



# Series 6, Episode 6

Elizabeth and Ezekiel's Farm,  
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*This leaflet contains information on: Caring for sheep and calves, East Coast Fever, Conservation Agriculture & Loans.*

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

## Caring for sheep and calves

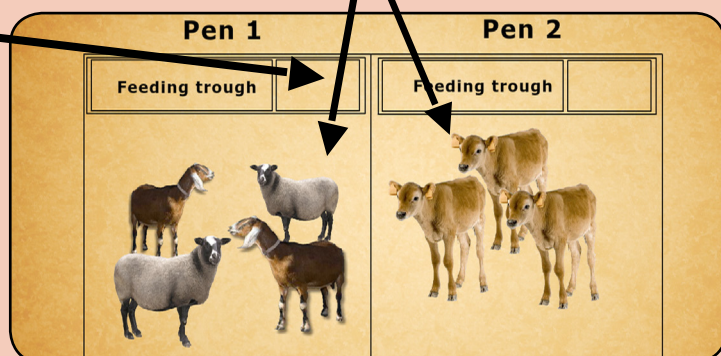
*For more information, SMS "SHEEP" to 30606*

Sheep, goats and calves are different animals. They need different care and different food. Ask your vet to help you set up a **health management plan** for your livestock.

Keep sheep and calves in separate pens. This will stop diseases and parasites moving between the sheep and calves.

Make sure there is always clean water. Clean the trough every 2-3 days.

Keep the pens **clean** to stop foot rot.



### Stop ticks and worms

**Spray** sheep and calves with **Triatix** from Coopers every week to stop ticks.

**De-worm** sheep and calves every 3 months with **Nilzan**.

### Shear your sheep

How often you shear depends on how much wool there is. It is usually every 6-12 months.

Wool can hide parasites. After shearing, apply Healing Oil on any cuts on skin and spray with Triatix from Coopers to kill ticks. Follow the instructions on the label.

### Good nutrition

Give sheep good fodder like Napier grass and supplements like grain & silage. Amount will depend on age, size & pregnancy.

Time taken to chew food by sheep & calves is reduced when the feed size is reduced. Feed for sheep must be smaller than feed for calves. Grain feed must be crushed and fodder chopped.

Flushing is giving your sheep high quality feed, including concentrates. This helps your sheep get pregnant and carry the lamb to term.

Give from 3 weeks before breeding time, until 3 weeks after your sheep has given birth.

