



Government of the Republic of Trinidad and Tobago
Ministry of Agriculture, Land and Fisheries



GROW
Trinidad

BODI

(pronounced bo-dee)

A Step by Step Process
for Home Gardening

#PlantSomething

All seeds locally produced by
the National Seed Bank

Variety: Los Baños Bush Sitao



KNOW your Bodi

Bodi is a legume and a member of the 'cowpea' family. It is also known as 'Asian Long Bean' or 'bora'.

Common Varieties:

Long types:

Yardlong-Red Tip,
Halfyard.

Short types:

Los Baños Bush Sitao,
California Blackeye No.5

Three to four plants will supply enough fruit (pods) for the average home.



1. How to GROW

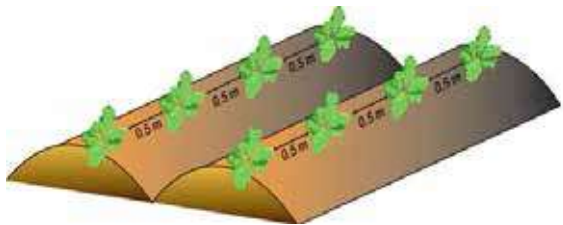


To grow well, ALL Plants must have light – from the sun; moisture – from rainfall or irrigation; and nutrients – from fertilizers, compost or manure.

Plant Establishment [Germinating and Sowing]:

1. Mix one handful of well-rotted manure with the soil in each planting hole or deep plant pot.
2. Dig a hole of 2 to 3 cm deep (0.8 to 1.2 ins.).
3. Sow 2 to 3 seeds in each hole or plant pot, cover lightly with soil and water lightly twice daily.
4. Plant most varieties along a trellis or fence for support as they climb.
5. Place seeds of both short and long varieties 0.5m (1.5ft) apart within rows and 1m (3ft) apart between rows.
6. Germination will occur within 6 to 10 or 14 days. Do not thin. If the seeds do not sprout, then dig some up and check for rot or insect damage.
7. Water plants daily during dry periods.

NOTE: Bodi grows best in open sunlight and in well-drained, rich soils, but tolerates acid soils. If planting several Bodi plants in the same area. USE THE RECOMMENDED SPACING FOR THE VARIETY.



Spacing for bodi

Plant Fertilizing

- To encourage root growth: **Choose a complete fertilizer** high in phosphorus (such as 12:24:12). These fertilizers can easily be found in garden shops. **Apply 5g (1 tsp)** two (2) weeks after germination, at least 5 cm (2 in) away from the plant.
- To support plant growth and good yields: **Continue fertilizing every 15 days** with a granular (NPK) fertilizer high in potassium such as 12:12:17. **Use 5g (1 tsp)** per plant for the duration of the plant's life.

NOTE: USE AS ADVISED. TOO MUCH applied TOO CLOSE can KILL the plant!

Plant Care [Cultural Practices]



Maintain plant health by:

- **supporting the growing stem:** the long type of bodi needs support to grow, such as stakes, fences, walls, trellises and even other plants.
- **managing pests and diseases** using biological agents and chemicals. The main pests of bodi are black bean flies, aphids, spider-mites and nematodes. The main disease is the mosaic virus.
- **using a combination of environmentally friendly pesticides,** as recommended and appropriate, 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.

Integrated Pest Management (IPM), based on cultural and biological methods, is the best approach to controlling pests and diseases in a home garden. Pesticides should be used as a last resort. (See Factsheet on "Integrated Pest Management for Home Gardeners").

2. When and How to HARVEST



Pods are ready for harvest in about 7 to 8 weeks after sowing. Shorter types can be harvested in 5 to 6 weeks after sowing. Longer types should be harvested when pods are 30 to 45 cm. (12 to 18 ins.) long.

- **Pick pods** in the young stages every 2 to 3 days, before seeds mature or swell.
- **Use your fingers** to carefully pick or pinch off pods. Try not to damage the flower head of the plant as this will reduce its bearing life and affect yields.
- **Avoid pulling off pods** which will cause stem stripping and the plant could die.

NOTE: Leave a few pods to dry on the plant to provide you with seeds for next planting.

WHY grow Bodi? *Because it:*



- is a low-maintenance home garden food plant that can be easily grown throughout the year;
- can be inter-planted with vegetables and ornamentals in the home garden.
- replenishes soil nitrogen used up by other crops and is an excellent choice for crop rotation.
- can be grown in containers. (See factsheet on Container planting);
- contains fiber, carbohydrates, calcium, iron, magnesium, phosphorus, potassium, zinc and protein and are high in Vitamins A, C and B6. Legumes are similar to meat in nutrients, but with lower iron levels and no saturated fats.



Meal OPTIONS for the Bodi

- can be curried, pickled, steamed, stewed, stir fried, deep-fried and grilled;
- a must-have with salt fish and sada and paratha roti.



Fried bodi

Produced by the
Ministry of Agriculture, Land and Fisheries (MALF)
National Seed Drive 2020

For more information, contact the
Extension, Training and Information Services Division

Email: ministryoffoodproduction@gmail.com
<http://www.agriculture.gov.tt>