

Farmer Field School (FFS) Human Ecology Practical Area (HEPA) student Vieng Phet has been chosen to undertake an internship in Myanmar Country. He has a proven ability to overcome language and cultural challenges. However he tried to learnt and hard worked by himself so he had been some good lesson learned in organic farm to share to every one.



**Organic garden in Myanmar**



**Tomato garden designed in float soil**



**Plant vegetable in bag/ container/ bucket**

### **Plant Spring Onion process**

Spring onion are picked and used in everyday Myanma cuisine. People need to plant spring onion in all seasons of a year. It is common to find spring onions planted in play-grounds, gardens bags, container or bucket.

Spring onion are best planted in loam soil, while they can tolerate clay-loam and loam – sand. Spring onions, onion or garlic do not tolerate water logged soil

Spring onion can be planting from seeds, tubers or as seedlings. If planting tubers, choose large tuber with no diseases or scratches.



**Hành được trồng sau 3 ngày tuổi**

Bags, containers or buckets are best prepared for planting with three layers of growing medium. The first layer is green manure or buffalo manure. The second layer is soil. Plant the spring onions at 10-15cm intervals in the soil. The third and final layer is a thin layer of mulch. A thin layer by straw rice will conserve moisture and encourages healthy growth.



**Onion in one week old**

Weed and water the spring onions are required. Spring onion need frequent watering to thrive, typically two times per day.

### **Plant lemon grass by**

Cut all leaf and top of lemon grass, only keep the bottom 15cm. Place the lemon grass in a container of water placed in an airy and sunny position.



After one week you can see the roots come out from lemon grass (picture on)



We need to change water in every two days. Continue for around two weeks and the roots and leafs show signs of growth. Plant them in a pot (picture on)



Water frequently for around two or three days after planting. This helps the plants adapt to growing in a new environment. After to three weeks the lemon grass will be mature.