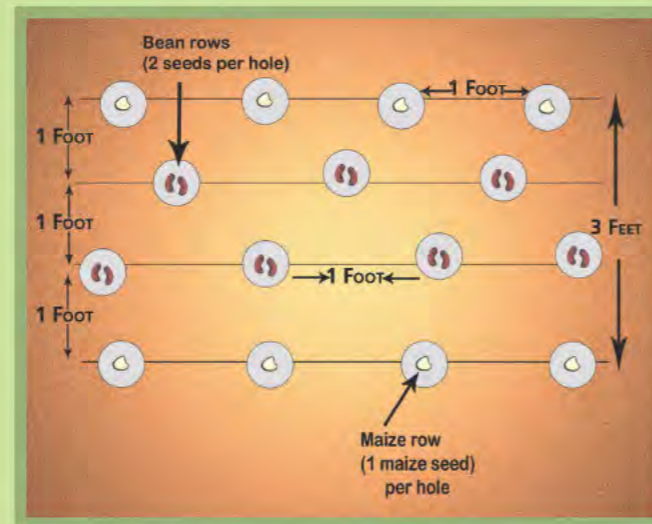


## Plant beans correctly

Prepare your plot well for planting. Use a jembe to dig over the plot, adding rotted manure as you go. This will give your plants enough food for the season. You will need 8 to 10 tons per acre of manure. Smooth out the top of the soil before marking out the plot for planting.

For bean planting, make straight rows 1 foot apart. Dig holes for the seeds 1 foot apart along the rows. Into each hole, add one cap full (100 grams) of DAP fertiliser. Mix the fertiliser well with the soil to avoid burning the seed. You will need about 20 to 40 kg DAP per acre. Put two bean seeds in each hole. Cover the seeds well with soil and water.

You can intercrop maize and beans - this is good for both crops and makes better use of the land.



## Solar Lights

Kerosene lamps are very bad for you and your children's health. The fumes are not good for the eyes and chest, so it is hard for children to study well. The fumes can also make them sick.

Solar lights do not have fumes, and once you have bought one, it is free to run as it gets its energy from the sun. You can also take them with you wherever you go.

The Shamba Shape Up team gave Lydia's eldest son a d:Light lantern like the one in the picture, so he can study in the evenings.

SMS the word 'DLIGHT' to 5606 or look at their website [www.dlightdesign.com](http://www.dlightdesign.com)



Solar lights are cheaper, healthier and more reliable than kerosene

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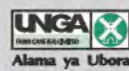


[ccafs@cgiar.org](mailto:ccafs@cgiar.org)



**syngenta.**

+254 020 3228000  
[syngenta.east\\_africa@syngenta.com](mailto:syngenta.east_africa@syngenta.com)



+254 020 6978000  
[information@unga.com](mailto:information@unga.com)



0725 790 050  
[kenyasales@kickstart.org](mailto:kenyasales@kickstart.org)

**ezy life**

+254-20-8155941  
[info@ezylife.co.ke](mailto:info@ezylife.co.ke)



254-20-3287000 / 0732187000  
SMS 5222



+254 20 4180612/3, 0722 209840,  
[hr@coopers.co.ke](mailto:hr@coopers.co.ke)



+254 20 2106793, 703 896996  
[dlightafrica@dlightdesign.com](mailto:dlightafrica@dlightdesign.com)



+254 20 2301518/20,  
[info@kenchic.com](mailto:info@kenchic.com)



## Series 2: Episode 1

Lydia's Farm - Nakuru

This leaflet contains information on Cow health, Livestock Insurance, Solar drying, Improved seed, Bean planting and Solar power.



## Improve your cow

Lydia's cow was not giving her enough milk because it was often sick.

The fundi from Coopers told her that a dirty cow will have problems with its skin, and that dirty cow sheds mean that cows will get sick.

If your cow is dirty, it will get mastitis. Also, her cow had watery faeces, which means that the food it is eating is not good enough.

To make sure your cow does not get sick, and gives you lots of milk, the fundi from Coopers told Lydia what to do.



Dirty cows get sick more often and produce less than clean cows

### 1. Clean up the cow shed

A clean cow shed, with a dry floor and good drainage, means disease is less likely to be found. Slope the floor toward the end of the pen so slurry runs off.

Make sure there are no broken wires or sharp things which could hurt the cow. Clean out the trough and feeding bay, and make sure the floors are dry.

Give calves a clean calf pen with a dry floor and shelter from the weather.

Remember to also keep your cow clean; dry mud and manure on the cow's coat will increase diseases.



Cow sheds should be clean, well ventilated and dry

## 2. Feed your cow better

Producing milk requires a lot of minerals and protein; if you do not feed your cow a balanced diet it can not make good milk.

