

Start your own vegetable garden (Part 4)

Potatoes are one of the most popular and versatile vegetables around. They are healthy, filling and can be used in many different ways during cooking. Growing them yourself is not that difficult, but you need enough space. Alternatively, you can grow a few potatoes in a container such as an old drum.

Prepare the ground

The best time to plant potatoes, is from early spring to late summer. Potatoes do not like very cold or hot conditions, but can be planted in winter in areas which are frost-free. You can plant potatoes in almost any type of soil, although clay-rich soil should be avoided. Sandy soil that is well-drained, is the best option. Before you start planting, you should remove old plant material and stones, and make sure that the ground is loose and raked. Add some compost if you wish.


Planting tubers

The best way to grow potatoes, is to plant tubers. A tuber is a potato that has started to sprout (making tiny plants). To make your own tubers:

- Buy the best quality potatoes that you can find.
- Store them in a dry, dark place for approximately two weeks. In this time, they should start sprouting.
- Sprouts should be strong and green, not white and thin.
- Sprouts should not be too long or too old.
- Make furrows that are one metre apart and 10 cm deep.
- Plant the potatoes 30 cm from each other and cover with soil.
- Do not tramp the soil down, but leave a little ridge on top.

Watering and harvesting

- Water the potatoes twice weekly and without getting the leaves wet, as wet leaves can attract diseases such as tuber moth.
- The first shoots should appear after approximately two weeks.
- When the leaves start to die, you can stop watering the potato plants.
- About five months after planting, the leaves will die completely and you can harvest your potatoes by removing them by hand or carefully lifting them with a pitch fork.
- Potatoes can rot in the ground if there is too much rain, so harvest them as soon as possible during wet weather.
- Store your potatoes in a dark and dry place.

(Source: Directorate Agricultural Information Services, Department of Agriculture, KwaZulu-Natal Department of Agriculture & ARC-Roodeplaat Vegetable and Ornamental Plant Institute, 2002, www.nda.agric.za/publications) 

Potatoes

Preparing the soil

Well-drained sandy soil is the best.

1. Dig the soil and break the clods.
2. Remove old plant material and stones.
3. Add fertiliser and compost.
4. Rake. Make furrows.

Planting

- Plant tubers with strong sprouts.
- The first shoots appear after two weeks.
- Water twice weekly. (The leaves should not get wet.)
- Harvest after five months when the leaves have died completely.



Aartappels

Berei die grond voor

Sanderige, goed gedreindeerde grond is die beste.

1. Spit die grond om en breek die klonte.
2. Verwyder ou plantmateriaal en klippe.
3. Voeg kunsmis en kompos by.
4. Hark. Maak voortjies.

Plant die aartappels

- Plant die knolle wat sterk uitloopsels het.
- Die eerste lote sal na twee weke verskyn.
- Lei twee maal per week nat. (Die blare moet nie nat word nie.)
- Oes na vyf maande wanneer die blare heeltemal gevrek het.

litapile

Ukulungisa umhlaba

Umhlaba oyisanti okhamisisekileyo ngowona ulungileyo.

1. Yomba umhlaba yaye uqhekeze amagada.
2. Zisuse iintsalela zezityalo ezidala kunye namatye.
3. Yongeza isichumisi kunye nesivundiso.
4. Harika Yenza imisele.



Ukutyala

- Tyala iindumba ngeentshula ezomeleleyo eziluhlaza.
- Ikhaba lokuqala lakuvela emva kweeveki ezimbini.
- Nkcenkceshela kabini ngeveki (Amagqabi mawangabimanzi.)
- Vuna emva kweenyanga ezintlanu xa amagqabi efile ngokugqibeleleyo.



Amazambane

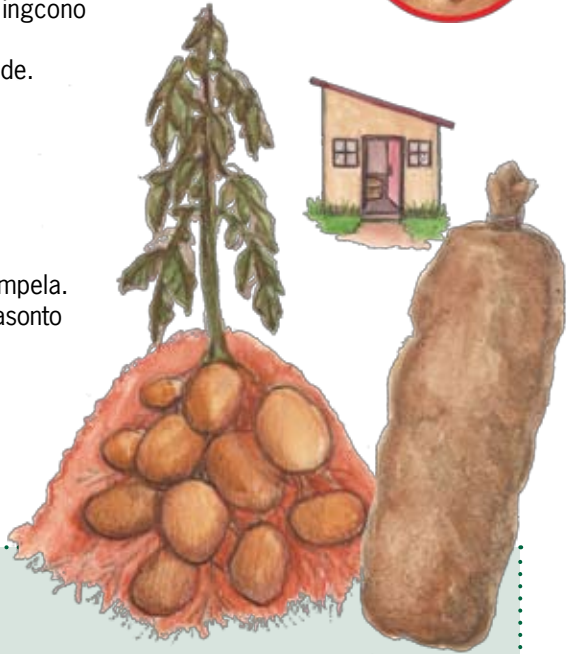
Ukulungiselela inhlabathi

Inhlabathi enesihlabathi engami amanzi ingcono kakhulu.

1. Vukuza inhlabathi uphihlize amagebede.
2. Susa izinsalela ezindala zezitshalo namatshe.
3. Faka umanyolo nomquba.
4. Hhala. Vula imigqa.

Ukutshala

- Tshala izigaxa esezimile okuluhlaza impela.
- Amaklume okuqala avela emva kwamasono amabili.
- Nisela kabili ngesonto. (Amahlamvu akumelwe abe manzi.)
- Vuna ngemva kwezinyanga ezinhlanu lapho amahlamvu esome khweqe.



Ditapole

Ho lokisa mobu

Mobu wa lehlathathe o omisitsweng hantle ke o lokileng.

1. Tjheka mobu le ho thuha makote.
2. Tlosa dijalo tsa kgale le majwe.
3. Kenya manyolo mme o putise.
4. Haraka. Etsa ditema.

Ho jala

- Jala di-tuber ka dintlha tse tiileng tse tala.
- Dithungthung tsa pele di tla hlaha kamora dibeke tse pedi.
- Nosetsa habedi ka beke. (Makala a se ke a koloba.)
- Kotula kamora dikgwedi tse hlano ha makala a se a omme kahohlehohle. [UMJ](#)