

Vegetables <small>www.ananas.design</small>	Local Name	Companions	Foes	Sunlight	Sowing Month	Days to Germination	Days to Maturity (1st Harvest)	Duration of Crop/ Lifespan	Direct Sowing or Transplant	Comments
<b>Amaranthus</b>	Dantu, Harive Soppu, Chilkarive Soppu	Sweet corn, Beans, Pumpkin	-	Full sun	March-April	4-8	Leaves - 14, Seeds - 90	Depends on purpose. Young leaves - 1 time harvest. Larger leaves - continuous for 3 months. Seeds - 1 time harvest	Direct	Makes great mulch between rows by competing with weeds and conserving ground moisture. attracts predatory ground beetles.
<b>Basil</b>	Tulasi	Solanaceae	Thyme	Full sun	Jan-Feb/ Jun-Jul/ Oct-Nov	5-10	30-60	Perennial (2 years)	Direct or Transplant	Helps repel flies
<b>Beetroot</b>	Bitrut	Onions, Lettuce, Kohlrabi, Cabbage, Garlic, Mint, Bush Beans, Celery, Marigold	Pole beans, Mustard	Full sun to partial shade	August - November	8-10	45-65	1 time harvest	Direct	Good for adding minerals to the soil. Can pick greens, tasty and healthy. Shoulders of the beets will protrude from the soil. When to harvest beets depends on the size of beet you desire. The best beets are dark in color, with a smooth surface. Smaller beets are most flavorful. Larger beets may become fibrous, soft or wrinkled. Harvest when roots at 3-5 cm in diameter. Water daily until the leaves begin to sprout. At the beginning, your seeds need plenty of water to start the germination process. The roots will take moisture from the soil once they're established. Once you have sprouts, only water them every 10-14 days in dry spells. Other than when the weather is unnaturally dry, normal rainfall should be fine. Keep well watered during dry weather. Dry for long means cloves won't swell.
<b>Bindhi</b>	Bendekayi	Melon, Cucumber, Peppers, Brinjal	-	Full sun	Jan-Feb/ May-Jun/ Oct-Dec	7-10	55-65	90 (15-18 harvests)	Direct or Transplant	Can be grown successfully in the rainy season during high rain fall. Soak seeds overnight in tepid water to help germination. Have to plant fresh seed, old seeds don't germinate well. Transplant after 4 - 6 weeks. Pick fruit often to encourage production. Regular watering is needed and is particularly critical during flowering and pod development. During extended dry spells, a weekly deep soaking is beneficial.
<b>Bottle gourd</b>	Sorekayi	Other gourds and cucumbers	-	Full sun	Nov-Dec/ Dec-Jan/ Jun-July	7-25	135-140	120	Direct or Transplant	Soak seeds overnight to speed up germination. Transplant once the seedlings have 2-3 leaves.
<b>Bush beans</b>	Hurlikayi	Potatoes, Carrots, Cauliflower, Cucumber, Most veggies and herbs, Celery, Sweet Corn	Onions, Garlic stunt their growth. Fennel, Chillies	Full sun	All year	8-10	50-60	60-75	Direct	Onion and legume family are bad companions because the legumes have root nodules which house the Rhizobium bacteria, which is a nitrogen-fixing bacteria. The onion family all exude antibiotic compounds from their roots, which kill many bacteria, including Rhizobium. If you water, avoid wetting foliage, which encourages disease. If you would like a continuous harvest of bush beans through the season, plant new bush bean seeds about once every 2 weeks.
<b>Cabbage</b>	Kosu	Aromatic plants (especially dill), Camomile, Beetroot, Mint, Beans, Onions, Celery, Potatoes, Nasturtium, Rosemary	Tomatoes, Pole beans	Full sun	Jun-Jul/ Oct-Nov	3-4	80-100	1 time harvest	Transplant	In summer, use temporary shade covers after transplanting fall seedlings into hot summer soil. Heavy rain can cause almost-ready cabbage heads to split. Prevent this by using a sharp spade to sever roots on opposite sides of the plant before an expected rain. Cut cabbage when heads are firm and the base of the head is 4 to 10 inches across. Harvest before the weather becomes too warm.
<b>Cauliflower</b>	Hoo Kosu	Beets, Alliums, Aromatic Herbs	Basil, Pole Beans, Solanaceae	Full sun	Jun-Jul/ Oct-Nov	7-10	55-100 days after transplant	1 time harvest	Transplant	Curds are firm and tender. If your seedlings have been held too long or mistreated in some way before planting, they can create "buttons", or small heads, that tend to flower prematurely. Climatic elements such as extreme cold and drought can cause your plants to halt their full growth and form only "buttons". Don't allow your transplants to get too mature before moving them to your garden. If you do, they may become stressed by transplant shock.
