

Series 6, Episode 13

Praxedece's Farm, Busia, KENYA.

This leaflet contains information on: eating sorghum and millet, drying and storing cassava, conservation agriculture, feeding layers, solar lights.



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

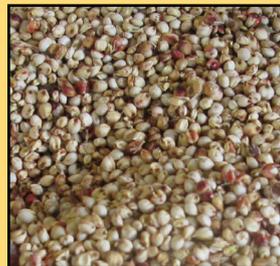
Sorghum and Millet for good health

To stay healthy, eat a **balanced diet**. This means eating a variety of foods with different nutrients.

Sorghum and Finger millet are healthier than Maize. They have more **Calcium** and **Fibre**.

Calcium is important for growing bones and keeping bones healthy and strong. Calcium stops your bones from breaking easily.

Fibre is good for digestion.



Sorghum



Finger Millet

Make money by growing Sorghum and Finger millet. The market price is better than for maize.



Eat lots of different fruits and vegetables for fibre and vitamins, like Vitamins A, C, D, E and B6. These vitamins help your immune system. You will get sick less.

Guavas are high in Vitamin C and Vitamin B6.

Make chapatis from Sorghum or Finger millet



Step 2: Add water to the flour slowly



Step 3: Roll out the chapati

1. Mix 1/3 cup of sorghum or finger millet flour with 1 cup of wheat flour.
2. Add water and a little oil to the flour slowly, kneading as you go, until you have a soft, elastic dough.
3. Divide the dough into 8. Shape each piece into a ball. Flatten the balls slightly, then roll it out.
4. Fry the chapati until it is done. Spread butter over one side, if you like.

For more information, SMS "SORGHUM" to 30606

Drying and Storing Cassava

Fresh Cassava goes bad after 24 hours. It is no longer safe to eat. Follow these steps and dry Cassava. By drying Cassava it will keep for longer.

1. Harvest, peel and wash



Straight after harvest, peel and wash the cassava. Cleaning takes away some of the poison in the cassava.

2. Chip into small pieces



A 'motorised chipper' is much faster than cutting by hand.

3. Dry in the sun



Spread the Cassava pieces evenly on a clean plastic sheet. Keep animals and people from walking on the plastic sheet. If you can, dry on a rack above the ground.

Check if the Cassava is dry

Cassava must be completely dry before storage, or it will go bad.

Cassava goes white when dry. It also breaks easily.



If Cassava makes a noise when you break it, it is dry.

4. Store Cassava in PICS bags for up to 1 year

A PICS bag has 3 layers. The 2 inside layers are plastic. The outside layer is woven sack. When the bags are tied well, no pests can live inside. You do not need to dust the cassava with chemicals.

You can use PICS bags more than once. Just check first that there are no holes in the plastic.



A PICS bag costs 250/-. Call 0725-521525 to find a shop selling PICS bags near you.



When closing a PICS bag, tie the inner bag first, then the middle bag, and the outer bag last.

Store your Cassava in PICS bags on raised pallets in a cool, dry store. Raised pallets will keep sacks away from the floor where they can absorb moisture which causes Cassava to rot. Trap rats and mice with traps. Cats are very good at catching them too!



Use PICS bags for storing other grains like maize, cowpea and sorghum.

Conservation Agriculture

Conservation Agriculture is a way of farming which looks after the soil. Over time, the soil becomes more fertile and you get a better crop. You will also save time and energy and reduce production costs.

Follow these 3 rules of Conservation Agriculture:

1. Minimal soil disturbance

Do not plough. You will lose nutrients and water from the soil. Ploughing brings seeds to the surface and you will get weeds.

Do not dig your soil with a jembe. If you dig for many years, you may get a hard pan. If you have a hard pan, your crop will not be able to get many nutrients from the soil. They will also dry out quickly.

Only dig where you will plant seeds. Plant on the same lines each season.

Your loose soil should be **at least 30cm** deep. Give your soil **nutrients** by adding **fertilizer, compost** and manure. Do a **soil test** to find out what you need to add to your soil to make it better.



