

# Snake gourd

Snake gourd, also known as chichinda in India, is a versatile and nutritious vegetable that can be easily grown in your kitchen garden. With its slender, elongated shape and light green color, this vegetable can add a unique flavor and texture to your meals. In this article, we will discuss how to grow snake gourd in your Indian kitchen garden.

Characteristics	Description
Name	Snake gourd (Chichinda)
Scientific name	Trichosanthes cucumerina
Weeks to grow	8-12 weeks
Harvest per plant (kg)	10-15 kgs

## Varieties of Snake Gourd

There are several varieties of snake gourd that can be grown in India, including Arka Bahar, Pusa Barsati, Pusa Hybrid, and Co-1. These varieties are known for their fast growth, high yield, and disease resistance.

## Soil Conditions

Snake gourd requires well-draining soil that is rich in organic matter. Before planting, prepare the soil by mixing compost and other organic matter into the soil to improve its fertility. The ideal pH level for snake gourd cultivation is between 6.0 and 7.0.

## Caring for Your Snake Gourd Plant

Week 1-2: During the first two weeks after planting, make sure to water your plants regularly to ensure proper germination. Weeds should be removed from the area around the plant to

prevent them from competing for nutrients.

Week 3-4: Once your plants have established themselves, they will require frequent watering. Make sure to water them thoroughly once a week to ensure proper growth.

Week 5-6: At this stage, you can start fertilizing your plants with a balanced fertilizer to encourage healthy growth. Make sure to follow the instructions on the fertilizer package.

Week 7-8: Your plants will require more frequent watering at this stage, as they will be growing rapidly. Make sure to water them deeply at least twice a week.

## **Harvest Time**

Snake gourd can be harvested when the fruit is about 12-18 inches long and still tender. The skin of the fruit should be shiny and smooth. The fruit can be cut from the vine using a sharp knife or pruning shears.

## **Nutrition in the Fruit**

Snake gourd is a nutritious vegetable that is low in calories and high in fiber. It is also a good source of vitamins A, B, and C, as well as minerals such as calcium, iron, and potassium.

## **Yield from a Small Kitchen Garden**

A single snake gourd plant can produce up to 10-15 fruits, depending on the variety and growing conditions. With proper care, you can harvest several kilograms of snake gourd from a small kitchen garden.

# Conclusion

Growing snake gourd in your Indian kitchen garden is a great way to add a unique and nutritious vegetable to your meals. By following the proper soil conditions, caring for your plant in different weeks, and harvesting at the right time, you can enjoy a bountiful harvest of this delicious vegetable.