



Series 7, Episode 5

Purity & Silas' Farm, Timau, Meru, KENYA

*This leaflet contains information on: solar lights
fertilizers for potatoes, french bean pests, jikos*

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

For more information, SMS "JIKO" to 30606

Jikokoa jikos

Cooking with firewood costs a lot of money. If the wood is not dry, it makes a lot of smoke when it burns. The smoke is bad for you and your family's health. It affects your lungs and can give you a cough. It also makes your eyes itchy and watery.

Jikokoa from BURN

Jikokoa is a special type of jiko:

- It uses half the amount of firewood so saves you money.
- It gives off less smoke so it's better for your eyes and lungs.
- It cooks your food in half the time. This gives you more time to spend with your family or do other tasks.

Grips on the top to stop your sufuria from falling off. You can use sufurias of different sizes.



The jiko comes with a **wood shelf** so you can use larger pieces of wood.



Feet so that you can rest the jiko on a higher surface like a table. Bending down to cook on the floor is bad for your back.

Handles so that you can carry the lit jiko without burning your hands.



An **ash tray** helps you to control the temperature while you cook. It also helps to keep your jiko clean and tidy.

Safe Cooking

- Make sure your cooking area has good air flow (ventilation).
- Keep young children and animals away from hot jikos.
- Do not leave your jiko unattended.

For more information, SMS “FERTILIZER” to 30606

Fertilizers for Potatoes

Potatoes will grow in most soils, but they grow best in light to medium textured soils. They like slightly acidic soils, with a pH of 5 and 6.5. If the pH is too high, the skin of the potato will not be good.

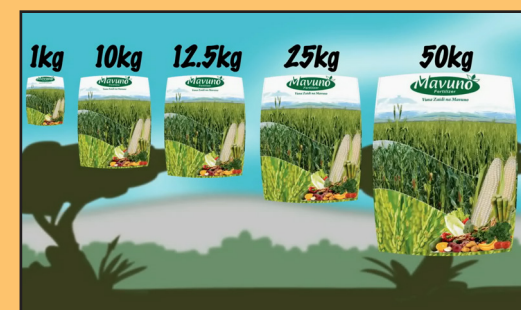
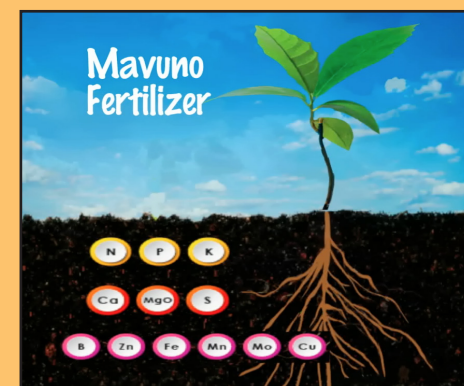
Crops take nutrients out of the soil. This is called **nutrient-mining**. They do not put them back in. Over time, your soil will have less and less nutrients so your crop will not grow well. A **soil test** will tell you which nutrients are missing.



Mixing well-rotted **manure** into your soil will help, but you also need to use **fertilizer**. The right fertilizer will give your crop the nutrients that it needs. Your crop will grow well and you will get a good yield. **Mavuno** makes a fertilizer specifically for potatoes.



Most fertilisers contain only **NPK** (Nitrogen, Phosphorous and Potassium). **Mavuno** Fertilisers contain NPK, plus **secondary nutrients** and **micronutrients** for good growth and a good yield.



Mavuno fertilisers come in 5 pack sizes. Buy from agrovet.

Primary Nutrients

Nitrogen (N), **Phosphorous (P)** and **Potassium (K)** are all needed for good growth.

Secondary Nutrients

Calcium (Ca) makes strong cell walls.

Magnesium (Mg) helps the plant to make its own food and grow well.

Micronutrients

Zinc (Zn) helps the plant to grow.

Boron (B) for good tuber growth. Without Boron, your potatoes may have holes in the middle.

Copper (Cu) helps the roots to work better.

