

## **HMB4 Staff Participate in Intensive Training on How to Grow Organic Vegetables**

**KANDAL PROVINCE:** On August 26, 2011, CEDAC organized a monthly intensive training on how to grow organic vegetables at CEDAC's organic farm in Rolaing Ken Commune, in the Kandal Stueng District of Kandal Province. Thirty staff members of the HMB4 Project attended this training, which was facilitated by CEDAC's President, Dr. Yang Saing Koma.

Initially, both farm owners and farm managers were invited to present about the improvement of the farm since the start of the farm and their experiences in managing the farm. The farm owner Mr. Hor Sophal said, "Before, we needed seven workers to water all vegetables in this farm for the whole morning, but currently we need only one man to do the same work for about half an hour." Moreover, he added that he has gotten a higher yield from the farm: "Different from before too, now we can regularly supply many kinds of vegetables to the CEDAC's shop on a daily basis."

During the training, it was suggested that all participants visit the entire farm in order to learn from real farming practices. And then, they did a reflection session amongst the group.

Dr. Yang Saing Koma, as a facilitator, led the participants to analytically think about vegetable harvest planning. For instance, we want to sell corn every day to earn 10,000,000 riels per year. How many plants of corn should be planted each day? And what size of land is needed for planting?...etc. The concept of cropping planning and calculation, and how to do it, were introduced to the participants. Furthermore, Dr. Yang Saing Koma, introduced how to produce liquid compost for the crops or vegetables by using plant shoots.

As a result, all participants enjoyed learning and working together in the farm and gained more knowledge and understanding about organic vegetables and cropping planning.

