

Postharvest

Sort fruits according to market standards, and remove damaged fruits. Pack in plastic or bamboo crates lined with newspaper or bamboo leaves. Under this condition, fruits can be kept for 2-3 days. It can be stored at 4°C for three weeks.

AMPALAYA PRODUCTION GUIDE



Reproduced by:



City Agriculturist Office
113 Pichon St, Davao City

Tel # 228-6582; 228-6385; 228-6395

Farmers' Information and Technology Services
[FITS]

Tel. No. 282 - 1943

E-Mail Add.: cityagriculturist@davaocity.gov.ph

Reference : Department of Agriculture
Region XI
GMA – High Value Commercial
Crops Program

Introduction

Ampalaya (*Momordica Charantia* L.) belongs to the family Cucurbitaceae. It is also known as paria (Ilocano, Indonesia), palia (Bisaya), peria (Malaysia), and Blasam pear (English).

It is high in vitamins and an excellent source of iron and calcium. Fruits, young shoots and flowers are used as vegetables. It is also known to cure diabetes, arthritis, rheumatism, asthma, warts, abscesses and ulcers.

Production statistics

Total production volume in 1997 was 43,043 t with the biggest growers in Region II and IV. There are generally two types being grown: the Sta. Rita, which is long, dark green and less warty; and the pinakbet type, which is short, small, warty and very bitter. The pale and white varieties popular in other Southeast Asian countries are not preferred locally.

Production Management

Varieties

Variety	Maturity (days)	Remarks
Sta. Rita (strains)	70-75	OP
Makiling	65-70	OP
Sta. Isabel	70-75	OP
Jade Star (A, L, XL)	60-70	F ₁ hybrid
Mayon	65-70	F ₁ hybrid
Million Green	65-75	F ₁ hybrid

Climatic and Soil Requirements

Ampalaya grows best in low elevation areas anytime of the year. It can also be grown in mid elevation. Ampalaya grows well in any type of soil with a pH of 5.5-6.5. Production is best, however, in sandy loam soil.

Land Preparation

Prepare the soil thoroughly by plowing and harrowing twice. Make furrows 3m apart. Apply 5t/ha well-decomposed animal manure two weeks before planting.

Planting

Ampalaya can be direct seeded or transplanted. A 1-ha production area requires 2-3kg seeds. Crack seed coat to facilitate water absorption. Soak seeds in water overnight or wrap in cheesecloth. Transplant the following day or at radicle break. Spacing is 3 m between rows and 30cm between hills. If pre-germinated or transplanted, use only one seed per hill.

Fertilization

At planting, apply complete fertilizer (14-14-14) at the rate of 15-20g/hill. During the dry season, side-dress 10-20g/hill urea (46-0-0) and muriate potash (0-0-60) once a month. However, during wet season, side-dress 5-10 g/hill urea and muriate of potash every two weeks.

Trellising, Vine Training and Pruning

Ampalaya grows with overhead trellis. Use bamboo or ipil-ipil posts at 3m x 3m spacing. Construct vertical trellis (along the row) and overhead trellis with a combination of GI wire and abaca twine or nylon string. Spacing of 1.5 between rows and 0.75 cm between hills may also be used.

Train the vines on the vertical trellis. Lateral shoots may be pruned, leaving only the main vine. Remove all female flowers below the overhead trellis. Allow branching and fruiting on the overhead trellis. Fruits may also be allowed to form just above the 10th node.

Pest and Disease Management

Insect Pests/ Diseases	Recommendations
Aphids	Spray with hot pepper Extract or soap solution
Cucurbit beetle	Spread wood ash; spray Carbamates
Cutworm	Spray with hot pepper extractor <i>Bacillus thuringiensis</i>
Leaf folders	Collect folded leaves
Fruit fly	Plastic bagging; fruit fly attractant
Bacterial wilt	Sanitation and avoidance
Downy mildew	Remove infected leaves; spray With mancozeb, Acrobat; Use compost tea (Compost Tea is prepared by Fermenting compost for 10-14 days the effluent is sprayed to control foliar diseases)
Little leaf 'Namamarako'	Sanitation; crop rotation Crop rotation; use Borax

Harvesting

Harvest when the fruits are green, shiny and have attained full size. This is about 15-20 days from pollination or 60-95 days from planting. Priming can be done at 2-3 days interval. Harvesting can be done continuously for 2-3 months.