

Message from Chairman's desk...



The agriculture is the soul of Bangladesh economy. It is so because the majority of the population lives in the rural countryside. They are dependent directly or indirectly on agriculture. This is also the largest individual or private productive sector. The contribution of this agriculture to gross domestic product (GDP) as percentage is though gradually decreasing, the role of the sector as source of food and nutrition security, employment and economic growth is still the prominent one and its importance will remain so in the future.

The farmers in Bangladesh while arranging for their own supply of food through the agricultural production, they also help the manpower increase their power of purchasing foodstuffs through employment. The farming community though could not ensure their full food security play a big role in food and nutrition security of the country. It is not possible to fully ensure food security by attaining self-sufficiency in food in this age of globalization; we have to lay greater stress on the production of basic food crops. The agro-based production will not rise and the food and nutrition security will not be strengthened unless the economic lot of those directly involved in the food production is improved.

The agriculture is still the economic mainstay of Bangladesh in consideration of our food supply, nutrition security and employment opportunity. The contribution of the agriculture to our gross domestic production is (GDP) 20%. The prices of agricultural produces generally remain stable in the years of bumper production. If the agricultural production goes down below the normal, the price of the same goes up. The price and demand for the industrial commodities keep pace with the agricultural production. It goes up and down with the rise and fall in the prices of agricultural produce. And it raises the possibility of price fluctuations and dynamics of numerous economics dependent on agriculture leading also to the tendency of impairing the mutual balance. 48.1% of the manpower above 15 age's group is engaged in farming. The 68.1% of the women labour force is directly involved with agriculture. So the agriculture is not only the largest area of employment but it is also the major sector of women's participation and social dynamism. For the same reason again, the agriculture has the biggest role in the matter of

poverty reduction also. The industry and the services sector whatever it is have flourished only through the development of agriculture. This is why the developed and developing countries all stress most on agriculture.

The use of new technologies during recent few years deserve particular attention. The agricultural production witnesses manifold increase as it based on the technology. The cropping pattern has become intensive; the supply of nutrition for the people in general has gone up. This has accompanied increase in the income of the country folks dependent on agriculture and up-gradation of their living standard. So reasonably we can say that this sector is indeed playing a significant role in the national economy leading to the reduction of poverty. And importance of this could never have been over-emphasized.

To raise agricultural production to a significant level we will need making available inputs like improved seed, fertilizer and insecticides etc. We need training for production management and the use of production technologies, marketing assistance for commodities thus produced. The quality seed is one basic element for better and increased farm production. It is not possible to raise production unless the quality of the seed is even better and improved. However, better and improved are other inputs used would be of no avail. It is possible to raise production yield from 90 to 100% using hybrid seed. The crops and vegetables thus produced are better in taste and flavor. Hybrid seeds are used for raising crops in the developed countries. The peasantry in Bangladesh has started giving greater stress, of late, in this respect. There has been rarely any notable research so far to innovate and produce hybrid seeds resistant to pests, disease and parasites suited to the climate and soil of Bangladesh.

Lal Teer Seed Limited has started full-fledged research for the first time in Bangladesh from 1995 in innovating and producing new breeds of high yielding and openly pollinated crop seeds. Alongside this, they are making worthwhile contributions to making, developing, producing and marketing (hybrid) seeds. In addition, this company is also engaged in testing zone wise the effectiveness of their improved seeds in different regions of the country with soil and climate peculiarities. The object has been to determine which strains of seeds are better suited to a particular region. **Lal Teer Seed Limited** is currently engaged in development, production, processing, storage, packaging, marketing and distribution of newer strains of all kinds of vegetables produced in Bangladesh. The company has thus established itself as a really integrated seed company in the country. This company is now marketing each kind of vegetable seeds and in its research bases and centres scientists are continually engaged in research work to develop high yielding hybrids of rice, wheat, corn, potato, oilseeds, jute, cotton and leguminous vegetable seeds. The company thinks the development and production of improved strains of seeds and reaching them to the doors of farmers, in real sense, has been a great service to the farmers in improving their financial lot. On the other hand, this is certain to complement the overall economy of the country and for food and nutrition security.

Abdul Awal Mintoo
Chairman

[DEPARTMENTS]

[R&D]

Lal Teer Seed is found highly leaning in setting an exemplary exception by prioritizing research as top deliberation of all works. Developing new hybrid varieties that suit customers' demand through breeding is the core objective of Research and Development Wing. Open Pollinated (OP) variety development has also caught an extensive magnitude of work to preserve indigenous inbred varieties alongside business drive. A Gene Bank of Lal Teer brings about this capacity.

[PDS]

Conduct adaptation and performance trial of the newly developed lines by R&D and exotic materials in different agro-ecological zones (AEZ) of Bangladesh and make recommendation for variety release along with field day in commercial demonstration plots for the dissemination of product information to the grass root level. This way is also doing the extension work for the company.

[PRODUCTION]

Based on stronger adaptability and agro-ecological advantage 8 production zones are selected to carry out seed multiplication. The offices are located at Rangpur, Thakurgaon, Nilphamari, Dinajpur, Kurigram, Lalmonirhat, Meherpur and Chuadanga. Lal Teer runs seed multiplication through Contract Farming System involved by farmers that now count 5000 under direct and close supervision of highly educated, widely experienced, well trained agriculturists. (*)

[PPQC]

Seed receiving, moisture testing, germination testing, drying, cleaning, grading, storage and packing sequence the order of activities of this department mainly accountable for ensuring the quality of seeds. PPQC is equipped with an advanced processing plant to capacitate all round quality control.

[DISTRIBUTION]

Distribution, along with such elements as product, price and promotion belongs to the classical marketing mix. The marketing factors like products, packaging, price or promotion can play their role on the market when proper distribution system exists. Lal Teer Seed Limited is leading a wide spread distribution channel all over the country. This department is always providing Lal Teer's products to the ultimate customers (i.e. Farmers) through dealers and retailers within 24 hours from order receiving time.

[SALES & MARKETING]

The objective is to ensure farmers an easy access to quality seeds which leads Lal Teer to go for expansions of marketing network across the country. 19 regional marketing offices located at Barisal, Bhola, Bogra, Chittagong, Comilla, Cox's Bazar, Dhaka, Dinajpur, Faridpur, Feni, Gazipur, Jessore, Khulna, Moulvibazar Mymensingh, Pabna, Rajshahi, Rangpur, and Sariatpur, cater service to chain trade members and farmers on demand. More than 900 registered dealers, 10,500 sub dealers, 20,000 retailers and a big number of mobile seed sellers are the hands of Lal Teer, who are actively involved in serving 10 million of farmers. (*)

Lal Teer has an independent training wing under this department with state of the art facilities to train up its stake holders and offer same to others.

[ACCOUNTS & FINANCES]

This is a support service department of LTSL which ensures proper and accurate recording, analyzing, reporting of all monetary transactions of the company for both internal and external uses. It is also responsible for balanced and proper fund all through the organization. It helps generate fund from internal sources like sales proceeds, shareholders equity, loan, intercompany fund and external sources as well such as bank, leasing companies, NGO etc. The department is implementing ERP solutions for ensuring more proper, accurate and simplified accounting information flow within the organization in collaboration with IFS (International Financial Solutions).

