

Bitter Gourd

Harvesting

The crop of bitter gourd takes about 55-60 days from seed sowing to reach first harvest. Further pickings should be done at an interval of 2-3 days as bitter gourd fruits mature very fast and turn red. Picking of fruit at the right edible maturity stage is dependent upon individual kinds and varieties. Normally the picking is mainly done when fruits are still tender and green so that the fruits do not turn yellow or yellowish orange during transport. Harvesting should be done in the morning hours and the fruits should be stored in shade after harvesting.

Yield :

The yield of bitter gourd varies according to the system of cultivation, variety, season and several other factors. The average fruit yield varies from 8 to 10 t/ha.