

A Monthly e Magazine
ISSN:2583-2212

April, 2026 Vol.6(4), 985-989

Popular Article

Organic Farming

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doi.org/10.5281/ScienceWorld.19699075

Abstract

Organic farming is a sustainable agricultural system that focuses on producing food using natural methods without the use of synthetic fertilizers, pesticides, or genetically modified organisms. It promotes soil health, biodiversity, and ecological balance by using practices such as crop rotation, composting, green manuring, and biological pest control. Organic farming helps maintain soil fertility, reduces environmental pollution, and produces healthier food for consumers. It also supports long-term agricultural sustainability by conserving natural resources and improving the resilience of farming systems. With increasing awareness about environmental protection and food safety, organic farming is gaining importance worldwide as a reliable approach for sustainable agriculture and rural development.

Introduction:

Organic farming is a natural way of growing crops and raising animals without using chemical fertilizers, pesticides, or genetically modified organisms (GMOs). Instead, it focuses on natural processes, biodiversity, and soil health.

Farmers use materials like compost, farmyard manure, green manure, crop residues, and bio-fertilizers to maintain soil fertility and control pests naturally.

Objectives of Organic Farming

The main goals of organic farming are:

- Maintain soil fertility and health
- Protect the environment and biodiversity
- Produce safe and healthy food
- Reduce pollution of soil and water
- Promote sustainable agriculture
- Encourage natural livestock management

Principles of Organic Farming



Organic farming follows four important principles developed by the International Federation of Organic Agriculture Movements.



1. **Principle of Health:** Organic agriculture should sustain the health of soil, plants, animals, humans, and the planet.
2. **Principle of Ecology:** Farming should work with natural ecosystems and cycles.
3. **Principle of Fairness:** Organic farming should ensure fair relationships among farmers, workers, consumers, and nature.
4. **Principle of Care:** Agriculture should be managed in a responsible and sustainable way for future generations.

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Key Components of Organic Farming

1. Organic Manures

These improve soil fertility naturally.

Examples:

Farmyard manure (FYM)

Compost

Vermicompost

Green manure

Crop residues

2. Biofertilizers

Microorganisms that help plants absorb nutrients.

Examples:

Rhizobium

Azotobacter

Blue-green algae

Mycorrhiza

3. Crop Rotation

Growing different crops in sequence on the same land to maintain soil nutrients and reduce pests.



Example:

Rice → Pulse → Vegetable

4. Green Manuring

Growing plants like sunhemp or dhaincha and plowing them into the soil to improve fertility.

5. Biological Pest Control

Using natural predators or plant-based pesticides.

Examples:

Neem oil

Trichoderma

Ladybird beetles

6. Mulching

Covering soil with plant materials to retain moisture and control weeds.

5. Methods of Organic Farming

Some common organic farming methods are:

Natural Pest Control

Using neem extract, garlic spray, or beneficial insects instead of chemicals.

Intercropping

Growing two or more crops together in the same field.

Example:

Maize + Beans

Mixed Farming

Combining crop production with livestock.

Agroforestry

Growing trees along with crops and animals.



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Advantages of Organic Farming

- Healthy food – free from harmful chemicals
- Improves soil fertility and structure
- Environment friendly
- Conserves biodiversity
- Reduces water and soil pollution
- Higher market demand and price for organic product

Disadvantages of Organic Farming

- Lower yield in the beginning
- Requires more labor and management
- Organic inputs may not always be available
- Certification process can be expensive
- Pest control may be slower compared to chemical methods

8. Organic Farming in India

India is one of the largest producers of organic products.

Important initiatives include:

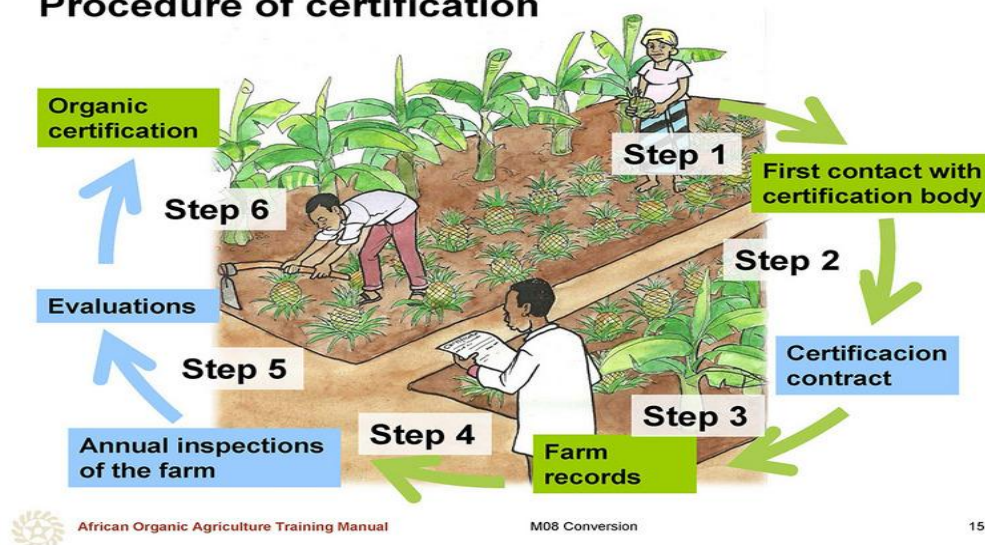
Paramparagat Krishi Vikas Yojana (PKVY)

National Programme for Organic Production (NPOP) by Agricultural and Processed Food Products Export Development Authority

Organic certification programs

States like Sikkim became famous for 100% organic state in India

Procedure of certification

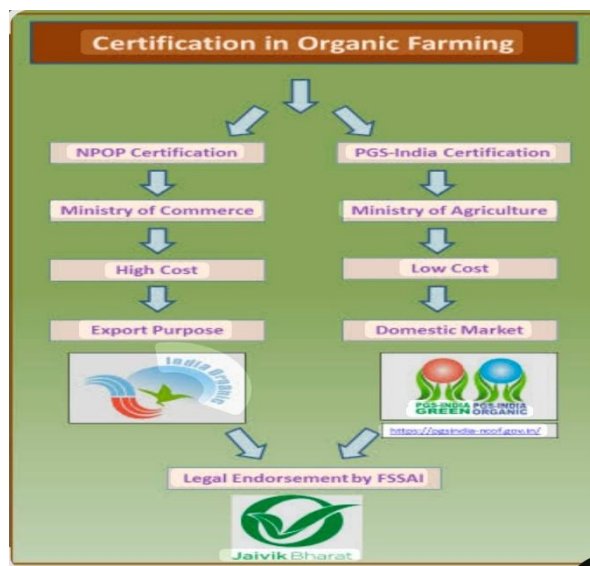


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Steps to Start Organic Farming:

- Stop using chemical fertilizers and pesticides.
- Improve soil fertility with organic manure.
- Use crop rotation and intercropping.
- Adopt biological pest control.
- Apply compost and biofertilizers regularly.
- Get organic certification if selling in the market.



Future of Organic Farming:

Organic farming is becoming more popular because people are concerned about health, food safety, and environmental protection. It plays a key role in sustainable agriculture and climate change mitigation.

With increasing awareness, organic products have high demand in both domestic and international markets.



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Conclusion:

Organic farming is a sustainable and environmentally friendly agricultural system. By avoiding synthetic chemicals and relying on natural processes, it helps maintain soil fertility, protect biodiversity, and produce healthy food. Although it may require more effort and time, it ensures long-term benefits for farmers, consumers.

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