# **Multiple Benefits from Mung Bean Production**

#### 1 Nutritional benefits

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





Mung Daal



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

USAID

Mung bean can be made into value-added products including: • Dalmoth • Salad • Daal Burger Bhujiya Sprout



Source of income (3)

Cultivating mung bean on 1 bigha can generate a return of up to NPR 80,000 in just 75 to 80 days.



Baby food with mung bean as

an ingredient

# **Mung Bean Production**

## Tips on mung bean production in Nepal:

## 75 - 80 days

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

### Nutritional benefits

Mung bean contains easily digestible globulin protein with



24% protein in



## 2 Soil improvement

Incorporating mung bean biomass after pod picking can help to improve soil quality and nitrogen content.







**Rs** 80,000



Incorporating mung

biomass after harvest

improve soil health

productivity of the

and can increase

next crop.

into the soil will











Whole grain Daal along with value added products like Dalmoth, Bhujeya, sprouts, salads, Haluwa and veggie burgers are good food for all ages.

protein in



Fixes nitrogen equivalent to 20-25 kg N per bigha. This is equivalent to 43-55 kg of urea fertilizer.

> From 20 katthas (1 bigha) to the farmers

# **Mung Bean Cultivation**



www.csisa.org







During flowering.

### Note:



Stop irrigation after all pods have formed to ensure even ripening and good yields.



Yellow mosaic virus, leaf rust and leaf blight are the major diseases of mung bean. If these diseases can be seen in the field, then it is recommended to uproot infected plants and burn them or bury them under the soil.

If leaf spot is observed at high levels, you can consider use of a fungicide such as Bavistin 70 WP (Carbendazim) at 2 g/liter. Prior to spraying, consult with an extension agent.





Never spray insecticides near flowering time

Only spray before flowering. Spraying after flowering is less efficient and may not protect yield.

After pods furn 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 (600 to 800 kg per



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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

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citation: Khanal, N.P., Sapkota, M., Bhatta, M., Dhungana, H., Darai, R., Kafle, S., Krupnik, T.J., 2019. Multiple benefits from Mungbean Production. CIMMYT and the CSISA project. Kathmandu, Nepal