

Recommended Summer Crops

建議夏天作物



Chinese Amaranth
莧菜



Water spinach
通菜



Cucumber
青瓜



String Bean
豆角

Planting Month
種植月份

Mar - Oct
3月至10月

Mar - Sep
3月至9月

Apr - Sep
4月至9月

Apr - Sep
4月至9月

Days to Harvest
種植日數

20-60

20-60

65-90

50-80

Method of Seed Sowing
播種方法

Broadcasting
播種

Line Sowing
行播

Spot Sowing
穴播

Spot Sowing
穴播

Min. Plant Spacing
最少株距

100-
150mm

150-
250mm

250-
350mm

250-
350mm

Sunlight
日照



Partial Shade (4-6 hrs)
半陰 (4-6小時)



Partial Shade (4-6 hrs)
半陰 (4-6小時)



Partial Sun (6-8 hrs)
半日照 (6-8 小時)



Full Sun (>8 hrs)
全日照 (>8 小時)

Irrigation
所需水份



Moderate Watering
(Once per 2 days)
中度澆水 (每兩天一次)



Moderate Watering
(Once per 2 days)
中度澆水 (每兩天一次)



Heavy Watering
(Once per day)
充足水分 (每天一次)



Light Watering
(Once per 2-3 days)
耐旱少水 (每2-3天一次)

Recommended Winter Crops

建議冬天作物



Celtuce
油麥菜



Lettuce
沙拉生菜



Cherry Radish
櫻桃蘿蔔



Tomato
番茄

Planting Month
種植月份

Oct - May
10月至5月

Oct - Apr
10月至4月

Oct - May
10月至5月

Nov - Apr
11月至4月

Days to Harvest
種植日數

30-45

40-85

25-60

90-120

Method of Seed Sowing
播種方法

Broadcasting
播種

Broadcasting
播種

Spot Sowing
穴播

Spot Sowing
穴播

Min. Plant Spacing
最少株距

150-
250mm

150-
250mm

150-
250mm

250-
350mm

Sunlight
日照



Partial Shade (4-6 hrs)
半陰 (4-6小時)



Full Shade (>4 hrs)
喜陰 (>4小時)



Partial Sun (6-8 hrs)
半日照 (6-8 小時)



Full Sun (>8 hrs)
全日照 (>8 小時)

Irrigation
所需水份



Moderate Watering
(Once per 2 days)
中度澆水 (每兩天一次)



Moderate Watering
(Once per 2 days)
中度澆水 (每兩天一次)



Light Watering
(Once per 2-3 days)
耐旱少水 (每2-3天一次)



Heavy Watering
(Once per day)
充足水分 (每天一次)

Recommended Herbs Species

建議香草品種



Mint
薄荷



Basil
羅勒



Parsley
歐芹



Rosemary
迷迭香

Planting Month
種植月份

Oct - Mar
10月至3月

Apr - Nov
4月至11月

Nov - Apr
11月至4月

Nov - May
11月至5月

Days to Harvest
種植日數

Perennial
多年生

45-60

80-120

120-180

Method of Propagation
播種方法

Broadcasting, Cutting
播種, 扦插

Broadcasting, Cutting
播種, 扦插

Broadcasting
播種

Broadcasting, Cutting
播種, 扦插

Min. Plant Spacing
最少株距

150-250mm

150-250mm

150-250mm

150-250mm

Sunlight
日照



Full Shade (>4 hrs)
喜陰 (>4小時)



Partial Sun (6-8 hrs)
半日照 (6-8 小時)



Partial Sun (6-8 hrs)
半日照 (6-8 小時)



Full Sun (>8 hrs)
全日照 (>8 小時)

Irrigation
所需水份



Moderate Watering
(Once per 2 days)
中度澆水 (每兩天一次)



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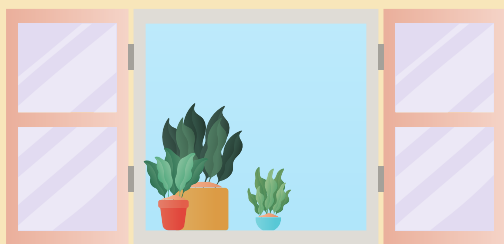
Moderate Watering
(Once per 2 days)
中度澆水 (每兩天一次)