<b>Chayote squash</b>	Chow Chow	Pumpkin, peppers, corn	Celery, mint, or snap beans.	Full sun	Nov-Dec/ Dec-Jan/ Jun-July	7-14	120-150 days	Perennial	Transplant	Can be sprouted from the whole fruit. Just lay a fresh, unblemished fruit on its side on the soil in a sunny spot, with the stem up at a 45 degree angle.
<b>Chilli</b>	Mensinkai	Carrots, Onion, Tomato	Beans, Cabbage, Cauliflower, Broccoli, Kale	Full sun	April - May	10-14	60-95	150-210 (depending on variety etc.)	Direct or Transplant	Soak chilli seeds overnight in warm water before planting.
<b>Cluster beans</b>	Gorikayi	Marigold, Corn, Potatoes, Nasturtium, Brinjal, Radish, Cucumber	Onions, Garlic stunt their growth. Fennel, Chillies	Full sun	All year	2-5	60-90	90 days (15 pickings)	Direct	Cluster bean has a long taproot that is why transplanting its seedlings is not a good idea. Harvest it young when seedpods remain slimy and soft in texture and green in color.
<b>Coriander</b>	Kothambari Soppu	Cabbage, Carrots, Radish	Fennel	Partial shade	March-April	7-10	30	1 time harvest	Direct	Likes a lot of water. highly attractive to beneficial insects like Syrphid flies, lacewings, and lady beetles and repels aphids, potato beetles, and spider mites
<b>Cow pea</b>	Alasande kalu	Potatos, Sweet Corn, and almost everything else	Onions, Garlic stunt their growth. Fennel, Chillies	Full sun	December - Jan	7-14	60-90	135 to 150	Direct	Beans do not generally respond well to transplanting. Sow with the eye of the bean facing downward.
<b>Cucumber</b>	Sautekayi	Beans, Corn, Radish, Sunflower, Peas, Bindhi	Potatoes, Aromatic herbs, Kohlrabi, Fennel, Cabbage	Full sun	Jun-July/ Sep-Oct/ Dec-Jan	5-10	55-65	100-110	Direct	Continuous water supply needed for best quality fruit. Soil should never dry out.
<b>Dill</b>	Sabsige	Fennel, corn, cucumbers, lettuce, and onions	Coriander, carrots, tomatoes	Full sun	March-April	7-10	14-21	1 time harvest	Direct	Attract beneficial insects, health of cabbages and other Brassicas
<b>Drumstick</b>	Nugge Kaayi	Other gourds and cucumbers	-	Full sun	July - Sept, April - May	3-14 days	60	Perennial	Direct or Transplant	Soak the seeds for 24 hours; the seed will imbibe the water it needs to germinate from this procedure. Remove the seeds from the solution, let the potted plants grow at least 8 weeks or longer before transplanting to the ground
<b>Fennel</b>	Saunf	Dill	Most plants dislike it	Full sun	All year	7-10	60-75	Seeds - 1 time harvest	Direct	Repels flies and ants. Fennel is allelopathic to most garden plants, inhibiting growth, causing to bolt, or actually killing many plants. When growing together a higher ratio of fennel to dill provides the highest profit. Dill has a stabilizing effect on the fennel seed. Because it attracts syrphidae it reduces aphids through predation
<b>Fenugreek/Methi (Kasuri)</b>	Menthina Soppu	Tomatoes	-	Full sun to partial shade	All year	2-5	30-35	1 time harvest	Direct	Nitrogen fixer
<b>Flat beans, Lablab</b>	Chapparada Avare	Potatos, Sweet Corn	Onions, Garlic stunt their growth. Fennel, Chillies	Full sun	All year	15-20	70-90	90	Direct	Fast growing, and flow-ers attract butterflies and other pollinators. Has edible leaves, flowers, pods, and seeds.
<b>Garlic</b>	Bellhulli	Beetroot, Kale, Spinach, Potatoes, Carrots, Brinjal	Legumes	Full Sun	All year	1-13	Up to 8 months	1 time harvest	Direct	Put in the drip line of fruit trees. Poke the cloves into the ground 4 inches deep and 6 to 8 inches apart, with their pointed ends up. Cover the planted area with 3 to 5 inches of organic mulch, such as hay or shredded leaves. Harvest when half to three quarters of leaves turn brown. As the garlic plants begin to grow, long green stalks called scapes will emerge and form loops. Pull off a few scapes and eat them. This may damage the garlic bulbs themselves, so don't do it to every plant. Once the scapes start to dry, it is important to harvest the garlic or the head will "shatter" and divide into the individual cloves. Mosquito repellent.
