

Pa khawi hi Mizoram ah pawh kan lo uar chho ve ta hle a. Pa ah hian kan taksa mamawh chi hrang hrang a awm mai bakah a tuiin em em a, sum lakluhna awlsam leh tha tak ani. Vitamin C leh B-complex mai bakah kan taksa tihrawl siamtu Protein pawh 1.6-2.5 % lai a awm ani. Lawngtlai district sikleh sa hi Pa khawinan athat mai bakah buhpawl awlsam taka a hmuh mai theih avangin mipuite tan pawh eizawna atan a hmantlak dawn hle ani. Hemi hi hriain Krishi Vigyan Kendra (KVK) Lawngtlai District, Lawngtlai, Mizoram chuan thalai lehkhazir tawhlo leh Nu valai hoten eizawna atana an lo hman ve theih nan Pa khawi leh enkawldan ah hian training mai bakah ataka enchhinna (demonstration) a neihpui thin ani.

***A technology kimchang:***

***Cultivation method:*** Hemi atan hian poly bag, polythene bag leh bawm sawl (e.g.

plastic bal bawm) te pawh a hman theih a. Lawngtlai district bikah chuan a khawi nan polythene bag hi a that mai bakah a awlsam bawk ani. Polythene bag hmanga Pa khawi dawn a mamawh te chu:- Buhpawl, Pa chi, Chem, polythene bag langtlang thei ( 40-45 cm x 60 cm), a dahna tur chhuar (thing/mau), bucket, bel leh a chawhna tur fian, sprayer, kutkawr leh spirit.

***A khawi dan:***

***A. Substrate siamdan:***

i) Buhpawl tha, a rawng pawh a eng deuh lampang laka, inches 3-4 a seia tan bun thliah thliah tur.

ii) Buhpawl tanbun sa chu tuivawtin faitaka sil tur.

iii) Buhpawla natna hrik awm zawng zawngte tihhlum nan minute 15-20 chhung chhumso bawrh bawrh tur.

iv) Buhpawl chu lakchhuah a, a tihdaih nan leh tihro nan tualzawlah puanfai phahin a chungah dahchhuah tur.

***B. Polythene baga thun dan:***

Polythene bag (40-45cm x 60 cm) chu hmun hrang hrang 10cm vel a inhlatah vihpawh thliah thliah tur ani. A kaw lenlam hi 5 cm bial vel atawk. Polythene bag 1 ah hian hmun 15-20 ah tal vihpawh tur.

***C. Pa chi dah dan:***

i) A tlangpuiin polythene bag 1 ah hian Pa chi 200g leh buhpawl 2kg hman angai thin.

ii) Pa chi khawn leh hlawm lian pui pui chu plate ah tihsawm tur ani a, hmun 4 ah inzat veka (50 g) then tur.

***D. Spawning:***

i) Polythene bag chungah chuan buhpawl 10cm a chhah zela a dah thliah

thliah tur. Chumi zawhah kuta 5cma chhah anih thlenga nemmuk tur.

ii) Buhpawl chhawng 1 zelah Pa chi 50 g zel dah tur ani a, laiah tlemte dahin a sir zelah dahhnem deuh tur.

iii) Hetiangin polythene bag 1 ah buhpawl chhawng 5 chhungah Pa chi chhawng 4 in a dah theih.

#### ***E. Spawn running:***

Polythene bag, Pa chi dah zawh tawh chu suihphui a, a dahna tur chhuarah dah tur ani a. Pa khawina tur room hi a thim mai bakah a vawt tur ani. Tin, rannung, sazu leh thildang lakah a him tur ani.

#### ***F. Fruiting and Cropping:***

i) Thatak leh uluk taka enkawlina hnuaiyah chuan ni 15-20 chhungin alo to hman a, polythene bag chu chemte a

tihpawh belhin a pawp laiah an rawn to chhuak thin.

ii) Polythene bag pawp atanga Pa a rawn to chhuah tantirh atanga ni 3-4 hnuah Pa tak chu a lak/tharchhuah theih thin. A lak atanga ni 10 hnuah a laknawn leh theih a, chutiang bawkin ni 10 hnuah a vawi 3 nan a lak leh theih thin.

iii) Polythene bag 1 ah Pa hi Kg 1-1.5 a thar chhuah theih.



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## **EIZAWNNAN PA KHAWI**



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