

# NATIONAL SCHOOL NUTRITION PROGRAMME



'Know How to Grow Your Own'



Crop	Botanical Name	Nutritional Information	Growing Season(s)	Planting Material	Sowing Depth (cm)	Plant spacing (cm)		Days to Maturity
						Between rows	Between plants	
Amadumbe 	<i>Colocasia esculenta</i>	Vitamin A, B-complex, C & K, iron, potassium, zinc	Warm	tubers	8-10	60-100	30-60	160-180
Amaranthus 	<i>Amaranthus spp (over 10 species)</i>	Vitamin A, B-complex, C, iron, potassium	Warm	seeds <sup>1</sup>	2-3	40	25	40-60
Beetroot 	<i>Beta vulgaris</i>	Vitamin A, B3, B5, B6, C, iron, manganese, magnesium	Moderate	seeds <sup>2</sup>	2-3	40	8-15	60-90
Butternut 	<i>Cucurbita morschata</i>	Vitamin A, B-complex Iron, zinc, copper, calcium, potassium, and phosphorus	Warm	seeds <sup>1</sup>	3-5	250	150	120-150
Cabbage 	<i>Brassica oleracea var. capitata</i>	Vitamin C, B1, B5, B6, K, anti-oxidants, potassium, manganese, iron, magnesium	Cool	seeds <sup>2</sup>	2-3	60	50	60-90
Carrot 	<i>Daucus carota ssp. Sativa</i>	Vitamin A, B-complex, C Copper, calcium, potassium, manganese	Cool	seeds <sup>1</sup>	1-2	40	5-7	80-120
Green Beans 	<i>Phaseolus vulgaris</i>	Proteins, Vitamin A, B1, B6, B12, iron, calcium, magnesium, manganese, potassium	Warm	seeds <sup>1</sup>	3-5	40	10	60-70
Green mealies 	<i>Zea mays</i>	Starch, Vitamin A, B-complex, antioxidants, zinc, magnesium, copper, iron, manganese.	Warm	seeds <sup>1</sup>	3-5	90	20-25	90-120
Onion 	<i>Allium cepa</i>	Vitamin B-complex, C, antioxidant flavonoid quercetin, chromium	Moderate	seeds or corms	1-2	40	8-10	90-180
Pepper 	<i>Capsicum spp. (over 30 species)</i>	Vitamin A, C, E & K, zinc, iron, manganese, copper, potassium	Warm	seeds <sup>2</sup>	1-2	75	50	90-120
Potato 	<i>Solanum tuberosum</i>	Starch, Vitamin B-complex, C, iron, manganese, copper, potassium.	Warm	tubers	8-10	90	40	120-150
Pumpkin 	<i>Cucurbita spp (over 25 species)</i>	Vitamin A, B-complex, C, E, copper, calcium, potassium, phosphorus	Warm	seeds <sup>1</sup>	3-5	300	150	120-150
Spinach 	<i>Spinacia oleracea</i>	Vitamin A, B-complex, C, iron, potassium, omega 3 fatty acids	Moderate	seeds <sup>2</sup>	1-2	40	15	40-60
Sweet potato 	<i>Ipomoea batatas</i>	Starch, vitamin A, B1, B5, B6, iron, calcium, magnesium, manganese	Warm	cuttings	8-10	100	60	90-120
Tomato 	<i>Lycopersicon esculentum</i>	Vitamins A, C, copper, iron, zinc, anti-oxidants	Warm	seeds <sup>2</sup>	1-2	90-120	50	100-120

Seeds<sup>1</sup> - Sown directly; Seeds<sup>2</sup> - Usually transplanted