

FarmLens Ltd

Website: farmlens.africa | App: app.farmlens.africa | Headquarters: Nairobi, Kenya



Crop details

Watercress

Nasturtium officinale

Family: Brassicaceae

Categories

Vegetables

Generated: 2026-04-11 04:45

Quick stats

Family	Brassicaceae
Typical harvest	7.0 t/ha
Varieties	1
Pests and diseases	2
Seasons	1

Weather, soil and spacing

Best temperature	10 - 22 °C
Rainfall	450 - 800 mm/yr
Altitude	800 - 2800 m
Best pH	6 - 7
Soil type	Fertile well-drained loam rich in organic matter.
Row spacing	40 cm
Plant spacing	20 cm
Planting depth	1.5 cm
Seed rate	4 kg/ha

Crop profile

Growth habit	perennial
Days to harvest	55
Main uses	Leafy salad and garnish crop for premium fresh channels.
Pollination	insect
Origin and where it grows	Produced in cool irrigated and spring-fed East African zones.

Simple notes for farmers

About the crop: This crop is perennial; once planted it can keep producing for many years. Harvest typically starts about 55 days after planting.

Main use: Farmers mostly grow this crop for leafy salad and garnish crop for premium fresh channels..

Pollination: Mainly insect; healthy flowers and pollinators improve fruit set.

Where it grows: Produced in cool irrigated and spring-fed East African zones.. Grouped under: Vegetables.

Best climate: 10 - 22 °C; 450 - 800 mm/yr; up to about 2800 m a.s.l.

Soil: Best at pH 6 - 7; fertile well-drained loam rich in organic matter..

Farmer guide (Mwongozo wa Mkulima)

<u>Planting</u>	Establish Watercress in a fine weed-free seedbed and keep emergence moisture steady.
<u>Transplanting</u>	Direct seed or transplant depending on production system.
<u>Irrigation</u>	Maintain even soil moisture for steady Watercress growth and quality.
<u>Fertigation</u>	Use split nitrogen and potassium for market-quality Watercress.
<u>Pest scouting</u>	Scout Watercress weekly for chewing pests, sap suckers, and foliar diseases.
<u>Pruning and training</u>	No pruning required unless sanitation or staking is needed.
<u>Harvest</u>	Harvest Watercress at market maturity for the intended use.
<u>Postharvest</u>	Cool and shade Watercress promptly after harvest.

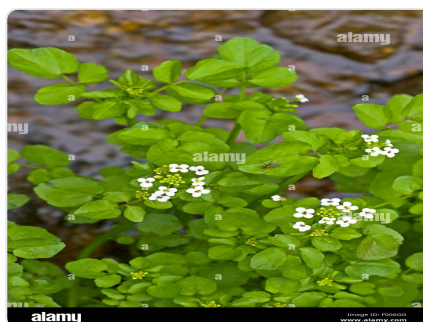
Nutrient schedule (Mbolea kwa Hatua)

#	Stage	DAP	Product	Rate	Targets (kg/ha)	Notes
1	Basal	0	NPK 17-17-17	200 kg/ha	N: 34, P ₂ O ₅ : 34, K ₂ O: 34	Basal fertilizer for Watercress.
2	Topdress	21	CAN	100 kg/ha	N: 26, P ₂ O ₅ : N/A, K ₂ O: N/A	Support active Watercress vegetative growth.

Nutrient requirements

Nutrient	Stage	Amount	Unit
N	Basal	35	kg/ha
P ₂ O ₅	Basal	30	kg/ha
K ₂ O	Basal	35	kg/ha
N	Topdress	25	kg/ha
K ₂ O	Topdress	20	kg/ha

Field images



Varieties

Name	Country	Maturity (days)	Traits
Green Watercress	KE	55	Fast regrowth under continuous moisture.

Fertilizer recommendations

<u>Stage</u>	<u>Product</u>	<u>Rate</u>	<u>Notes</u>
Planting	Well-rotted manure	5000	Improve soil structure before Watercress planting.
Vegetative growth	CAN	100	Split topdress for Watercress production.

Pests and diseases

<u>Name</u>	<u>Type</u>	<u>Symptoms</u>	<u>Management</u>
Aphids	pest	Leaf curling and sticky honeydew.	Scout frequently and use selective control when pressure builds.
Leaf spot complex	disease	Necrotic spotting and reduced leaf quality.	Improve airflow, rotate crops, and avoid prolonged leaf wetness.

Yields

<u>System</u>	<u>Typical</u>	<u>Min</u>	<u>Max</u>	<u>Notes</u>
Managed fresh-market production	7	4.9	10.5	Typical marketable Watercress yield under irrigated or well-managed conditions.

Season calendars

<u>Country</u>	<u>Region</u>	<u>Planting</u>	<u>Harvest</u>
KE	Highland Vegetable Zones	Mar-Apr or Oct-Nov	Year-round depending on irrigation

Region suitability

<u>Country</u>	<u>Region</u>	<u>Suitability</u>
KE	Highland Vegetable Zones	High

Source: **FarmLens Ltd** - farmlens.africa and app.farmlens.africa. Headquarters: Nairobi, Kenya. This guide was generated from the FarmLens database.