

In the name of god

PGC

Day13

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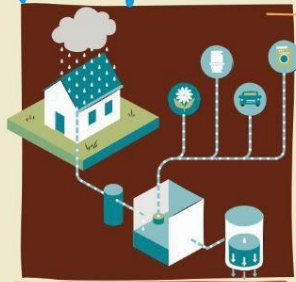
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Advantages of Cultivation in Terraced Fields:



1. Water Conservation:
By creating terraces, rainwater is collected rather than flowing away, allowing it to gradually seep into the soil.



2. Soil Erosion Reduction: The terraced structure slows down water flow, preventing soil erosion.



3. Crop Diversity: It allows for the cultivation of various plants at different levels, which can contribute to biodiversity.

Medicinal Plants Cultivated in the Kurdish Region

Kurdish region is home to various medicinal plants due to its unique climatic and geographical conditions, which play a significant role in local agriculture.

Some medical plants and their uses



1. Saffron:

– Use: As a spice and also in traditional medicine for treating depression and anxiety.



2. Thyme:

– Use: As a disinfectant and for treating respiratory issues.



3. Chamomile:

– Use: To reduce inflammation and relieve menstrual pain



4. Sage:

– Use: For boosting the immune system and as a disinfectant



5. Mint:

– Use: To alleviate digestive problems and headaches.



These plants not only serve as sources of income for local farmers but also play an important role in preserving the culture and traditional medicinal practices of the Kurdish community



Sustainable agriculture and natural resource management in Kurdistan can play a crucial role in addressing today's climate challenges. Here are some key points

Soil Health: Sustainable practices, such as crop rotation and organic farming, improve soil health. Healthy soils can better retain moisture, reducing the need for irrigation and making crops more resilient to drought.

Water Conservation: Efficient water management techniques, like drip irrigation and rainwater harvesting, help conserve water resources. This is essential in regions facing water scarcity due to climate change.



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Biodiversity: Promoting diverse crops and livestock breeds enhances resilience against pests and diseases. Biodiversity can also improve ecosystem stability, making agriculture more sustainable in the long run.

Carbon Sequestration: Practices like agroforestry and cover cropping can capture carbon dioxide from the atmosphere, helping to mitigate climate change. Trees and plants store carbon, reducing greenhouse gas levels



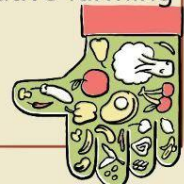


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Community Involvement: Engaging local communities in sustainable practices fosters awareness and responsibility towards natural resources. This collective effort can lead to better management and conservation of local ecosystems

Adaptation Strategies: Sustainable agriculture encourages farmers to adapt to changing climatic conditions by using climate-resilient crops and innovative farming techniques. This adaptability is crucial for long-term food security



By implementing these sustainable practices, Kurdish farmers can not only enhance their productivity but also contribute positively to the environment and combat climate change effectively.

