

TINDA GOURD

BENINCASA FISTULOSA

Also known as apple gourd, this annual cucurbit grows and just won't stop. Popular in India, it's cultivated across the subcontinent and Afghanistan. A prolific climber, we made the mistake of growing this with no support or trellising and it spread over 15' from where it was planted. Trellising is highly recommended as this plant trains easily.



SEEDING

- Sow seeds directly into the soil -
 - (Recommendation: Sow seeds in the greenhouse four weeks before planting)
- Start seeds no later than May 26 in soil, or third week in April in greenhouse
- Water two to three times per week

PLANTING

- Space 36 inches apart in a single row
- Use 12-inch-spaced drip irrigation, 2-3 times per week
- Plant into Bio360 mulch
- Trellis the plants with cattle panel, wire fencing or ensure clear walkways between beds for vines to grow without weed pressure



HARVESTING

- 60 days to maturity
- Harvest when softball-sized and bright green in color, avoid leaving ripe fruit on the vine too long as it will quickly rot and could infect other fruit
- Cut fruit off vine near the top of stem

WASHING + PACKING

Spray fruit gently to remove soil, if present. Store in cooler at similar temps to cucumbers or summer squash. Fruit can be packaged separately or in produce bags.

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