[COLLABORATIVE WORKS]

Research Technology Partner:

Bangladesh

- Bangladesh Agricultural Research Institute
- Bangladesh Institute of Nuclear Agriculture
- Bangladesh Jute Research Institute
- Bangladesh Rice Research Institute
- Bangladesh Agricultural University
- Khulna University, Bangladesh

Foreign

- International Rice Research Institute, Philippines
- Asian Vegetable Research and Development Center, Taiwan
- Chengdu Seed General Corporation, China
- Cornell University, USA
- East-West Seed International Ltd., Thailand
- Hi-tech Seed Co., Ltd., China
- MAHYCO Seeds Limited, India
- Winall Hi-tech Co., Ltd., China

Market Development &

Promotion Partner:

- SEDF-IFC of World Bank Group
- Inter-Cooperation, Bangladesh
- Swiss-Contact KATALYST
- IDE-Bangladesh
- USAID-PRICE

SAROSH F₁**MOYNA F₁****TIA F₁****MUNIA F₁****TAJ 88**

* Sowing time based on Bangladesh climatic conditions.

Varieties	Color	Size (cm)	Weight (g)	Seed Rate /Decimal (g)	Sowing Time	Maturity (Days)	Yield/Acre (MT)
Tia F ₁	Green	25-30	250-300	8-10	Year Round	45-50	10-12
Moyna F ₁	Dark Green	16-18	155	8-10	Year Round	40-45	09-11
Sarosh F ₁	Whitish Green	25-30	200-220	7-8	Year Round	40-42	09-11
Taj 88	Light Green	20-25	100-120	10-15	Feb-Sep	40-45	07-08
Munia F ₁	Dark Green	6-8	35-40	15	Year Round	35-40	06-07

BITTER GOURD

MAYA F₁**SWEETY F₁****SUPREMA F₁**

* Sowing time based on Bangladesh climatic conditions.

Varieties	Color	Size (cm)	Weight (kg)	Seed Rate /Decimal (g)	Sowing Time	Maturity (Days)	Yield/ Acre (MT)
Maya F ₁	Orange Yellow	-	4-5	2.5	Year Round	70-75	16-18
Sweety F ₁	dark Yellow flesh	-	7-8	2.5	Year Round	75-80	16-18
Suprema F ₁	Blackish Green	-	4-5	2.5	Jun-Feb	75-80	12-15

PUMPKIN



COMPANY PROFILE

[COMPANY]

Lal Teer Seed Limited

(First Research-Based Seed Company in Bangladesh)

[BRAND NAME]

Lal Teer / লাল তীর

[HISTORY OF ESTABLISHMENT]

[1981]

Mr. Abdul Awal Mintoo established the Multimode Transport Consultants Ltd. which became the Conglomerate of Multimode Group today.

[1995]

Multimode Group in conjunction with East West Seed International set off the journey of East West Seed (Bangladesh) Ltd. as joint venture multinational company prioritizing research to develop hybrid and high yielding vegetable varieties.

[2007]

East West Seed (Bangladesh) Limited changed the name to "Lal Teer Seed Limited" which is taken from farmers' choice.

[SISTER CONCERNS]

North South Seed Limited, Chens Crop-Science Bangladesh Limited, Tinpata Quality Seeds Limited and Lal Teer Livestock Limited

[AIM OF THE COMPANY]

▶ To supply environmentally adaptable and quality vegetable seeds ▶ To enhance research consciousness in discovering new dimensions for development and enrichment ▶ To minimize seed import ▶ To build capacity to export seed ▶ To establish strong networking programs by sharing resources and expertise with local and international institutes and organizations.

[MAJOR PRODUCTS]

Nearly all the vegetables seed like bitter melon, bottle gourd, cucumber, eggplant, onion, pumpkin, radish, sponge gourd, tomato, okra with a number of varieties under each crop are catered to the nation.

[PRODUCT RANGE]

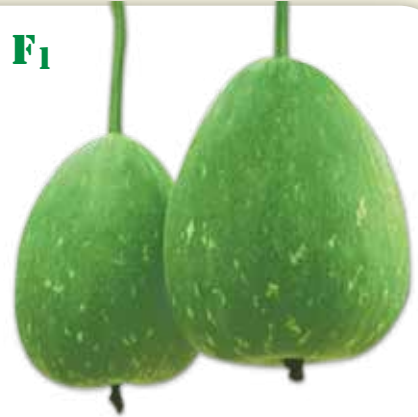
Thirty four vegetable crops with 129 varieties are served by Lal Teer. The number of hybrid as of today 66. Apart from full range of vegetable seeds, Lal Teer markets 8 hybrid varieties of rice and 2 hybrid varieties of maize, 1 hybrid variety of cotton and 3 hybrid varieties of flower.

[WINGS]

- ▶ In September, 2008 LTSL entered into pesticide business associating with United Phosphorus Limited, global agro chemical leader.
- ▶ In 2010 Lal Teer entered into Livestock sector for dairy, beef cattle and buffalo improvement program through artificial insemination and feed development.

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DIANA F₁**NICO F₁****MARTINA F₁****AROSH F₁**

* Sowing time based on Bangladesh climatic conditions.

Varieties	Color	Size (cm)	Weight (g)	Seed Rate /Decimal (g)	Sowing Time	Maturity (Days)	Yield/Acre (MT)
Diana F ₁	shiny Green	25-30	2.0-2.5Kg	10	Year Round	50-55	45-50
Nico F ₁	Spotted green	48-50	2.5-3.0	10	Year Round	50-55	40-50
Martina F ₁	Green, white spots	50-60	2.5-3.0	10	Jun-Jan	60-65	25-30
Arosh F ₁	Green	20-25	2.5	10	Year Round	50-55	45-50

BOTTLE GOURD

HERO F₁**HERCULES F₁****SAMIHA F₁**

* Sowing time based on Bangladesh climatic conditions.

Varieties	Color	Size (cm)	Weight (g)	Seed Rate /Decimal (g)	Sowing Time	Maturity (Days)	Yield/Acre (MT)
Hero F ₁	Green	40-45	250-300	2.0-2.5	Feb-Aug	40-45	14-16
Hercules F ₁	Green	40-45	200-250	2.0-2.5	Feb-Aug except May to Mid June	40-45	10-12
Samiha F ₁	Green	30-35	200-250	2.0-2.5	Feb-Aug	38-40	16-18

RIDGE GOURD

PADMA F₁**SURMA F₁****DHAKA GREEN**

* Sowing time based on Bangladesh climatic conditions.

Varieties	Color	Size (cm)	Weight (g)	Seed Rate /Decimal (g)	Sowing Time	Maturity (Days)	Yield/Acre (ton)
Padma F ₁	Light Green	40-42	200-250	20	Feb-Aug	40-45	15-20
Surma F ₁	Green	35-40	250-300	20	Feb-Aug	40-45	10-12
Dhaka Green	White striped on Dark Green skin.	40-45	180-200	20	Feb-Aug	40-45	06-08

SNAKE GOURD

ALAVY F₁**ALAVY GREEN F₁****BAROMASHI****AGAM 35 F₁**

* Sowing time based on Bangladesh climatic conditions.

