

Community-based Sustainable Forest Management for Water Resources Conservation, Manipur (COSFOM)

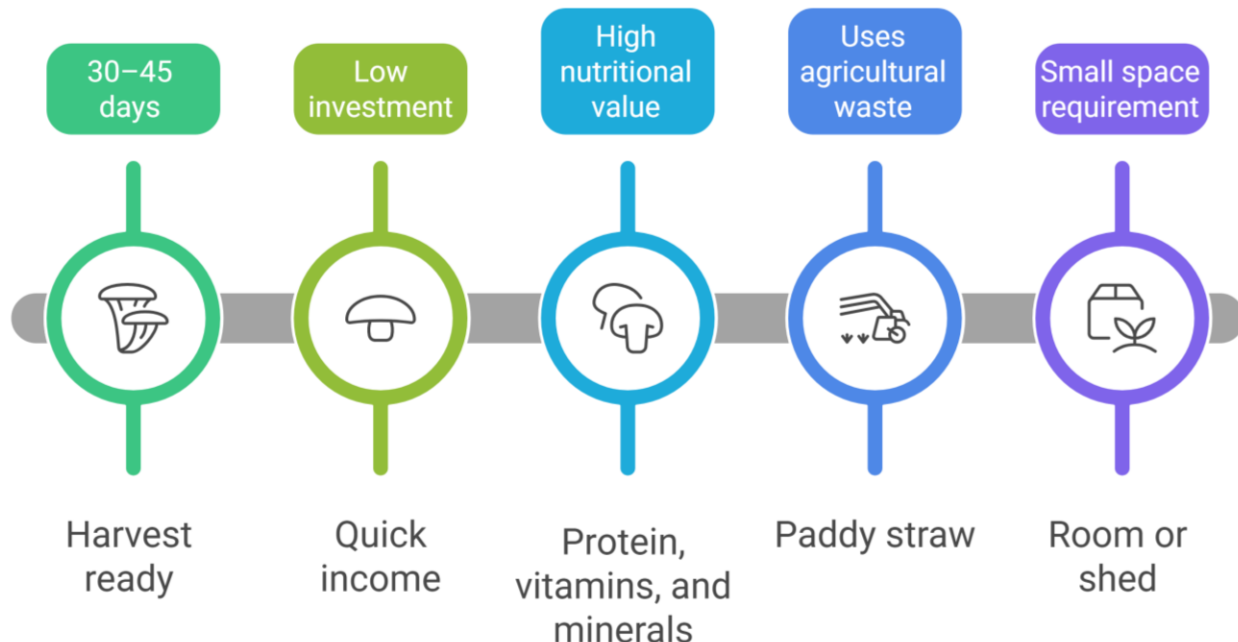
Training Handout

Vār khaling

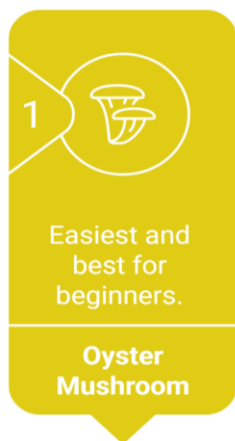
I. Khiwui vāng Var lingshaira?

Var hi khamakui, khanim kala khayi apamli kharra kala chikathā apam hi Northeast India li kachungkha leiya.

Vār hi teomekha eina lingshaipaiya, phasa wui vāngla kanālāka kala khalingli saklāk kahai maleimana.



