Nutritional benefits

- Mung bean carries easily digestible globulin protein that is good for children, sick and older people.

Source of income

- Cultivating mung bean on 30 kattha can generate a return of up to NPR 120,000 in just 75 to 80 days.

Soil health improvement

- Nodules on mung bean roots fix nitrogen from the air and help improve soil nutrients.

Tips on mung bean production in Nepal:

- Mung bean is a short duration crop, which is commonly grown after the harvest of winter crops such as mustard, potato, wheat, lentil and chickpea, when most of fields remain fallow before rice cultivation.

Major benefits

1. Nutritional benefits
   - Mung bean contains easily digestible globulin protein with:
     - 24% protein in whole grain
     - 28% protein in sprouts

2. Soil improvement
   - Incorporating mung bean biomass after pod picking can help to improve soil quality and nitrogen content.
   - Fixes nitrogen equivalent to 30-35 kg N per 30 kattha. This is equivalent to 65-75 kg of urea fertilizer.

3. Source of income
   - Mung bean can provide cash income of Rs 80,000-120,000 from 30 kattha to the farmers.
Mung Bean Cultivation

1. Land selection
   - Land should be:
     - Fertile
     - Irrigated with a good drainage system
     - Preferably light soil
   - Kalyan
   - Pratisha
   - Pratigya
   - Bari mung
   - SML 668
   - Pant mung 5

2. Variety
   - Pre-released
   - Registered
   - Spiders eat pests
   - Spiders will help to reduce pests. Only consider insecticides after you consult with an extension agent, CIMMYT, or the Nepal Agricultural Research Council.

3. Seed rate and sowing date
   - Seed rate:
     - 500-700 gram = 0.5 kg/kattha
   - Sowing date:
     - Spring cultivation
     - March
     - April
     - May
     -Falgun 2nd week to Chaitra last (mid-March to mid-May)

4. Nutrient management
   - Per Kattha, mung bean can benefit from applying:
     - 200 to 300 kg Compost or manure
     - 3 kg DAP
     - 1.5 kg MoP
   - Incorporate organic matter or fertilizer into the soil before sowing

5. Irrigation:
   - 1st: 15 to 20 days after germination.
   - 2nd: During flowering.
   - Stop irrigation after all pods have formed to ensure even ripening and good yields.

6. Insect and disease management
   - Spiders eat pests
   - Spiders will help to reduce pests. Only consider insecticides after you consult with an extension agent, CIMMYT, or the Nepal Agricultural Research Council.
   - Beneficial insects and spiders will help to reduce pests. Only consider insecticides after you consult with an extension agent, CIMMYT, or the Nepal Agricultural Research Council.

7. Pod harvesting, production and storage
   - After pods turn from green to grey color, they should be picked and then should be dried for three to five days before threshing.
   - Improved farming of mung will produce 30 to 40 kg grain per Kattha (900 to 1200 kg per hectare).
   - Grain moisture should be around 12 to 14%. This means that the grain should have a crunchy sound when you bite into it before it is ready for storage.

Notes:
- Rhizobium inoculation treatment can increase nodulation and helps in nitrogen fixation in the soil.
- There must be enough moisture in the soil at the time of sowing.
- Sowing in lines reduces required seed rates. It also helps make weeding and harvest easier.
- Sowing depth should be 3-5 cm deep. In dryer soils, sow seed closer to 5 cm deep. In more moist soils, sow it closer to 3 cm deep.

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