



# Series 7, Episode 18

Mbula and Agnes' Farm, Kitui, KENYA

*This leaflet contains information on: Clean cookstoves, Solar lights, Conservation Agriculture, Maize seeds*

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

## Clean Cookstoves

*For more information, SMS "JIKO" to 30606*

Traditional jikos use a lot of firewood and produce a lot of smoke. Firewood is expensive and the smoke is bad for your health.

The **EcoZoom Dura** uses less firewood and gives off less smoke. You can cook a meal with just a few small logs.



*Silicone handles help you to move the jiko comfortably, even when it is hot.*



*A cast iron top conducts heat well. This speeds up your cooking.*



*Quick and easy to light*

The **EcoZoom Dura** comes with a **1 year guarantee**. This means that if it breaks within a year of you buying it, **EcoZoom** will replace parts for free.

If your **EcoZoom Dura** breaks after 1 year, you can buy replacement parts.



*A rack supports the logs.*

Contact **EcoZoom** on +254 700 426 555 to purchase the **EcoZoom Dura**.



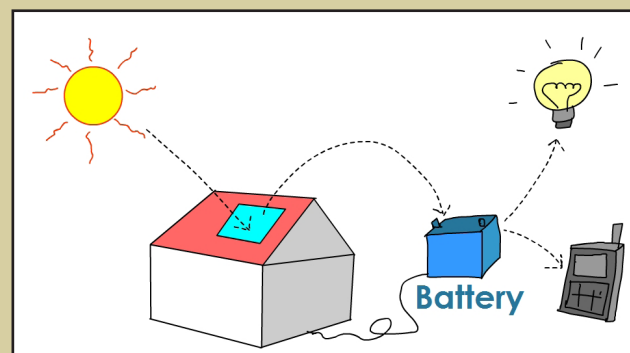
## Solar Lights

Kerosene is expensive. The fumes are bad for your health. The poor light is bad for your eyes.

A solar system catches light from the sun with a solar panel on your roof. During the day, the panel charges a battery. This battery can power your lights after dark.

Best of all, once you have bought your solar system, you will not have to pay for electricity. Solar power is free!

For more information, SMS "SOLAR" to 30606



## D30 Solar Home System from d.light



The **d.light D30 Solar Home System** contains all of the above. The lights, torch and radio can all be charged from the battery.

### Charge your phone

The Solar System comes with different cables.

Choose which fits your phone.



The torch, radio and your phone can all be charged with a cable which plugs into the side of the battery.

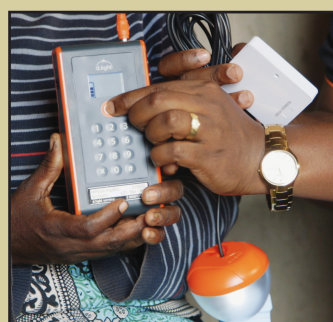


### 3 lights

You can light 3 different rooms at the same time using just one battery.

Each light comes with a switch to turn it on and off.

The lights have two brightness settings. You can choose to have 6 hours of bright light or 8 hours of dim light.



### Extra Port

The battery has 4 ports for lights, so there is space for an extra light if you would like to buy one.



### Torch

The torch has 2 brightness settings.



Bright



Dim

## GeoPoll

The world's largest real-time mobile survey platform, reaching a growing network of more than 8 million subscribers in Kenya. **GeoPoll** enables organisations to gather quick, accurate and in-depth data insights on anything from consumer preferences to social and development concerns.

For more information, SMS 70555

## Conservation Agriculture

For more information, SMS "CONSERVATION AG" to 30606

Poor farming methods can be bad for your soil. Crops take out nutrients. Ploughing or digging over time can cause a **hard pan**. This stops your crops from growing roots deep into the soil.

**Soil from farmed area**  
The soil is dry with large particles. It is sunburned. There are no organisms.



**Soil from unfarmed area**  
The soil is a darker colour. It contains plant material and small organisms. It feels warm.

Conservation Agriculture is a way of farming that looks after the soil. It is less work and you will get a better harvest. It is based on 3 principles:

### 1. Minimum Tillage

This means that you reduce the amount that you turn the soil. Constant ploughing and turning the soil causes damage and compacts it. This brings weeds to the surface. Only dig or plough where you will plant seeds.

Use a **ripper** instead of an ox plough. A ripper is a special plough with a pointed hook. It only cuts the soil in lines. Plant the seeds in these lines.

Remove weeds by hand or use a **pre-emergence herbicide**.

