

# Series 6, Episode 22

Jeremiah's Farm, Ruiru, KENYA.

*This leaflet contains information on: Kenbro chickens, tomatoes, solar lights, chickpeas, aflatoxins*



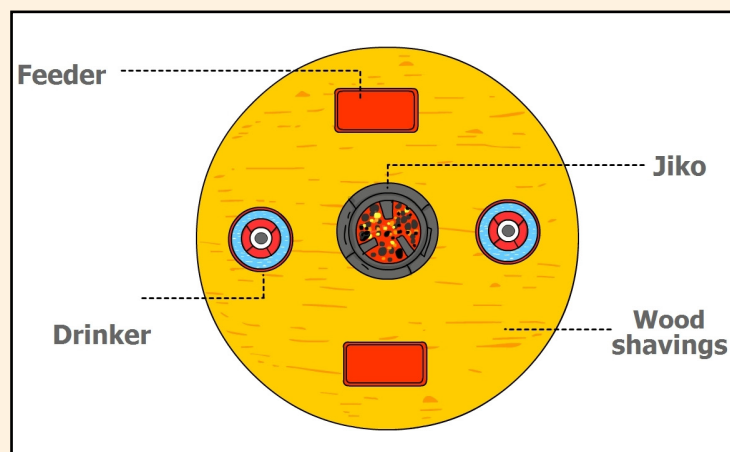
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*For more information, SMS "CHICKEN" to 30606*

## Kenbro Chickens

Keep Kenbro chickens for both eggs and meat. The meat is as good as Kienyeji chickens, but Kenbro chickens grow faster. They can reach 3kg in 3 months. You can make a good profit.

### Build a Good Chicken Brooder



A **round brooder** will stop chicks getting trapped in corners.

Put down 4-6 inches of dry **wood shavings**. This keeps chicks dry.

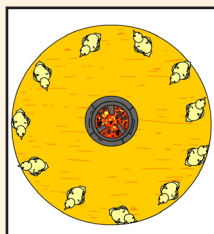
A **jiko** 1 ft high will keep chicks warm. Heat the pen for the first 14-21 days.

Have 1 feeding tray for 100 chicks. Have 1 drinker for 100 chicks. No bird should walk more than 1.5m to get to food or clean water.

The chick's behaviour will show you if they are too hot or too cold. Adjust the heat until they are 'just right'.

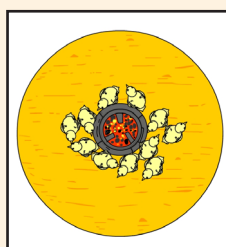
#### Too hot

Chicks move away from the heat source.  
Reduce the heat.



#### Too cold

Chicks crowd around the heat source. Increase the heat.



#### Just right

Keep the heat as it is.



### Buy Kenbro Day-Old Chicks

Buy from **Kenchic**. They have many regional offices. They deliver your chicks. They will tell you when to vaccinate.

#### Vaccinating your Kenbros

Days 1, 14 & 42: **Newcastle Disease**

Days 8 & 15: **Gumboro**

Week 8: **Fowl Pox & Fowl Typhoid**

### Feeding your Kenbros

Feed **Chick and Duckling Mash** for the first 21 days.

After 21 days, slowly let them outside to **free range**.

Supplement with **finisher mash or pellets**.



# Growing Tomatoes in a Greenhouse

Select a good tomato variety, like **Chonto**, to plant in your greenhouse. Start seedlings in a nursery. When you plant seeds, only 60% will grow into plants. If you do not have a nursery, buy seedlings from a good company like **Plant Raisers**. Plant Raisers' seedlings are strong and are the same size. They do not have diseases.

Look after your tomato plants to get high yields. You will be able to harvest for 7-9 months.

## Planting seedlings

Plant seedlings next to the nozzles on the dripline. This is so the roots can get all of the water and fertiliser coming out of the dripline. Less water and fertiliser is wasted.

Plant in a zig zag. This gives the plants more space when they grow big. You will get a better harvest.

Plant seedlings so they stand upright. Do not plant them too deep.

Once you have planted your seedlings, give them water, but not too much or too little.

**Too much water** means the plant will be sitting in very wet soil. The plant will fall over and the leaves will wilt and die. This is called **damping off**.



**Too little water** will mean that your plant has weak roots. The roots will not be able to take up nutrients and so the plant will not grow well.

## Solar Lights

Solar lights are good for your business. You can keep working into the night and so make more money.



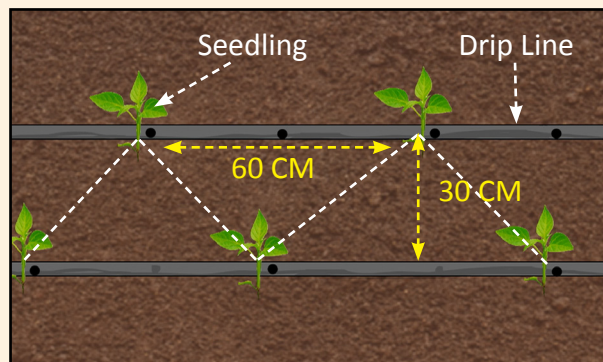
The **S300 solar lantern** from **d.light** is charged in the day by a solar panel. Connect the solar panel to the lantern with a cable.

On the highest setting you get 4 hours of light from a full charge. On the lowest setting you get 100 hours.

The light is 10 times brighter than a kerosene lamp.