Varieties	Color	Size (cm)	Weight (g)	Seed Rate /Decimal (g)	Sowing Time	Maturity (Days)	Yield/Acre (MT)
Alavy F ₁	Light Green	15-16	180-200	2	Feb-Sep	35-40	26-30
Alavy Green F ₁	Green	16-18	200-250	2	Feb-Sep	35-40	28-30
Baromashi	Green	20-25	250-300	2-3	Year Round	65-70	16-18
Agam 35 F ₁	Green	16-20	180-200	2	Feb-Sep	35-40	28-30

CUCUMBER

UNNAYAN F₁**LT 896 F₁****DELTA F₁****RED STAR**

* Sowing time based on Bangladesh climatic conditions.

Varieties	Color	Size (cm)	Weight (g)	Seed Rate /Decimal (g)	Sowing Time	Maturity (Day)	Yield/Acre (ton)
Unnayan F ₁	Red	-	100	1	Jul-Dec	60-65	30-35
LT 896 F ₁	Attractive Red	-	100-120	1	Aug-Dec	65-70	35-40
Delta F ₁	Red	-	110	1	Aug-Dec	65-70	25-30
Red Star	Red	-	12-15	1	Aug-June	55-60	15-20

TOMATO



PURPLE KING F₁



BANANI F₁



LABONI F₁



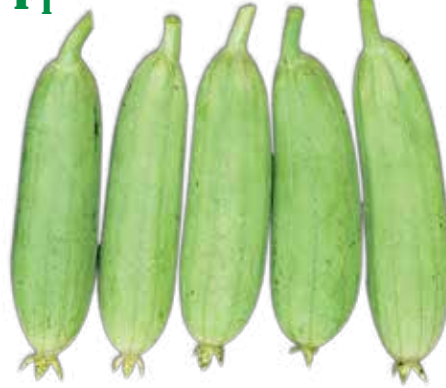
PARTHIB F₁

* Sowing time based on Bangladesh climatic conditions.

Varieties	Color	Size (cm)	Weight (g)	Seed Rate /Decimal (g)	Sowing Time	Maturity (Day)	Yield/Acre (ton)
Purple King F ₁	Shiny Purple	30	150	1.5	Year Round	60-70	38-40
Banani F ₁	Green	15	260	1.5	Year Round	75-80	35-40
Laboni F ₁	Shiny Purple	17	200	1.5	Year Round	75-80	30-35
Parthib F ₁	Shiny Green	13	250	1.5	Aug-Nov	70-75	30-35

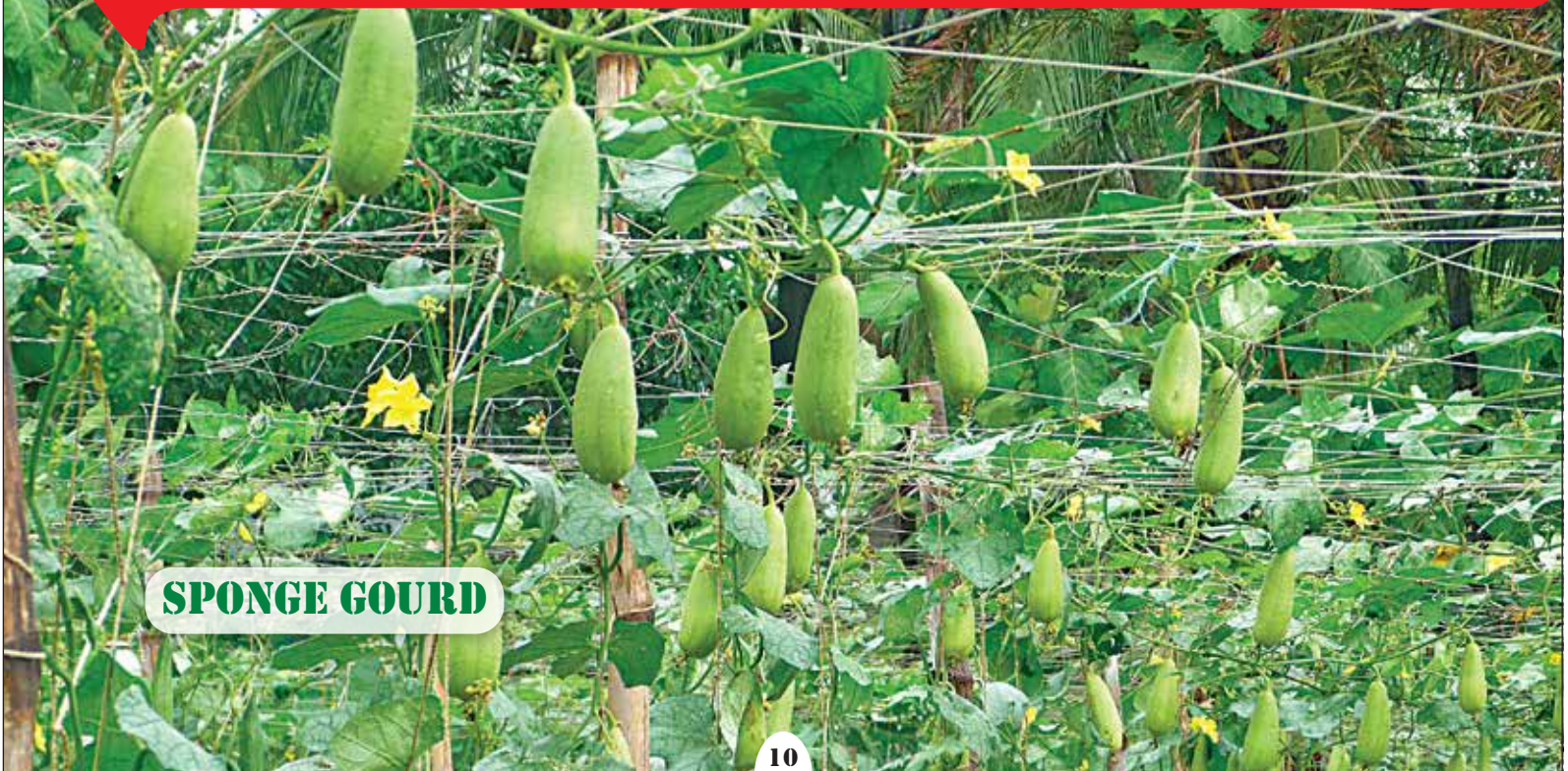


EGGPLANT

FUJIAN F₁**FORLAN F₁****SOHELI F₁**

* Sowing time based on Bangladesh climatic conditions.

Varieties	Color	Size (cm)	Weight (g)	Seed Rate /Decimal (g)	Sowing Time	Maturity (Days)	Yield/Acre (MT)
Fujian F ₁	Light green	25-30	150-200	2.5	Feb-Aug	35-40	12-14
Forlan F ₁	Deep Green	26-30	160-200	2.5	Feb-Aug	35-40	14-15
Soheli F ₁	Light green	16-18	160-180	2.5	Feb-Aug	35-40	14-15

SPONGE GOURD

MINTOO F₁**MINTOO SUPER F₁****SAWSAN 8323 F₁**

* Sowing time based on Bangladesh climatic conditions.