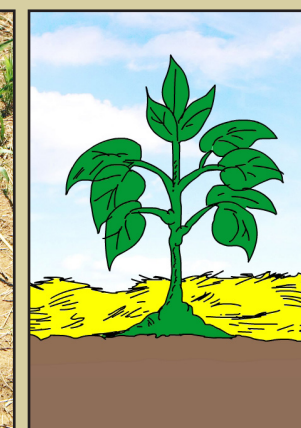


### 2. Keep Soil Covered

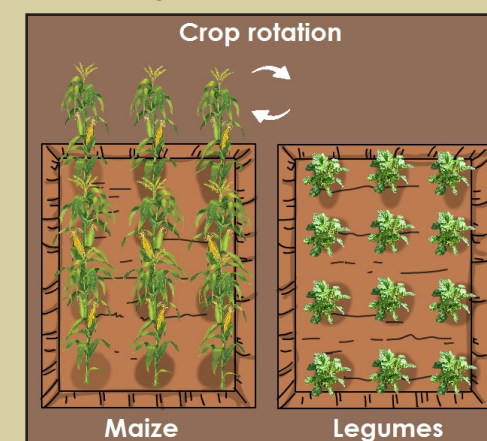
Keeping your soil covered will:

- Stop weeds
- Stop the soil being taken away by wind or rain
- Stop your soil getting too hot or too cold
- Stop moisture in the soil from evaporating with the sun
- Provide a nice home for microorganisms. Microorganisms make the soil healthier.

After you harvest your maize, leave the stalks in the field to cover the soil. This is called **mulching**. You can also use dried grass or leaves.



### 3. Crop rotation and Intercropping



Legumes (like cow peas, pigeon peas and beans) take nitrogen from the air and 'fix' it in the soil. The nitrogen in the soil can then be taken up by plants. Grains (like maize, millet and sorghum) need lots of nitrogen. Therefore it is good to rotate between grains and legumes. e.g. after maize, plant beans.

**Crop rotation** also helps to stop pests and diseases. By planting beans after maize, the stalk borers will die before the next maize crop is planted.

If your shamba is small, you can intercrop. This is where you plant lines of legumes between your lines of maize.



# Maize Seeds

For a good crop, buy the right maize seeds for your area. **SeedCo.** sells different varieties of hybrid seeds that grow well in different areas. Always buy certified seeds. They grow better and some are resistant to diseases.

Inside **SeedCo.** seed packets, there is an **insurance card**. You can call the number and insure your crop for free.

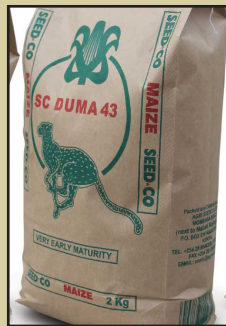
If the rains do not come within 21 days of planting and your crop does not germinate, the insurance company will refund the money that you spent on the seeds by M-PESA so that you can buy more and try again if the rains come.



## Duma 43

An early-maturing variety that copes well with drought.

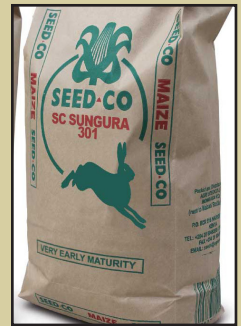
- Matures in 90 days
- Tolerant to drought and heat stress
- Resistant to Maize Streak Virus (MSV) and other diseases
- Yields 28-32 bags per acre.



## Sungura 301

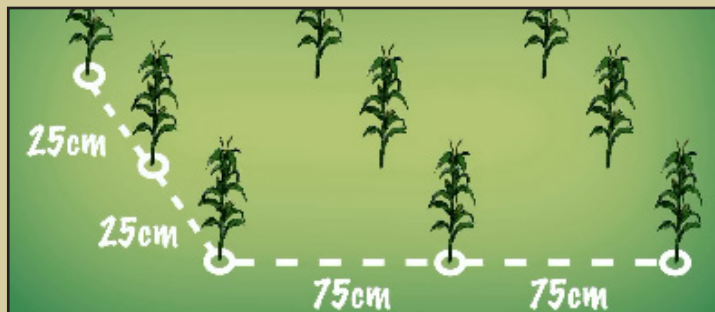
Grows well in the lowlands and in dry areas.

- Matures in 75 days
- Tolerant to drought and heat stress
- Is resistant to some diseases
- Yields 35 bags per acre.

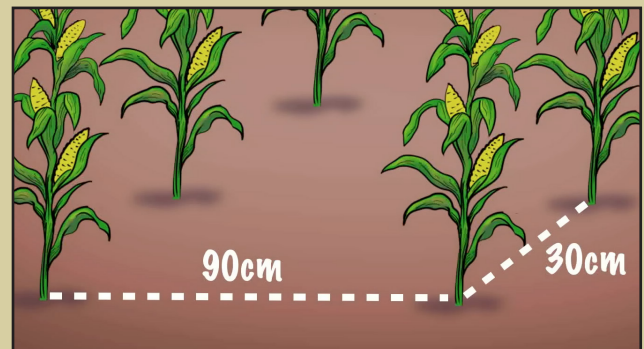


## Planting Maize

Plant maize seeds 25 cm apart in rows 75 cm apart. Dig holes 10-15 cm deep; put in one bottle-top of fertilizer, cover lightly with soil and plant 1 seed per hole. Finally, cover with soil.



In **dry areas**, you need to give your plants more space to grow. Plant the maize seeds 30 cm apart in rows 90 cm apart.



Produced by Mediae



Watch us on Citizen TV on:  
Thursday 1.30pm (English)  
Sunday 1.30pm (Kiswahili)

For another leaflet  
or more information,  
SMS 30606



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