

Series 6, Episode 14

Charles' Farm, Narok, KENYA

This leaflet contains information on: healthy eating, improving your dairy herd, layers, solar lights, GeoPoll



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

Eating a healthy breakfast

For more information, SMS "NUTRITION" to 30606

Breakfast is the most important meal of the day. A big and healthy breakfast will give you energy for the day's work. A healthy breakfast helps kids to concentrate in school and perform well.

In your breakfast you need to have foods from all of these groups:

Carbohydrates



Proteins



Vitamins and minerals



Water



Eat foods that you produce on your shamba so you do not have to spend money or go to the market.

Paw paw is very good for you. Its orange colour means it has lots of **Vitamin C**. It also has **fibre**, which helps digestion and stops constipation.

Cook a healthy breakfast



1. Fry onions and tomatoes in a little oil.
2. Add eggs to make a vegetable omelette.
3. While the omelette is cooking, steam sweet potatoes.
4. Serve with fruit, like paw paw, and tea. Make your tea with half milk and half water.

Stop your family from getting sick

Boil milk before drinking. This stops your cows giving you diseases through their milk.

Keep food covered until you eat it to stop insects, like flies. Insects can spread bacteria which make your family sick.

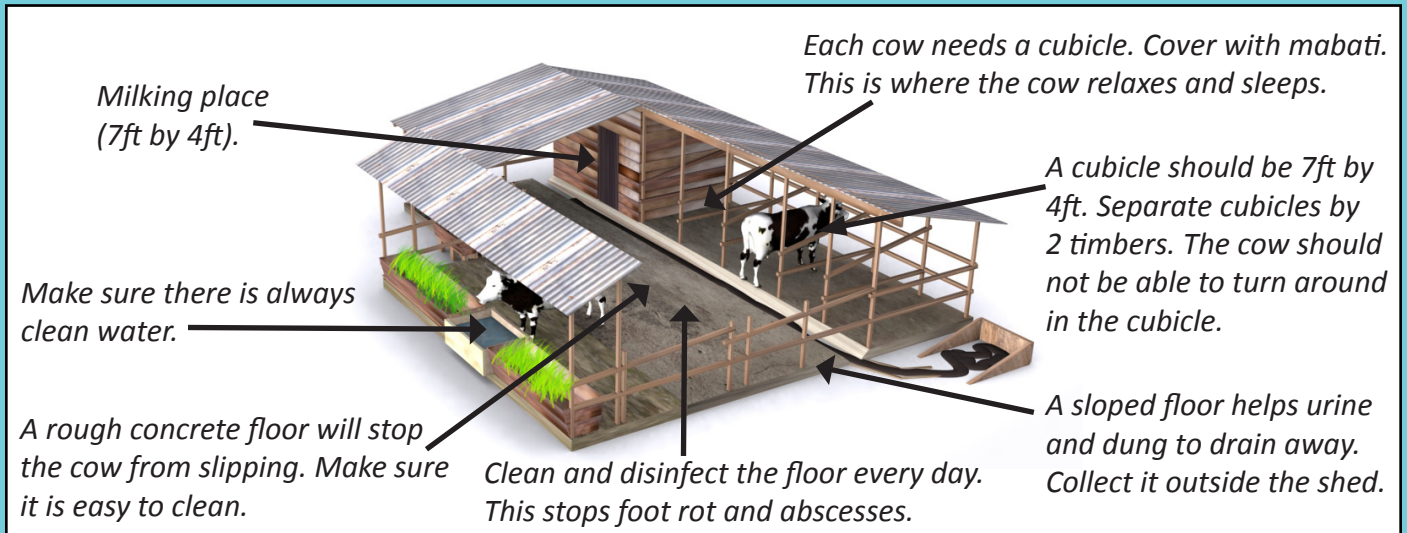
Wash hands before eating. Use soap and dry your hands with a towel.

You can eat leftovers from the day before, as long as they have been kept covered in a cool place.

For an easier breakfast, eat ugali with a cup of milk and some fruit.

