

Series 6, Episode 23

Hellen and Daniel's Farm, Ruiru, KENYA.

*This leaflet contains information on:
soil health, capsicums, tomatoes, getting a good calf*



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

For more information, SMS "FERTILIZER" to 30606

Soil Health

Do a soil test every 2-4 years. It will tell you which crops your soil is good for and which fertilizers to add.

Rotate your crops

Make sure you rotate with a crop from a different family. If you have just had a capsicum or tomato crop, grow onions next.

Crop rotation helps to stop a build-up of **pests and diseases** in the soil.

Crops take different nutrients from the soil, so crop rotation helps to keep soil healthy and fertile.



Top-dress with Fertilizers

First Top-dressing:

Top-dress your crop with **CAN**. CAN helps the leaves to grow. Leaves are important because they use sunlight to make food for the plant.

Second Top-dressing:

Top-dress your crop with a high Potassium fertilizer like **G.M.O.P.** G.M.O.P. helps plants to resist pests and diseases. It also helps the plants to give big and healthy fruits.



Check for deficiencies

Your crop will not grow well if the soil is missing nutrients. Check the leaves for signs of **deficiencies**. Correct deficiencies with fertilizers. If your soil is **too acidic**, the crop will not be able to use all of the nutrients in the soil. Use **Physiolith** at planting to reduce acidity. A **soil test** will tell you the acidity of your soil.



Growing Capsicums

For a good Capsicum harvest, you want an even **fruiting** up the plant.

Most nutrients come from the soil. If there are too many fruits at the bottom, they will use up all of the nutrients. Nutrients will not travel to the fruits at the top and they will die.

Take off fruits from side shoots.

Make sure you only have 2-3 stems per plant. Remove any extra stems. Your plant will be healthier.



Take off the bottom fruit when it is nearly ready. Nutrients will go to the fruits further up the stem.

Check Soil Moisture

To check if your plants are getting enough water, pick up a handful of soil.



If the soil is too wet, it will stick to your hands and stay in a ball when you squeeze it together. If the soil is too dry, it will not stick together at all.

Do not water your plants in the evening. The soil will be too wet overnight and you will get more diseases.

Harvesting Capsicums



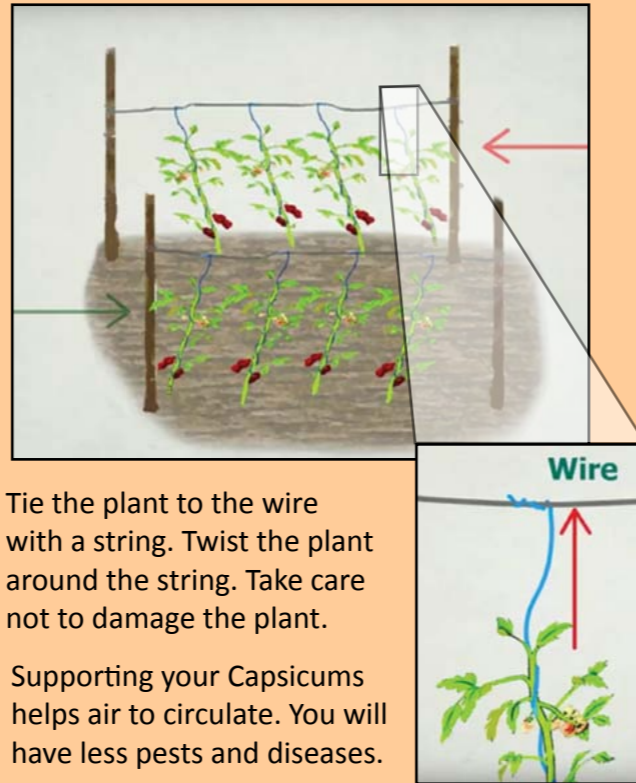
To harvest, gently break the fruit away from the plant. Leave some stem on the fruit. Pasarella fruits should weigh about 250 grams.

You can harvest just before the fruits turn red. They will turn red 2-3 days after harvest. If you leave them on the plant, they will take nutrients and water away from other fruits.



Support your Capsicums

Capsicum fruits are heavy. Support your Capsicum plants with wire.



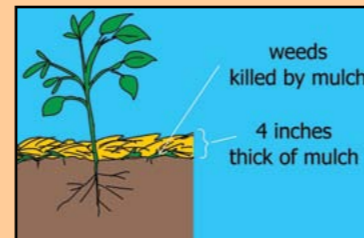
Tie the plant to the wire with a string. Twist the plant around the string. Take care not to damage the plant.