Varieties	Color	Size (cm)	Weight (g)	Seed Rate /Decimal (g)	Sowing Time	Maturity (Day)	Yield/Acre (ton)
Mintoo F ₁	Deep Red	-	100	1	Year Round	60-65	35-40
Mintoo Super F ₁	Red	-	120-140	1	Aug-Dec	65-70	40-50
Sawsan 8323 F ₁	Red	-	100-120	1	Jul-Dec	60-65	40-50

TOMATO

SONIC F₁**MORICH SUPER F₁****MAJOR****PREMIUM F₁**

* Sowing time based on Bangladesh climatic conditions.

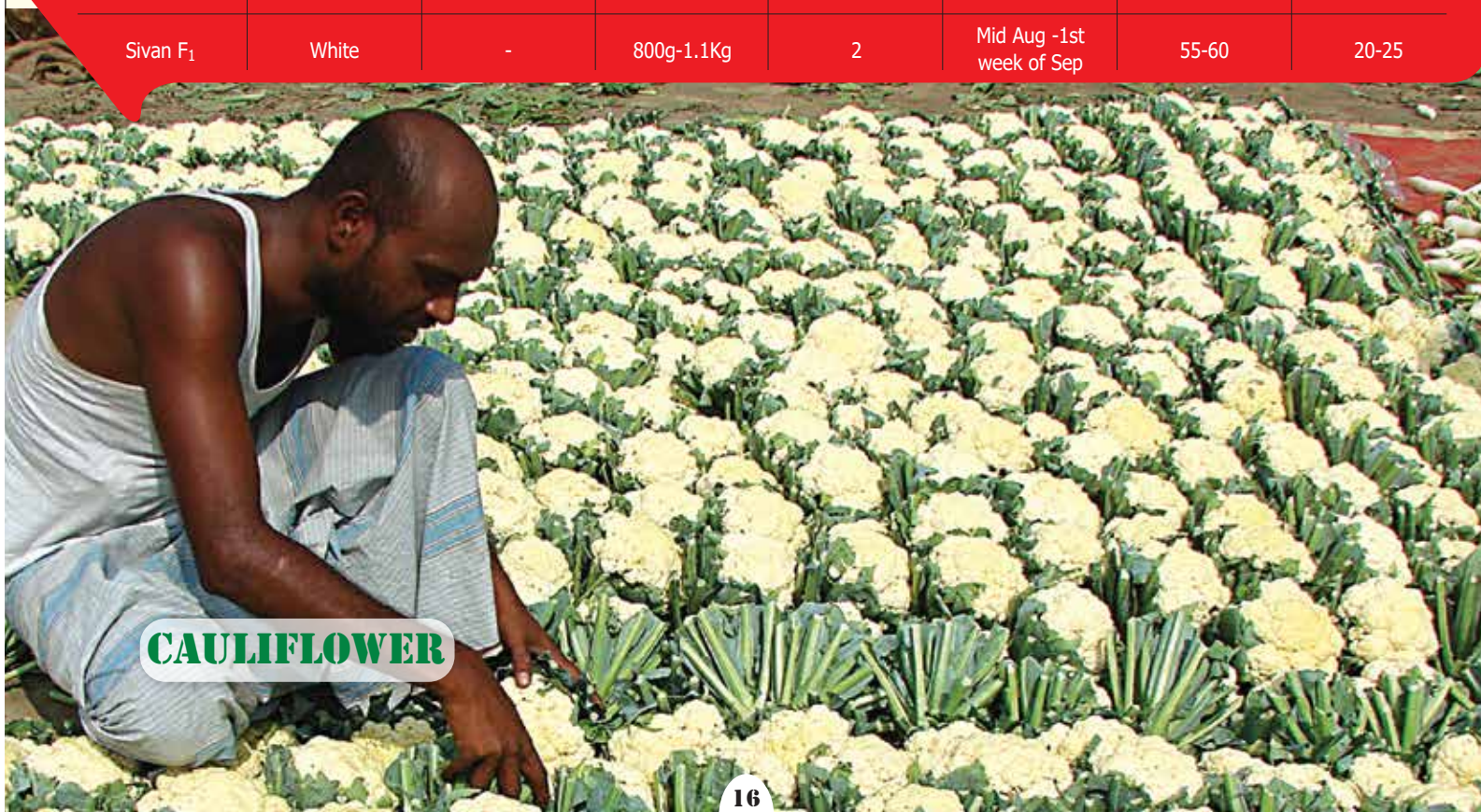
Varieties	Color	Size (cm)	Weight (g)	Seed Rate /Decimal (g)	Sowing Time	Maturity (Day)	Yield/Acre (ton)
Sonic F ₁	Shiny Green	7-8	6	1.5-2.0	Jul-Oct	70-75	08-10
Morich Super F ₁	Shiny Green	8-9	5	1	Jul-Dec	55-60	15-18
Premium F ₁	Green	9-10	7	1.5-2.0	Sep-Dec	65-70	10-12
Major	Green	8-9	6	1.5-2.0	Sep-Oct	70-80	06-07

CHILI

CHANDI F₁**ATRIA F₁****SIVAN F₁**

* Sowing time based on Bangladesh climatic conditions.

Varieties	Color	Size (cm)	Weight (kg)	Seed Rate /Decimal (g)	Sowing Time	Maturity (Days)	Yield/Acre (MT)
Chandi F ₁	White	-	1.2-1.5	2	Sep-Oct	60-65	20-25
Atria F ₁	White	-	800g-1Kg	2	Aug	60-65	20-25
Sivan F ₁	White	-	800g-1.1Kg	2	Mid Aug -1st week of Sep	55-60	20-25

**CAULIFLOWER**

JABULANI F₁



MAGIC 65 F₁



* Sowing time based on Bangladesh climatic conditions.

Varieties	Color	Size (cm)	Weight (kg)	Seed Rate /Decimal (g)	Sowing Time	Maturity (Day)	Yield/Acre (ton)
Jabulani F ₁	-	Dome Shaped	1.0-1.5	2	Jul-Nov	60-65	18-20
Magic 65 F ₁	-	Flat Shaped	3.0-3.5	2	Aug-Dec	60-65	20-25

CABBAGE

ROCKY 45**TASAKI****PINKY**

* Sowing time based on Bangladesh climatic conditions.

