**Eco-friendly Farming: fair use of resources with achieving food security**

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**Abstract**

A household is assumed as food secured when it produce or able to buy adequate food to meet all of its members’ nutrition needs. Feed means a diet that is diverse, fresh, low in saturated fat and cholesterol, high in fibers or rich in proteins. It is not sure that if a country produces enough food, all people will get adequate food. The extent to which organic farming can contribute to food security is still being debated in the literature. Organic farmers feel that they can use a small area of land to cultivate varieties of crops round the year; with less investment they could gain more economic benefit within their local environment. They don’t have food shortage, they have food sovereignty, they don’t feel food insecurity. Though farmers would not go to be rich, but there is no instance that they turn into landless. Due to following crop rotation and proper farm management, farmers and the whole nation can achieve food security. They can produce all types of food. In Bangladesh, 70% of farmers hold 1-acre of land. If farmers grow Aus rice– Aman rice – Lentil in his one bigha of land, then he will get 30 maunds (30 kg) paddy and 4 maunds of lentil. After consumption, they can sell some. From 2 rice crops, farmers will get straw that he can use to feed 1 cow and 25 hens. In this way, farmers could receive daily 4 liters of milk from cow, egg and meat from those chickens. Almost all farmers have 3- 5 decimal homestead land, if they invests taka 2000 in the homestead land, he can produce vegetables for the whole year. So, if farmers get 3 field crops, homestead vegetables for the whole year, milk from one cow, eggs and meat from 25 poultry birds, then they are food secured. Not only the producers, but the poor consumers can also achieve food security. If farmers don’t use chemicals, their costs of production will be less. They can sell their products at lower prices and consumers may able to buy at lower prices.