Improving your dairy herd

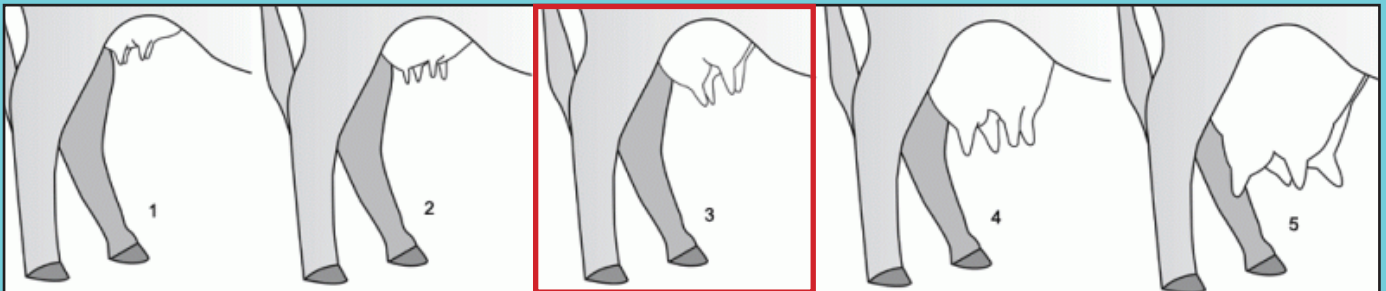
Build a good cow shed.



Choosing a bull

At 14 months your heifer should weigh 350kg. This is a good time to service your cow.

Use semen from Coopers CRV. Choose a bull from the Coopers CRV catalogue. Choose a bull with characteristics which will make a good calf with your cow. For example, if your cow does not have a straight back, choose a bull with a straight back.



Look at your cow's udder. Is it too high? Too low? The best is number 3 in the picture. If the udder is too low, choose a bull that will give a calf with a high udder.

Keeping Breeding & Calving Records

Write down:

- name
- date served
- bull used
- calving date
- sex of calf

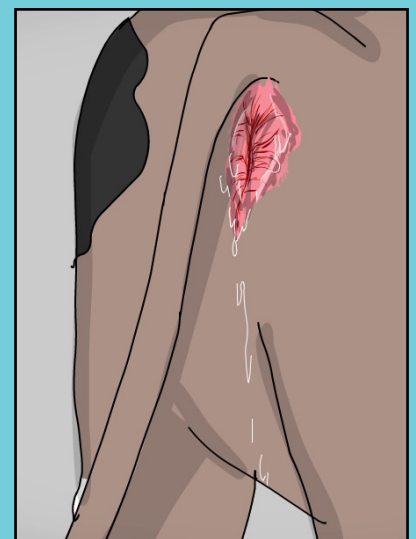
Records help to stop inbreeding and they are useful if you ever want to sell your cow.

Buy a record book from Coopers to help you.

Why use AI?

Artificial Insemination (AI) is a good way to improve your cow herd. You will get a better calf than if you just use your neighbour's bull.

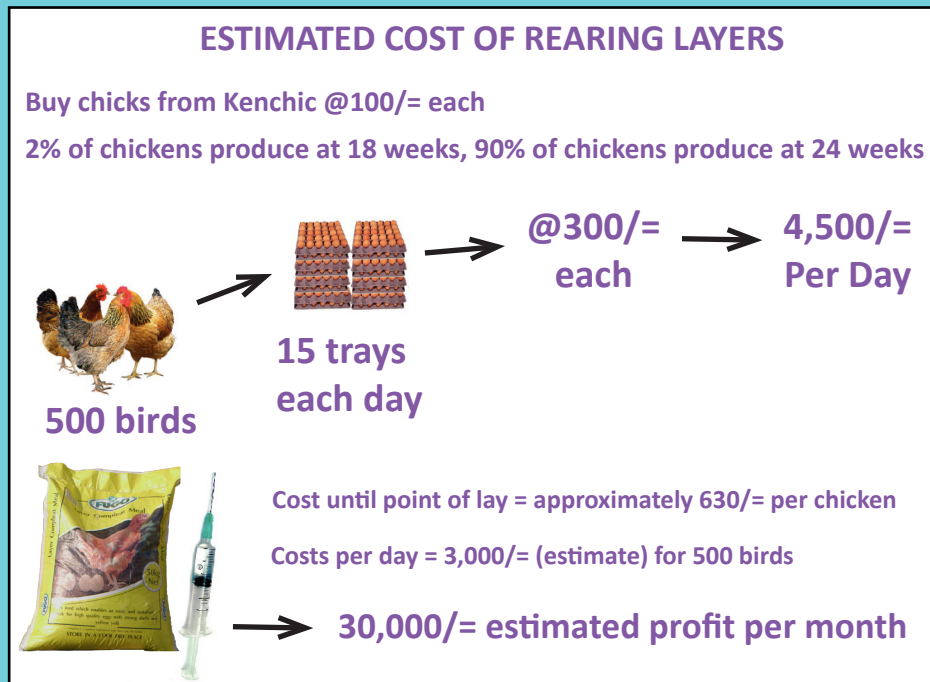
Remember to choose semen **before** your cow comes on heat. Once your cow is on heat you only have 12-18 hours for the vet to do AI.