II. Manipur li Vār khaling hi phalāk-a



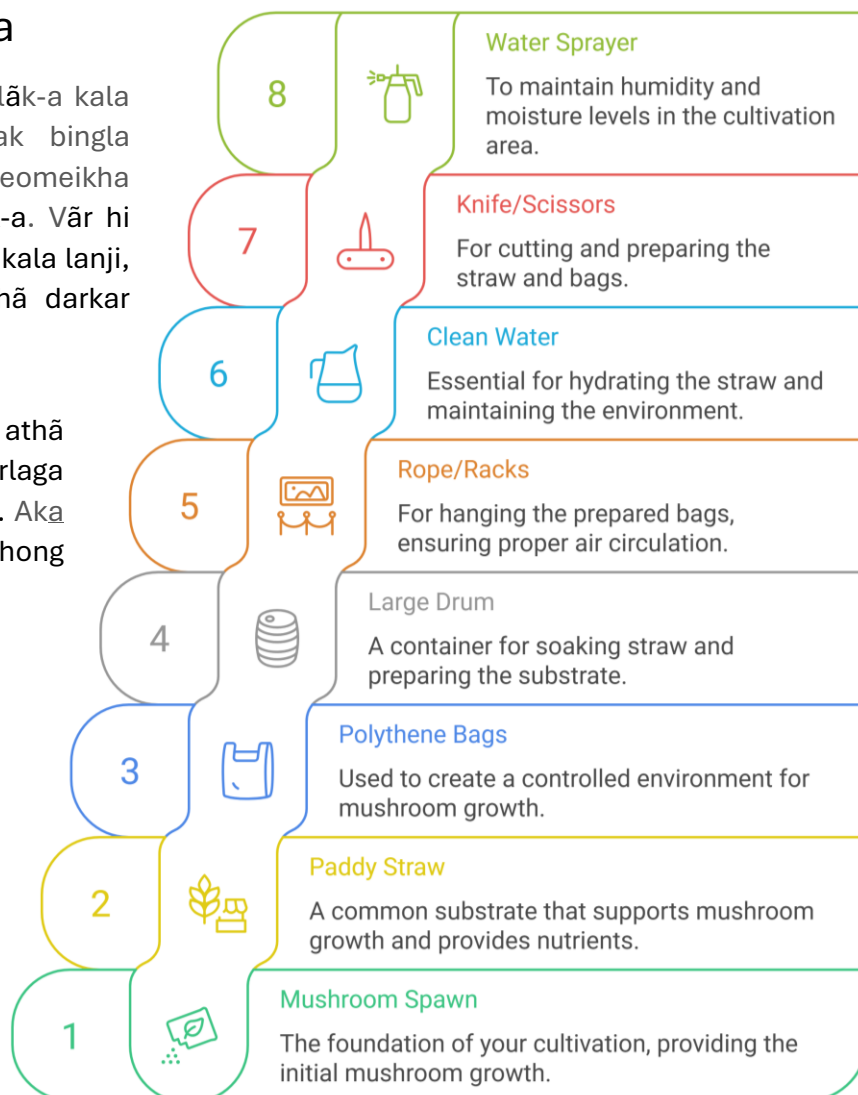
Oyster mushroom
khaling hina
paimeithuiya kala saklak
eina yangkasang darkar
masamana.

III. Khimamei darkar sãra

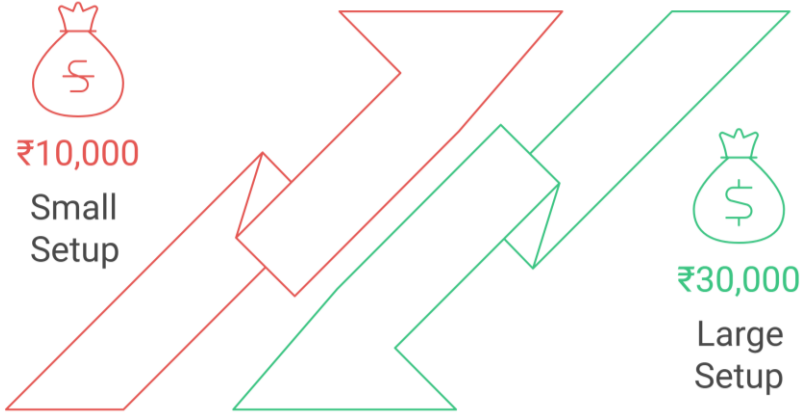
Oyster mushroom khaling hi pailāk-a kala lingkhavai darkar kasã machak bingla pailāk eina samphangda, teomeikha lingkashai bingwui vāngla pailāk-a. Vār hi khalingli var chiwui athã (spawn) kala lanji, ngashi kala jahei wui ākār kathã darkar sãya.

