**TOP 10 EASY TO GROW AT HOME VEGETABLE SEEDS YOU CAN RESEARCH**

Food safety is currently an alarming issue in the market, because for the purpose of profiteering, there are many products of poor quality and not ensuring food safety and hygiene are produced, directly affecting the quality of food. greatly affect human health.

With the purpose of meeting the demand for clean vegetables in the family, the demand for growing clean vegetables at home is increasing day by day to ensure hygiene, avoid poisoning and in the long run the risk of underlying diseases including cancer. Growing clean vegetables at home will provide a source of clean food, bring high nutritional value to your family meal, besides being safe and cost-effective.

The selection of vegetable seeds is also very important, the following article Da Lat Seeds will tell you the Top 10 types of vegetable seeds that are easy to grow at home to help you enrich your vegetable garden.



## Top 10 types of vegetable seeds that are easy to grow at home, including bitter melon

**Water spinach seeds**

✔️ Water spinach is an easy-to-eat and relatively cheap vegetable, but according to experts, currently water spinach is among the vegetables with a very high rate of rapid growth spray and is very dangerous to health. most human.

✔️ So people can grow water spinach at home because this vegetable is usually very easy to grow and fast to harvest. Besides, this vegetable can be grown all year round, you can grow it in beds if you have land to grow vegetables or grow in plastic trays on the balcony for families living in the city.

✔️ You can grow water spinach by seeds, after sowing about 25-30 days, it can be harvested. When harvesting, you use scissors to cut 5cm above the ground, water and add fertilizer. Every 7-10 days you can get the next batch.



Da Lat Seeds has seeds of morning glory and dry water spinach, also known as bamboo leaf water spinach, you can refer to.

**Vegetable seeds**

✔️ Cannabis is a popular vegetable and is used by a large number of Vietnamese from urban to rural areas and used in every daily meal. There are many types of vegetables such as: collard greens, broccoli, mustard greens, watercress, cabbage, cabbage, bok choy... and all of them have a cooling effect on your body. In oriental medicine, this is a soup that helps to cure constipation, cough, prevent diseases, and has the effect of lowering gas and longing. Because this vegetable is temperate, easy to eat with many nutrients, it is often used by many families and it seems that in the vegetable garden of any Vietnamese family, this plant is indispensable.

✔️ Planting is very simple, you just need to sow the seeds directly into the soil. After sowing, cover with 1 more soil about 2cm and water evenly. After 3-5 days the plant will germinate. After the plant has about 2-3 true leaves, it is separated to plant. Add nutrients for good plant growth.



Kale is a plant that is both easy to grow and easy to care for, and the harvest time is short, only about 25 days before you can harvest it.

**Lettuce seeds**

✔️ Lettuce - a common side vegetable in Vietnamese dishes such as spring rolls, pancakes, fried noodles,... Is a vegetable that contains a lot of minerals such as Fe, Ca, Mn, Zn, etc. Cu, Nacl, K, Co, As, phosphate, sulfate, sterol, carotene and vitamins like A, B, C, D, E, etc. are very good for health. This vegetable has many great effects such as supporting cancer prevention, preventing cardiovascular diseases, rheumatism, cataracts.

✔️ For women, this is known as a panacea when it comes to weight loss and skin beautification in the most effective way. For those who are on a diet and want to lose weight, salads are the most ideal solution because they have the effect of filling the stomach, helping people to eat without feeling hungry.

✔️ Due to the high magnesium content, the salad juice has a "supernatural ability" in restoring muscle tissue, enhancing brain function. Eating lettuce is also very good for diabetics, good for both pregnant and lactating women...

There are many varieties of lettuce for you to choose from such as: Purple Lettuce, Ruby Lettuce, Roman Red Lettuce, Green Oak Salad, Yellow Shrimp Lettuce, Lettuce Sprout

This is also a very easy vegetable to grow, you just need to plant in a shady place, just enough sunshine, water regularly, then after about 30-50 days, it can be harvested.

**Kale Vegetable Seeds**

✔️ Kale is known as the queen of vegetables because of the use that it brings extremely useful for human health. Unlike other common kale, kale has green or purple curly leaves, that's why they are also called kale or green kale, purple kale.

✔️ Kale is very suitable for temperate regions, therefore, in Vietnam, the climate of Da Lat is the ideal environment for this plant to grow most strongly, but other areas can also be grown. Kale kale.

✔️ Dubbed the green vegetable queen because this vegetable is considered the most nutrient-dense food on the planet. Kale is extremely low in calories, contains a lot of fiber and contains no fat, along with many vitamins and minerals needed by the body. He also has the effect of supporting the promotion of cardiovascular health, helping the body eliminate toxins, enhancing vision, supporting weight loss...

