### A Farmer's Primer on Growing Upland Rice

M.A. Arraudeau and B.S. Vergara

International Rice Research Institute and French Institute for Tropical Food Crops Research (IRAT)

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International Rice Research Institute

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### Foreword

Upland or dryland rice covers nearly 20 million hectares worldwide. It is usually grown by the most underprivileged rice farmers under adverse and risky conditions. Yields are low, averaging about 1 ton per hectare. Scientists and extension workers have demonstrated in many countries, however, that improved cropping systems and practices can be combined with higher-yielding varieties to achieve a stable 2 tons per hectare under various ecosystems.

But the dearth of literature on upland rice farming means that extension workers lack the background to guide farmers, who in turn lack the technical knowledge to use existing cultural practices efficiently to minimize cash inputs and maximize returns.

A Farmer's Primer on Growing Upland Rice is part of a global upland rice strategy to train extension workers and help farmers. Students and scientists will also find advice and guidelines for their own programs and projects in the book.

The book is patterned after the widely known *A Farmer's Primer on Growing Rice,* which the International Rice Research Institute (IRRI) released in 1979. Modifications have been made to meet the needs of upland rice growers, and additional information on diseases, pests, and cropping systems of upland rice has been added.

This new primer was written by M.A. Arraudeau, a visiting IRRI plant breeder from the Institut de Recherches Agronomiques Tropicales, Centre International de Recherche Agronomique pour le Developpement, France, in collaboration with B.S. Vergara of IRRI, who wrote the original *Farmer's Primer*.

Like the original primer, which had been published in 35 languages by mid-1988, this book is designed for inexpensive copublication in developing countries. The English text has been blocked off from the line drawings. IRRI makes complimentary sets of the illustrations available to cooperators, who may translate, strip text onto the drawings, and print translated editions on local presses.

The volume was edited by Stephen J. Banta with the assistance of Gloria Argosino. The art was prepared by John Figarola, Gladys Balacuit, Oscar Figuracion, Arturo Ortega, and Ed Delfino.

#### Contents

Upland rice plant types 1 Life cycle of the rice plant 7 Seeds 15 Factors that affect seedling growth 25 What is a good seedling? 35 How to grow good seedlings 39 45 Leaves Roots 53 Tillers 71 Panicles 85 Dormancy 93 Fertilizers 99 How much nitrogen to apply 107 How to increase the efficiency of nitrogen fertilizer 117 Other fertilizers and organic matter 127 Carbohydrate production 133 Water 141 Yield components 151 Plant type with good yield potential 165 Factors that affect lodging 173 Land conservation and crop management 181 Weeds 191 Control of weeds 201 Herbicides 211 219 Major diseases Major soil-borne insect pests 231 Major insect pests during vegetative phase 237 Major insect pests during reproductive phase 245 Other pests 251 Soil problems 257 How to judge a rice crop at flowering 261 Harvest and postharvest 273 Cropping systems 277

# Upland rice plant types

Tall, traditional upland variety Intermediate-statured plant type Aus type from the Indian subcontinent Modern plant type

### Tall, traditional upland variety



- Height: 120 to 180 cm.
- Usually 2 to 4 productive tillers.
- Large panicles with many (150 to 300) grains per panicle.
- Widely cultivated in West Africa, Latin America, and Southeast Asia (especially Indonesia, Thailand, Laos).
- Well adapted to poor environments.
- Low to medium grain yield.
- Major problem: may lodge under good management.

#### Intermediate-statured plant type



### Aus type from the Indian subcontinent



#### Modern plant type



## Life cycle of the rice plant

A traditional upland variety Growth phases of an upland rice plant Growth phases and growth duration Vegetative phase Reproductive phase Ripening phase

## A traditional upland variety



#### Growth phases of an upland rice plant



- The duration of the vegetative phase differs with variety.
- The reproductive and ripening phases are fairly constant for most varieties. The reproductive phase last about 35 days; the ripening phase lasts about 30 days.
- The time from sowing to harvest ranges from 80 to 180 days or longer.

