

# Vegetable diversification, intercropping and Bio-input

## ALIVE-FNS Project Ayeyarwady Delta – Myanmar A sustainable technique for the Delta farmers



**1- Land preparation:** From 100 to 300m<sup>2</sup> - For winter cultivation **extend cultivation on open field**. Till the soil with spade, break down lumps, make raised bed **3 feet wide and 5-6 inches height**. The rain guard can be used for nursery to start seedlings; then remove PVC plastic and add **shade net** for winter cultivation.



**2- Soil preparation:** Compost with **straw compost at 1kg/m<sup>2</sup> for each cultivation cycle**; use up to 300kg straw compost for 100m<sup>2</sup> for 3 cycles or 600kg straw compost for 200m<sup>2</sup> for 3 cycles. One pile of straw compost 6x4x3 feet produce about 450-500kg of compost. Use as well Super Bokashi at **1kg/m<sup>2</sup>** or about 100kg Bokashi for 100m<sup>2</sup> plot. Add rice husk ashes and mulch with rice straw.



**3- Transplanting and direct sowing:** Transplant or direct sowing at **proper spacing** depending on vegetable, use plank marker for Row to Row and **respect spacing** from Plant to Plant/ Seed to Seed for excellent growth. Direct sowing for carrots, radish, amaranth. Sow/plant under direct sunlight or shade net depending on the winter months.

**4- Bio-input:** Spray **twice a week** bio-input. Add 600ml of IEM, 320ml of FFE, 600ml of Natural pesticides, 120ml of IEM 5 and 120ml of FAA in 16 Liters sprayer. IEM, FAA are for plant growth, FFE is for stimulating fruiting, IEM 5, Natural pesticides, Tobacco mixture are for pest control. RHV is for pest control and plant growth, add 40ml of RHV in 16L water.



**5- After care:** Keep on spraying bio-input for plant growth and P&D control, use locally made yellow sticky trap, all along the growing cycles. Start well in time, starting sowing by mid-October and cultivate up to **3 to 4 crop cycles** for best revenues, until end of March. **Regular application of Bio-input** twice a week is the **key factor** for excellent yield, crop quality and P&D control.



**6- Peer learning & sharing session and Farmer Field Day** are essential activities where farmers learn from each other; exchange first hand information, technical aspects and get feedback across the villages.



**7- Sale to neighbour, collector or Bogale market.** Growth diversity up to 10 vegetable for best nutrition benefit for women, children and the family. Use only bio input for **SAFE FOOD** production

### Advantage of vegetable diversification, intercropping & Bio-input (winter season)

Investment of about 0.5L MMK (seed, bio-input) – **Profit from 3 to 5L MMK** on 100 to 300m<sup>2</sup> plot, depending on farmer's experience and number of crops cycles grown. Bio-input cost only 15 to 20 000 MMK for the full season and seed about 20 000 MMK. 6 hours to prepare all bio-input for the whole season - 20 minutes needed per treatment – **Spray bio-input twice a week**. High diversification up to **10 vegetables** or more, allows for better market access, family nutrition health and good sale price during winter. No Chemical Fertilizer or Pesticides, better looking vegetable, longer shelf life, **safe food** production.