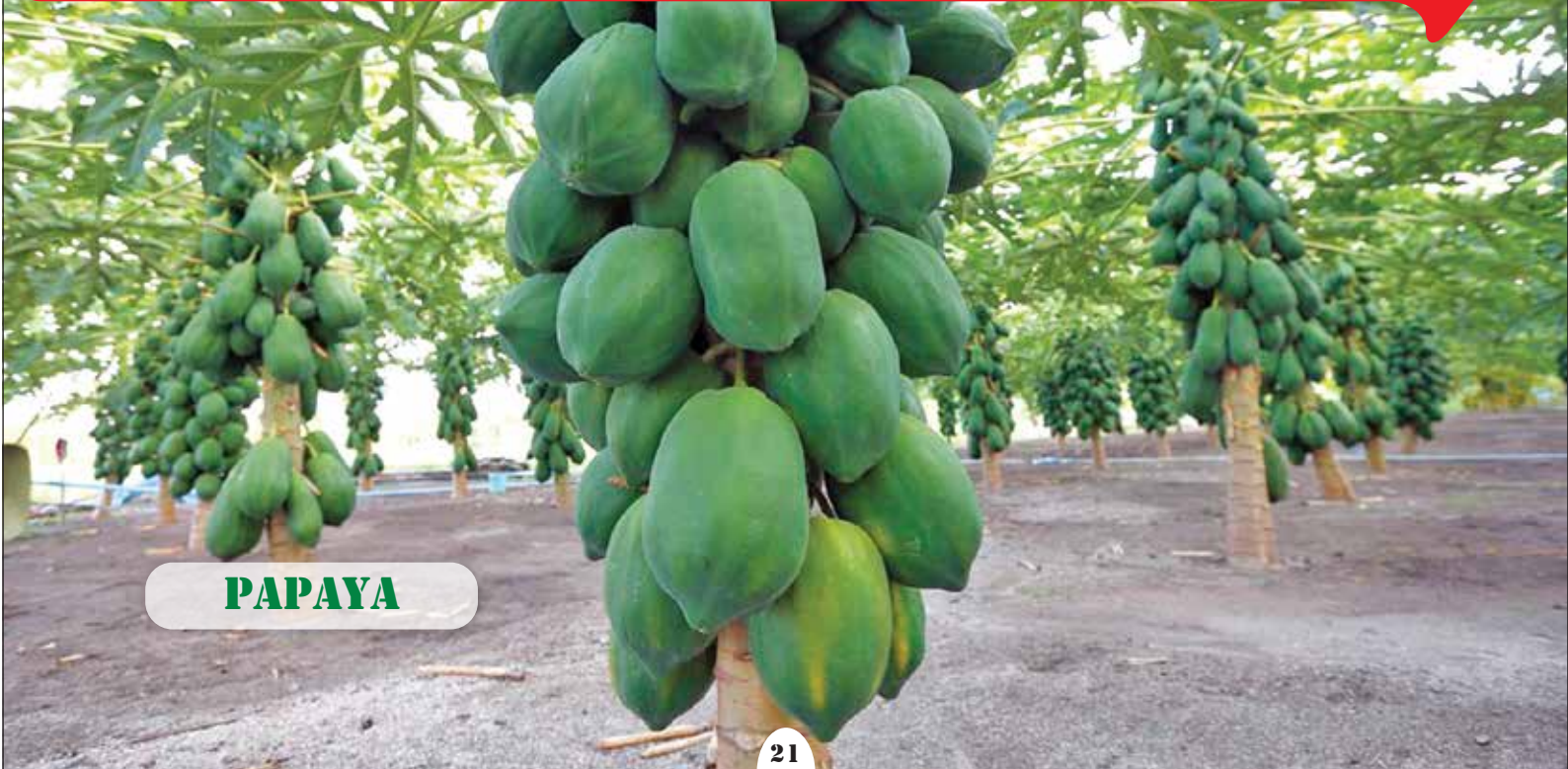
Varieties	Color	Size (cm)	Weight (g)	Seed Rate /Decimal (g)	Sowing Time	Maturity (Days)	Yield/Acre (MT)
Rocky 45	White	25-30	350-400	22-30	May-Oct	40-45	17-20
Tasaki	White	25-30	380-420	20-30	Jul-Oct	40-45	20-25
Pinky	Pink	20-25	300-350	20-30	Jul-Oct	40-45	15-17

RADISH



* Sowing time based on Bangladesh climatic conditions.

Varieties	Color	Size (cm)	Weight (kg)	Seed Rate /Decimal (g)	Sowing Time	Maturity (Days)	Yield/Acre (MT)
Babu F ₁	Yellow flesh	-	1.5-2.0	0.30-.35	Feb-Mar	180-200	30-40
Sinta F ₁	Yellow flesh	-	1.5-2.0	0.30-.35	Feb-Mar	180-200	25-30
Gazi	Yellow	-	1.5-2.0	0.30-.35	Feb-Mar	180-200	25-30



FIGHTER F₁**GREEN FINGER F₁****CHOICE****ASHA F₁**

* Sowing time based on Bangladesh climatic conditions.

Varieties	Color	Size (cm)	Weight (g)	Seed Rate /Decimal (g)	Sowing Time	Maturity (Days)	Yield/Acre (MT)
Fighter F ₁	Shiny Green	-	-	20	Feb-Sep	40-45	12-14
Green Finger F ₁	Deep Green	-	-	20	Feb-Sep	40-45	12-14
ASHA F ₁	Deep Green	-	-	20	Feb-Sep	40-45	12-14
Choice	Attractive Green	-	-	20-30	Feb-Aug	40-45	09-10

OKRA

**GOAAL
GADDA**



KNOLDOG



RIFA



* Sowing time based on Bangladesh climatic conditions.

Varieties	Color	Size (cm)	Weight (g)	Seed Rate /Decimal (g)	Sowing Time	Maturity (Days)	Yield/Acre (MT)
Goaal Gadda	Purple Ridged	14-15	-	30	Aug-Sep	75-80	07-09
Knoldog	Green	18-20	-	30	Aug-Sep	75-80	07-08
Rifa	Green	7-8	-	30-40	July-Oct	55-60	07-08



COUNTRY BEAN

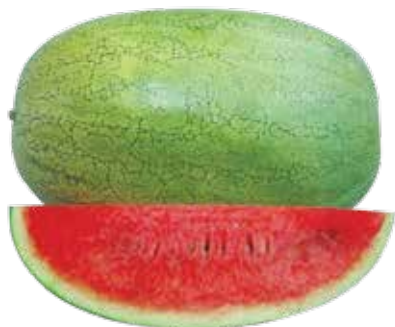
1070**TOKI****BANOLATA****LAL BENNY**

* Sowing time based on Bangladesh climatic conditions.

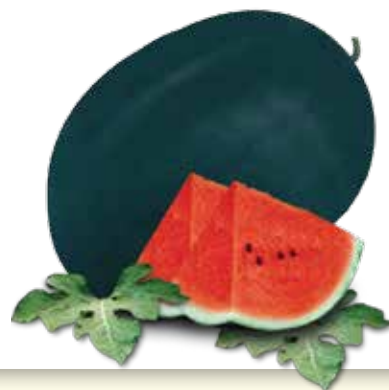
Varieties	Color	Size (cm)	Weight (g)	Seed Rate /Decimal (g)	Sowing Time	Maturity (Days)	Yield/Acre (MT)
1070	Light Green	60-65	-	30-40	Feb-Sep	45-50	08-09
Toki	Dark Green	55-60	-	30-40	Feb-Sep	45-50	07-08
Banolata	Light Green	50-55	-	30-40	Feb-Sep	45-50	04-05
Lal Benny	Red	45-50	-	40-45	Feb-Sep	40-45	09-10

YARD LONG BEAN

VICTOR SUPER F₁



BLACK GIANT F₁



LAN FEI F₁



ANARKALEE F₁



* Sowing time based on Bangladesh climatic conditions.

Varieties	Color	Size (cm)	Weight (kg)	Seed Rate /Decimal (g)	Sowing Time	Maturity (Day)	Yield/Acre (ton)
Victor Super F ₁	Green	-	12-15	1.0	Nov-Dec	65-70	40-45
Black Giant F ₁	Attractive Black	-	10-12	1.5-2.0	Nov-Dec	65-70	40-45
Lan Fei F ₁	Green Striped	-	5-6	1.0	Nov-Dec	65-70	30-35
Anarkalee F ₁	Green Striped	-	12-14	1.0	Nov-Dec	60-65	40-45

WATERMELON



LAL TEER 20



LAL TEER KING



LAL TEER HYBRID



* Sowing time based on Bangladesh climatic conditions.