### Growth phases and growth duration



#### Vegetative phase



#### **Reproductive phase**



#### **Ripening phase**



### Seeds

Seed types Parts of the seed Stages of germination Water is needed for seed germination Water and air are needed for seed germination Temperature conditions for seed germination Depth of sowing influences germination Why select good seeds?

#### Seed types



#### Parts of the seed



#### **Stages of germination**



### Water is needed for seed germination



### Water and air are needed for seed germination



### Temperature conditions for seed germination



### Depth of sowing influences germination



#### Why select good seeds?



## Factors that affect seedling growth

Sources of food for growth 27 Amount of rainfall 28 Temperature 29 Light intensity 30 Low light intensity 31 Available nutrients 32 Insufficient nutrients 33 Pests and diseases 34

### Sources of food for growth



 C. After producing 4 leaves at about 12 days old, the seedling grows from food taken through the roots and manufactured in the leaves.

#### Amount of rainfall



#### Temperature


# Light intensity



- Plants produce food from light, water, and air. Less light means less food, which results in weak seedlings.
- Seedlings grow better when sunlight is bright.

# Low light intensity



## **Available nutrients**



# **Insufficient nutrients**



### **Pests and diseases**



# What is a good seedling?

Good seedlings have uniform height **37** Good seedlings have more roots that are longer and heavier **38** 

#### Good seedlings have uniform height



#### Good seedlings have more roots that are longer and heavier



# How to grow good seedlings

Good seed distribution and germination Good land preparation Uniform size of soil particles Early and good weeding

# Good seed distribution and germination



### **Good land preparation**



# Uniform size of soil particles



### Early and good weeding



# Leaves

The rice leaf Leaf variations in upland rices Leaves of the main stem Leaf production Effect of drought on leaves

# The rice leaf



# Leaf variations in upland rices



### Leaves of the main stem



# Leaf production



# Effect of drought on leaves



# Roots

Upland versus lowland rice varieties 55 Origin of roots 56 Crown roots 57 Root hairs 58 Root functions 59 Root development 60 Root development at 40 days after sowing 61 Root development at 60 days after sowing 62 Root development at heading 63 Root distribution 64 Root distribution depends on depth of topsoil 65 Root distribution depends on depth of plowed layer 66 Root distribution depends on soil composition 67 Root distribution depends on availability of air and water 68 Root distribution depends on fertilizer placement 69 Thick and deep roots help plants withstand drought 70

#### Upland versus lowland rice varieties



### **Origin of roots**



## **Crown roots**



# **Root hairs**



### **Root functions**



- Soil water contains nutrients such as nitrogen, phosphorus, and potassium.
- The roots take up soil water and nutrients.
- The roots also support the upper parts of the plant.
- The roots anchor the plant in the soil.

# **Root development**



# Root development at 40 days after sowing



# Root development at 60 days after sowing



# Root development at heading



# **Root distribution**



#### Root distribution depends on depth of topsoil


#### Root distribution depends on depth of plowed layer



# Root distribution depends on soil composition



#### Root distribution depends on availability of air and water



68

#### Root distribution depends on fertilizer placement



- Mixing the fertilizer thoroughly into the plowed soil results in deeper roots and better root distribution.
- Deep placement of fertilizer near the plant is more efficient than broadcasting it.

### Thick and deep roots help plants withstand drought



### Tillers

Primary tiller 73 Tillering pattern 74 Internodes of a tiller 75 Production of tillers 76 Productive and nonproductive tillers 77 How to calculate percentage of productive tillers 78 Variety affects tillering 79 Planting method affects tillering 80 Spacing affects tillering 81 Rainfall and soil affect tillering 82 Nitrogen level affects tillering 83

### **Primary tiller**



- The first primary tiller usually develops between the main stem and the second leaf from the base.
- The tiller remains attached to the mother plant at later growth stages but is independent because it produces its own roots.

