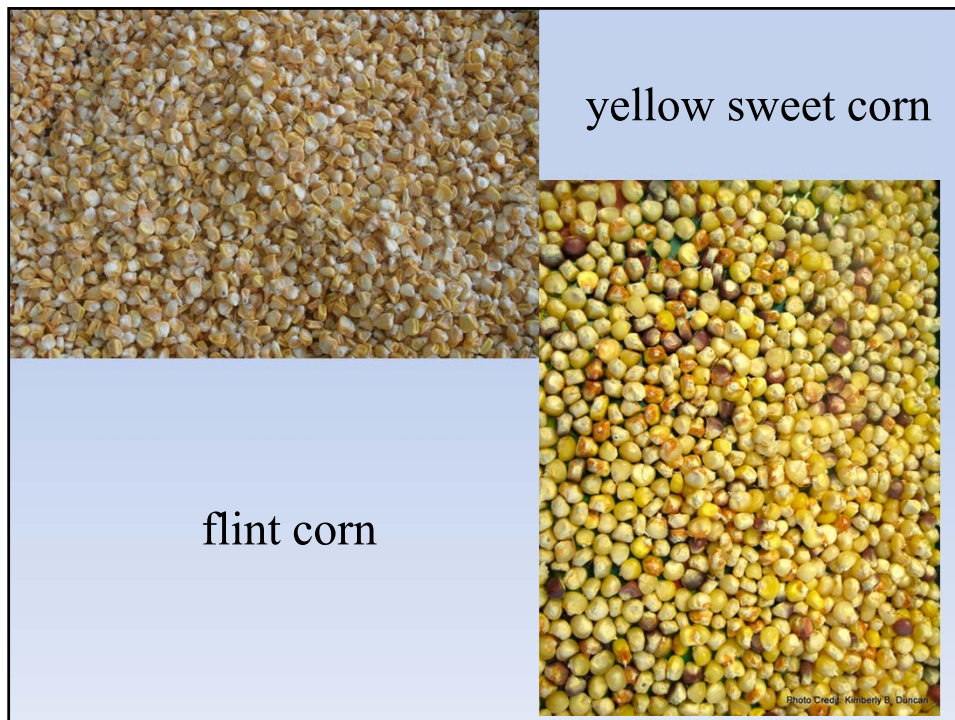


- ✓ seeds are a rich oil source for cooking and lubricant uses
- ✓ cough medicine
- ✓ can be used to purify water.











# Livestock production

- ✓ an important food source for poultry, swine and cattle
- ✓ the whole plant is used as green fodder
- ✓ silage for cattle

