

# OUR FARMERS: OUR HEROES

- THEY PRODUCE HEALTHY FOOD.
- THEY KEEP THE SOIL HEALTHY.
- THEY PROTECT OUR WATER RESOURCES.

Let's hear their experiences with organic farming.

"When you use chemical fertilisers, you may achieve good results during in the first few weeks, but then it starts destroying the soil and the soil becomes hard. Look at this spot where we used the organic fertiliser: The soil is soft and it is much easier to grow plants. And, since applying organic fertilisers and pesticides, I no longer suffer from breathing and skin problems."

Mr. Doeuh Khdan, 23, produces organic fertiliser on a small farm, Boeung Trach Village, Sihanouk Province

"I grow rice, vegetables and fruit at my own home. I experiment and apply organic techniques on my produce and share the practices with my neighbors. For me, the greatest advantages of organic farming are, firstly that, I do not have to worry about my health, and secondly that, I do not have to worry how I could afford the expensive chemical fertilisers and pesticides. Now, I know how to protect my plants and fertilise my soils using my own natural resources. I would like to see more farmers committing to organic farming, but for this we would need more knowledge and skills. We need training."

Ms. Soknai, 25, grows and maintains vegetables Boeung Trach Village, Sihanouk Province



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"Before I started working on this farm, I lived in Phnom Penh. There, I did not know much about organic food and where to buy it. So I ate vegetables with chemicals which badly affected my health. I had to go to health check-ups 2-3 times per week because I felt very weak. Now that I work at the organic farm, I do not have any health problems anymore and learn about organic farming techniques which I can apply on my own cultivation (eggplant and chili). I have already grown some organic vegetables and my family and I would like to have our own organic farm."

Ms. S. Chan Ut, 29, works on a big farm Chroy Svay Village, Koh Kong Province.

**Organic farming is of benefit for myself (the farmer) and for us all (society).**