For more information, SMS "COW" to 30606

Keeping Layers

Layers are a good business. They do not need a lot of space. You can make money from eggs after 4.5 months.



Remember that not every bird lays every day. Keep layers healthy so they keep laying eggs. Healthy layers will lay eggs for 1 to 2 years.

Building a brooder

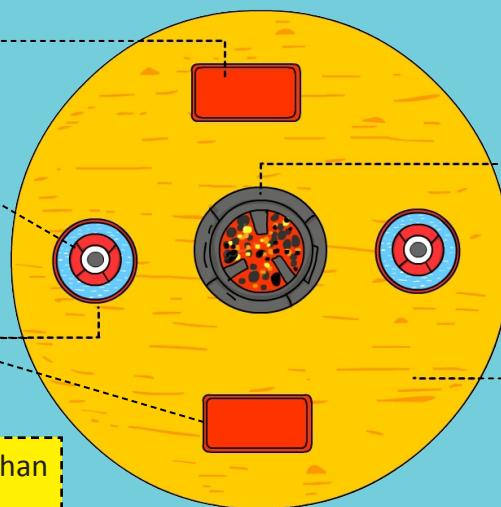
Before you get your day-old chicks, you need to build a brooder.

Feeder – have 1 feeding tray for 100 chicks.

Drinker – have 1 drinker for 100 chicks.

Remove chicks from the brooder at 14-21 days then have 1 feeder for 50 birds and 1 drinker for 60-100 birds.

No bird should walk more than 1.5 m to get food or water.



A round brooder will stop chicks getting trapped in corners.

A jiko 1 ft high will keep birds warm. Heat the pen for 21 days.

4-6 inches of dry wood shavings will keep your chicks dry.

Water

Birds must have clean water at all times.

For the first 4 days, add to the water:

- **Liquid glucose**
– for energy
- **1 drop liquid paraffin**
– for digestion
- **Vitamins**
– to reduce stress

Feeding Layers

Weeks 0-8: Chick & Duck Mash.

1 bird will eat 2 kg in 8 weeks.

Weeks 9-18: Growers Mash.

1 bird will eat 8 kg in 8 weeks.

After 18 weeks: Layers Compleat Meal

Change feed slowly. Mix feed for 2 days.
You can add **vitamins** to reduce stress.

Vaccinating layers

Buy day-old chicks from **Kenchic**. They come already vaccinated against **NCD** and **Malik**.

Day 10: vaccinate for **NCD**, then give **vitamins** to reduce stress. This will make the vaccination work better.

Vaccinating for diseases costs around 3/- per bird.

Solar lights

Solar lights are much better for your health than kerosene lamps. The light is brighter so your eyes do not get tired. There are no bad fumes from solar lights.

Solar lights use energy from the sun to give you light. A solar panel catches the energy. The roof is a good place to have your solar panel so the sun can reach it.

\$100 solar light from d.light

This solar light is charged by the sun in the daytime with the solar panel. The solar panel can stay on your roof, or you can move it around so it is always in a sunny place.

When the lamp is fully charged, you can get 8 hours of light on the low setting, or 4 hours of light on the high setting.

Use your lamp to help you see for reading, cooking, studying or cleaning in the evening. You can put the lamp on a table, or even hang it from the roof.



Charge your mobile phone directly from the panel in the daytime.



*Hang your solar light to give light to a whole room. The **\$100 solar light** is 6 times brighter than kerosene!*

For more information, SMS "SOLAR" to 30606

GeoPoll – make your opinion count!

GeoPoll sends survey questions to your mobile phone about many different topics. The survey results are used to understand what people do and like. You can even get free airtime for taking part! For more information SMS "JOIN" to 70555.

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Watch us on Citizen TV on:
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