

Weeds also serve as alternate host for insect pests and source of disease inocula. However, there are some weeds species that must be preserved such as the spiny amaranth (Amaranthus spinosus) which harbor varied species of spiders and predatory flower bug.

Harvesting and post-harvest

Harvest the fruits when they start to appear glossy. Put the newly harvested fruits into perforated plastics or plastic crates and put in a cool place.

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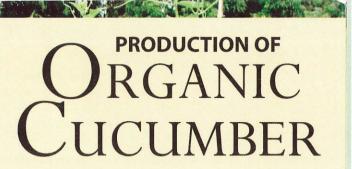
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ORGANIC CUCUMBER

Cucumis sativus



Introduction

Cucumber is one of the well known salad vegetables being grown in the countryside.

Sowing

The seeds of cucumber are sometimes very hard to germinate because they have thick seed coats. The remedy is to soak the seeds into water for about 30 minutes to awaken the dormancy and to soften the seed coat. After soaking, seeds can be directly sown into the field, however, seedling trays are preferable. Sow the seeds with the pointed part downwards so that the roots that will come out from the seeds will have direct contact with the soil. Use potting medium that is porous, free from pathogens and weed seeds and can supply nutrients to the growing seedlings. After 10 – 15 days, the seedlings will be ready for transplanting.

Transplanting

Transplant the seedlings late in the afternoon to have ample time to recover. Choose seedlings that are vigorous, with good leaf formation, and sturdy-looking so that they can have a bigger chance of survival. Water the plants after transplanting and thereafter until they have fully recovered, or as needed. If using plastic mulching film, make sure that the holes are wide enough for the seedlings to grow, otherwise wilting will appear or the seedlings will die.

Fertilization

Apply vermin compost at the rate of 5 tons per hectare or 1/2 kilogram per square meter for basal fertilization.

Cover the plot by the use of plastic mulching film, rice straw or any other biodegradable materials. Bore hole according to the desired and recommended planting distance. Top dress again at flowering stage or as needed at the rate of 100 grams per hill.

The recommended rate of spraying in accordance to the growth stages of the plants is shown below:

NFS - Inputs	Vegetative	Changeover	Reproductive
IMO	5%	5%	5%
FAA	50%	15%	15%
FPJ	15%	20%	10%
FFJ	15%	30%	50%
CalPhos	15%	30%	20%
Total	100%	100%	100%

Pest & Disease Management

If time and resources permit, spraying should be done early in the morning or late in the afternoon. In a truly organic world, all life must be cordially respected (principle of care and fairness), therefore all possible control in battling pest and diseases (cultural, physical, biological, mechanical control) must be followed first before resorting to the last option (that is, spraying with synthetic chemicals). The following are the recommended practices:

- 1. Use of Panyawan/Makabuhay extract for various kinds of pests to be extracted using 1:1:2 (panyawan:molasses:Water) ratio. Use 3 tablespoons of the solution per liter of water. Spray directly to the target organism. It can also prepared by pounding using mortar and pestle and added with water on a 1:1 Panyawan-Water Ratio. The same can be sprayed directly to the target organism using the same dosage of 3 tablespoons per liter of water.
- Use of Chili Extract the liquid can be used for various insect pests (soft bodied insects, sucking insects). Use the same method in extracting panyawan. When using fresh chili, select 20-25 regular size fruits for every 16 liters of water.
- Use of Garlic, Onion and Ginger Extracts these are sulfur accumulators. These can effectively control fungal diseases.
- Use of Compost tea and Vermin tea to control foliar diseases and to strengthen plants' immune system.
- Spraying of Lactic Acid Bacteria Serum (LABS) to increase the number of beneficial microorganisms that will help suppress pathogenic microbes.
- 6. Manual collection of larvae and pupae to help control the population of insect pests.
- Removal of disease plant parts reduces incidence of disease outbreak.
- 8. Weeds must be constantly removed to avoid competition in nutrients, moisture and sunlight.