Varieties	Color	Size (cm)	Weight (g)	Seed Rate /Decimal (g)	Sowing Time	Maturity (Days)	Yield/Acre (MT)
Lal Teer 20	Deep Brown	-	20	30	Nov-Dec	95-100	03-04
Lal Teer King	Brown	-	30-35	30	Oct-Nov	100-110	06-07
Lal Teer Hybrid	Brown	-	40-45	30	Oct-Nov	100-110	12

ONION

PANNA**RED TOWER****GREEN TOWER**

* Sowing time based on Bangladesh climatic conditions.

Varieties	Color	Size (cm)	Weight (g)	Seed Rate /Decimal (g)	Sowing Time	Maturity (Days)	Yield/Acre (MT)
Panna	Light Red	Man Height	-	15	Year Round	40-45	80-100
Red Tower	Reddish	Man Height	-	15	Year Round	50-55	100-120
Green Tower	Green	Man Height	-	15	Year Round	40-45	80-90

STEM AMARANTH

ALTAPETI 20**LOLITA****RAKTARANGA**

* Sowing time based on Bangladesh climatic conditions.

Varieties	Color	Size (cm)	Weight (g)	Seed Rate /Decimal (g)	Sowing Time	Maturity (Days)	Yield/Acre (MT)
Altapeti 20	Red	-	-	15	Year Round	20-25	06-08
Lolita	Red	-	-	15	Year Round	15-20	06-08
Raktaranga	Shiny Red	-	-	15	Year Round	25-30	06-08

RED AMARANTH

**LAL TEER
GHEEKANCHAN**



**SUGANDHA
SUPER**

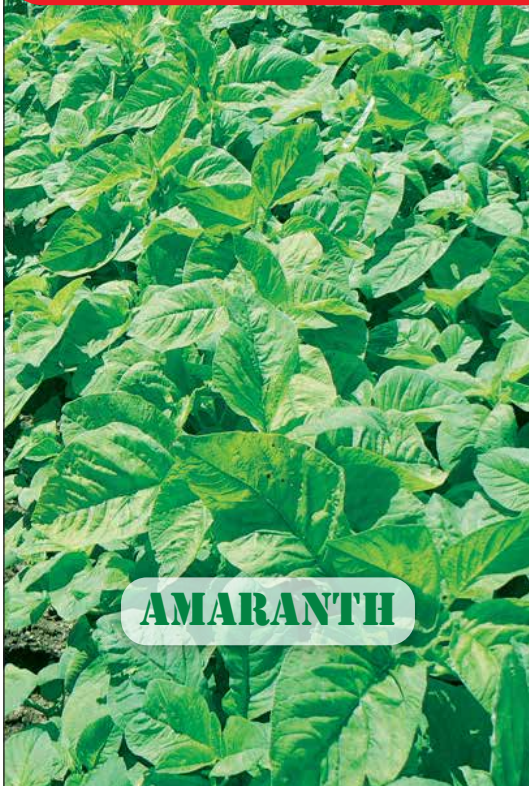


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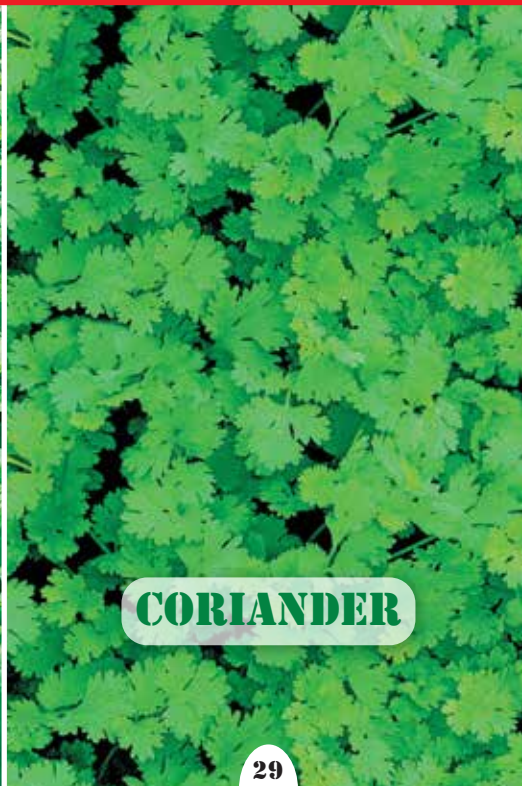


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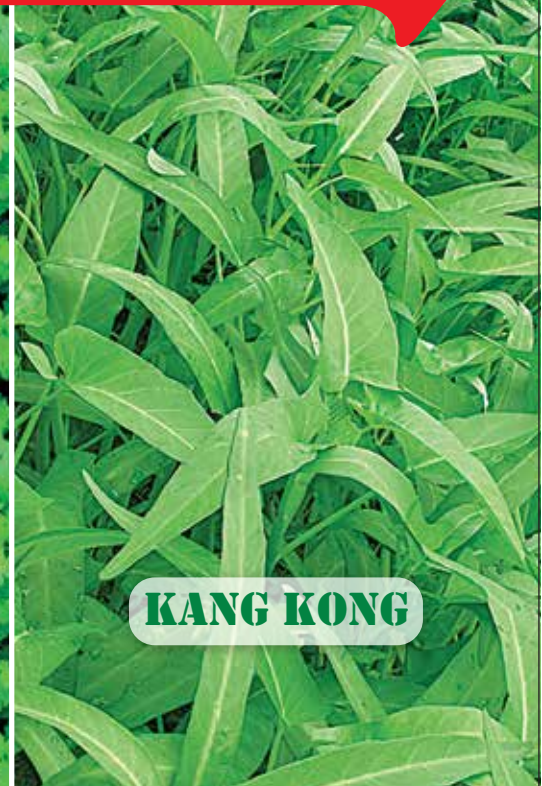
Varieties	Color	Size (cm)	Weight (g)	Seed Rate /Decimal (g)	Sowing Time	Maturity (Days)	Yield/Acre (MT)
Lal Teer Gheekanchan	Green	-	-	15	Year Round	15-20	06-08
Sugandha Super	Green	-	-	50	Year Round	30-35	2.0-2.5
LP 1	Green	-	-	20-30	Year Round	30-35	15-20



