

NATURAL FARMING

Ia ka natural farming lah ju khot ruh kum ka Fukuoka method namar lah pynmih da u nongrep bad u riewstad pyrkhat na Japan uba kyrteng Masanobu Fukuoka. U la thoh ruh shaphang kane ka rukom rep ha ka kot kaba krteng “One Straw Revolution” ha kane ka kot la batai bha shaphang ka Natural Farming bad kumno ngi dei ban pyndonkam ia ka buit stad jongngi ban bud ia ki rukom rep kiban myntoi ha ki snem ban wan.

Ka natural Farming ka bud ia ki rukom rep ha kiba

- ▶ Ngi Pynduh ia ka jingpyndonkam ia ki dawai kharkhana (kumki urea,SSP,DAP) bad ruh ban pynduna ia ki dawai khniang bad jingpang (pesticides bad herbicides) ha ki jingthung. Natural farming ka bud ia ka no tillage kaba mut ba ngim dei ban puh bad kylla ia ka khyndew namar kane ka pyndik bad pynduh ia ki phngit jingim(soil micro-organisms) kiba ai jing myntoi sha ka khyndew.
- ▶ Ki mat ba kongsan ha kane ka rukom rep ki long ba ngi lah ruh ban pynduna ia ka drudgery lane ka jingtrtei da ka bormet bad ioh ka jingmih pat kaba bun da kaba pyndonkam tang da ki sbob mariang bad ki rukom rep ki bym pynjulor lane ktah ia ka mariang ne ka khyndew.
- ▶ Ka natural Farming ka thmu ban pynkiew ia ka jingmih na ki jaka rep da kaba pyndonkam ia ki rukom rep ba pynbha ia ka khyndew kata ka long ba ngin pynriewspah ia ka kyndew ha kaba ngi rep, ngi dei ban pynroi ia ki phngit jingim kiba lah don lypa ha khyndew jongngi.
- ▶ Kane ka Natural Farming ka iapher bha naka rukom rep kaba mynta namar ha kane ka rukom ngi pyndonkam tang ia ki tiar kiba na kper bad ym dei kiba na bar

Kaei ka jingiasriem hapteng ka organic bad ka natural farming

- ▶ Baroh artylli ki rukom rep kim pyndonkam dawai karkhana bad kim long bih ha jaka rep
- ▶ Kine ki rukom rep ki pynnoh mynsiem ia ki nongrep ban pyndonkam kino kino ki jait dawai : sbob, dawai khnaing ne jingpang.
- ▶ Ki pynshlur ban pyndonkam da ki sbob mariang kiba ioh na kper lajong bad ruh pynduna khniang ne jingpang da kaba pyndonkam da ki biopesticide bad ki sbob mariang kiba shna hi na kper lajong
- ▶ Ki pynshlur ban rep da ki symbai lajong lane ki symbai bym ai kino kino ki dawai (chemical free seed) da dei ki symbai jhur,pulses/rymbai ne ki kba/riewhadem)

- Ka sorkar India ka pynshlur bha ia ka Natural Farming namar ba ka Rukom rep kaba ngi bud mynta ka pynthut bad ktah bha ia ka imlang sahlang jong baroh kiba don ha ka sla pyrthei. Ha kaba iwei I jingim I shaniah iwei pat kiba ngi ong ka biodiversity ha phareng.

Jingmyntoi na ka Natural Farming

- Ka pynbha ia ka khyndew jongngi khamtam ban ianujor bad ka rukom rep kaba mynta. Ka natural Farming ka pynroi ia ki jingim kiba don ha khyndew.
- Ka pynshlur ban thung lang ki jait jingthung bapher bapher ha kajuh ka jaka (kiba ki ong CROP DIVERSITY)
- Ki pynshlur ia ka rukom rep ha kaba ym donkam ban puh bad pynkylla ia ka khyndew(NO-TILLAGE)
- Ki ialeh ruh ban pyndonkam ia ka um ha ka jaka rep ha ka rukom kaba biang kiba ong WATER MANAGEMENT .
- Ka pynshlur ruh ban pyndonkam ia ki sboh mariang kiba ioh na ka kper lajong ha ka rukom kaba dei kaba ki ong NUTRIENT MANAGEMENT.
- Ban pynkhuid bad pynduna ia ki nuit ki nier ha kper khlem ki dawai .
- Ban pynduna ia ki khniang bad jingpang ha ki jingthung da ki dawai ba shna hi. Kum ki jiva amrit,bijamrit bad kiwei de.

Ka jingiapher hapdeng ka organic bad Natural Farming

Organic Farming	Natural Farming
Lah ban pyndonkam ki sboh kiba shna shawei kumki sboh mariang ,sboh wieh,sboh eit masi bad kiwei kiwei de	Kiei kiei kiba ngi ioh na kper/jaka rep ki ai lad iaki ban pyut da ka jingiarap jong kimicrobes(phngit jinim kiba ha khyndew) bad ki wieh kiba pyut bad kylla sboh , bad pyndonkam ia kata ha ki jaka rep jongki.
OF ka ai lad ban puh,bad ban kylla ia ka khyndew khleh ki sboh mariang kiba nabar bad ban thiew ia ki kynbat	Ngim lah ban leh ia kine bad ki shaniah beit ha ka mei mariang.
Ngim pyndonkam ia ka sboh mariang kham bun bad ka long kaba rem bad bun jinglut	Ka long kaba duna jinglut naduh ba sdang namar ka dei ba shu pyniahap bad ka rukom imlang sahlang jongngi khlem pyndonkam ei ei nabar.

