

Advisory for One Acre Prosperity (OAP) in Vegetable Production: A PQNK Guide for the Smallholder

The Natural Ecosystem Science for Production Agriculture



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PQNK - The Regenerative & Sustainable Pristine Organic Farming System

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Our Ultimate Goal: To liberate the one-acre farm household from economic strain by creating a daily, circular production system that yields high-quality, "**organic-plus**" food year-round at the lowest possible cost.

The Core PQNK Principle for OAP: Utilize every square inch of soil for every passing minute. Your farm is a continuous, flowing system of life, not separate plots.

Part 1: The Mindset of Circular Production

To achieve prosperity on one acre, we must change how we think about time and space.

- **The Daily Harvest Goal:** Plan your planting based on daily demand. If you need 100 radishes daily, you plant 111 seeds every day (accounting for a 90% germination rate). This "little and often" approach applies to all short-cycle crops like spinach, lettuce, coriander, and carrots.
- **Land is for Growing, Not Waiting:** A single piece of land can give you 8 or more harvests a year. While one crop is maturing, another is being harvested, and a third is being planted. The soil never rests empty.
- **Grow Together, Grow Stronger:** Practice companion planting. Grow tall maize to shade spinach, melons, watermelons (cucurbits family) from extreme afternoon summer heat, or deep-rooted carrots with shallow-rooted onions. This maximizes space and helps plants thrive.

Part 2: The Engine of Your Success: The PQNK Nursery Block System

The biggest challenge in vegetable production (small seeds of broadleaf plants) is starting plants efficiently. This system solves it.

Why This System is Non-Negotiable:

- Saves expensive hybrid seeds.
- Eliminates transplant shock for faster growth.
- Turns nursery work from a delicate task into a robust, assembly-line process.
- Perfectly integrates with mulched beds.

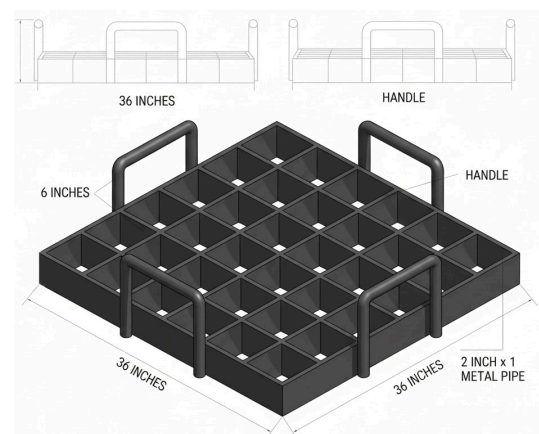
The Field-Tested, Step-by-Step Method:

1. Prepare the Nursery Bed:

- Create a standard raised bed and cover it tightly with a sheet of plastic. This is crucial to prevent roots from growing through and breaking when lifted.

2. Create Your Seedling Blocks:

- **The Mix:** Combine 20% rice hulls, 40% good soil, 20% compost, and 20% sand. This creates a low cost light, well-drained mix that holds together but doesn't damage roots.
- **The Frame:** Use a metal frame (36"x36"x2") that creates 36 individual blocks like shown in the picture.



- **The Process:**

- Place the frame on the plastic-covered bed.
- Fill it with your soil mixture and level it.
- Lightly spray with water to settle the mix or use already moist mix.
- Use simple hand-operated seed singulation tool for seed placement.
- Cover the seeds with a thin layer (1/3 inch) of the same mixture.
- Lift the frame straight up, leaving behind a perfect grid of 36 seeded blocks.
- Repeat across the bed.



- **3. Grow and Harden:**

- Water gently with a spray to keep the blocks moist, not soggy.
- The seedlings will be ready in 8-10 days.
- The roots will bind block and be "air-pruned" by the plastic mulch below, creating a dense, healthy root system for each seedling.

- **4. Transport to Field:**

- Lift each entire 6"x6" block. The roots and rice hulls will hold it together as a mat.
- These blocks can be stacked on top of each other for transport to the field without damaging the young, flexible seedlings.



- **5. Transplant with Ease:**

- At the planting site, the soft block allows you to gently separate each seedling by hand without breaking hair-like roots.
- Use a "dribbler" (a simple hand tool) to punch a hole through the organic mulch on your main production bed.
- Place each bare-root seedling into the hole and firm the mulch around it.

Hand dribbler



Part 3: Direct Seeding with the "Dribble Board"

For crops best sown directly (like carrots or radishes), use this homemade tool to plant through mulch.

- **Create a Dribble Board:** Take a wooden board and hammer nails through it at your desired spacing (e.g., 4 inches). Clip the heads off and file the tips blunt.
- **How to Use:** Press the board onto your mulched bed. The nails will punch perfect holes. Drop one seed into each hole and lightly cover with soil.



Part 4: The Path to True Independence: Producing Your Own Seeds

Break the cycle of buying expensive seeds every season.

- **Start Simple:** Select your best plants from open-pollinated varieties of tomatoes, beans, lettuce, and radishes. Let them flower and go to seed.
- **Harvest and Store:** Collect seeds on a dry day, clean them, dry them thoroughly in the shade, and store them in labeled paper bags in a cool, dry place.
- **The Reward:** You will develop your own locally adapted, superior-tasting seed stock, making your farm truly self-sufficient.

Part 5: Production Plan

One can plant 36 seeds (1'x1' 2" deep space for each seed to grow well). There are 36 blocks on the frame, meaning 36 blocks x 36 seeds can be planted in one frame, 1296 seeds/plants per frame. It should be made a planting batch. Following are some of the options proposed for an example. Be innovative and select and mix different crop types according to the market demand and local environment of your farm. Both methods of planting are well explained above: nursery growing & transplanting, and direct seeding.



Carefully plan and consider following factors:

- Make a right combination of crops on the basis of market demand. PQNK farmers are privileged and have negotiation strengths:
 - Highest quality,
 - Lowest cost of production,
 - Delivery on demand (during the periods supply is limited and prices are highest),
 - Consistent supply.
- Each inch of land should be used for every passing minute - perennial circular production. Divide days in a year by crop life. This should be the number of crops that

should be targeted (365 days in a year divided by 45 days crop, like radishes - 8 crops in a year). If yield for off-season crop is lower, its higher rate will compensate.

- Make combinations that support each other. Crop plants that support climbers, shade lower-height crops to mitigate extreme cold and heat.
- Growing winter crops in summer crops or vis-e-versa can bring big advantages.
- Remove field heat. Harvest summer crops early in the morning and chill them if necessary by dipping in cold water.

Conclusion: The Dance of Prosperity

The OAP model for vegetables is a daily dance with nature. By mastering the PQNK Nursery Block System, using smart tools, and embracing seed saving, you transform your one acre into a perpetual engine of food, income, and freedom.

Let us make it work.

Footnote: Any Production Process That Inundates Soil With Water, Disturbs Soil Through Tillage, Or Leaves Soil Bare Without Organic Mulch Cover Does Not Qualify As Natural Ecosystem Science For Production Agriculture.

PQNK, to be pronounced as 'picnic', which stands for Paedar Qudratti Nizam Kashatqari, and means: the regenerative & sustainable Pristine Organic Farming System

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