



輪作 Crop Rotation

輪作是有機耕作系統中不可或缺的一環，它的意思是在每一個種植季節內，在某幅耕地上輪流種植不同的農作物。有機農夫通常會把耕地劃分為不同的區域，經過小心計劃，依次輪流在每個區域種植農作物。在選擇作物種類時，農夫們通常會選親緣關係較遠(例如不同科)的作物來制定輪作的順序。

Crop Rotation is an integral part of the organic production system. It refers to the practice of growing a different crop on that particular piece of land for each growing season. Organic farmers usually divide their fields into different sections and carefully plan out and rotate the crops to be planted in each sections of the farm in sequence. A variety of crop types which are distant and unrelated species in other plant families are usually selected and planted in succession of others.

打破病蟲害的世代交接循環



病蟲害通常都有寄主專一性，即只侵害某種或某類的作物，因此，在同一幅農地上連續地種植某種蔬菜就會令為害該蔬菜的病蟲害不斷繁衍。而精心設計的輪作計劃可打破這個病蟲害繁衍的循環。不同作物輪流生長，田裏的病害蟲將因為找不到原來寄主而無以為繼。此外，有機農夫還會預計不同的害蟲會在甚麼地方、甚麼時候威脅其農作物，然後有策略地調整種植的時間表，以避開可能出現的病蟲害肆虐的情況。

Breaks pests and diseases cycle

Insect pests and diseases are usually quite hosts specific. Growing the same vegetables in the same plot of land will build up the pests and diseases that continue to thrive on that particular crop. On the other hand, thoughtful crop rotation disrupts this cycle. By moving the crops around, insect pests will have a harder time finding their target. Also, organic farmers try to anticipate where and when different pests will threaten their crops, and then they will strategically adjust crop planting schedules to avoid the likelihood of a serious infestation.

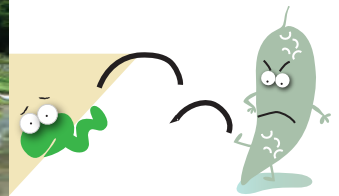
平衡所需的養分

每種農作物都有特定的養分需要，在同一幅耕地上種植不同作物，可避免土壤中某些養分出現枯竭的情況。某些像玉豆和青豆等豆科作物，由於其根部的細菌可將空氣中的氮固定下來轉藏於土壤之中，因此實際上種植這些作物還可增加土壤中氮肥這個重要養分呢。



Balances nutrient demand

Each crop has different nutrient requirements. By changing the location of the crops, the risk of depleting the soil of specific nutrients can be avoided. Some leguminous crops like beans and peas etc. will actually add essential nutrients to the soil as their roots can fix nitrogen from the air.



促進多樣化的健康生態系統

種植不同種類的農作物可令土壤的生態系統更為健康。不同的農作物能促進土壤中不同生物的生長，令土壤生態系統中的有益生物更加多元化，並減低有害病原體、線蟲或真菌破壞農作物生長的可能性。

Promotes a diverse, healthy ecosystem

A healthier soil ecosystem exists when a variety of crops are grown. Different crops promote the growth of different types of soil organisms. This results in greater diversity in the soil ecosystem and also reduces the likelihood of a pathogen, nematode or fungus from becoming detrimental to crop growth.

