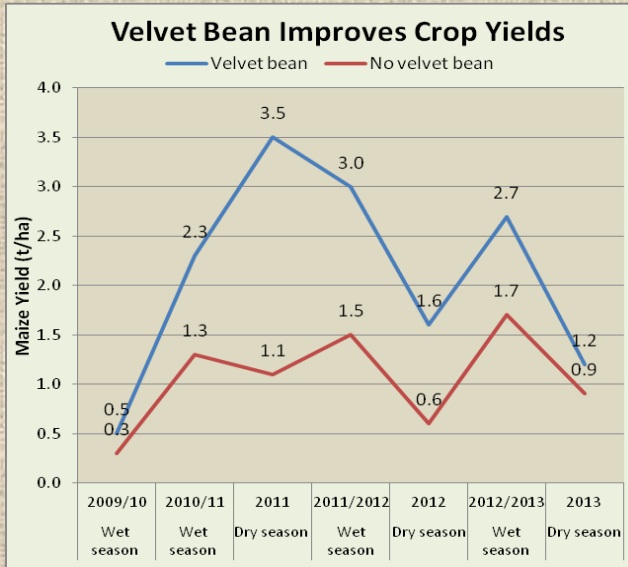


Lehe is a bean plant that grows as a vine. Most farmers know it as a food crop. It was widely used before Indonesian times but in many areas the seed was lost and the practice of using Lehe with corn crops declined. Seeds of Life conducted research on Lehe at in Betano on the south coast. Results can be seen for 4 years of research below. When Lehe grows vigorously, biomass improves soil fertility. (Yield is also impacted by climatic variation)



In the first year, gains in yields are not high. After 2-3 years of use, farmers should notice significant yield increases. Further increases can be gained through addressing other limitations in the soil such as phosphorus.



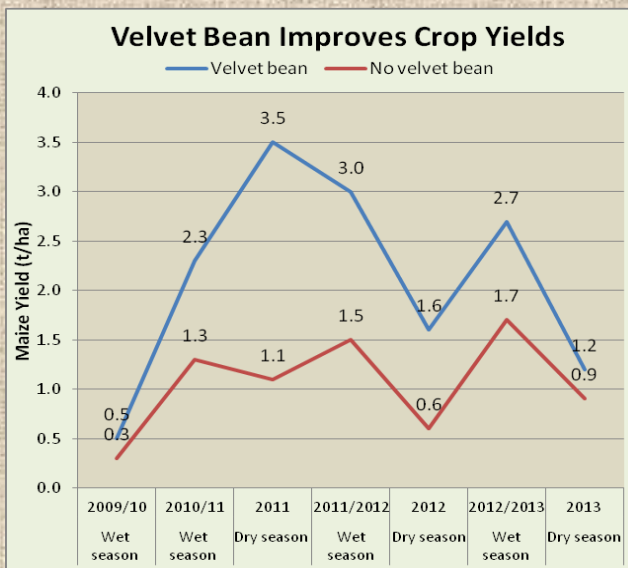
## Improve Soil Fertility "LEHE" SEED (Velvet Bean)

An indigenous, organic farming technology



- ✓ Grow a ground cover directly on the field
- ✓ Provide organic matter to the soil
- ✓ Provides a mulch cover for the next crop
- ✓ Reduces weeding times
- ✓ Naturally fixes nitrogen in the soil

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## How to use “Lehe”

- Week 1: Plant your corn
- Week 3: Weed your corn
- Week 4: After weeding, plant 1 Lehe seed in every square metre

The Lehe plant will “fix” nitrogen turning the nitrogen available in the atmosphere into a usable form for the corn plants.

After harvest, allow the Lehe vine to continue to grow over the corn and smother everything.



Lehe will naturally die off before the following wet season.

The next season, plant your corn in the thick mulch layer provided by the dead Lehe vines.

Alternatively, the dead Lehe vines can be ploughed into the soil to increase soil organic matter



You must have a good fence as cows love it!  
Don't burn the Lehe off the field—leave it as mulch!  
Don't forget to collect Lehe seed for the following year!

[www.kaditimor.org](http://www.kaditimor.org)

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