Polythene ākhao li lanji kala vār athã chi sanglaga, tara kathar li rurlaga chorhaira kaji eina chili lingpaiya. Aka sãthat khavai lanji kathã chi ākhong ākhali hupthat paiya.

Chili lāngmeida, tharkhamatheng, khayi kazang apam kala khanim apam hi vār mathāda kharkhavai darkar sãya. Chieina ngasoda, tara chaikhavai sprayer, kala ākhao bing chi hokthang khavai khara darkar sãya. Vār mathāda kharkhavai, tharlāk eina yangsangra kala chiwui vāng pānghon kala āka sãthat khavai arila darkar sãya.

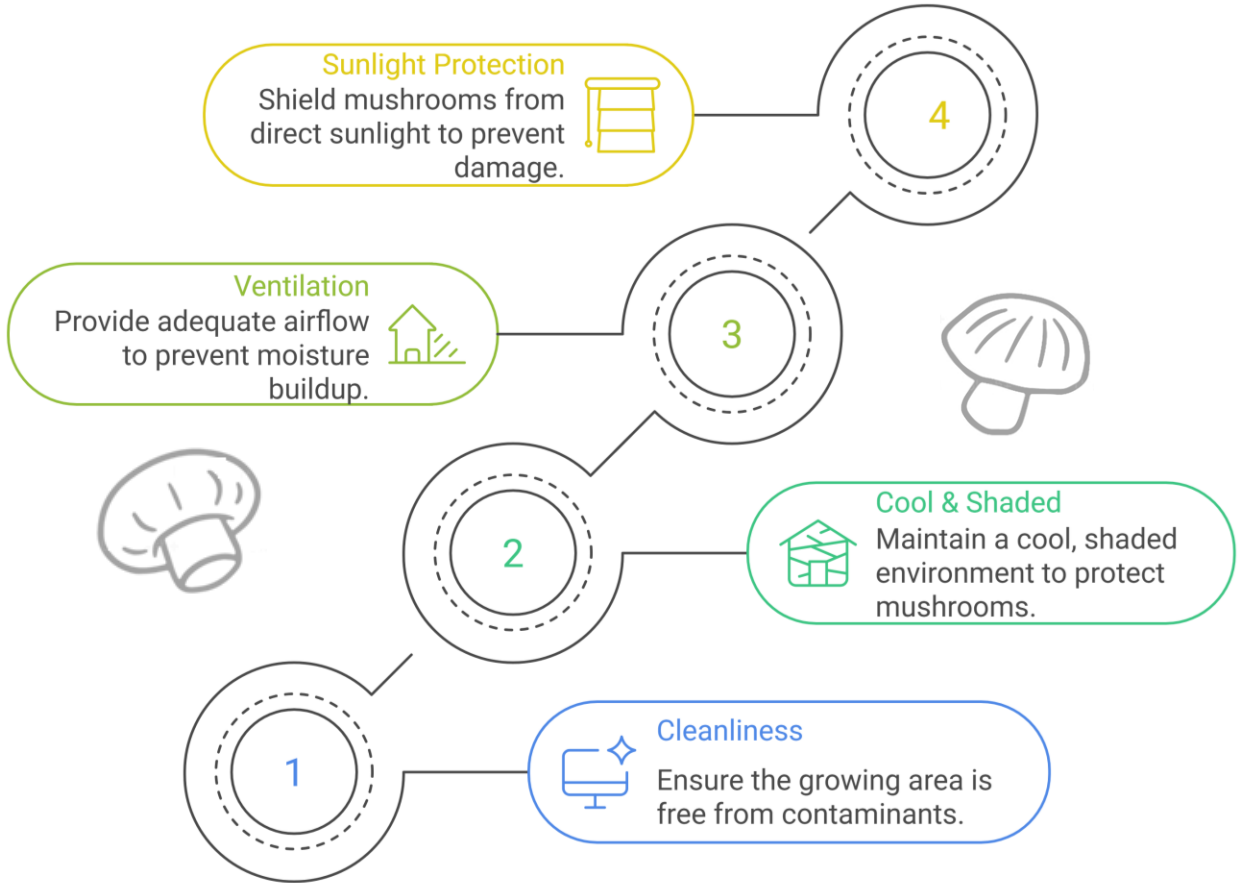


IV. Vār teomeikha khalingli lan kayākha zangra



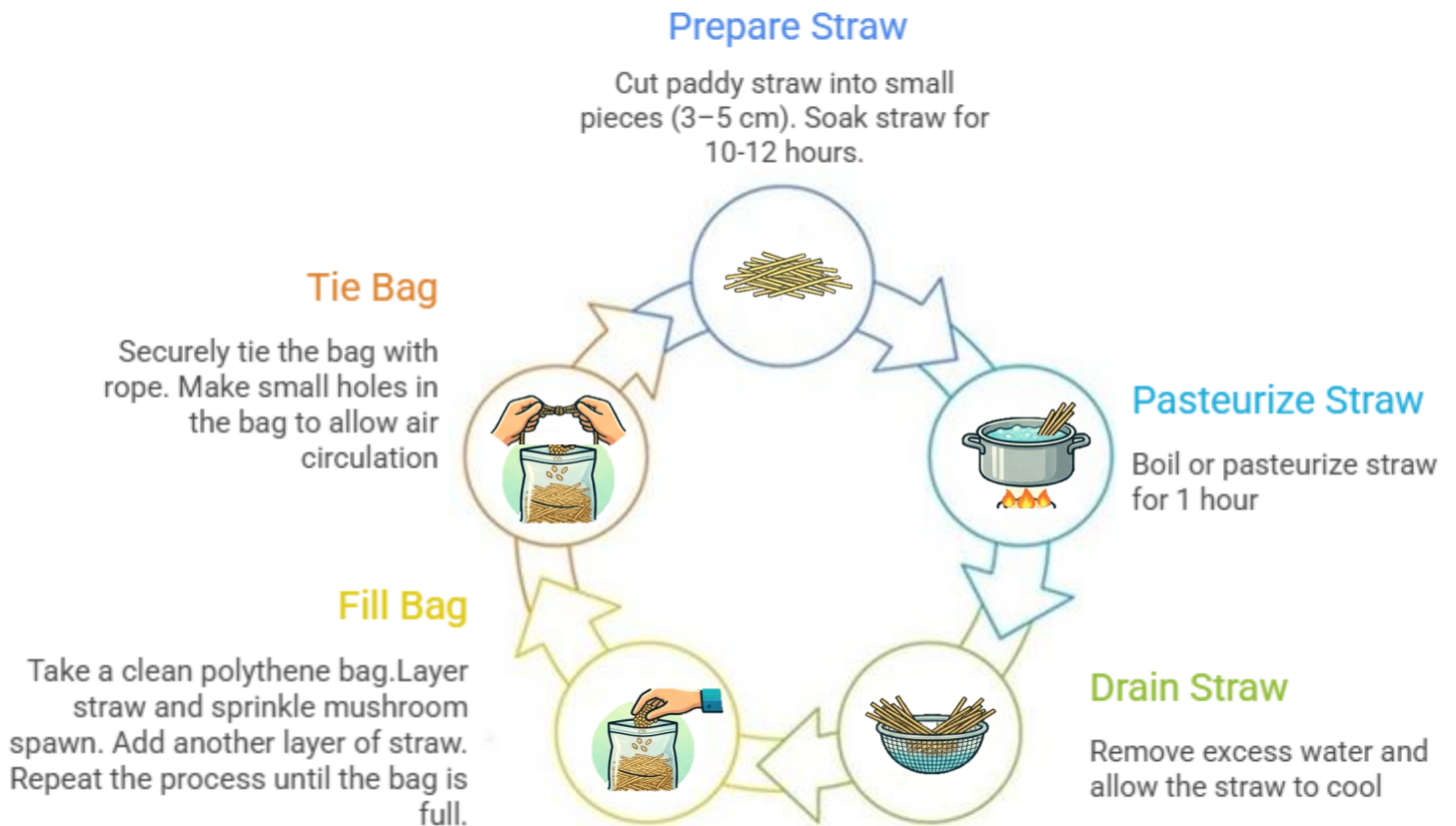
Oyster mushroom lingkhavai kasāli Lupā ₹10,000 eina thuilaga ₹30,000 shakha darkar sāya. Hi vār ātha, lanji hkt, ākhao, kala lingkhavai āpam wui vāngna. Hi lan teomeikha chishut laga thāklāk eina kachungkha tongkhui kapai otna.