### **Tillering pattern**



### Internodes of a tiller



### **Production of tillers**



### Productive and nonproductive tillers



• Tiller loss may be caused by shading, competition among tillers, drought, or lack of nitrogen or other nutrients.

#### How to calculate percentage of productive tillers



### Variety affects tillering



# Planting method affects tillering



### **Spacing affects tillering**



# Rainfall and soil affect tillering



# Nitrogen level affects tillering



### **Panicles**

Panicle formation87Booting88The spikelet89Flowering order of a panicle90Stages of grain formation91Causes of empty spikelets92

### **Panicle formation**



### Booting



- The base of the leaf sheath bulges at the booting stage.
- Flowering occurs 35 days after the start of panicle formation.

### The spikelet



- The anthers open 1 day after the panicle comes out.
- Low temperature delays the opening of the anthers.
- Pollen (fine dust) from the anthers must reach the stigma and unite with the egg inside the ovary before a grain can develop.
- A grain is a ripened ovary together with the lemma and palea.
- A spikelet bears only one grain.

### Flowering order of a panicle



- The uppermost spikelets open first.
- The lower spikelets open last and, in large panicles, usually do not completely fill.
- Tall, traditional varieties usually have more spikelets per panicle than other plant types.

### Stages of grain formation



- Buildup of starch inside the spikelet begins after part of the male cell unites with the egg in the ovary (fertilization).
- The spikelet reaches maximum weight at 21 days after fertilization.
- Since it takes 7 days for all the spikelets in a panicle to open, full maturity for the whole panicle does not occur until 30 days after flowering.
- Extra days are needed to ripen all the grains because the panicles do not come out at the same time.

### **Causes of empty spikelets**



### Dormancy

Grain dormancy Dormancy prevents seed germination on the panicle Dormancy prevents germination of seed stored in wet conditions after harvest

### **Grain dormancy**



#### Dormancy prevents seed germination on the panicle



- Dormancy is important during the rainy season harvest.
- Nondormant seeds may germinate if exposed to rain when mature.
- Harvest the crop as soon as possible after maturity and on dry days if possible.

#### Dormancy prevents germination of seed stored in wet conditions after harvest



### **Fertilizers**

Nutrients that the rice plant needs101What are fertilizers?102Organic fertilizers103Inorganic fertilizers104Role of fertilizers105

# Nutrients that the rice plant needs



added.
#### What are fertilizers?



Fertilizers are *organic*, such as farm manure, or *inorganic*, such as urea.

#### **Organic fertilizers**



### **Inorganic fertilizers**



• The rest of the material in the fertilizer bag is "filler" and may contain calcium, sulfur, or small amounts of minor mineral nutrients such as zinc.

#### **Role of fertilizers**



### How much nitrogen to apply

What happens to nitrogen applied to soil? The humid tropics The semiarid tropics Fertility of the soil Plant type Disease incidence Profit from applied fertilizer

## What happens to nitrogen applied to soil?



### The humid tropics



- In the humid tropics, where rainfall is 2,000 mm or more during crop growth, drought is not severe, although dry spells may occur.
- Light is low above and inside the crop.
- Plants grow tall and leafy with high rainfall and low light.
- Plants shade each other, which decreases food production in the leaves.
- Use lower nitrogen rates in these conditions

### The semiarid tropics



#### Fertility of the soil



### Plant type



• With tall varieties, too much nitrogen increases plant height and causes lodging.

