ABSTRACT
This study discusses the constraints that hinder efficient agricultural production in the Upper Paramin farming community and the measures required to eliminate these obstacles so that farmers can produce at a sustainable maximum capacity. A group of twenty farmers were under investigation. The data was collected by the use of questionnaires, interviews and continual observations on farms throughout the study.

It was found that a lack of adequate agricultural resources, improper farming techniques and the absence of Information and Communication Technologies may have led to the constraints that existed in the community.

As yet Upper Paramin produces seasoning for the nation in conjunction with the rest of the farming population in Paramin. However it can efficiently generate a greater production by taking a number of measures. Prominent amongst these are:

a) The use of hoops in rainwater irrigation.

b) The application of human manipulation to slopes and the use of nature to reduce erosion.

c) Applying modern technology to combat agricultural theft.

d) The involvement of regional and international agricultural cooperatives to provide Information and Communication Technologies to farmers.