V. Vār kharphālāk kahai āpam



Asān-aret ngaraichada feet 10 mang lila vār linglaga kachungkha samphangpaiya.

VI.Vār lingkhavai ākhao khangaran kasã



Akhao chi vār mathāda kharkhavai kathar, tangkhamang kala khanim apam li haiphalungra.

Akhao li mathāda thaisang laga kahai china,

(a) Vār athā (mycelia) mathāda kharngasak-a

(b) Khamakhao mazang ngasak mana.

(c) Vār chungmeida khar ngasaka.



VII. Lingsanghai laga kakhar atam

Incubation Stage Requirements



Dark Room

Keep the bags in a dark room.

Maintain temperature around 22–28°C.

Temperature



Humidity

Humidity should be 80–90%.

After 15–20 days, white cotton-like growth will spread.

Mycelium Growth



Fruiting Stage Steps



Make Openings

Create small openings in the plastic bag.

Hang the bags or place them on racks.

Hang or Place



Spray Water

Spray water twice daily to keep humidity high.

Small mushroom buds will start appearing in 7–10 days.

Mushroom Buds



VIII. Vār lok-kakhui

1



Hold the Base

Gently grasp the mushroom stem

2



Twist and Pull

Carefully remove the mushroom

3



Avoid Cutting

Do not use a knife

IX. Semkakhui kala yorkashok



Production

Each bag produces 1.5-2.5 kg of mushrooms in 30-45 days. Several flushes can occur.



Selling Mushrooms

Mushrooms can be sold in local markets, vegetable shops, restaurants, and village markets. They should be sold fresh.

X. Vār lingkhavai kachishut



Straw

Cost of straw for mushroom cultivation.
₹ 200



Spawn

Cost of mushroom spawn for inoculation.
₹ 500



Bags & Materials

Cost of bags and other materials.
₹ 200



Total Cost

Estimated total cost for 10 bags.
₹ 900 – ₹ 1000

XI. Vār khaling li chishut kahaiwui aman tongkhui khalui



Possible Income

Earn ₹2400-₹5000 from sales.



Selling Price

Set a price of ₹120-₹200 per kg.