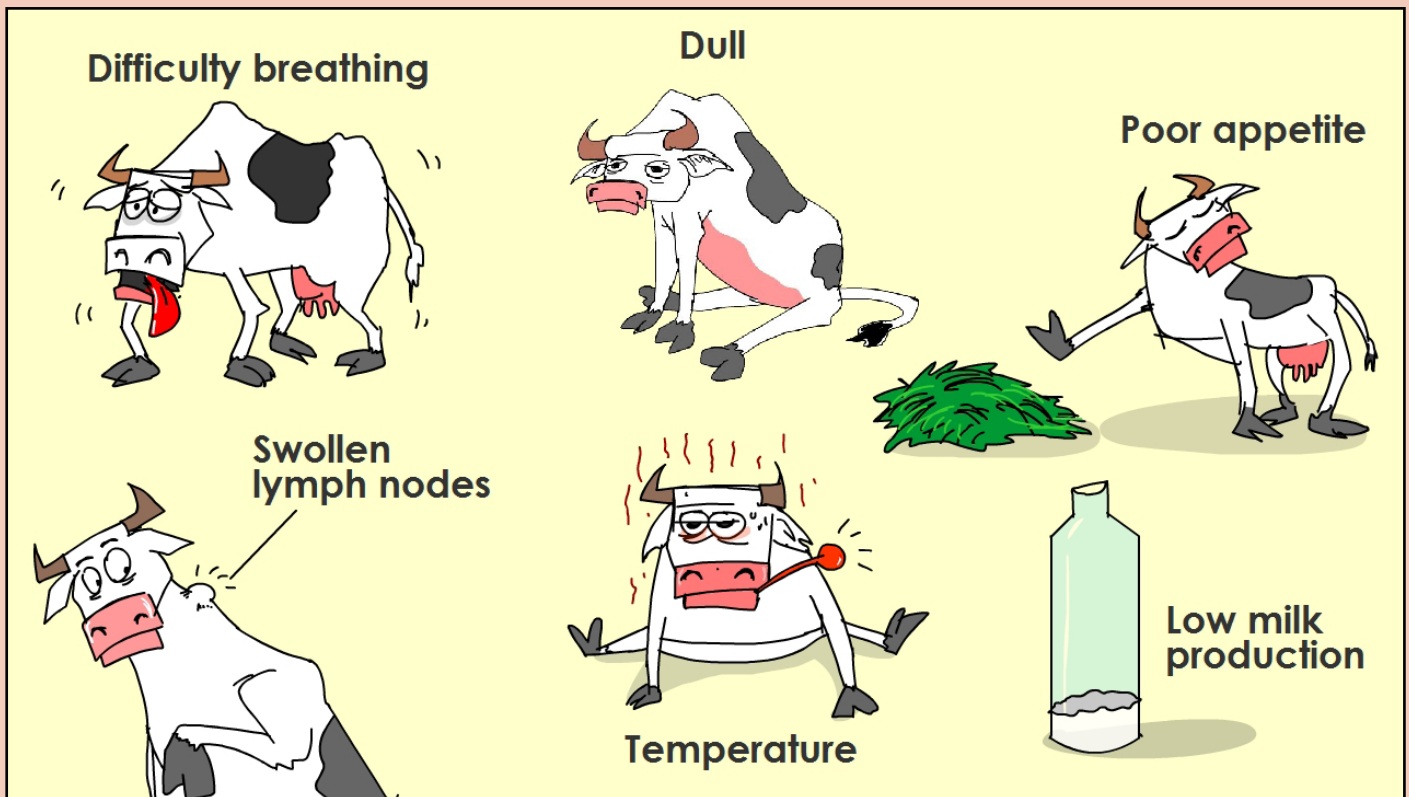


*Fresh napier grass is good for your sheep.*

# East Coast Fever

East Coast Fever (ECF) is a disease that kills cows. It is spread by Brown Ear Ticks. You can treat ECF, but it costs a lot of money and the cow will never be as healthy. Dairy cows will give less milk after having ECF.

**If your cow shows these signs, it may have ECF:**



*The best way to stop ECF is to **vaccinate** your cows.*

## How to vaccinate your cows

A vet must give the vaccine to your cows.

To be vaccinated, a cow must be:

- older than 6 weeks
- healthy
- not in-calf (not pregnant)

The vet will weigh your cow, check its health, de-worm it, and give it antibiotics before injecting the vaccine.

The vaccine will take at least 2 weeks to start working.

The vaccinated cow will get an ear tag. This shows others that the cow has had the ECF vaccine. You will get a better price at market.

## Vaccinate your cow to save money

The ECF vaccine costs 40,000/- and is for 40 cows. If you have 40 cows, each cow will cost 1,000/- to vaccinate.

If you have less than 40 cows, ask your neighbours if they have cows they want to vaccinate at the same time.

If your cow gets ECF, it will cost 5,000/- to treat it. It is cheaper to vaccinate.

Cows only need to be vaccinated against ECF once in their lifetime.

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

# Conservation Agriculture for better soil

Conservation Agriculture is a way of farming that increases crop production by better water use, improved soil fertility & reduced labour. Your soil for planting should be at least 30 cm deep.

**Do not dig** your shamba. You will make a hard pan and your crops will not grow well.

**Do not plough** your shamba. You will lose water and nutrients from the soil. This means you will have to add more fertiliser. Ploughing also brings seeds to the surface so you will get more weeds.

Do a soil test to find out which **fertilisers** to add to keep your soil healthy and how much you will need.

## Stop weeds

Weeds take food, water and sunlight away from your crop. If you weed late, even by 2-3 weeks, you can lose 30-50% of your crop yield.

Pull up weeds by hand, use a **down cutter**, or use a **herbicide**.

### Take out weeds with a down cutter

A down cutter is pushed and pulled through the soil. It cuts weeds just below the surface and does not disturb the soil



*The metal guides on the down cutter help you to cut weeds near your crop without cutting the crop.*

### Using herbicides

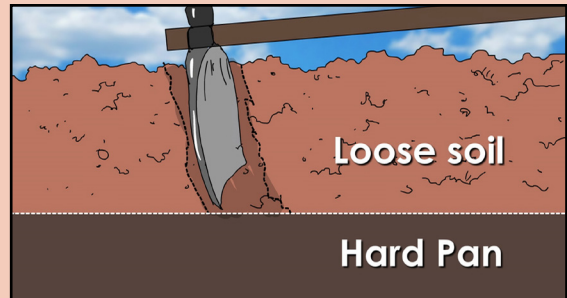
Herbicides kill weeds fast. You need to know which weeds you want to kill so that you can get the right herbicide and nozzles. You also need less labour to weed.

*Herbicides can be harmful to humans and animals. Follow the instructions on the bottle and wear protective clothing.*



## What is a hard pan?

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



If you dig your shamba with a jembe to the same level for many years you will make a hard pan.

