How To Grow Millets

Millets are a group of highly variable small seeded grasses widely grown around the world as cereal crops and grains for both human food and fodder.

They can play a pivotal role in preventing and curing several health issues. Millets contain incredibly nutrient rich composition enriched with goodness of nature. Since they are rich in source of fibre, minerals like magnesium, phosphorous, iron, calcium, zinc and potassium. Millets require warm temperatures for germination and development and are sensitive to frost. Optimum soil temperature for seed germination is between 68 to 86 degrees Fahrenheit.

Soil requirements

Millets produce well on well drained loamy soils. They will not stand water logged soils or extreme drought. Millets are propagated with a grain drill at the depth of inch in the ground.

Nitrogen is usually the most limiting nutrient in millet production. Rates of nitrogen must be based on yield and growth as well as cropping history. Excess nitrogen whether applied or residue might affect enlarging.

Varieties

Sorghum requires an average temperature of at least 25 degrees celsius to generate maximum grain yields in a given year. Insects and diseases are not prevalent in sorghum but birds are a threat.

Pearl millet on the other hand is a rich source of phosphorous which plays an important role in the structure of body cells. Finger millet is rich in calcium and protein and has a good amount of iron and other minerals.

Pest management

Grasshoppers have been the most serious pest on millet. Insecticides are cleared for use on millets to manage grasshoppers. Army worms can also be prevalent but still can be controlled same way.

Millets are ready to harvest when seeds in the upper half of the pentacle are mature. Seeds in the lower half of the pentacle may still be in those stages but must have lost their green colour. At this point, the leaves and the stems may still be green.