Light Watering
(Once per 3 days)
耐旱少水 (每3天一次)

Pruning Guidelines 修剪指引

Objectives: To promote healthy plant growth
目標: 確保植物健康生長



Prune plants early in morning when they're dry
盡量於早上乾燥時修剪



Trim away dead/ yellowing leaves
移除枯黃葉



Use sharp clean pruners for slightly bigger foliage
使用尖銳彈弓剪修剪較大枝條



Prune some bottom plant leaves for air penetration. Trim out overcrowded middle branches.
移除適量底層葉片以確保空氣流通，修剪部分生長茂密的中層枝條



Avoid cutting 25% of the plant
避免一次性修剪多於植物的25%

CONTROLLING PEST 控制蟲害

GARDENING TIPS 種植小貼士

Organic Pest Control Strategies is recommended over chemical means as it is safer to eat & does not harm the environment. 建議使用有機蟲害防治而非化學方法，使其蔬菜作物能安全食用及免卻對環境的傷害。

NATURAL CONTROL:

Good Garden Management

- Maintain soil health
- Keep foliage dry
- Remove weak plant
- Keep garden clean

Plant Selection

- Growing plants in season

自然管理:

良好園圃管理

- 培養健康泥土
- 保持葉片乾爽
- 移除瘦弱植株
- 保持園圃清潔

挑選植物

- 種植時令植物



PHYSICAL CONTROL:

Screens/ Nets

- Cover with porous fabric net temporarily (may affect pollination)

Traps/ Barrier

- Use yellow sticky paper near foliage

Organic Pesticides

- Chilli Pepper Water
- Soapy Water

物理管理:

屏網/罩網

- 蓋上透氣纖維網布 (長期保留會影響傳播花粉)

陷阱/屏障

- 在葉間掛起黃色黏紙

有機殺蟲劑

- 辣椒水
- 肥皂水



COMMON PESTS 常見蟲害

Aphids 蚜蟲



Damage 影響

Suck juices from plants
吸食植物汁液

Control 防治

Place yellow sticky paper near foliage
放置黃色黏紙於葉間

White Fly 粉虱



Damage 影響

Feeds on leaves
Leaves may discolour and fall
啃食葉片至腿色並脫落

Control 防治

Place yellow sticky paper near foliage
放置黃色黏紙於葉間

Cabbage Worm 紋白蝶



Damage 影響

Larvae feed on leaves & leaving large holes
幼蟲啃食葉片留下大洞

Control 防治

Remove damaged leaves. Protect plants by covering with insect nets.
移除受害葉片，以防蟲網保護植物

Spider Mite 葉蟎



Damage 影響

Suck juice on leaf back. Leaves may curl, discolour, drop
吸啜葉背汁液，葉片捲曲、褐色、脫落

Control 防治

Spray chilli pepper water on leaf back
在葉片背面噴上辣椒水

Leaf Miner 潛葉蠅



Damage 影響

Feeds on leaves. Leaves winding trails
啃食葉片，留下彎曲線狀痕跡

Control 防治

Protect plants with insect nets. Place yellow sticky paper near foliage
以防蟲網保護植物，放置黃色黏紙於葉間

Cucumber Beetle 黃守瓜



Damage 影響

Feeds on leaves, stems, fruits
啃食葉片，莖部，果實

Control 防治

Protect plants with insect nets. Cover fruit with bags.
以防蟲網保護植物，給果實套袋。

How to fertilize your plants? 如何進行施肥?



The healthy growth of plants depends on regular application of fertilizers
植物的健康成長依賴定期施肥

- ✓ Find a well-balanced mixed fertilizer
選擇均衡混合肥
- ✓ Dig 1-inch hole 5 inches away from stem
於植物莖部約5吋距離掘約1吋深洞
- ✓ Add granular fertilizer into the hole and cover back with light layer of soil
加入顆粒肥於洞中，並輕輕蓋回一層泥土
- ✓ Apply fertilizers according to instructions on package
施肥份量需按照包裝上建議使用指引
- ✓ Fertilize once per 2 weeks during growing season
於生長期每兩星期施肥一次
- ✓ Water the whole plot after fertilizing
施肥後應立即整盤澆水
- ✗ Never over-fertilize your plant
切勿過度施肥

