



Series 7, Episode 4

Kingstone & Doreen's Farm, Tharaka Nithi, KENYA

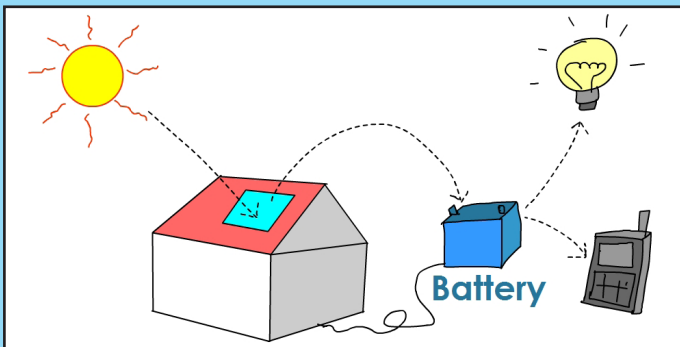
This leaflet contains information on: solar lighting, maize seeds, fertilizer, jikos.

If undelivered, please return to The Mediae Company, PO Box 215-00502, Karen.

For more information, SMS "SOLAR" to 30606

Solar Lighting

Kerosene lamps give off fumes, which are bad for your eyes and health. Kerosene is expensive. A solar light gives out 12 times as much light as a kerosene lamp.



Solar lights use energy from the sun. A **solar panel** catches energy from the sun and stores in a **battery**. The battery can power your lights and charge your phone.

The battery can only charge during the day when there is sun. It will store the electricity until you need it in the evening.

d.light D30 Solar Lighting System

The *d.light* D30 system is easy to install and comes with:

- A solar panel
- A battery
- 3 lights with switches and 8 metre cables
- A radio
- A torch
- Cables so that you can charge your mobile phone.



You will get 5-17 hours of light per full charge. The lights have 2 brightness settings to choose from.

d.light systems are affordable. Pay by cash or by installments. To buy the D30 system with installments, pay 40/- per day for 1 year. Buy *d.light* systems from TOTAL petrol stations countrywide.

You can call *d.light* on their free number **0800 72 11 10** or SMS on **21555**.



You can even buy a d.light digital TV which runs off your solar panel!

Maize Seeds

Choose a maize variety that will grow well in your area. Some varieties cope well with drought, some prefer high altitudes, and some mature early. Choose the right variety for a better harvest. Plant seeds from *SeedCo*. At least 99% of *SeedCo*. seeds will germinate, so you only need to plant 1 seed per hole.

Duma 43

An early-maturing variety that copes well with drought.

- Matures in 3 months
- Tolerant to drought and heat stress
- Resistant to Maize Streak Virus (MSV)
- Yields 20-30 bags per acre.

Duma is best for: Eastern Province, Central Province, Nyanza, Upper Coast, Lower Western Province and water stressed areas.



Punda Milia 529

Grows well in many different areas. It has very good yields and disease tolerance.

- Matures in 4 months
- Can tolerate common maize diseases
- Copes well in drought
- Yields 30-40 bags per acre

Punda Milia is best for: Western Kenya, Central Rift, South Rift, South Nyanza and Upper Eastern and Central Provinces.

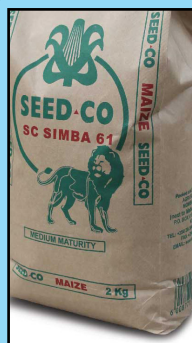


Simba 61

A medium-maturing variety. Has very good tolerance to diseases. Gives reliable yields.

- Matures in 4.5 months
- Is not badly affected by diseases like Grey Leaf Spot, Maize Streak Virus and Cob Rots
- Grows well in different places
- Has big kernels
- Yields 35-45 bags per acre.

Simba is best for: Kakamega, Mumias, Teso, Kisii and Transmara Region, South Rift, Bomet, Mulot and upper areas of Eastern and Central Provinces.



Tembo 73

A late-maturing white maize variety. Good tolerance to diseases. Grows well in areas with high rainfall.

- Matures in 5 months
- Big and long cobs
- Good tolerance to diseases like Maize Streak Virus, Grey Leaf Spot or Common Leaf Rust
- Good for making silage
- Yields 35-38 bags per acre.

Tembo is best for: Eldoret, Kakamega, Bungoma, Kisii, Molo, Njoro, Nyahururu, the Aberdares and upper areas of Eastern and Central Provinces.

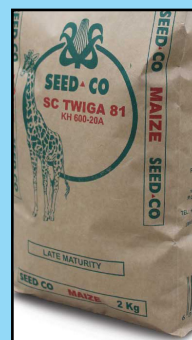


Twiga 81

A variety for the highlands. Grows well at 1800-2300 metres above sea level.

- Matures in 6 months
- Is resistant to Blight
- Has heavy grains
- Yields 36-53 bags per acre

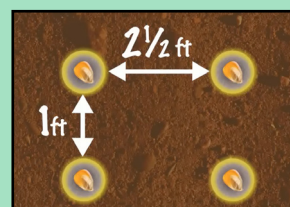
Twiga is best for: Eldoret, Kitale, Kakamega, Mt. Elgon, Kapsabet, Nandi Hills, Kisii, Narok, Bomet, Kericho, Nakuru, Upper Central and Eastern Provinces, Nyandarua, Bungoma, Lugari.



Planting Maize Seeds



Plant seeds in holes 15 cm deep. Place a tea-spoon of fertilizer in the hole, then some soil, the seed and more soil. If using *SeedCo* seed, plant 1 seed per hole.