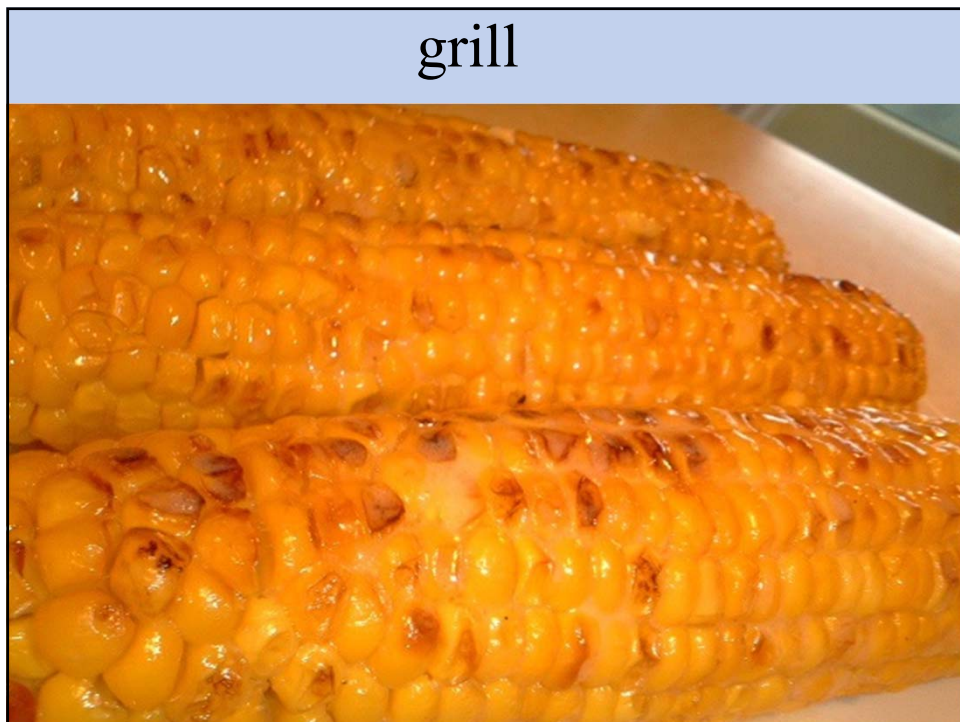
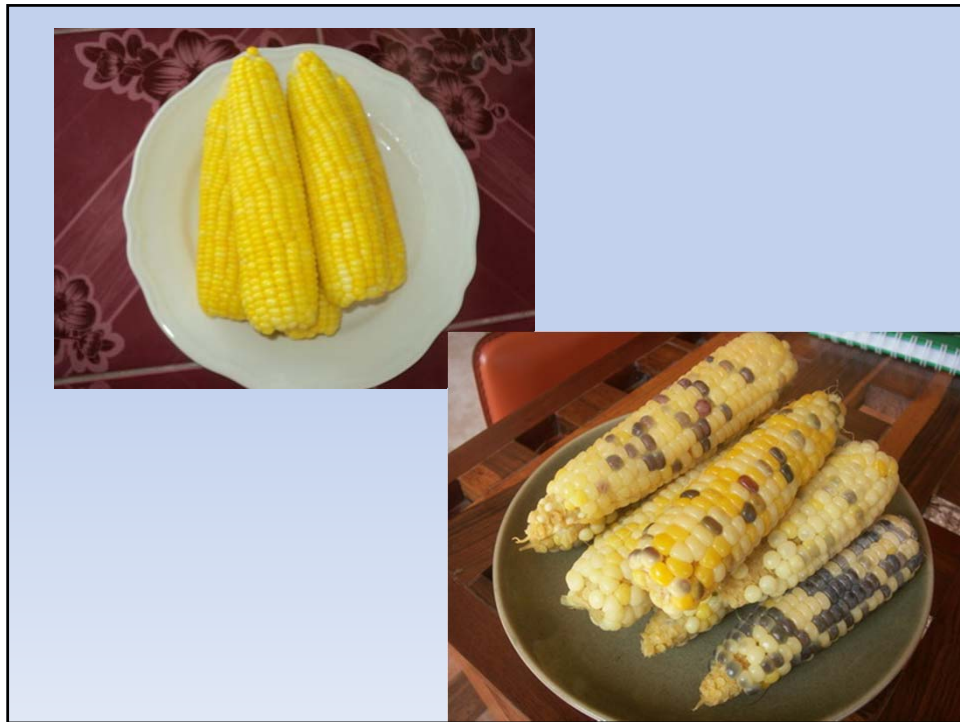
## Culinary uses:



corn with bacon

Thai salad





## Nutritional values & medicinal uses:

- ✓ Rich carbohydrate food source.
- ✓ Nourishes the lungs and heart
- ✓ Heart disease prevention
- ✓ Can treat gallstones
- ✓ Protein, carbohydrates, vitamins B1, B2 and minerals

Dry for 2-3 days after harvest









Hawaiian chili



Purple chili

Tiny hot



### Culinary uses:



Chili paste

used as a flavouring  
Curry



### Nutritional values & medicinal uses:

- ✓ high vitamin A and C content
- ✓ Used for making natural pesticides



## Seed saving



## Sugar pea



White flower and green pods





Culinary uses:



sugar pea young shoot

fried



fried with pork

salad





## Nutritional values & medicinal uses:

- ✓ Contains vitamin B and B12
- ✓ Lowers high blood pressure
- ✓ Used for treating diabetes
- ✓ Used for treating heart problems
- ✓ Lowers cholesterol
- ✓ Helps memory process



Post harvest sugar pea

[www.echocommunity.org](http://www.echocommunity.org)



Thank you