



Series 7, Episode 8

Timothy and Josephine's Farm, Meru, KENYA

This leaflet contains information on: Jikokoa jikos, breeding cows, feeding calves, Mitsubishi L200

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

For more information, SMS "JIKO" to 30606

Jikokoa Jikos

Jikos use a lot of charcoal and take a long time to boil water. They are heavy and hot to carry. Jikos give off smoke which is bad for your health. It may give you headaches and sore eyes.

Jikokoa from *Burn*

Jikokoa is a new type of jiko from *Burn*. It uses half the charcoal than a normal jiko so saves you money.

For example:

*You spend 1,500/= on a sack of charcoal that normally lasts for 1 month. If you use the **Jikokoa**, your charcoal will last for 2 months. This is a saving of 750/= per month.*



Jikokoa also cooks faster than other jikos. This means you have more time to do other things. It is made of stainless steel, so it will not rust and will last a long time.

Other benefits of Jikokoa



It only takes a few minutes to light.

Always have the window open when cooking, for good airflow.



Grips stop your sufria from sliding off. You can also use sufurias of different sizes. **Handles** help you move your jiko when it is lit. You can put the jiko directly onto your table.



A door regulates air going in. An **ash tray** helps to keep your jiko clean.

Keep young children and animals away from your jiko when it is lit.

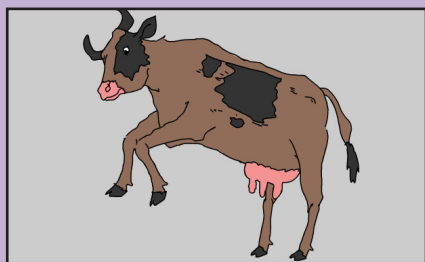
Breeding Cows

Your cow can only get pregnant when she is on heat. To give your cow a good chance of getting pregnant you must:

1. Make sure your cow is healthy. If she loses weight before or after being served, she may not get pregnant.
2. Know what the signs of heat are and check your cow carefully.
3. Track the cycles of your cow so that you can predict when it will come on heat.
4. Keep good breeding records.
5. Get a vet to do **Artificial Insemination (AI)** with semen from a reputable company, like **Coopers CRV**.



How will I know if my cow is on heat?



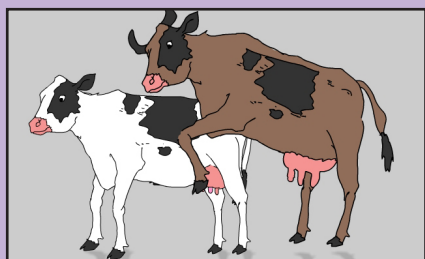
Cow is restless and goes off food.



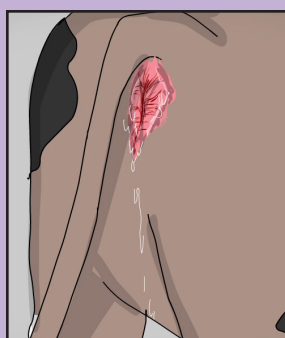
She bellows often.



She produces less milk.



She mounts others and stands still when others mount her.



She has a swollen vulva and clear discharge. These are the most important signs. Call your vet to do AI when you see this.

*Use the **AM PM Rule**. If your cow comes on heat in the morning, serve in the afternoon. If she comes on heat in the afternoon, serve in the morning. Heat lasts 14-18 hours.*

Artificial Insemination (AI)

AI is the best way to improve your cows. This is when a vet comes and serves your cow with semen from a bull that you have chosen.

Choose a bull from the **Coopers CRV** catalogue. Choose a bull with traits that you would like in your calf, such as high milk production. You must choose a bull before your cow comes on heat.



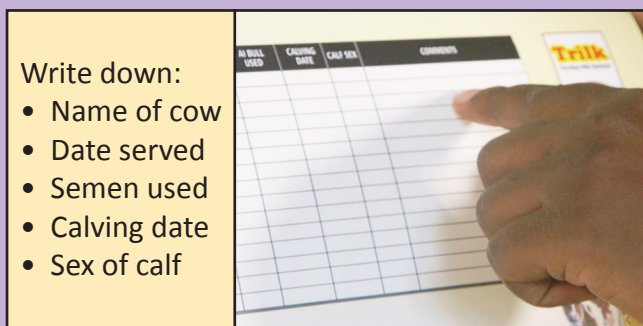
CRV semen is very good and there are lots of choices.

Record Keeping

Records can tell you when your cow might come on heat. Check for signs of heat from 45 days after calving.

Records help to stop inbreeding, as you will know which bull was used.

If you ever want to sell your cow, the buyer will ask for your records.