It is important that the fodder is finely chopped (less than 5 centimetres) so it is easy to digest.

Give the cow mineral supplements, such as **Maclik Super**, to improve the milk quality. This should be given separately from the fodder.

Add a protein supplement like **Kupa Kula Gold** to help improve digestion, which will improve the milk quality.



*To get more and better quality milk, you must also give your cows protein and mineral supplements*

## 3. Correct Milking

Keep your cow clean to make sure it stays healthy by washing its udder before milking. Wash your hands, then use 2 to 3 litres of warm water mixed with Mastrite, which is a disinfectant for udders, to wash the udders.

Rub milking salve on your hands and all the teats. Milking salve keeps your hands and the udder clean and makes the skin softer so the teats are easier to milk.

When you finish milking, use the Mastrite mixed with a cup of water to dip each teat. This will stop your cow getting mastitis, and will heal any cuts on the teats.



*Teat dipping after milking prevents mastitis.*

*For more information, contact Coopers K-Brands Ltd or SMS the words 'ANIMAL HEALTH' to 5606.*

## Cow Insurance

Now that you have a healthy cow, it is an investment worth protecting: **KCB** offers cow insurance which protects you in case your cow is sick, stolen or dies. A certified veterinary officer should value your cow for you. The bank will then insure your cow – this will cost 3.5% of the value of the cow per year.

*Speak to your local branch or contact KCB for more information, or SMS 'LIVESTOCK INSURANCE' to 5606*

HOW MUCH WILL IT COST YOU TO INSURE YOUR COW?	
Value of cow	Ksh 120,000.00
Insurance cost per year @ 3.5%	Ksh 4,200.00
Monthly Payments	Ksh 350.00
Monthly Milk Sold	25 litres per day = 750 litres per month
Market Price of Milk	Ksh 20 per litre = Ksh 15,000
Cost of losing a cow	Ksh 15,000 per month
Cost of losing an insured cow	Ksh 0.00

## Different ways to sell your crop

Many farmers grow a crop and only look for a for a fresh produce market once the crop is harvested. In order to get the best income for your farm, look at how you are going to market your produce before you start planting.

Can you sell it in a different way?

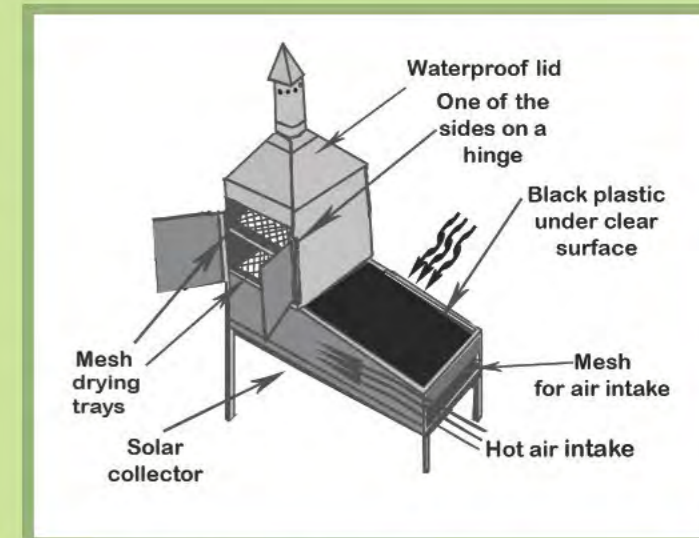
If the local market does not offer good prices for your crops when fresh, or prices are low when your crop is ready, think about other ways of selling your crop. For example, drying your vegetables means they will keep for a long time, and can be sold at any time.

You can do this with chillies, sukuma, terere, cabbage and meat. You will need a solar dryer, which uses the sun to dry your vegetables.

Lay the vegetables evenly in the solar dryer and turn them occasionally to make sure they dry evenly.

Then package and store in a dark, dry place until ready to be sold. If you want to eat them yourself, simply rehydrate in water for 30 minutes.

You can use the design here to build a solar dryer for yourself. Remember to keep the drying vegetables out of the rain and dust. Stir them often to make sure they dry evenly.



*How to make a solar dryer*



*Chillies drying in a solar dryer*

## Better seed for better crops

Farmers often use seed from their harvest to plant their next crop. This allows diseases from the last crop to infect your next crop. Reused seed is weaker and provides less in the next harvest.

It is best to buy certified, treated seed from a certified dealer. Certified seed protects you from seed borne disease, matures early and provides better yield.

Lydia bought KK8 from Leldet, which specialises in affordable seed packs in beans, chick and cow peas, sorghum and ground nuts.

*SMS 'SEED' to 5606 for more information*