#### **Disease incidence**



## Profit from applied fertilizer



### How to increase the efficiency of nitrogen fertilizer

Use improved varieties Apply the right amount of fertilizer Apply fertilizer at correct growth stage Do not let the field dry out Mix the fertilizer into the soil Do not topdress when leaves are wet Keep the fields free from weeds

### **Use improved varieties**



### Apply the right amount of fertilizer



## Apply fertilizer at correct growth stage



### Do not let the field dry out



## Mix the fertilizer into the soil



### Do not topdress when leaves are wet



### Keep the fields free from weeds



### Other fertilizers and organic matter

Phosphorus129Potassium130Minor fertilizers131Organic matter132

### Phosphorus



#### Potassium



### **Minor fertilizers**



#### **Organic** matter



# Carbohydrate production

Carbohydrate manufacture 135 The food factory 136 Amount of water in the leaf affects carbohydrate production 137 Amount of light affects carbohydrate production 138 Amount of green color affects carbohydrate production 139

# Carbohydrate manufacture



• The roots absorb water from the soil. Air enters the plant through pores on the leaf surface.

### The food factory



# Amount of water in the leaf affects carbohydrate production


## Amount of light affects carbohydrate production



#### Amount of green color affects carbohydrate production



#### Water

Major components of the plant 143 Raw material for food manufacture 144 Water carries the food 145 Water cools the plant 146 Water stiffens the plant 147 Influence of shallow water table 148 Drought resistance and recovery 149

### Major components of the plant



### Raw material for food manufacture



#### Water carries the food



#### Water cools the plant



- As water evaporates, it cools the leaves the way perspiration cools our bodies.
- Without water in the leaves, the pores close. Water cannot pass out, and air cannot enter. Growth is greatly slowed down.
- If the temperature is too high and water does not evaporate, the leaves dry up.
- Most of the water taken up by the rice plant is lost through evaporation.

#### Water stiffens the plant



### Influence of shallow water table



### Drought resistance and recovery



• Drought recovery. During a drought spell, leaves dry up and growth stops. After the rains, some leaves turn green and growth starts again.

### **Yield components**

Growth stages when yield components are determined 153 Leaf development and tillering affect yield 154 Panicle formation affects yield 155 Flowering affects yield 156 Ripening affects yield 157 importance of yield components 158 Variations in yield components 160 How to use yield components 161

# Growth stages when yield components are determined



Environmental factors affect every stage.

#### Leaf development and tillering affect yield



- The number of tillers determines the number of panicles and is a very important factor in grain yield.
- Enough leaves are necessary to ensure a large number of spikelets and to fill the spikelets.
- Enough water, the right amount of fertilizer, proper spacing, and good weed control produce the most tillers.

## Panicle formation affects yield



Spikelet abortion means lower yield.

#### **Flowering affects yield**



#### **Ripening affects yield**



### Importance of yield components



• Two examples of yield calculation:

	Example 1	Example 2
Panicles per square meter Hill sowing	150	040
Row sowing Spikelets per panicle		210
Traditional Improved	120	80
Percentages of fertile spikelets Drought	50	
No drought Weight of a single grain		75
Heavy Light	0.034	0.024
Yield in grams per square meter Yield in t/ha	300 3	300 3

#### • Two conclusions:

- With very different data for each yield component, the same yield is obtained.
- Yield is affected by important changes in the environment.
  Poor soil fertility and percent sterility induced by drought are very important yield-limiting factors.

### Variations in yield components



### How to use yield components









#### Plant type with good yield potential

Short to intermediate stature167Nonlodging168Semierect, semilong leaves169Good tillering170Erect tillers171A desirable tiller172

### Short to intermediate stature



#### Nonlodging



### Semierect, semilong leaves



#### **Good tillering**



#### **Erect tillers**



#### A desirable tiller



# Factors that affect lodging

Plant height Type of leaf sheath Stem thickness Wind and rain Seed density Amount of fertilizer
### **Plant height**



### Type of leaf sheath



### Stem thickness



### Wind and rain



#### **Seed density**



### **Amount of fertilizer**



### Land conservation and crop management

Damage caused by erosion 183 Protection against erosion 184 Cleaning the land 185 Plowing 186 Harrowing/hoeing and final tillage 187 Sowing 188 Methods of sowing 189

## Damage caused by erosion



#### **Protection against erosion**



• If the slope is too steep, do not plant rice.

#### **Cleaning the land**



Do not burn your forests.

Do not devastate your countryside.