AMARANTH



CORIANDER



KANG KONG

Nutritional Value of Vegetables

Variety	Water (%)	Energy (Kilocalorie)	Protein (g)	Fat (g)	Carbohydrate (g)	Calcium (mg)	Iron (mg)	Thiamin (mg)	Riboflavin (mg)	Vitamin C (mg)	Retinal (IU)
Amaranth	92.5	19	0.9	0.1	3.5	260	1.8	0.01	0.18	10	142
Bitter Gourd	92.2	28	2.5	0.1	4.3	14	1.8	0.04	0.02	68	70
Bottle Gourd	83.1	66	1.1	0.1	15.1	26	0.7	0.01	0.02	4	0
Broccoli	89.9	37	3.3	0.2	-	129	0.28	-	-	-	-
Cabbage	93.3	26	1.3	0.2	4.7	31	0.8	0.06	0.05	3	667
Carrot	85.0	57	1.2	0.2	12.7	27	22	0.04	0.05	6	1050
Cauliflower	89.0	41	2.6	0.1	7.5	41	1.5	0.03	0.03	91	17
Chili	73.6	103	1.6	0.1	23.7	11	1.2	0.17	0.16	125	1300
Coriander	11.2	288	14.1	16.1	21.6	630	17.9	0.22	0.35	0	523
Country Bean	89.9	38	3.9	0.1	5.4	28	2.6	0.05	0.01	2	104
Cucumber	94.9	22	1.6	0.1	3.5	14	1.5	0.16	0.02	5	0
Egg Plant	92.4	42	1.8	2.9	2.2	2.8	0.9	0.12	0.08	5	41
Indian Spinach	92.0	27	2.2	0.2	4.2	164	10	0.02	0.36	64	4133
Kang Kong	87.6	46	1.8	0.1	9.4	107	3.9	0.14	0.40	42	1100
Okra	88.3	43	1.8	0.1	8.7	116	1.5	0.04	0.16	10	29
Onion	86.6	50	1.2	0.1	11.1	47	0.7	0.08	0.01	11	0
Papaya	88.4	42	1.9	0.2	8.3	31	0.5	0.08	0.03	57	567
Pumpkin	93.0	30	1.4	0.5	4.5	48	0.7	0.07	0.06	26	4000
Radish	92.7	28	1.3	0.1	5.4	10	0.5	0.43	-	34	0
Red Amaranth	88.0	43	5.3	0.1	53	74	-	0.1	0.13	43	6633
Ridge Gourd	93.0	30	1.8	0.6	4.3	16	0.5	0.11	0.03	3	18
Snake Gourd	94.6	18	0.5	0.3	3.3	26	0.3	0.04	0.06	0	53
Spinach	90.8	30	3.3	0.1	4.0	98	10.9	0.03	0.09	97	3100
Sponge Gourd	92.3	23	0.9	0.2	5.9	19	0.6	0.03	0.01	5	47
Tomato	94.0	20	0.9	0.2	3.6	48	0.4	0.12	0.06	27	195
Watermelon	95.8	16	0.2	0.2	3.3	11	7.9	0.02	0.04	1	0
Wax Gourd	96.5	10	0.4	0.1	1.9	30	0.8	0.06	0.01	1	0
Yard Long Bean	87.0	50	3.0	0.2	9.0	33	5.9	0.14	0.03	0	313

Age-based daily nutrition demand table

Age (Year)	Physical Weight (Kg)	Energy (Kilocalorie)	Protein (g)	Calcium (mg)	Iron (mg)	Vitamin-A (micro.g)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Ascorbic Acid (mg)
Child										
<1	7.3	820	14	0.5-0.6	5-10	300	0.3	0.5	5.4	20
1-3	13.4	1360	16	0.4-0.5	5-10	250	0.5	0.8	9.0	20
7-9	28.1	2190	25	0.4-0.5	5-10	400	0.9	1.3	14.5	20
Male										
10-19	50.36	2856	35	0.5-0.6	6-12	683	1.13	1.7	18.8	26.6
Female										
10-19	47.43	2383	30	0.6-0.7	12-14	683	1.0	1.4	16.4	26
Adult-Male	65.0	3000	37	0.4-0.5	5-9	750	1.2	1.8	19.8	30
Adult- Female	55.0	2200	29	0.4	0.5	750	0.9	1.3	14.5	30
Pregnancy	-	+350	38	1.0-1.2	-	750	+0.1	+0.2	+2.3	50
Second Half	-	+550	46	1.0-1.2	-	1200	+0.2	+0.4	+3.7	50
Lactation (First 6 months)										

Source : FAO Nutritional Series No. 28/WHO

* Average rate of daily recommended vegetables intake is 300 gm

* Average rate of daily vegetables intake is 45 gm (Source: FAO)



MADHURI



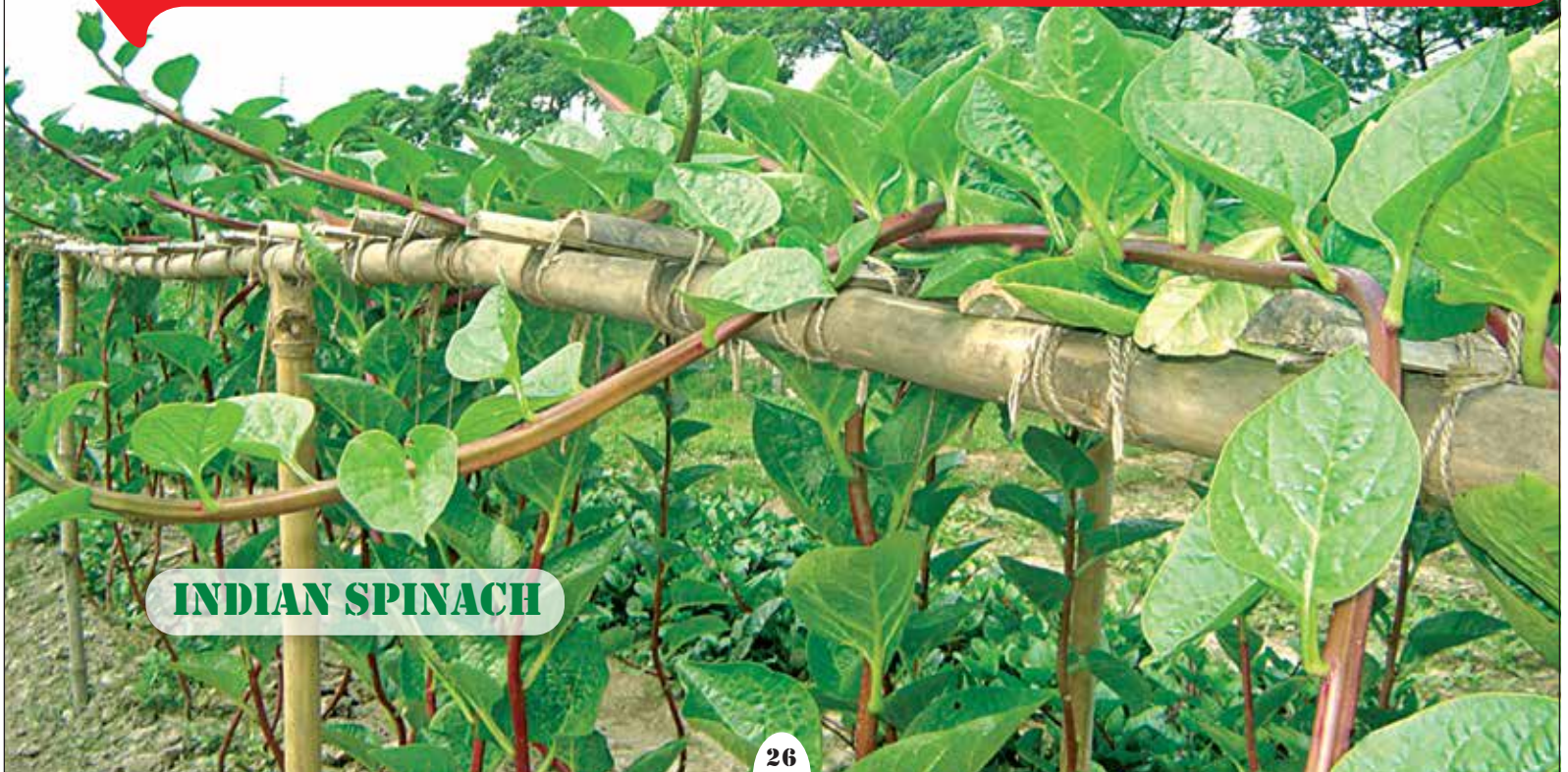
MONISHA



KIARA

* Sowing time based on Bangladesh climatic conditions.