Manganese (Mn) helps the seeds to germinate. It also helps the plant to make its own food.

Molybdenum (Mo) is needed for healthy plants.

Applying Mavuno fertilizers to Potatoes

At Planting: When planting your seeds, apply 50 kg **Mavuno Planting Potato** per acre.

Topdressing: Topdress 4-6 weeks after planting. Topdress with 50 kg **Mavuno Topdressing** per acre. Make sure the soil is moist.

Mavuno makes fertilisers for a range of crops.



French Bean Pests

Bean Fly



Damage by Bean Fly.

Bean flies attack the roots of your bean plants.

White Fly



White flies are small white insects. You will see them on the stem and leaves of your bean plants. When you shake the plant, the flies will fly off, then land again when movement stops.

Thrips



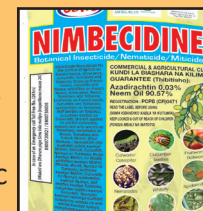
Thrips are small white insects. They suck sap from plants. You see them between the leaves of your bean plants.

Kill Bean Fly, White Fly and Thrips

Use Final Flight and Nimbecidine together.

Nimbecidine

This helps your bean plants to fight **resistance** to pesticides. Unlike synthetic pesticides, it can be used continually without pests becoming resistant to it.

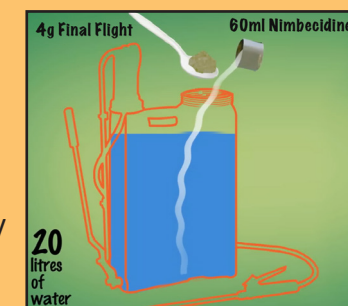


Final Flight

Final Flight can reach between the leaves.



Mix 60 ml **Nimbecidine** with 4g **Final Flight** in 20 litres of water in a knapsack. After transplanting, start to spray as early as possible when pests are seen. Repeat every 14 days.



Pesticide Resistance

If you use a pesticide too much, the pests get used to it. Once the pests are used to it, the pesticide will no longer kill the pests.

Safety with Pesticides



Pesticides are harmful to your health. When spraying your crop:

- Wear the correct clothing – face mask, dust coat, rubber gloves and gum boots.
- Keep children and animals away from the area while you are spraying.
- Record when you spray and what the PHI is. You can then work out when your crop is safe to harvest and eat.

For more information, SMS “PESTS & DISEASES” to 30606

Pre-Harvest Interval (PHI)

The **PHI** is the number of days it takes for the pesticide to break down to safe levels. Only when it reaches a safe level can the crop be harvested and eaten.

Final Flight has a PHI of 7. This means that after using final flight, you cannot harvest for at least 7 days.

Nimbecidine is **organic** and so has a PHI of 0. This means that you can apply Nimbecidine one day and harvest the next.

Atom

Use **Atom** with **Nimbecidine** if you need to harvest soon after you use pesticides. Mix 20 ml **Atom** and 60 ml **Nimbecidine** with 20 litres water in a knapsack. Spray your plants every day. **Atom** has a PHI of 1 day. This means that you can harvest your crop 1 day after using **Atom**.



For more information, SMS "SOLAR" to 30606

Solar Lights

Kerosene is expensive and bad for your health. A **Solar Home System** from **d.light** uses the sun to power lights in your home. Lights in the evening mean that you can cook, do business and the children can do their homework.



The solar panel is fixed to your roof. It catches light from the sun. When the sun is shining, the panel charges the battery.



The battery stores the power from the sun. You can see on the battery when it is full.

When charged, the battery can:



Power 3 lights, on 2 brightness settings.



Charge a torch with 2 settings.



Charge a radio.



Charge your mobile phone.

Is the Home Solar System Affordable?

Yes! If you cannot pay for the system in one go, pay a deposit of 2,500/=, then 40/= a day until the system is paid off. Pay by MPESA. Buy **d.light** products at TOTAL petrol stations countrywide. You can call d.light on their free number 0800 72 11 10 or SMS on 21555.

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