



**Somali**

# Crop Profiles

for Emerging Farmers



Northern  
**Gardener**

BY THE MINNESOTA STATE HORTICULTURAL SOCIETY

[northerngardener.org](http://northerngardener.org)



# Collard Greens

Baasto Qudaar (baas-toh koo-daar)

Hardy, nutrient-rich leafy green. Commonly used in stews

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## BEST PLANTING AND HARVESTING PRACTICES

- Direct sow/ transplant in early spring
- Harvest outer leaves regularly

## GROWING CONDITIONS

- Full sun
- Cool-season crop
- Grows best in 60°F to 70°F

## COMMON PESTS/ DISEASES

- Cabbage worms
- Aphids

## CULINARY AND CULTURAL USES

- Cooked into stews
- Sauteed with spices and eaten as a side dish

## TRADITIONAL AND HISTORICAL SIGNIFICANCE

- A staple green in Somali diets



# Cabbage

Kabsar (kab-sar)

Compact, cool-season vegetable. Used in Somali rice and meat dishes

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## BEST PLANTING AND HARVESTING PRACTICES

- Start indoors or direct sow
- Harvest after 60-80 days by cutting the stem with a knife

## GROWING CONDITIONS

- Full sun
- Cool season crop
- Grows best in 60°F to 70°F

## COMMON PESTS/ DISEASES

- Cabbage loopers
- Slugs

## CULINARY AND CULTURAL USES

- Used in Somali stews
- Rice-based dishes

## TRADITIONAL AND HISTORICAL SIGNIFICANCE

- Popular in Somali cuisine for centuries



# Onion

Basal (ba-sal)

Essential aromatic for nearly all savory Somali dishes

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## BEST PLANTING AND HARVESTING PRACTICES

- Plant in well-drained soil
- Harvest when tops are fully dry and fallen over

## GROWING CONDITIONS

- Requires full sun
- Adaptable to various soil types

## COMMON PESTS/ DISEASES

- Thrips
- Onion maggots

## CULINARY AND CULTURAL USES

- Somali soups and meat dishes
- A staple ingredient in many cultures

## TRADITIONAL AND HISTORICAL SIGNIFICANCE

- Key ingredient in many traditional dishes



# Squash

Bocor (bo-kor)

Versatile vegetable used in both sweet and savory Somali meals

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## BEST PLANTING AND HARVESTING PRACTICES

- Direct sow after the last frost
- Harvest in 90-120 days

## GROWING CONDITIONS

- Full sun
- Warm-season crop
- Grows best in 68°F to 100°F

## COMMON PESTS/ DISEASES

- Squash vine borers
- Powdery mildew

## CULINARY AND CULTURAL USES

- Used in both sweet and savory dishes

## TRADITIONAL AND HISTORICAL SIGNIFICANCE

- Common in Somali households



# Lentils

Digir (di-gir)

Drought-tolerant legume and staple protein source

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## BEST PLANTING AND HARVESTING PRACTICES

- Sow in early spring
- Harvest pods when mature (80 to 120 days)

## GROWING CONDITIONS

- Full sun
- Tolerates dry conditions

## COMMON PESTS/ DISEASES

- Aphids
- Fungal diseases

## CULINARY AND CULTURAL USES

- Staple in Somali cuisine
- Often used in soups and stews

## TRADITIONAL AND HISTORICAL SIGNIFICANCE

- Highly valued as a protein source in Somali culture



# Tomato

Yaanyo (yaa-nyo)

Common base for Somali stews, sauces, and rice dishes

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## BEST PLANTING AND HARVESTING PRACTICES

- Start indoors, transplant after last frosts
- Harvest at peak ripeness

## GROWING CONDITIONS

- Full sun
- Warm-season crop
- Grows best in 70°F to 85°F

## COMMON PESTS/ DISEASES

- Tomato hornworms
- Blight

## CULINARY AND CULTURAL USES

- Key ingredient in Somali pasta and stews
- Goes well with lentil dishes

## TRADITIONAL AND HISTORICAL SIGNIFICANCE

- Integral to Somali culinary culture



# Roselle

Karanjow (ka-ran-jow)

Tangy leaves and vibrant red calyces used in teas and cooking

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## BEST PLANTING AND HARVESTING PRACTICES

- Direct sow in warm soil
- Harvest leaves and flowers

## GROWING CONDITIONS

- Full sun
- Thrives in heat
- Grows best in 65°F to 95°F

## COMMON PESTS/ DISEASES

- Aphids
- Powdery mildew

## CULINARY AND CULTURAL USES

- Leaves used in teas
- Flowers do well in beverages

## TRADITIONAL AND HISTORICAL SIGNIFICANCE

- Used in Somali traditional medicine



# Sesame

Sisin (si-sin)

Seed used in oils and as a crunchy garnish or paste

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## BEST PLANTING AND HARVESTING PRACTICES

- Direct sow in spring
- Harvest seeds when dry
- Harvest 90 to 150 days

## GROWING CONDITIONS

- Full sun
- Drought-tolerant
- Grows best in 77°F to 80°Fs

## COMMON PESTS/ DISEASES

- Aphids
- Seed rot

## CULINARY AND CULTURAL USES

- Can be used in oils
- Spice blends

## TRADITIONAL AND HISTORICAL SIGNIFICANCE

- Important cash crop in Somali agriculture



# Chili Pepper

Qare (qa-reh)

Spicy pepper used in traditional sauces and meat dishes

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## BEST PLANTING AND HARVESTING PRACTICES

- Start indoors or sow directly in spring
- Harvest when ripe (60 to 90 days)

## GROWING CONDITIONS

- Full sun
- Prefers warm conditions
- Grows best 70°F to 80°F

## COMMON PESTS/ DISEASES

- Aphids
- Fungal infections

## CULINARY AND CULTURAL USES

- It can be used fresh or dried
- Best in sauces and many dishes

## TRADITIONAL AND HISTORICAL SIGNIFICANCE

- information goes here; adjust for formatting



# Potato

Baradho (ba-ra-dho)

Cold-tolerant root crop used in a variety of Somali dishes

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## BEST PLANTING AND HARVESTING PRACTICES

- Plant tubers in early spring
- Harvest in late summer (after xx to xx days)

## GROWING CONDITIONS

- Full sun
- Cool-season crop
- Grows best in xx to xx temps

## COMMON PESTS/ DISEASES

- Potato beetles
- Blight

## CULINARY AND CULTURAL USES

- Boiled
- Mashed
- Fried

## TRADITIONAL AND HISTORICAL SIGNIFICANCE

- Staple food in Somali homes