You will save money with a solar lamp as you do not have to buy kerosene. The sun is free!

Buy **d.light** products from TOTAL Petrol Stations countrywide.



## Check Soil Moisture



If soil is too wet it will stick to your hands and stay in a ball when you squeeze it together.

If soil is too dry it will not stick together at all.



# Chickpeas

Chickpeas are very healthy and good for your family to eat. They have more nutrients than normal beans. They are high in **protein, vitamins,** and **minerals**. They are good for people who do not eat meat; also children, the elderly and diabetics.

Chickpeas can be part of any meal. Use them in githeri. You can mix chickpea flour with other flours to make them healthier. Use flour mixes for porridge, pancakes, chapati, and many other things.



## Make Bhajias



1. Peel potatoes. Slice thinly.



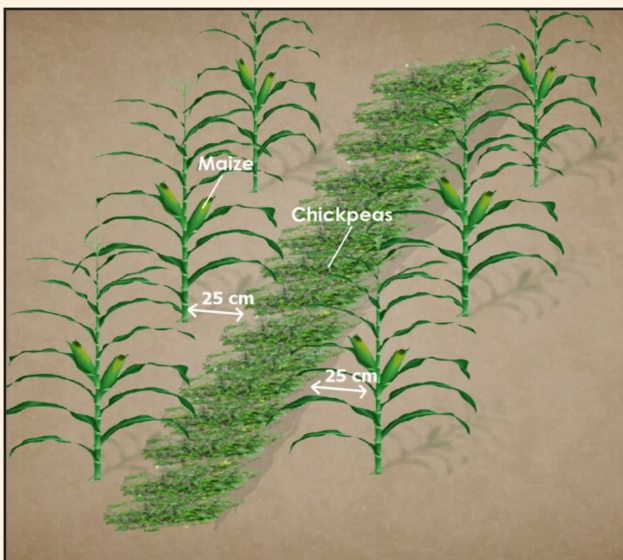
2. Mix 1 cup of wheat flour and 1 cup of chickpea flour. Add salt, dhania and spices. Add water to make a thin batter.



3. Dip the potatoes in the batter. Fry them until they are golden. Eat hot. Enjoy!

## Plant Chickpeas on your shamba

Chickpeas are in the same family as beans. They are **legumes**. They are good for your soil because they add nitrogen. Chickpeas grow well in dry areas. **Saina** is a good variety. Plant in March and November. Intercrop with Maize, or plant on its own for a bigger Chickpea harvest. Chickpeas have a good market.



## Intercrop Chickpeas with Maize

Chickpeas put nitrogen into the soil. Maize needs nitrogen to grow well. The Maize gives shade to the Chickpeas.

Plant Chickpeas between Maize rows. Plant 25cm apart. You do not need fertiliser.

The plants will sprout after 1 week. They will be ready for harvest after 3 months.

## Harvest Chickpeas

When the pods are dry the plants are ready. To harvest, pull up the whole plant. Then thresh and winnow to get the chickpeas. Store well.

## Chickpea Pests

Insects such as aphids, caterpillars and whiteflies are a big problem for Chickpeas. Check for pests every day.

Control pests with insecticides such as **Duduthrin** and **Agrinet**. Wear protective clothing. Follow the instructions on the bottle.

# Stop Aflatoxins in Maize

Aflatoxin is a **poison**. It is **very harmful** to humans and animals. You may not get sick at first, but it can lead to liver cancer in humans.

Aflatoxins are made by a fungus in the soil. The fungus has spores which move through the air to your grain. The spores make aflatoxins. Stop aflatoxins by harvesting when your crop is mature and dry. Fungi like wet conditions. Dry and store Maize correctly to stop aflatoxins.

## Drying Maize Correctly

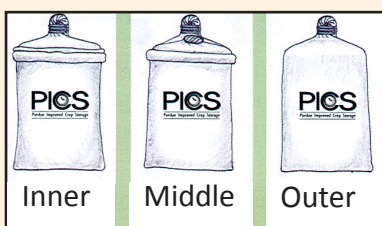
1. Harvest Maize as soon as it is ready. Dry maize on the cob. When dry, thresh.



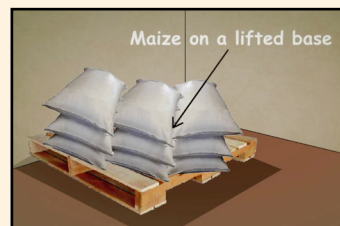
2. Thinly spread the maize grain on a raised rack. Turn the grain every 1-2 hours so it dries evenly.



3. Store in a **PICS bag**. Remember to tie the 1st bag, then the 2nd bag, then the sack.



4. Store bags off the ground on pallets. Store 1m away from walls. Make sure your store is clean and dry. Do not have your store near your kitchen.



## How to tell if your Maize is dry

The best way is to use a moisture meter.



A moisture meter will give you an exact reading. The moisture content should be 13-14%. Buy 1 moisture meter with your neighbours and share it.

If you do not have a moisture meter, check using a bottle with salt.

Put grains of Maize and dry salt in a clean and dry glass bottle. Cover, shake and leave it inside (not in the sun). Check it later in the day. If salt sticks to the glass, the Maize is not yet dry.

Another way is to bite the Maize grain. When you think a grain might be dry, bite it. If it makes a 'crack' sound, it is dry.



**Always use a moisture meter if you can get one. It is the best way to find out if your Maize is dry enough for storage.**

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

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