**Spinach seeds**

✔️ Mangosteen is grown and harvested all year round. Just spread the seeds evenly on the surface. Cover with a thin layer of soil about 0.5cm. Then water the seeds to germinate. After 30 days you can harvest. When harvesting braids, you should use a knife to cut the root 5cm above the ground so that every 12-15 days you can harvest a new litter.

✔️ In medicine, spinach has cool, sweet, slightly pale taste, it has the ability to affect 5 meridians including: Heart, Can, Small intestine, Sphincter and Colon, which have the effect of clearing heat, detoxifying, laxative, analgesic, convenient. The main treatment is constipation, less milk, painful urination, urinary frequency, joint pain.

Apricots for a cool soup

**Pumpkin Seeds**

✔️ Pumpkin, zucchini, and pumpkin are fruits used as common food for all families, it is also the most versatile fruit. Pumpkin, zucchini, and pumpkin are both used to process food and drinks, and are trusted by women in beauty and weight loss.

✔️ Pumpkin helps to lose weight and fight obesity, which is very useful because it contains a lot of fibrous fiber, which is very beneficial for the intestines and digestive tract. Low thermogenesis, almost no fat content.

Besides, pumpkin is also considered a famous food containing many nutrients that are good for the brain, helping to keep the eyes bright and the heart healthy. Most types of cucurbits mainly nurse seedlings before planting in the ground in order to make the plants stronger and increase the germination rate for the plants. The growth time of squash is from 2-3 months, depending on the variety.

Varieties of gourd: Gourd swan, Gourd Ho Lo, Gourd Sao Lai

Pumpkin varieties: Lemon Pumpkin, White Flying Saucer, Multicolored Pumpkin, Long Fruit Green Pumpkin, Pumpkin gourd, Pinka Banana Pumpkin, Green Skin Pumpkin



Pinka banana pumpkin variety has a unique shape

Gourd fruit

**Bitter melon seeds (bitter gourd)**

✔️ Bitter gourd has strong anti-inflammatory properties, purifies the liver, cures many diseases, is very easy to use. Bitter gourd has the effect of clearing heat and detoxifying, so it helps cool the liver, tonic liver, aids digestion, and improves bile secretion. Regular use of bitter melon can improve constipation, restore liver damage caused by cirrhosis and hepatitis.

✔️ Bitter melon is a plant that is not too picky about the season, in fact can be grown all year round. However, if planted at the right time, the melon will be delicious, fragrant and the highest yield. In the South, there will usually be 2 crops of melons: Winter-Spring and Spring-Summer. The North will usually sow around September, October and harvest until March and April next year.

✔️ Bitter melon (bitter gourd) after sowing 7-10 days will germinate, when the plant is 25-30cm tall, 5-6 true leaves and tassels appear, then plant it in a pot, plant and take care of it, about 45 -60 days can harvest. On the market, there are varieties of green bitter melon, forest bitter melon for you to choose to plant at home.



## Bitter melon is rich in anti-inflammatory substances

**melon seeds**

✔️ Melon is grown and harvested all year round. The time of planting melons is quite important to ensure that the tree can grow well and produce high yields when harvested. In the South, there are two main growing seasons of melons: Spring-Summer and Winter-Spring. In the North, the main growing season of melons is from December to May next year. The time from planting melon until harvesting is about 3 months, the time to plant and harvest melon lasts until September every year.



Flavored melon

**Tomato seeds**

✔️ Tomato is a popular fruit, appearing in almost every family's meal. Tomato is known as a nutritional powerhouse because it provides so many healthful ingredients. Eating tomatoes helps improve eyesight, prevent cancer, in addition to having beauty uses to help brighten skin, reduce blood sugar and help sleep.

✔️ Tomatoes are suitable for loose, humus-rich and well-drained soil. It is possible to sow seedlings, when the seedlings have 5-6 true leaves, 6-8cm high, then plant them in pots. After more than a month, the plant will start to flower. After 2 months, the fruit can be harvested.

**Okra Seeds**

✔️ Okra contains many essential vitamins, minerals and nutrients for the body. Few people know that this small fruit has many health benefits such as treating coughs, sore throats, treating asthma, eating okra regularly helps improve eye health in addition to reducing stress. and help beautify the skin.

✔️ Okra is a crop that is suitable for fertile soil. Incubate the seeds to germinate or you can sow directly into the pot with a 1-2cm deep hole and then cover it. Water the seeds after 2-3 days of germination. When the tree has 2-3 true leaves, weeding, plowing, rooting and adding fertilizer. After 50-60 days, harvest.

