Ministry of Food Production, Land and Marine Affairs

Extension Training and Information Services Division

Home Gardening Series

HG/TT:Ag Ext 97:14

HOW TO GROW BODI

Bodi is easily grown throughout the year. Three to four plants will supply enough fruit (pods) for the average home. Bodi contains protein, fibre, carbohydrates, iron, calcium, vitamins A and B.

Bodi is a legume and it replenishes soil nitrogen used up by other crops. It is therefore an excellent choice for crop rotation. It can also be grown in containers. (See factsheet on Container planting).

Bodi grows best in open sunlight and in well drained soil with a pH of 5.5 to 6.8.

Figure 1: Bodi Pods

PLANTING

Mix two handfuls of well rotted manure with the soil in each planting hole.

Sow 2 to 3 seeds in each planting hole 2 to 3 cm deep (0.8 to 1.2 ins.) and cover lightly with soil.

Water lightly twice daily until the seeds germinate in 6 to 10 days.

After germination, water plants daily during dry periods.

SPACING

Bodi can be inter-planted with vegetables and ornamentals in the home garden. However if planting several bodi plants in the same area, use the recommended spacing for the variety being planted.

Place seeds of both short and long types 0.5 m (1.5 ft) apart within rows and 1 m (3 ft) apart between rows.

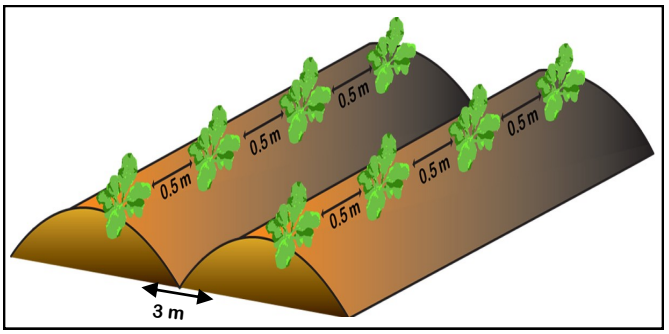

Figure 2: Spacing in Bodi

VARIETIES

Long types

- Local Yard Long : Imported – Red Tip
- Local Half Yard : Imported – Green Arrow

Short types

- Los Banos Bush Sitao No.1
- VRB5
- Black eye bean - California 5 used as bodi

FERTILIZING

One week after germination, apply 5 g (1 tsp) of a complete fertilizer high in phosphorus such as 12:24:12, to encourage root growth. Be sure to place this fertilizer at least 5 cm (2 in) away from the plant.

Thereafter, continue fertilizing every 15 days with a granular NPK fertilizer high in potassium such as 12:12:17:2, using 5 g (1 tsp) per plant. This can be continued for the duration of the plant's life.

CULTURAL PRACTICES

The long type of bodi needs support of the growing stem, e.g., stakes, fences, walls, trellises, other plants etc.

Leave a few pods to dry on the plant. Collect their seeds for the next planting.

PEST AND DISEASE CONTROL

Pests and Diseases left unchecked can hinder a plant's ability to produce food for us. These problems can be managed, using good cultural practices such as the use of resistant varieties, biological agents and chemicals. A combination of these methods is best and is known as Integrated Pest Management. See Factsheet on *Integrated Pest Management for Home Gardeners*.

The main pests of bodi are black bean flies, aphids, spider-mites and nematodes. The main disease is the mosaic virus.

Manage pests and diseases by using a combination of appropriate environmentally friendly pesticides to target the specific pests.

Always alternate pesticides and follow label instructions closely.

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Manage pests and diseases by using a combination of appropriate environmentally friendly pesticides to target the specific pests.

Always alternate pesticides and follow label instructions closely.

NEVER USE SEVIN ON BODI, PEAS OR BEANS. THIS CHEMICAL WILL KILL THESE PLANTS.

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Published and Printed by
the Extension, Training and Information Services Division
Ministry of Agriculture, Land and Marine Resources
Trinidad and Tobago
February 1999
Technical content revised September 2009
Reprinted September 2009