Protect your lands for your children's and your grandchildren's future.

Avoid burning. It is dangerous for the soil because organic matter is destroyed.

- Be careful in cleaning the land to avoid erosion.
- Avoid forest destruction.
- The slash-and-burn system destroys soil and is dangerous for the future of the land.
- Slashing the vegetation and incorporating the residue into the soil is better, even if more time is needed.

### Plowing



- Animals or tractors can be used for plowing.
- Plow as deep as possible.
- In sloping areas, plow according to contour lines and never with the slope.
- Plow at the end of rainy season, just after harvesting the crop.
- Correct plowing means better land preparation.
- Correct plowing makes harrowing easier.
- Keep fallow land weed-free by tillage during dry season.

# Harrowing/hoeing and final tillage



- Animals or tractors can be used for harrowing.
- After plowing, harrowing or other final land preparation ensures a proper seedbed for sowing.
- Harrowing just before sowing means better weed control.
- Good harrowing and tillage prevent weed infestation during early stages of rice growth.

#### Sowing



- Seeding rate varies with soil and variety, and ranges from about 25 to 100 kg/ha.
- Avoid random hill sowing because it requires more time for weeding. Also, weeding with random hill sowing is more difficult than with row sowing.
- The distance between rows varies with soil and rainfall. It ranges from 25 to 60 cm.

#### **Methods of sowing**



• Hand or animal/tractor drills are available in many sizes.

### Weeds

Weeds reduce rice yield drastically 193 Weeds compete with rice 194 Weeds decrease the effect of fertilizer 195 Differences among grasses, sedges, and broadleaves 196 Common grasses in upland ricefields 197 Common sedges in upland ricefields 198 Common broadleaved weeds in upland ricefields 199 Differences between grasses and rice 200

# Weeds reduce rice yield drastically



#### Weeds compete with rice



### Weeds decrease the effect of fertilizer



#### Differences among grasses, sedges, and broadleaves

Character	Grasses	Sedges	Broadleaves
Leaf shape			
Vein arrangement			
Stem cross section		Δ	
Plant shape			
Examples	Rottboellia, Digitaria, Imperata, Echinochloa, Cynodon	Cyperus	Amaranthus, Commelina, Portulaca, Ipomoea

## Common grasses in upland ricefields



## Common sedges in upland ricefields



#### Common broadleaved weeds in upland ricefields



## Differences between grasses and rice



### **Control of weeds**

When to weed the rice crop Control by land preparation Control by hand Control by hand tools Control by animals or tractors Control by crop competition Control by herbicides

### When to weed the rice crop



## Control by land preparation



### **Control by hand**



- Hand pulling is difficult and time-consuming.
- Cutting the weeds at the soil level with a blade is inefficient.

### **Control by hand tools**



## Control by animals or tractors



- An animal or tractor can be used for weeding.
- With row sowing and wider spacing between rows, interrow cultivation can be done more easily.

# Control by crop competition



- Tall, traditional rice cultivars are more competitive against weeds than many improved lines.
- Row sowing is better than hill sowing, because less space is available for weeds.

### **Control by herbicides**


### Herbicides

Types of herbicide based on formulation Types of herbicide based on time of application Types of herbicide based on selectivity Types of herbicide based on type of action Rice injuries from too much herbicide – dwarfing and spreading out **217** Rice injuries from too much herbicide – brown spots

# Types of herbicide based on formulation



• Low-volume sprayers, which use much less water than conventional sprayers, are preferable.

# Types of herbicide based on time of application



## Types of herbicide based on selectivity



# Types of herbicide based on type of action



#### Rice injuries from too much herbicide dwarfing and spreading out



#### Rice injuries from too much herbicide brown spots



### **Major diseases**

Blast 221 Sheath blight 222 Brown spot 223 Narrow brown leaf spot 224 Sheath rot 225 False smut 226 Bacterial blight 227 Bacterial leaf streak 228 Viruses 229

#### Blast



- On leaves, the fungus produces dark brown spots, elongated and pointed at each end, and lesions with grevish centers.
- An infected panicle base turns dark brown, and the stem usually breaks just below the panicle.
- Infected nodes turn blackish and break easily.
- A high amount of nitrogen, cloudy skies, and frequent rains favor the disease.
- Planting resistant varieties is the most economical and practical way of controlling blast.