<b>Gongura/Sorrell</b>	Pundi	Coriander, Nasturtium	-	Full sun to partial shade	All year	7-10	60	Tender leaves - 1 time harvest, Older leaves - continuous harvest for 60 days. Perennial if allowed to grow.	Direct	Before planting, gongura seeds should be soaked for 24 hours. Remove flower spikes by simply pinching them off at the base with your fingers. Sorrel will also bolt (go to seed) in hot weather unless shaded.

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Ridge gourd	Heerakayi	Bottle gourd, Bitter gourd, Cucumber.	-	Full sun	Nov-Dec/ Dec-Jan/ Jun-July	7-14	75-90 (from seed), 60-75 (from transplant)	125 days	Direct or Transplant	Prepare your ridge gourds for transplanting once the plants have reached at least 1/2-foot in height. Ridge gourds are heavy feeders. Honey bees and some insects help in pollinating the flowers. Sometimes, none of the female flowers produce fruits, but drop off without growing into a ridge gourd. This is mainly due to the failure of pollination. Even though nature does its magic everyday, its absolutely normal to go ahead and hand pollinate the ridge gourd. When the flowers open, rub a soft brush, first in the male flower and then in the female flower. Your organic ridge gourds are ready for harvest just by looking at the stem right next to the gourd. If it has started to shrivel, turn brown and dry, then, the gourd is done growing and can be harvested. The body of the gourd may still be green, but the dried stem means that the gourd is not receiving any more nutrients from the vine.
Indian Spinach/ Basella	Balasale Soppu	Soy bean	-	Full sun	January - March	12	55-70 days	Perennial	Direct	Perennial creeper with edible leaves, flowers and young shoots.
Lamb's Quarters	Chakota Soppu	Beans, Corn	-	Full sun to partial shade	All year	2-5	30	90-120	Direct	Be careful, can cross pollinate with amaranth. Useful trap crop for leaf miners.
Mint	Pudina	Nightshade family, Beans, Brassicas, Aliums	-	Full sun to partial shade	All year	Grow from cuttings	60-75	Perennial	From cutting	Frequent harvesting is the key to keeping mint plants at their best. Mint is very easy to grow, and once it takes root it is quite prolific. It is recommended that you grow it in a pot otherwise it is invasive and can take over your green patch.
Musk Melon	Kharbooja	Radish, Corn, Nasturtium	-	Full sun	Oct-Jan	5-7	70-100	90-100	Direct	Heavy feeder, needs we-draining soil rich in organic matter. If you're working with heavy soil, consider planting in raised planting beds, hills or mounds. If you've got plenty of space, you can choose to let the vines spread on the ground.
Onion	Eerulli	Broccoli, kale, Brussels sprouts, Tomatoes, Lettuce, Strawberries, Peppers	Legumes, Garlic, Leeks, Shallots	Full sun	Mar-Apr/ May-June/ Sep-Oct	7-10 (seed)	3-4 months after sowing	1 time harvest	Direct	Most onion experts agree that, diversity aside, onions grown from seed perform better than those grown from sets. Can sow seeds densely in a tray. Transplant when third leaf arrives. They are less prone to disease, they store better, and they bulb up faster. Harvest once 75% of leaves have dried off. The common practice is to break or crush the stems if there are signs of flower heads. When the stems are dry, dig the onion bulbs, which can be left on top of the ground to cure and dry for several days. Transplant seedlings 40 - 50 days after sowing. Onions can be harvested young as green onions or left to mature fully.
Parsley	-	Tomato, Carrots, Corn	Lettuce, Aliums	Full sun to partial shade	All year	10-25	70-90	Perennial (2 years)	Direct or Transplant	Soak seeds overnight to speed up germination. To enhance germination, soak seeds overnight and plant them fairly close together as they thrive on competition. It has a long germination period, around three to four weeks, so be patient. Picking parsley often helps it grow.
Pole beans, Runner beans	Hurlikayi	Brassicas, carrots, celery, chard, corn, cucumber, eggplant, peas, potatoes, radish, and strawberries	beets, chives, garlic, leeks, and onions	Full sun	All year	8-16	70	One year	Direct	Pole beans and beets stunt each others growth
Potato	Allugadde	Beans, Corn, Cabbage, Marigold, Brinjal	Not great with Cucurbits, Carrots, Turnips	Full sun to partial shade	Jun-Jul/ Oct-Nov	14-28	70-100	One time harvest	Direct	If you are cutting up potato pieces for planting, do so 1-2 days ahead of time. They do need light and thrive in an area with full sun. However, the tubers need protection from sunlight, as too much sunlight during growth turns the tubers green.
