

Regenerative Paddy Cultivation | Organic Rice Farming

Green manure is plowed back into the soil in preparation for the next paddy season, effectively returning nutrients to the soil without the use of chemical fertilizers.

Paddy Cultivation Process:

1. **Crop Rotation:** Following paddy harvest, other crops are introduced into the rotation. This diversification helps improve soil health and reduce the risk of pests and diseases.
2. **Green Manure:** Green manure, consisting of cover crops or specific plants grown for this purpose, takes over after the initial crop rotation. These green manure crops contribute to soil enrichment. When the next paddy season approaches, they are plowed back into the soil.
3. **Soil Preparation:** When the first monsoon rains arrive, the green manure and any weeds are tilled back into the soil. Adequate water is directed into the fields through channels to facilitate this process.
4. **Flooding:** Flooding the paddy fields plays a crucial role in preventing weeds from competing with the paddy crop. This is typically done during the rainy season when heavy rainfall allows for proper channeling of water into the fields.
5. **Field Inoculation:** After flooding, the field is inoculated with compost that contains various beneficial microorganisms. This helps enrich the soil. The field is then left for approximately 14 days, during which time organic matter decomposes, releasing nutrients into the soil.
6. **Seedbed Preparation:** About two weeks before

transplantation, the part of the paddy field with good sunlight exposure is tilled. This provides an optimal environment for seedlings.

7. **Transplantation:** For transplanting, a system called the System of Rice Intensification is employed. This method involves planting paddy seeds with a one-foot gap between each plant. This spacing allows the plants to grow more effectively and yield better results.

By following these regenerative practices, paddy cultivation becomes a sustainable and environmentally friendly process that enhances soil health, reduces the need for chemical inputs, and ultimately leads to better crop yields.