#### Sheath blight



#### **Brown spot**



#### Narrow brown leaf spot



#### Sheath rot



#### False smut



#### **Bacterial blight**



• Planting resistant varieties is the only way of controlling the disease, but resistance varies from year to year and from place to place.

#### **Bacterial leaf streak**



#### Viruses



• In Asia, virus diseases seldom occur in upland rice. In Africa and South America, damage can sometimes be serious.

### Major soil-borne insect pests

Ants and termites 233 White grubs 234 Mole cricket 235 Root aphids 236

#### Ants and termites



#### White grubs



- There are many species of white grubs.
- Only the larvae of some species chafers feed on plant roots.
- Only the adults of other species like the black beetle are root feeders.
- Granular insecticide applied in crop furrows or hills at sowing is an effective control.

#### **Mole cricket**



• Granular insecticides applied to the soil are effective but costly.

#### **Root** aphids



- Adults and old larvae remove plant fluids from roots and cause yellowing and stunting of leaves.
- Sprayed and granular insecticides are effective if spraying is directed at the bases of the plants and if granules are covered by raking soil over them.

### Major insect pests during vegetative phase

Seedling maggots239Armyworms and cutworms240Leaffolders241Stem borers242Mealybugs243

#### Seedling maggots



- to those caused by stem borers.
- During severe infestation, the field may have to be replanted.
- Treating seeds with insecticide is most effective.
- After the crop is planted, foliar spray is the best control method. The first application must be within one week after crop emergence.

## Armyworms and cutworms



#### Leaffolders



- dry, and yield losses are high when flag leaves are damaged.
- Control with chemicals sprayed on the leaves.

#### Stem borers



- Many species of stem borer occur.
- Young larvae penetrate the leaf sheath and feed between the sheath and tiller before entering the stem. Deadheart damage occurs at this stage.
- Older larvae feed inside the stem, causing whiteheads or empty grains.
- Pupae are located inside the stem, from where the adults emerge.
- Avoid excessive nitrogen to help prevent heavy infestation. Preferably use split N application.
- Plow stubble as soon as possible after harvest.
- Systemic insecticides can be effective because the larvae live inside the tillers.

#### Mealybugs



- The females are soft-bodied, pink, and covered with white, waxy threads. They suck the plant sap from the stems and the bases of leaves.
- The leaves turn yellow and the plant is stunted.
- A drought spell can cause a large population buildup. Damage to drought-stressed plants can be high.
- Chemical control is difficult. Foliar sprays at the base of plants are most effective.

### Major insect pests during reproductive phase

Caterpillars and skippers 247 Planthoppers 248 Rice bugs 249
#### **Caterpillars and skippers**



- Only the larvae, which differ in size according to development and species, feed on the leaf margins and tips, removing leaf tissue and veins.
- Spraying insecticides can easily control all these larvae.

#### **Planthoppers**



#### **Rice bugs**



### **Other pests**

Nematodes 253 Rodents 254 Birds 255

#### Nematodes



- Plowing the soil just after harvest and destroying the remaining stubble is the main cultural control method.
- Some varieties show some nematode resistance.

#### Rodents



- Rats sometimes cut young plants. More frequently they cut mature plants near the base or bend the tillers to eat the grains, sometimes causing severe loss.
- Weed-free fields, removing and destroying straw piles after harvest, and cleaning the land surrounding the field are effective cultural controls.
- Chemical baiting is useful and efficient if done during the whole season.