Varieties	Color	Size (cm)	Weight (g)	Seed Rate /Decimal (g)	Sowing Time	Maturity (Days)	Yield/Acre (MT)
Madhuri	Green	-	-	20-30	Feb-Aug	40-45	20-25
Monisha	Reddish	-	-	20-30	Feb-Aug	40-45	20-25
Kiara	Green	-	-	20-30	Mar-Aug	40-45	25-30



INDIAN SPINACH

SATHI**ANKITA****IVAN**

* Sowing time based on Bangladesh climatic conditions.

Varieties	Color	Size (cm)	Weight (g)	Seed Rate /Decimal (g)	Sowing Time	Maturity (Days)	Yield/Acre (MT)
Sathi	Green	-	-	20-30	Year Round	25-30	25-30
Ankita	Red	-	-	20-30	Year Round	25-30	25-30
Ivan	Dark Green	-	-	20-30	Year Round	25-30	30-32

SPINACH

Other Notable Products

Crop	Variety	Color	Size (cm)	Weight (gm/kg)	Shape	Seed Rate/Decimal (g)	Sowing Time	Maturity (Day)	Yield-Acre (ton)
Bottle Gourd	Barsha F1	Deep Green	40-45	2.5-3kg	--	10	May-Oct	50-55	25-30
	Tafsi F1	Green	45-50	2.5-3kg	--	10	Year round	60-65	25-30
	Bari Lau	Light Green	40-45	1.5-2kg	--	10	Jul-Oct	60-70	20-25
	Khet Lau	Green	40-45	1.5-2kg	--	10	Aug-Nov	60-65	15-20
Pumpkin	Dream Gold F1	Yellowish Orange	-	5-6kg	Flat Round	2.5	Year round	75-80	15-16
	Baromashi	Green Spot	-	5-6kg	Flat Round	4-5	Year round	80-90	12-15
Ridge Gourd	Luffa-35 F1	Attractive green	30-35	200-250g	--	2-2.5	Feb-Aug	40-45	12-14
	Prince	Dark Green	30-32	200-250g	--	2-2.5	Feb-Aug	40-45	10-12
Snake Gourd	Kushiara F1	Attractive green	20-30	200g	--	20	Feb-Aug	40-45	18-20
	Muhuri F1	Attractive green	40-50	250-300g	--	20	Feb-Aug	40-45	15-20
	Tista	Dark Green	60-70	200-300g	--	20	Feb-Aug	40-45	08-10
	Turag	Green	30-35	160-170g	--	20	Feb-Aug	45-50	06-08
Cucumber	Green King Shila	Deep Green	25-30	500-600g	--	2	Feb-Sep	50-55	08-10
		Green	20-25	400-500g	--	2-3	Year round	65-70	16-18
Tomato	BARI-4 F1	Dark Red	--	65-70g	--	1	Mar-Jun	60-65	16-20
	Ratan	Attractive Red	--	100g	--	1	Sep-Dec	80-90	15-20
	Pusarubi	Red	--	90g	Flat Red	1	Sep-Dec	70-80	15-20
	Roma VF	Attractive Red	--	100g	Oblong	1	Aug-Dec	70-75	20-25
Eggplant	Sraboni F1	Dark Purple	5-6	250g	--	1.5	Jul-Oct	65-70	25-30
	Singnath 666	Dark Purple	30-35	100g	--	1.5	Year round	65-70	25-30
	Kajla	Purple	15-18	90-100g	--	1.5	Aug-Sep	60-65	20-25
Chili	Chandramukhi	Green	3-4	--	--	1.5-2	Aug-Oct	65-70	05-06
Watermelon	Ocean Suger F1	Light Green	-	12-15kg	--	1	Nov-Dec	65-70	40-45
	Bongolink F1	Green Striped	-	10-12kg	--	1.5-2	Nov-Dec	65-70	40-45
Cabbage	Summer Elite F1	--	-	1.5-2	Flat Compact	2	Aug-Nov	65-70	20-25
Cauliflower	White Crown F1	Bright White	-	500-800g	Dome shaped	2	Mar-Jul	40-45	15-20
	Snow White F1	Bright White	-	300-500g	Dome shaped	2	Jul-Aug	40-45	06-08
Okra	Arka Anamika	Green	-	--	--	20-30	Feb-Mar	40-45	09-10
	OK 285	Green	-	--	--	20-30	Feb-Aug	40-45	08-10
	Choice	Green	-	--	--	20-30	Feb-Aug	40-45	09-10
Yard Long Bean	Saba	Green	55-60	--	--	30-40	Feb-Sep	40-45	08-09
Country Bean	IPSA 1	Purple Green	10	--	--	20-30	May-Oct	65-70	08-10
	IPSA 2	Green	8-9	--	--	20-30	May-Oct	65-70	07-08
	BARI Seam 1	Green	11-12	--	--	20-30	Aug-Oct	70-75	10-12
	BARI Seam 3	Green	10-12	--	--	20-30	Year round	65-70	08-09
Coriander	Ramses	Green	-	--	--	50	Year round	30-35	2-2.5
	LB 60	Green	-	--	--	50	Year round	30-35	2-2.5
	LB 65	Green	-	--	--	50	Year round	30-35	2-2.5
Kang Kong	Bamboo Leaf	Green	-	--	--	20-30	Year round	30-35	15-20

Bangladesh Weather at a Glance

	Jan	Feb	March	April	May	June	July	Aug	Sep	Oct	Nov	Dec	Annual
Monthly rainfall (millimeter)	1.0	25.60	18.05	26.89	201.71	570.26	361.0	445.26	333.57	76.10	6.25	1.0	2066.69
Monthly Maximum temperature (Celsius)	24.78	27.22	32.04	35.72	34.78	32.87	32.54	31.92	32.37	32.36	30.43	25.9	31.08
Monthly Minimum temperature(C)	12.48	15.56	19.26	23.89	25.58	26.05	26.39	25.99	25.57	23.43	18.33	14.47	21.42
Relative Humidity (%)	79.4	73.45	67.60	68.85	75.94	84.34	84.31	86.45	86.82	81.31	77.97	81.65	78.34
Normal Sunshine hours	7.0	7.8	7.9	7.8	6.8	4.3	3.8	4.6	5.0	6.7	7.6	7.2	6.38
UV index	6	7	7	7	7	7	7	7	7	7	7	6	7

Source: BBS, www.accuweather.com, www.worldweatheronline.com