Ban pyntyllun ia ka rep da ka System of crop intensification (SCI)

- ▶ Kane ka long ka rukom rep ha kaba ngi pynshlur ia ki nongrep ban rep khnang ban ioh ka jingmyntoi kaba kham bun.
- ▶ Ka dei ka rukom rep kana long climate smart lane kaba iahap bad ka jaka rep .
- ▶ Kawei ka nuksa kaba iadei bad kane ka long ka SRI bad mynta lah ialeh ban bud ia kane ha kiwei kiwei pat ki jingthung kumki riewhadem,badam,shynrai,kew,krai kynja rymbai: motor,dai saw, chana kabuli etc.

Zero budget Natural Farming

Ka Natural farming ka bun ka rukom ban rep hynrei kaba pawnam bha ha ri india jongngi ka long ka Zero Budget Natural Farming(ZBNF) kaba pynmih da I Padma Shri Subhash Palekar. Ka jingmut jong kane ka ZBNF ka long ba ngim don jinglut ei ei naduh ka por thung haduh kaba ngi ioh ia ka jingmih bad baroh kaba ngi pyndonkam ki long beit ba shna ha kper lajong .



Saw tylli ki paia kiba donkam jong ZBNF

- ▶ Bijamrit
- ▶ Jivamrit
- ▶ Mulching
- ▶ Waphasa

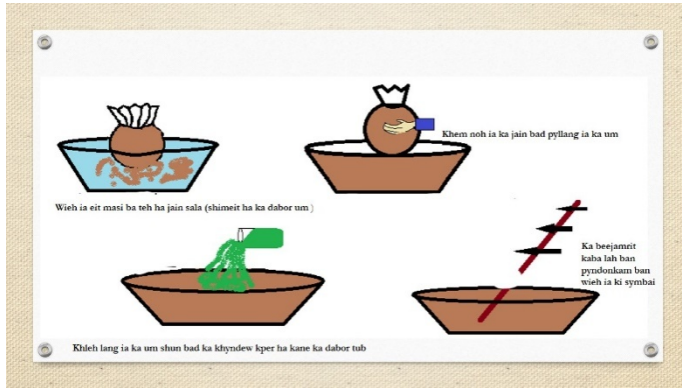
Bijamrit

Ka“ Bijamrit” ka dei ka kynja dawai um kaba iada ia ki jingthung na ki jingpang ba saphriang lyngba ki symbai na ki khyndew. Ki symbai hadien ba lah dep thung ki lah ban ioh kem shibun jait ki jingpang baphe bapher. Namar kata ka donkam ban iada shuwa ia ki symbai bad ki jingthung da ka “Bijamrit” ha shuwa ban thung.

Ki jingdonkam haba shna ia ka bijamrit

1. Ka eit masi.-5kilo
2. Ka um pynjhieh masi.-5litar

3. Ka shun powder.-50gram
4. Ka khyndew met na kper-shikham kti
5. Ka borti plastik.-1wei
6. Ka um-20litar`
7. Jain sala-1/2 meter



Ka rukom shna ka ia bijamrit

1. Shim ia ka eit masi haka jain sala bad sa the bha bad pdem ia kane hapoh um baroh shimiet.
2. Nangta khleh ruh sa ha kawei pat ka borti kumba 50 gram ka shun ha ka 1 litre ka um.
3. Ha ka sngi kaba bud sa khyrwait sa ka jain sala bala dep pdem haduh ba ka um baroh kan jar lut.
4. Shuh shuh ia kane ka um ba lah dep jar sa khleh lang bad ka um pynjhieh masi, ka um shun bad shi kham ka khyndew.
5. Ia kane ka sbob ba la dep khleh buh haka jaka badum ne kah syrngiew baroh shimiet, sa pyndonkam pat ha ka sngi kaba bud.

Kumno ban pyndonkam ia ka bijamrit

Ha ki symbai: Pdem ia ki symbai ha kane ka um Bijamrit bad sat had rkhiang ia ki ha ki jaka badum ne kah syrngiew bad ia kane dei ban leh ha shuwa ban thung.

Ha ki sara/thied jingthung: ha shuwa ban thung ia ki jhur, dei ban wieh pdem ia ki thied jongki kumba 15 minute da ka Bijamrit.

Jeevamrit

Ka Jeevamrit ka dei ka sboh mariang kaba iarap ban iada ia ki jingthung na ki khniang bad jingpang ba bun jait.

Ka Jeevamrit ka dei kawei na ki lad ban iarap ia ki nongrep ban kyrshan ia lade bad ban nym shaniah ha ki dawai (Chemicals).