#### **Birds**



- Many species of birds can cause severe losses.
- At seeding, several bird species feed on grains.
- Most birds feed during the milk stage, causing partially or totally unfilled grains. The grainsappear greyish-whitish and flat.
- Diseases can occur on damaged grains and cause more severelosses.
- Varieties with awns sometimes resist bird attacks. Birds have difficulty reaching the grains.
- Bird control is difficult and not very efficient. Noise and scarecrows can reduce bird damage.

## Soil problems

Soil deficiencies 259 Soil toxicities 260

#### Soil deficiencies



- Nitrogen and phosphorus deficiencies are common.
- Among the minor elements, sulfur and iron deficiencies are common, but many others can occur.
- Plants are stunted and weak. Yellow or brownish leaves are the most frequent symptoms.
- Soil and plant chemical analyses show what fertilizer to use.

#### Soil toxicities



• Soil and plant chemical analyses provide information about the toxicity.

### How to judge a rice crop at flowering

Uniform plant height 263 Uniform tiller number 264 No lodging 265 Long, thick, and healthy roots 266 Green, undamaged leaves 267 At least 3 to 4 leaves per tiller 268 Correct plant density 269 Good number of panicles 270

#### **Uniform plant height**



- Irregular plant height can mean
  - drought, insect, or disease incidence.
  - inadequate land preparation.
  - uneven soil texture.
  - uneven fertilization.
  - mixed seeds.

#### **Uniform tiller number**



#### **No lodging**



# Long, thick, and healthy roots



#### Green, undamaged leaves



# At least 3 to 4 leaves per tiller



#### **Correct plant density**



- The correct number of plants per unit area can be checked by standing on a levee. If you can see only a little soil area or only some sun rays reaching the soil, the density is right.
- If you can easily see large areas of soil, the spacing is probably too wide, the soil is poor, or not enough fertilizer has been applied.

#### Good number of panicles





If the mean of the number of panicles on several hill countings is 9 per hill, the number of panicles per square meter is  $9 \times 16 = 144$  panicles.

Row planting

If the distance between rows is 25 cm, the area per 1 -meter row is  $100 \times 25 = 2,500$  square cm = 0.25 square meter. The number of counting areas per square meter is 1/0.25 = 4. If the mean number of panicles per counting is 32, the number of panicles per square meter is  $32 \times 4 = 128$  panicles.

# Harvest and postharvest

Harvest 275 Postharvest 276

#### Harvest



- At maturity, the grains are full-sized and hard, and the panicles bend down.
- Avoid harvesting during rainy days. Preferably harvest during the afternoon, when the grains are dry.

#### Postharvest



- After harvest, keep the panicles away from rain or moisture.
- Thresh as soon as possible to avoid pest and rain damage in the field.
- Dry the grain as well as possible.
- Store the grain in a dry location.
- Protect the stored grain from insects, rats, and moisture.

## **Cropping systems**

Intercropping Crop rotation Cropping pattern Successive cropping and cropping pattern for long rainy season **282** Some other cropping patterns in long rainy season Some cropping patterns in medium length rainy season

#### Intercropping



#### **Crop** rotation

Years of cultiv	ation of the s	ame field	
Bad		Good	
Year	Plant	Year	Plant
1	Rice	1	Rice
2	Rice	2	Maize
3	Rice	3	Bean
4	Rice	4	Rice
5	Rice	5	Maize
6	Rice	6	Bean
7	Rice	7	Rice

• Always planting the same crop in the same field causes nutritional disorders. Deficiencies in nutrients increase disease and insect incidence.

• Crop rotation — using different plants sown in the same field in successive years — is a good and efficient practice.

#### **Cropping pattern**



- Crop rotation is a good control against erosion when broadleaved crops are used.
- Crop rotation has fewer risks; if one crop is damaged by disease or pests, others may still grow.
- Crop rotation ensures better and more stable food for the family.
- Crop rotation ensures steadier cash returns.

#### Successive cropping and cropping pattern for long rainy season



# Some other cropping patterns in long rainy season



#### Some cropping patterns in medium length rainy season