- Write down:
- Name of cow
 - Date served
 - Semen used
 - Calving date
 - Sex of calf

Use a record book from Coopers.

For more information, SMS "COW" to 30606

Feeding Calves

After a calf has been born, the first milk that your cow makes is called **colostrum**. Colostrum is very good for the calf. It helps it to fight illness and infection. The calf needs to drink 2 litres, 3 times a day to be healthy.



The more milk that your calf drinks, the less there is for you to sell. Increase profits by giving the calf a milk replacer called **Sprayfo**. Let your calf drink colostrum for 3 days, then from day 4 give it **Sprayfo**. **Sprayfo** helps your calf grow fast.

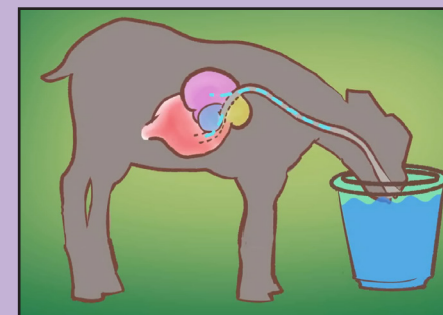
*Mix 300g of **Sprayfo** powder in 2 litres of warm water. Feed the calf 2 litres, three times a day. Make sure it is at a temperature that your calf will drink.*

What is the best way to feed your calf?

A cow's stomach has different parts. These parts are not fully developed in a calf. When the calf drinks water, it does not matter which part of the stomach the water goes in to. It is okay to give a calf water in a bucket.

When a calf drinks **Sprayfo** from a bucket, it goes into the first stomach instead of the last stomach. Your calf may get diarrhoea.

Make sure the calf faces upwards as it feeds.



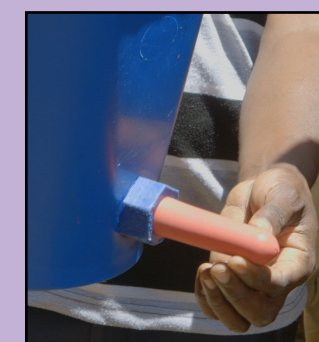
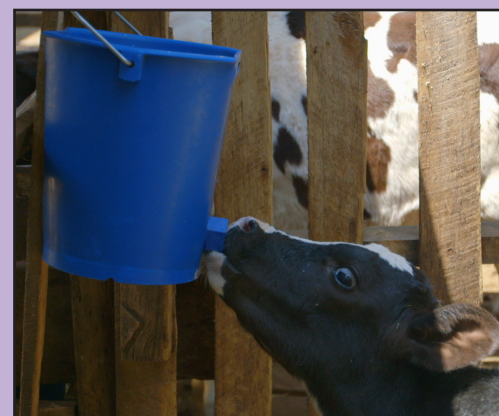
*If the calf drinks with its head down, **Sprayfo** will go into the first stomach. Your calf may get diarrhoea.*



*If the calf drinks with its head up, **Sprayfo** goes straight to the last stomach. This is better for the calf.*

Feed your calf with a teat bucket

Make sure your calf keeps its head up while feeding with a **teat bucket**. A teat bucket can be hung above the cow so it has to raise its head to drink.



A teat bucket is cheap to buy and easy to use.

Practise good hygiene

For a healthy calf, keep the calf pen clean at all times.

Make sure your calf always has access to clean, fresh water.

Wash buckets and other utensils after every use with a disinfectant.

Keep your calves separate from other farm animals.

For more information, SMS "COW" to 30606

For more information, SMS "TRANSPORT" to 30606

Mitsubishi L200

Buying a car with your farmers' group can make it affordable. Share the costs of the car and the benefits. The **Mitsubishi L200** can be used for both business and leisure.

The Mitsubishi L200 from Simba Corp

- Diesel 2500 cc
- Does 10-11 km for every litre of fuel
- Easy to get spare parts with **Simba Corp** branches countrywide
- 4 wheel drive and high ground clearance for rough roads
- You can get a canopy to put on the back – good for carrying produce
- Warranty of 3 years or 100,000 km.



How does my Farmers' Group buy a Mitsubishi L200?

You can get the car on loan, lease or hire purchase. Call **Simba Corp** on 0703 046 000 or go into a **Simba Corp** branch where the sales team will assist you on the available options.

Inside

- Automatic, but also available in manual
- Deeper cabin than any other double-cab.

The Mitsubishi L200 is multipurpose

- Take your farm produce to the market
- Collect feeds for your poultry and livestock
- Source of income e.g. for hire
- Transport within the farm e.g. silage
- Take your family to church
- Take sick members of the community to hospital
- Transport firewood.

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