## Keep your soil covered

Keeping your soil covered will stop:

- Water loss
- Soil being taken away by heavy rain or wind
- Weeds, pests and diseases
- The soil getting too hot or too cold.



*You can use dried grass, or even the left over plant parts from your harvest as a mulch.*

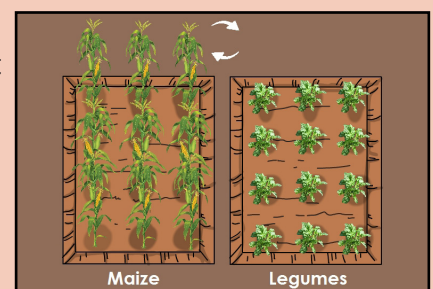
## Rotate Crops

Rotate crops for:

- A better harvest
- Less pests and diseases
- Healthy soil

Plant beans after maize. Beans add

*Nitrogen* to the soil. Do not plant crops of the same family eg. Tomato & Potato following each other to reduce pests & diseases in the soil.

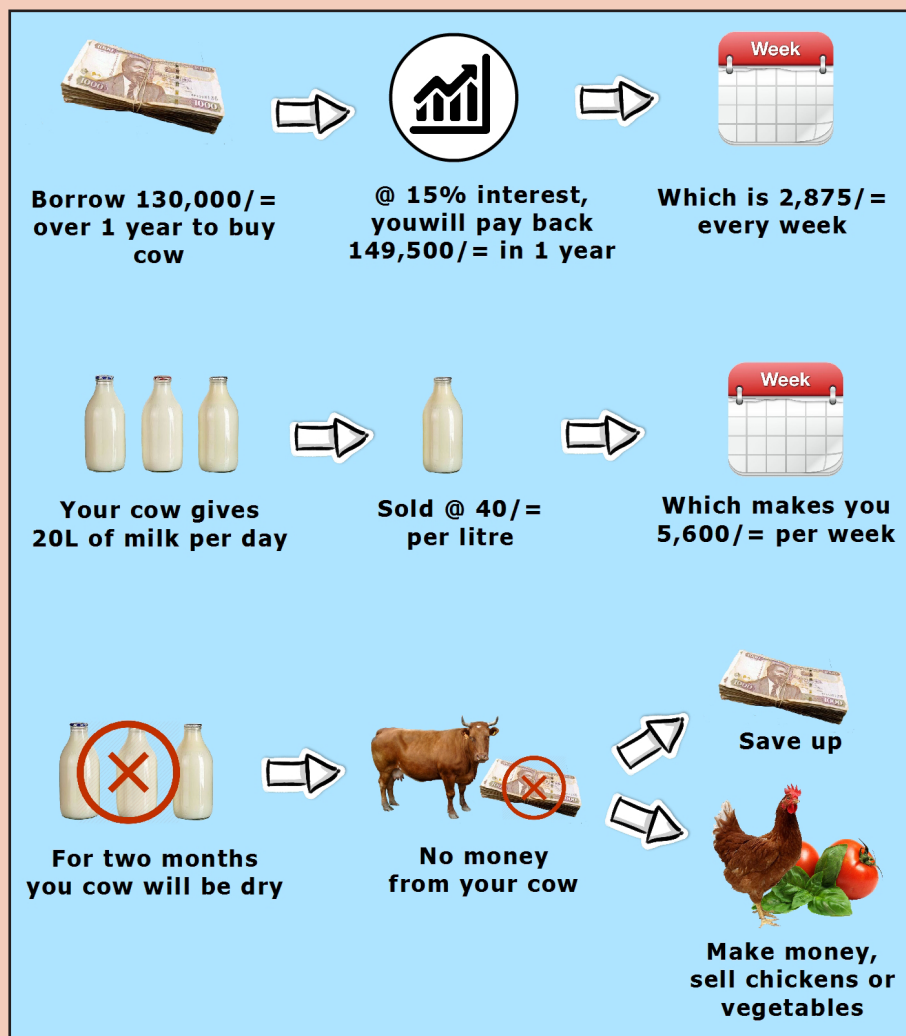


*For more information, SMS "SOIL CARE" to 30606*



## Getting a loan

Loans can be very helpful to farmers who want to make their business better, but they are not good for everyone. This is how a loan works:



## What you need to take out a loan

- A good business plan for the next 3 years.
- Good records for your business.
- A **guarantor** – someone to pay back your loan for you if you are not able to.

OR

- **Collateral** – this is what the bank will take from you if you can't pay back the loan. It could be title deeds, group savings, insurance, etc.

## Reduce the risks of loans



Insure your cow. If it dies the insurance will pay for the loan.



Vaccinate your cow to stop it getting sick.

Produced by Mediae



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

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or more information,  
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