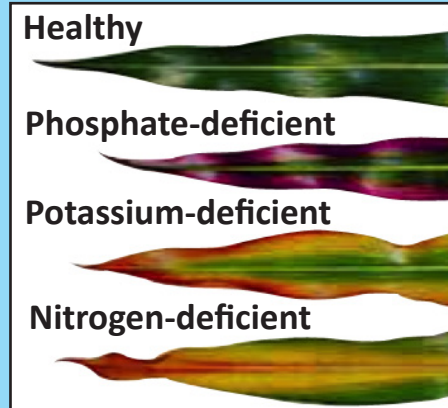


Plant seeds 1 ft apart, in rows 2.5 ft apart.

Fertilizers

Your soil must be healthy and have the right nutrients for your crop to grow well. A soil test will tell you which fertilizers to use and how much. Different crops need different fertilizers. **Mavuno** makes crop-specific fertilizers, including one with the right nutrients for Maize. You can increase your yield by 30%!

Does your soil have a deficiency?



A **deficiency** is when your soil does not have enough of a nutrient for your crop to grow well. You can tell if your soil has a deficiency by looking at the plant.

You can correct deficiencies with fertilizers. Most fertilizers contain NPK (Nitrogen, Phosphorous and Potassium). These are primary/macro-nutrients needed in big amounts. **Mavuno** Fertilizers also have secondary and micro-nutrients to keep the soil healthy so you get healthy and high yielding crops.

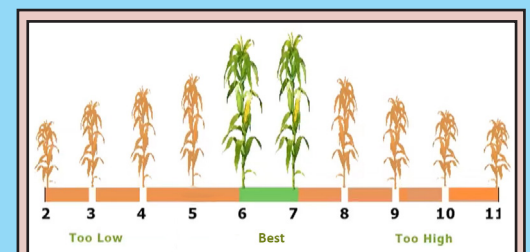
A healthy maize plant has green leaves. If the leaves are brown, yellow or purple, the plant is missing nutrients.

Soil Acidity

A soil test will also tell you how **acidic** or **alkaline** your soil is.

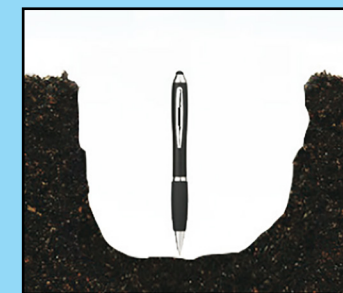
If your soil is too **acidic**, add **lime**. Lime is very alkaline, so it makes the soil less acidic. Dig **Agrilime** into your soil 1 month before planting. The lime will work faster if the soil is wet.

Some fertilizers, especially the Ammonium based fertilizers like DAP, MAP can make your soil more acidic. Look for **calcium (Ca)** in your fertilizer. This will help to reduce acidity. If your soil is acidic, do not use such ammonium based fertilizers.



Acidity is measured in **pH**. The scale goes from pH1 to pH14. pH 1 is very acidic. pH 14 is very alkaline. pH 7 is neutral. Maize grows best when the soil is pH 6-7.

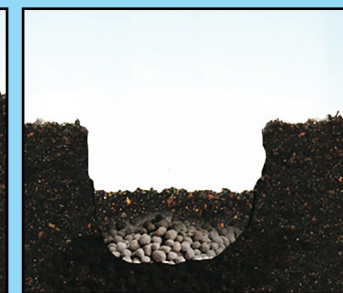
Plant Maize with Mavuno Fertilizers



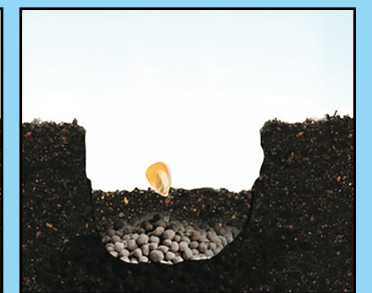
1. Dig a hole, 15cm deep, about the depth of a pen.



2. Put 1 spoonful of Mavuno Maize fertilizer in each hole.



3. Cover the fertilizer with loose soil.

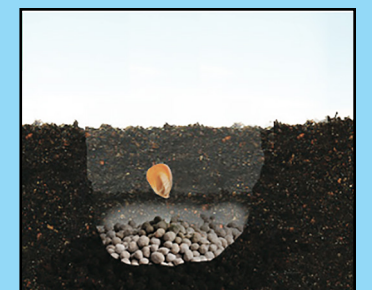


4. Place the seed on top of the soil but not touching the fertilizer.



Buy **Mavuno** fertilizers from agrovets. You can buy it in 1kg, 10kg, 12.5 kg, 25 kg and 50 kg bags. You will need a 50 kg bag for 1 acre.

Mavuno Maize contains Nitrogen, Phosphorous and Potassium. It also contains Calcium, Magnesium, Sulphur, Zinc, Copper, Manganese, Boron and Molybdenum.



5. Cover the seed with soil.

Charcoal Jikos

Envirofit's Super Saver jiko makes cooking faster, easier, cheaper and safer.



How does Envirofit's Super Saver save you money?

Buy Envirofit's Super Saver jiko from supermarkets countrywide.

It comes with a 1 year warranty. It lasts for 3-5 years.

Example

1 bag of charcoal costs 2000/-.

With an old jiko, you use 3 bags per month. This is 6,000/- per month.

With Envirofit's Super Saver, you use 1.5 bags per month. This is only 3,000/- per month. You can save 3,000/- per month on charcoal!

Good air flow for safe cooking

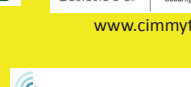
When charcoal burns without enough fresh air, it makes **Carbon Monoxide (CO)**. This is very dangerous to your health. You cannot see it or smell it. It can kill you and your family. Make sure you cook in an area with good air flow. Keep windows and doors open.

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