

यूरोपियन सब्जियाँ



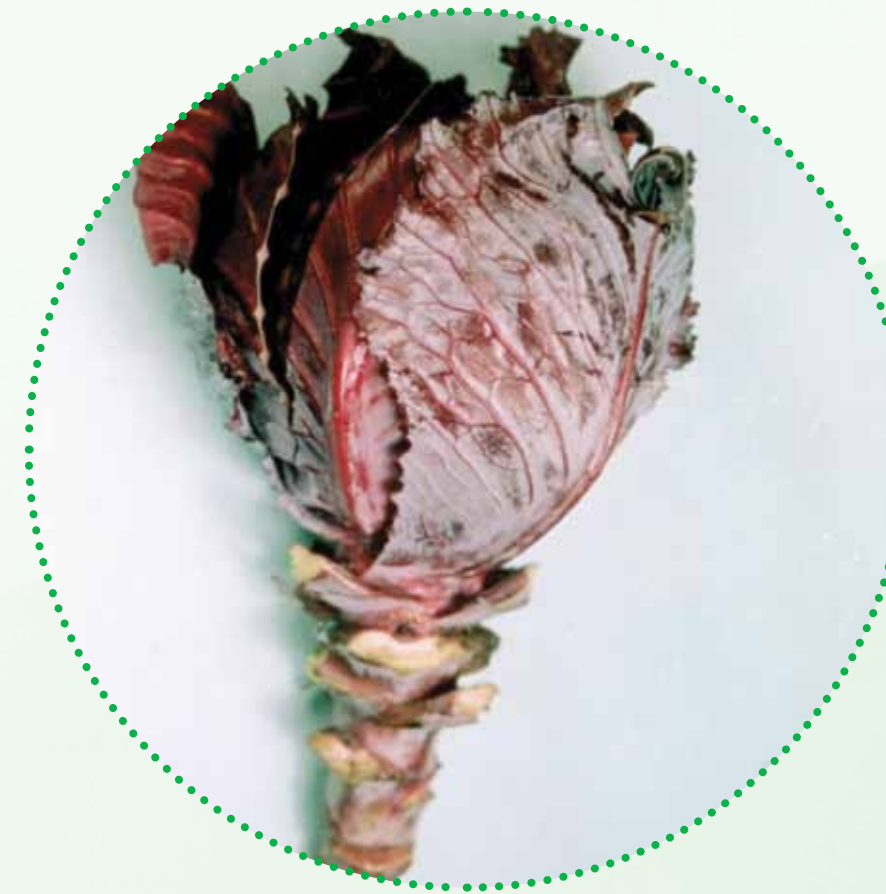
ब्रोकली (BROCCOLI)
(*Brassica oleracea* var. *italica*)

Edible part	: Head
Areas	: Valley to higher hills
Agro technique	: By nursery
Seed rate	: 450-500 g/ha
Yield	: 100-150 q/ha
Seed production	: 500-600 kg/ha



ब्रसेल्स स्प्राउट्स (BRUSSELS SPROUTS)
(*Brassica oleracea* var. *Gemmifera*)

Edible part	: Sprouts
Areas	: Valley to higher hills
Agro technique	: By nursery
Seed rate	: 400-500 g/ha
Yield	: 100-110 q/ha
Seed production	: 500-550 kg/ha



लाल बंदगोभी (RED CABBAGE)
(*Brassica oleracea* var. *F.Rubra* (L.) Thell)

Edible part	: Head
Areas	: Valley to higher hills
Agro technique	: By nursery
Seed rate	: 400-500 g/ha
Yield	: 120-150 q/ha
Seed production	: 600-800 kg/ha



बुश स्केश (BUSH SQUASH)
(*Cucurbita peppe* L.)

Edible part	: Fruit
Areas	: Valley to mid hills
Agro technique	: Direct seed sowing
Seed rate	: 5-8 kg/ha
Yield	: 50-60 q/ha
Seed production	: 150-160 kg/ha



चेरी टोमेटो (CHERRI TOMATO)
(*Lycopersicon esculentum*)

Edible part	: Fruits
Areas	: Valley to higher hills
Agro technique	: By nursery
Seed rate	: 400-500 g/ha
Yield	: 200-300 q/ha
Seed production	: 120-150 kg/ha



चायनीज कैबेज (CHINESE CABBAGE)
Heading type (*Brassica pekinensis*)
Non Heading type (*Brassica chinensis*)

Edible part	: Head/ leaves
Areas	: Valley to higher hills
Agro technique	: Direct seed sowing / by nursery
Seed rate	: 500-600 g/ha
Yield	: 350-400 q/ha
Seed production	: 800-900 kg/ha



न्यूजीलैण्ड पालक (NEWZEALAND SPINACH)
(*Tetragonia tetragonioides*) (pall.) Kuntz) (Syn. *T. expansa* Murr.)

Edible part	: Leaves/ Stem
Areas	: Valley to mid hills
Agro technique	: Direct seed sowing
Seed rate	: 40-50 kg/ha
Yield	: 50-60 q/ha
Seed production	: 60-70 kg/ha



एस्पारेगर्स (ASPARAGUS)
(*Asparagus officinalis* L.)

Edible part	: Spear
Areas	: Mid to higher hills
Agro technique	: By nursery
Seed rate	: 20-25 kg/ha
Yield	: 80-100 q/ha
Seed production	: 40-50 q/ha



विलायती पालक (SPINACH)
(*Spinacea oleracea* L.)

Edible part	: Leaves
Areas	: Valley to higher hills
Agro technique	: Direct seed sowing
Seed rate	: 40-50 kg/ha
Yield	: 50-60 q/ha
Seed production	: 5 q/ha



स्टेम लेट्यूसे (STEM LETTUCE)
(*Lactuca sativa* L. var. *asparagina* Bailey) (Syn. var. *angustana* Irish)

Edible part	: Fruits
Areas	: Valley to higher hills
Agro technique	: By nursery
Seed rate	: 400-500 g/ha
Yield	: 200-300 q/ha
Seed production	: 120-150 kg/ha