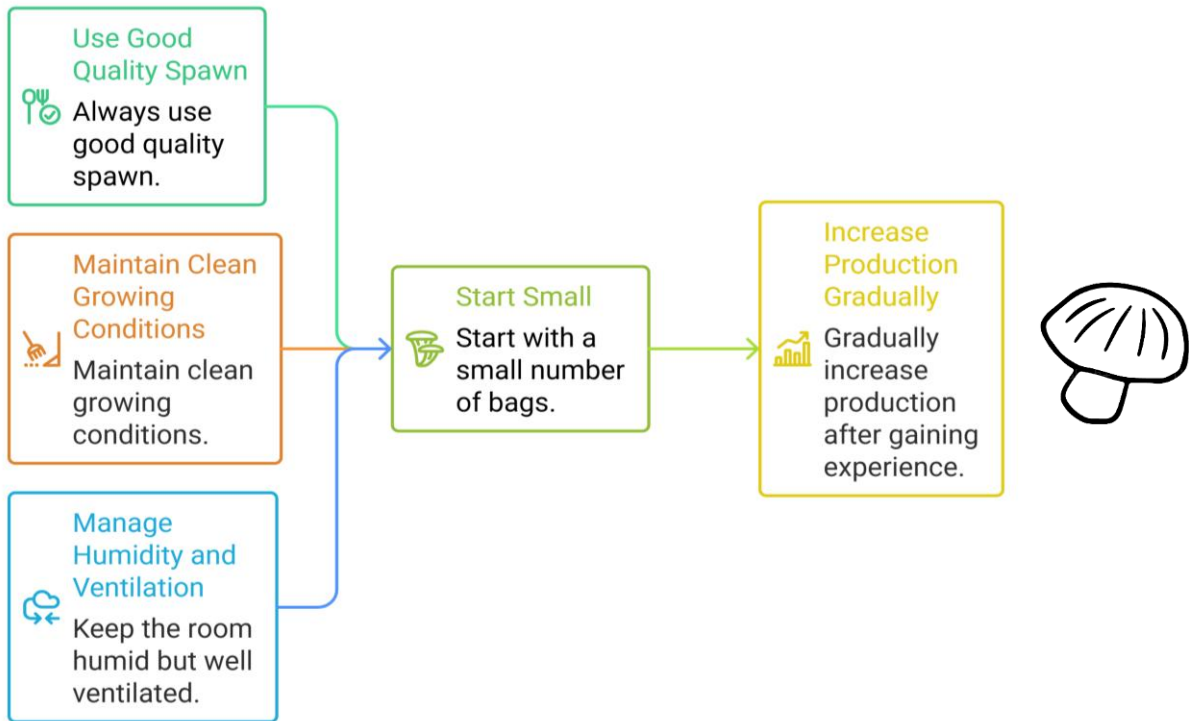


Production

Cultivate 20-25 kg of mushrooms.



XII. Vār khalingwui eina tongkhui kapai arãh



XIII. Vār khaling hina lansin wui pongli kankhana

Profitable Agribusiness

Core economic benefit of mushroom cultivation

Quick Returns

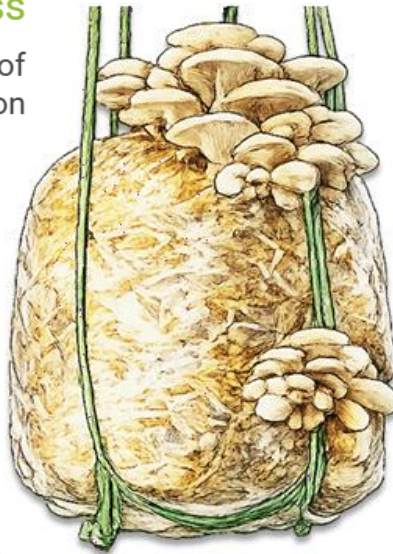
Short time to harvest and sell mushrooms

Waste Conversion

Transforms agricultural waste into food

Employment Creation

Provides jobs in mushroom farming



Conclusion

Vār teomeikha khaling hi Manipur wui khānao bingwui vāng pailāk kahai, lan chungda kachishut darkar makasā kala tongkhuipailāk kahai **akhana**. Hina ithumwui income mataisang ngasak-a, phasa na darkar kasā nutrient bing samphang ngasak-a kala shānao/pareinao bing eina yaron-ngala bingli otpam na ngaranmiya.

Mathāda tamkhui-shakhui laga, vār kakei hina ithumwui ringkhavai/okthui khavai matailāk kahaiya āpong ākha ngasāpaiya.



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