

ALL ABOUT KANGKONG

IMPORTANCE

Kangkong is an excellent leafy vegetable rich in Vitamins A, B and C, calcium, phosphorus and iron. It grows under any existing climate in the Philippines.

The tops of young plants are boiled with fish as in “sinigang” and the tops without leaves are prepared as adobo or pickles.

CHARACTERISTICS

Kangkong is an amphibious plant with an annual smooth vine with hollow stems. The long-stalked leaves are long-ovate, 7 to 16 cm long, arrow-shaped at the base.

CLASSIFICATION

Aquatic (*I. aquatica*)- creeps and reaches to about 10 m in length with pale green stem, broad and dull pointed leaves.

Upland (*I. reptans*) – has brown stem with dark pale green, narrow and pointed leaves.

PROPAGATION

Kangkong can be propagated through seeds or vine cuttings.

SOIL AND CLIMATIC REQUIREMENT

The best soil for kangkong is the swampy places, around lakes and river banks and backyard where water is available.

HOW TO PLANT

Kangkong can be planted in 2 rows in 1 m wide bed at a distance of 30 cm between rows and 30 cm within a row.

Shallow cultivation is done at the early growth and development. Weeding is a necessity in the upland culture of kangkong to eliminate competition.

Irrigation is needed to reach the maximum growth. Only hoppers and certain worms could damage the leaves of kangkong. Mechanical and botanical control methods are recommended.

HARVESTING

Tops or shoots are ready for harvest 3-4 weeks after planting.

BPI-LBNCRDPSC

VISION

A recognized and leading Research, Development and Production Support Center for lowland vegetables.

MISSION

Generate Crop farming technologies and produce quality seeds of lowland vegetables to ensure sustainable production.

CORE VALUES

SPICE IT!

SERVICE ORIENTED
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COMMITMENT
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INNOVATIVE
TEAMWORK

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UPLAND KANGKONG

(Ipomea reptans)