KI JINGMYNTOI JONG KA JEEVAMRIT

1. Ka pynroi ia ki kynja phngit jingim (babha) ba don hapoh ka khyndew khnang ba ki jingthung kin lah ban ialeh pyrshah ia ki jingpang ba bun jait.
2. Kine ki phngit jingim ki iarap ia ki jingthung ban kjit bha ia ki jingbam bapher bapher kum ki Nitrogen, Potassium, Phosphorous etc. na ka khyndew.
3. Ki jingthung ba lah synreit da kane ka dawai ki pynher krad ia ki khniang ban tur ne bam iaki.
4. Ki khniang kiba bam ia ki jingthung ba lah synreit da kane ka dawai kim treh bam shuh bad suki suki ki iap swai.

Ki jingdonkam haba shna ia ki jeevamrit

- a) Ka borti plastic (ba 20 litre)
- b) Ka eit masi ba dang im (1 kg)
- c) Um pynjhieh masi ba lah 3-4 sngi (1 litre)
- d) U Besan powder (250 - 500 gm)
- e) Ka Mithai Lali (250 - 500 gm)
- f) Ka khyndew na ka kper ban pyndonkam ia kane ka sboh (shi kham)
- g) Ka um (10 litre)(lait noh bna ka um sorkari ba lah khleh dawai)
- h) Ka Jain iong ban tap nalog borti.



Ki kyndon shna ia ka jeevamrit

a)Ha ka borti khleh lang

- i. Ka eit masi ba im (1 kg)
- ii. Um pynjehieh masi (1 litre)
- iii. Beson powder (250 –500 gm)
- iv. Methai Lali (250-500gm)
- v. Khyndew na ka kper ban pyndonkam ia kane ka sbob (shi kham)

b)Ynda lah dep khleh lut ia kine haneng theh um kumba 10 litre bad king biang, sa tap da ka jain iong bad buh biang ha ka jaka badum.

c)King ia kane ar sien shisngi haduh 7 sngi.

Kumno ban pyndonkam ia ka jeevamrit

- a) La lah ban pyndonkam ia kane ka jingkhleh naduh 3 haduh 9 sngi hadien ba lah dep shna.
- b) Shim kumba 1 liter ka Jevamrit ba lah shna bad sa khleh lang ha 10 litre ka um.
- c) Lah ban khleh lang bad ka um ba pynpoi sha ki jaka rep ne lyngkha kba.
- d) ki jaka ban synreit ia kane ka dawai ki dei ban long kiba sngem.
- e) lah ban synreit ia kane ka dawai man la ka 15 sngi bad ka kham bha lada synreit 3 sien ha ka shibnai.

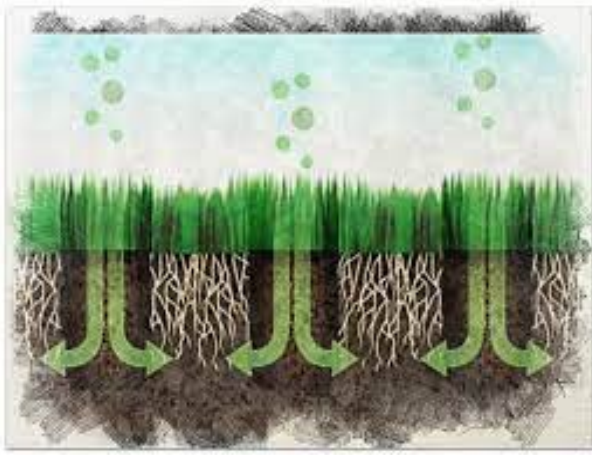
Ka jingphikir

1. Ym dei ban pyndonkam da ka borti nar.
2. Ym dei ban synreit ia kane ka sbob ha ka por ba dang phuh syntiew ki jingthung.

Mulching : Kaba long ruh ka bynta ka ZBNF , mulching ka dei ka rukom ha kaba tap ia ka trai jingthung bad ka khyndew kaba lait da ki phlang ne jintang kba .Kane ka iarap ruh ia ki phngit jingim ban pynsboh ia ka khyndew bad ban pynduna ia ki nuit ha jaka rep



Waaphasa: Kane ka dei ka rukom ha kaba pyllait 50% ka lyer bad 50% jynhaw haw hakhyndew ban ai lad ia ki phngit jingim ban pynsboh ia ka khyndew



Kiwei kiba kynthup ha Natural Farming ki long:

- Dashparni ark bad Neem Astra: Ki dei ki dawai ba shna ha jaka rep da kaba pyndonkam ia ki san jait ki sla bapher bapher lang bad u sla neem. Kane ka iarap ban pynduna ia ki



khniang jingpang

- Ka ZBNF ka pynshlur ruh ban rep ar lane lai tylli ki jingthung ha kajuha jaka , kane ka iarap ban ioh ka jingmih kaba kham bun bad ruh ban pynduna ia jingduh nong lada uwei



- u jingthung u duh noh.(multiplecropping)
- Ka Natural Farming ka iasyriem bad ka rukom rep tynrai kiba lah bud mynshuwa bad ka long kaba bha ia ka mariang bad ruh ia k aim lang sahleng hi baroh kawei.