A **hard pan** is a layer of soil that roots and water cannot pass through.

2. Keep soil covered

Keep your soil covered, even if there is no crop planted.

This stops:

- wind and rain taking away the soil
- the soil getting too hot or too cold
- water loss
- weeds, pests and diseases.

Tips for Conservation Agriculture

- Prepare your soil before the rains.
- Plant at the start of the rains.
- Weed early.
- Treat pests and diseases when you first see signs of them.
- Keep livestock out of your fields. They compact the soil.



Cover your soil with dried grass or leave crop residues after harvest. When they rot down they will add nutrients to the soil.

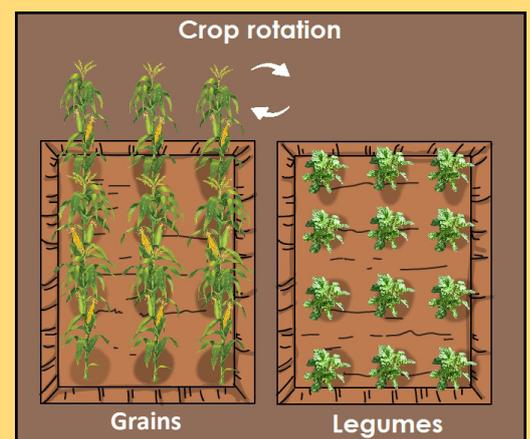
After harvest, leave crop residues, like maize stovers, on the field.

3. Rotate Crops

Rotate **legumes** (beans, peas, soybean) with **grains** (maize, sorghum, millet) every season.

By rotating crops you:

- **reduce weeds, pests and diseases** because their life cycle is broken.
- **make the soil more fertile**. Legumes put nitrogen into the soil.
- **reduce the risk of total crop failure** due to drought or disease. It is good to grow more than one crop at a time.



For more information, SMS "CONSERVATION AG" to 30606

Feeding layers

Let birds eat as much as they want. Make sure birds are always close to food and water. Change feed slowly. Mix feed for 2 days whilst changing.

Chick & Duckling Mash



Give from 1 day to 8 weeks. 1 bird will eat 2 kg over 8 weeks.

Your chicks and ducks will grow faster so they will lay eggs earlier. Your chicks and ducks will be healthy and have strong bones.

Grower Mash



Give from 9-18 weeks. 1 bird will eat 7 kg over 9 weeks.

This helps your chicks and ducks get ready for laying.

Layer Compleat Meal



Give from 18 weeks and when birds are laying. 1 bird will eat 2/3 cup a day. The eggs will be strong and the yolk yellow.

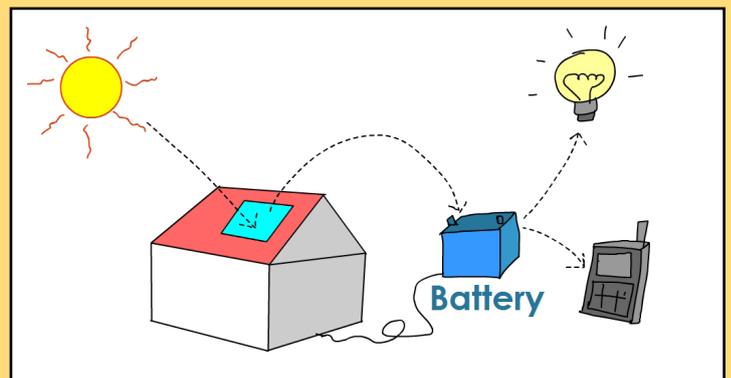
Solar lights

Solar lights give more light than kerosene lamps. They are better for your eyes and health.

Sunlight is free, so after buying the solar system there are no more costs. No more buying kerosene every week!



A Solar Home System from d.light is easy to install. You get 5 hours of light on the high setting.



A solar panel traps energy from the sun. The energy is stored in a battery. The battery can power lights at night and charge your mobile phone.

For more information SMS "SOLAR" to 30606

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