

Chilli cultivation, ideal Conditions, varieties, sowing, care & harvesting

Chilli health benefits

Chilli plant has several health benefits to humans for example it reduces cancer risks, fights fungal infections, cures joint pain, promotes red blood cell growth, keeps hair healthy.

Preparation and planting

Always plant in rainy seasons on well drained fertile soils and plough land 2-3 times before planting. Additionally, treat seeds with fungicide, plant at proper spacing, cover seeds well and water gently until seeds germinate.

Management practices

Always apply manure, nitrogen and phosphorus fertilizers correctly and control weeds timely. Also water only when it is essential to avoid shedding off of flowers and intercrop to get high yields from field. Additionally, control pests and diseases, intercrop chilli plants with onions but not with tomatoes and ensure timely harvest of chillies to avoid losses.