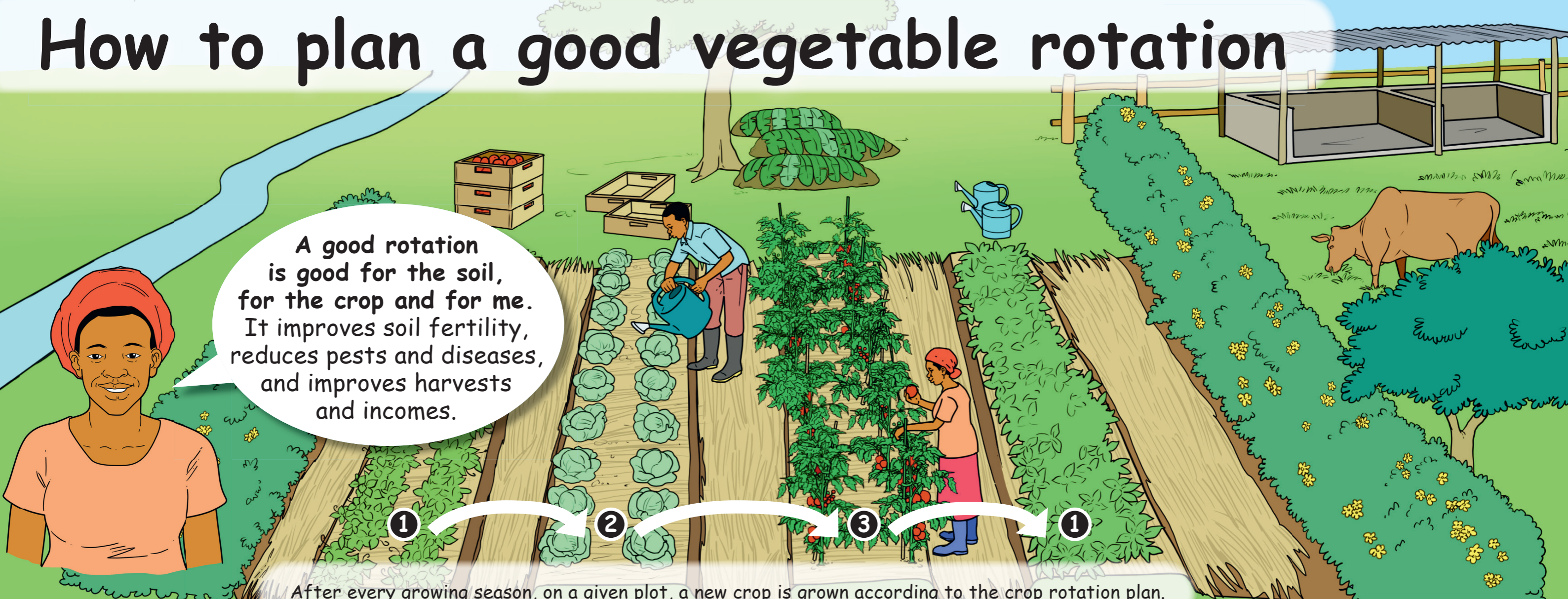


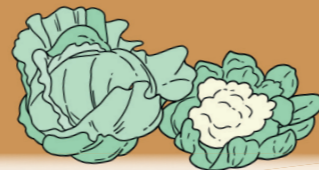
# How to plan a good vegetable rotation



After every growing season, on a given plot, a new crop is grown according to the crop rotation plan.



**1 Green manure or legume crop**  
e.g. velvet bean, sunhemp, bean or pea



**2 Heavy feeder**  
e.g. cabbage, broccoli, kale, spinach



**3 Medium or light feeder**  
e.g. tomato, pepper, potato, carrot, onion



**1 Green manure or legume crop**  
e.g. velvet bean, sunhemp, bean or pea

## Recommended

- Laying out the field into different plots
- Selecting at least two vegetable types and a legume (green manure) crop to allow rotation
- The rotation principles also apply when different crops are intercropped



## Not recommended

- Planting the same vegetable or vegetables of the same family on the same plot for two consecutive seasons
- Using vegetable residues as mulch in the same field with a vegetable of the same type of same family