Supporting your Capsicums helps air to circulate. You will have less pests and diseases.

Take out Weeds

Remove all weeds from in and around your greenhouse. Weeds take water and nutrients away from your crop. Weeds also hide pests and diseases.

Remove weeds by hand. You can also stop weeds by using dry grass as **mulch**.



Greenhouse Tomatoes

Bacterial Wilt

Bacterial Wilt is a disease which affects your tomatoes. It lives in the soil. There is no cure, but you can reduce it.



1. Rotate Crops

Change the crops you plant each season. Plant a crop from a different family. This will reduce pests and diseases like **Bacterial Wilt**. Different crops are attacked by different pests and diseases.

2. Sterilise Soil

Sterilise your soil to kill pests and diseases. Steam it or pour boiling water on to it. This will kill Bacterial Wilt and other diseases and pests.



Steaming: water is boiled and steam passes through the soil. Sterilise your soil when planting in bags.

Fusarium Wilt



Cut a stem on your Tomato plant. You will see brown stripes if your plant has **Fusarium Wilt**. Healthy stems are green inside.



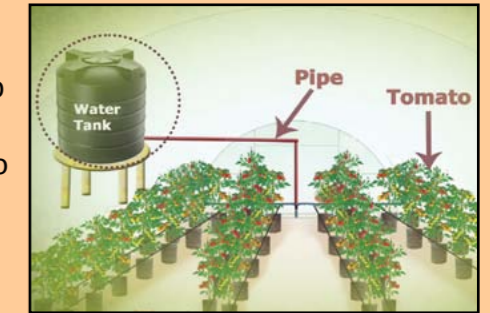
Treat Fusarium Wilt with **Sustain**.

Drench the soil every 7 days for 1 month

Sustain is **biological**. This means that you can use it for a long period of time. If you use **chemicals**, you must change them every 2 sprays. After a time, pests and diseases get used to the chemicals and do not die. They will remain in the soil and bring you problems.

Greenhouse Tomato Drip Kit from Real IPM

It contains drip systems and treated tomato growing bags.



To use:

1. **Sterilise soil** by boiling or steaming it to kill Bacterial Wilt (see left).

2. Mix well-rotted **compost** with sterilised soil.



3. Mix **Sustain** and **Regain** with 20 litres of water. **Drench** the soil 2 weeks before planting.



4. After transplanting seedlings, mix **Sustain** and **Regain** with clean water in the irrigation tank. The plants will get treated every time they are watered.



To buy **Real IPM** products like **Sustain**, **Regain** and the Drip Kit, call 0725-806086.

Tips for stopping Pests and Diseases

- Only plant certified seeds from agrovets.
- Use clean water for irrigation.
- Keep your greenhouse and nursery clean and free of weeds.
- Check your plants every day for signs of pests and diseases.
- Use the correct fertilisers. Healthy plants are better at fighting diseases.

Getting a Good Calf

To get a good strong calf you have to use good semen, feed the mother well, and feed the calf well.

Artificial Insemination (AI)

Choose semen from a **CRV catalogue**. Choose qualities that you are looking for in your calf, such as strong legs. You can also select for easy calving.

Choose your semen before your cow comes on heat. When you first see signs of heat, call your vet to come and do the AI.

Call your vet when your cow has a swollen vulva and clear discharge.



Feeding your Cow

Feed your cow **Maclik Plus, KupaKula and Diamond V** for easier calving.

Maclik Plus

Helps heifers and dry cows get ready to produce milk. Give your cow 100g (½ a glass) of **Maclik Plus** every day.



KupaKula

KupaKula helps cows to produce more milk.



For cows giving 5-10 litres milk per day, give 400g **KupaKula**. Give half in the morning and half in the evening. For cows giving more than 10 litres, add 400g per day for every extra 5 litres of milk above 10 litres. So if your cow gives 20 litres of milk, give 1.2 kg KupaKula.

Diamond V

Give your cow 1 tablespoon of **Diamond V** every day. Add it to dairy meal. **Diamond V** helps your cow to digest and absorb all of the good food that it eats.



Feeding your Calf

Make sure your calf gets **colostrum** for the first 7 days. If it will not suckle, milk the colostrum and feed it to the calf.

At 8 days, start the calf on **stock pellets, Trilk and Diamond V**.

Trilk

Trilk is a milk replacer. It gives the calf energy and protein. The calf will grow faster. Follow the instructions on the packet for how much to give your calf.



Diamond V

This will help early weaning. With **Diamond V**, your calf will wean at 70-75 days. Give your calf ½ tablespoon of **Diamond V** every day.



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