

# Bitter gourd

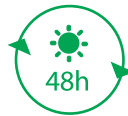


## Description

Belonging to the Cucurbitaceae family, bitter gourds are defined by their bitter taste.

Also recognizable by its color, shape and texture, bitter gourd also has its place in your vegetable garden!

## Watering

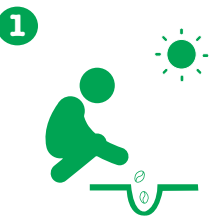


Water regularly but moderately, once a week is sufficient. Adjust according to temperature.

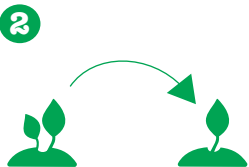


Do not wet the foliage to protect the plant from pests.

## Sowing



1 Sow in a small hole about 2 cm deep. Place 3-4 seeds, spacing them well apart. Cover with potting soil. Water in fine rain.



2 As soon as 4-5 leaves appear, keep only the most vigorous plants.

## Maintenance

Mulch to keep fruit fresh and protect it from contact with the ground.

Weeding regularly to limit weeds.

## Harvest



Harvesting takes place around 2 months after sowing, as and when required.

Cut off 5 cm of stalk with pruning shears.

## Tips

A number of plants can be combined with bitter gourds to protect them from pests and ensure their growth: radish, lettuce, carrot and bean.

Companion plants ✓



To avoid ✗

