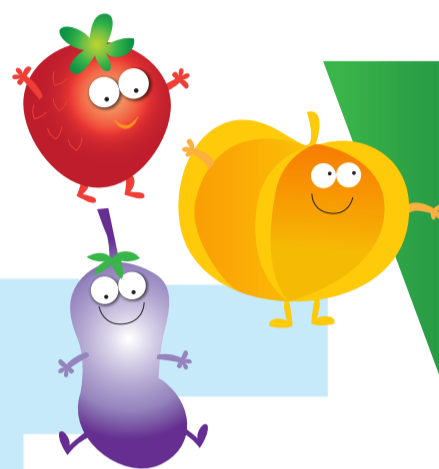


## 覆蓋保護 Mulching

### 覆蓋保護

指在土壤上鋪上一層保護物料。為了不讓作物之間的土壤遭雜草侵佔，鋪上一層覆蓋物是明智之舉。這樣做不僅可有效遏止雜草生長，亦可保護植物根部免受過冷、過熱或乾旱的影響，亦可保持果實清潔。

保持果實清潔如士多啤梨、茄子和南瓜等。

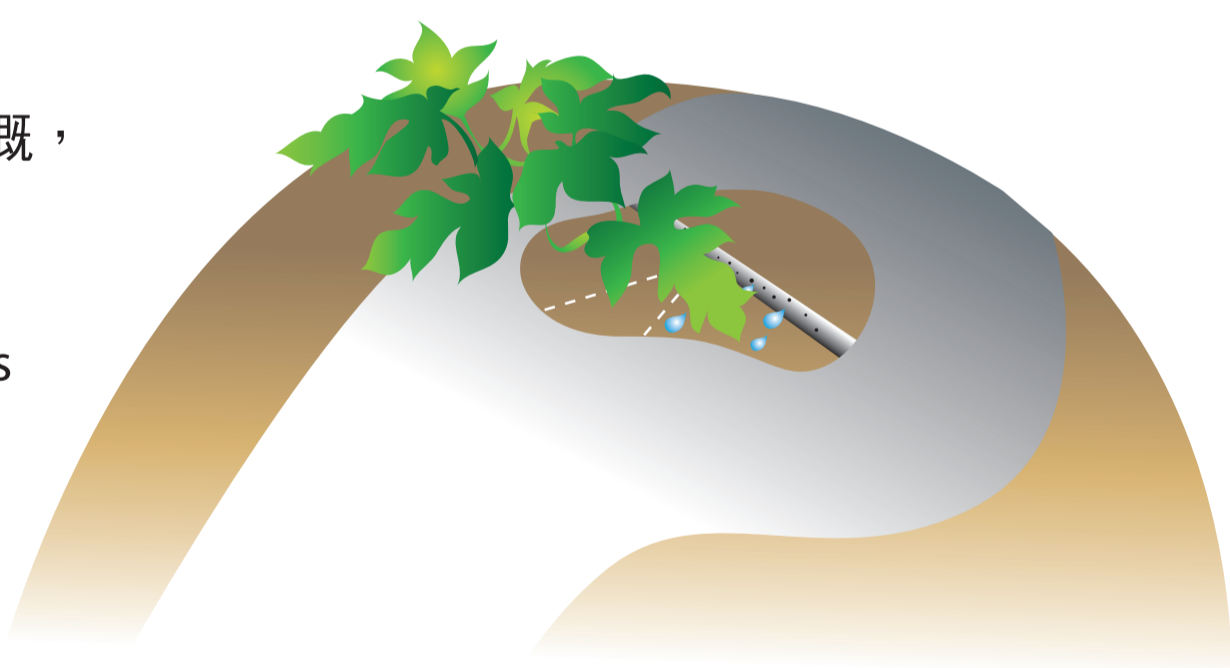


有機農夫通常會用在農場可找到的可生物降解物料作覆蓋物，常用的物料包括木片、稻草、堆肥等。這些有機物料有額外的好處，就是在分解後可提供有機物質，令土壤更肥沃。另一種可以採用的物料是塑膠覆蓋膜，這種物料十分耐用，可以不斷重覆再用。



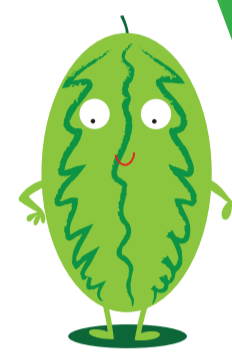
配合使用地膜及滴管灌溉，更可防草及省水。

Mulching film and drip irrigation prevents weeds and facilitates watering



### Mulching

refers to the spreading of a protective layer of materials on top of the soil. Instead of leaving the bare soil among the crop plants for weeds to invade, it only makes sense to apply a layer of mulching to the soil. Not only is this an effective way to suppress weeds it also helps to protect plant roots from heat, cold or drought or to keep the fruits clean (for fruit bearing crops such as strawberry, eggplant, pumpkin etc.).



Organic farmers usually use biodegradable materials that can be made available on the farms for mulching. Wood chips, straws or compost are commonly used as mulching materials. These organic mulching materials have the added advantage of supplying organic matters and enrich the soil as they break down. Plastic mulch is another alternative material that can be used and they are very durable and can be reused over and over again.



### 護根覆蓋層的好處

#### Benefits of mulching

- 防止雜草生長  
Prevents weed growth
- 保持土壤濕潤及令土壤的溫度更為平均  
Conserves moisture and maintains a more even soil temperature
- 保護土壤免受侵蝕  
Protects the soil from erosion
- 保持果實或蔬菜清潔  
Keeps fruits and vegetables clean