Pumpkin	Kumbalakai	Corn, Amaranthus, Beans	Potatoes	Full sun	December - Jan	5-10	90-120	180	Direct	Pumpkins are HEAVY feeders. Regular treatments of manure or compost mixed will sustain good growth. Pinch off the fuzzy ends of each vine after a few pumpkins have formed. This will stop vine growth so that the plant's energies are focused on the fruit. Pruning the vines may help with space as well as allow the plant's energy to be concentrated on the remaining vines and fruit. Slip a thin board or thick straw under the pumpkins. You'll know the pumpkins are mature when the vines begin to wither and die and the shell turns a deep, solid orange. When you thumb the pumpkin, the rind will feel hard and it will sound hollow. Press your nail into the pumpkin's skin; if it resists puncture, it is ripe. To harvest the pumpkin, cut the fruit off the vine carefully with a sharp knife or pruners; do not tear. Be sure not to cut too close to the pumpkin; a liberal amount of stem (3 to 4 inches) will increase the pumpkin's keeping time.
Purslane	Gonni Soppu	Corn, Basil, Most Vegetables	-	Full sun	All year	5-10	30	Perennial	Direct	Cools the soil as a ground cover.
Radish	Moolangi	Nasturtium, Lettuce, Cucumber, Spinach, Peas, Beets, Spinach, Carrots, Squash, Melons, Tomatoes, Beans	Brassicas	Full sun	January	4-10	20-70	1 time harvest	Direct	Radish attracts leaf miner away from spinach. Can be sown in the same row with carrots, parsley and other slow germinating crops. The radishes help to break soil crust for the weaker and later-germinating crops. Broadcast spreading is also common, and easy to do. Prepare a square or rectangular area and spread the seed out across the entire area. Then, lightly sprinkle loose soil over the area. Thin seedlings to two inches apart in all directions. Radishes do not like to be crowded. They will not for a bulb, if overcrowded by other radishes or weeds. Weeding is very important to proper bulb growth. Most growers don't give much thought to weeding, because of their quick growth. But, it is important for proper bulb development. Succession planting every two weeks will result in radishes all season long! Note, you may want to skip the mid-summer weeks, as radishes will not perform well in high heat. Like many other vegetables, they tend to bolt in hot weather."
Rosella	Pundi	Coriander, Nasturtium	-	Full sun	All year	7-10	180	20 days after flowering, continuous harvest for around 180 days. Perennial.	Direct	Harvest young leaves and shoots while shaping the young bushes to encourage branching. The best time to pick the 'fruit' is when they are fully grown but still soft and tender.
Snake gourd	Padavala kaayi	Other gourds and cucumbers	-	Full sun	Nov-Dec/ Dec-Jan/ Jun-July	7-14	40-50		Direct or Transplant	Soak in water over night before sowing directly
Spinach	Palak	Other greens, Beans, Brassicas	-	Full sun to partial shade	All year	3-5	30-50	60-75 (3-4 harvests)	Direct	To harvest, pinch the larger leaves at their base with your fingers, leaving the younger ones to grow. Make sure to start picking leaves from the outside of the plant, the inner leaves will then continue to grow and produce a new crop.
Stevia	Madhuvantha, Sakre gidda		-	Full sun to partial shade	All year	7-10	90	Perennial	Transplant	As soon as it flowers, the leaves lose much of their sweetness. Waterlogged plants will develop wet, dark leaves that die.
Sunberry/ Black Nightshade	Kakamanchi	Carrots, Aliums, Mints (herbs)	Brassicas	Full sun	All year	14-21	45-60	Perennial	Direct	These are wild plants that in all likelihood will come up of their own accord in your garden. We have included them in this list so that they are recognised as a good source of greens and not treated as a weed.
Sword/Jack beans	Tumbekai Sembli	Corn, Sorghum, Brassicas, carrots, celery, chard, corn, cucumber, eggplant, peas, potatoes, radish, and strawberries	Onions, Garlic stunt their growth. Fennel, Chillies	Full sun to partial shade	All year	7-10	90	Perennial	Direct or Transplant	Soak in hot tap water, let stand in water for 24 hours
Tomato	Tametokayi	Mint, Parsley, Basil, Broccoli, Marigold, Carrot, Lamb's Quarters	Knohl Kohl, Potato, Fennel, Cabbage, Corn	Full sun	Jan-Feb/ Jun-Jul/ Oct-Nov	5-10	50-90	140 days (depends on variety)	Direct or Transplant	Important to water regularly to prevent the fruit from splitting. Plant your seedlings about 1 inch deeper than they are sitting in the nursery container. To help tomatoes through periods of drought, find some flat rocks and place one next to each plant. The rocks pull up water from under the ground and keep it from evaporating into the atmosphere.
Winged beans	Rekeya Huruli	Gourds, Corn, Amaranthus	-	Full sun	All year	14-21	75	Perennial (prune down after first fruiting season)	Direct	Climbers, keep trellises ready before sowing.