

Series 5, Episode 24

Dick Morgan's farm, Vihiga, KENYA

This leaflet contains information on: layers, farming on mobile, stopping post-harvest losses, soil testing and nutrition



Nutrition: Vegetables

Eat vegetables every day. Vegetables like sukuma wiki, spinach and local vegetables e.g. Amaranth, Spider Plant and Sagetti are rich in vitamins and minerals. They:

- Make your meals sweet and enjoyable.
- Make your family grow strong and healthy
- Stop diseases like high blood pressure

To Cook Vegetables

- Wash them two times with clean water.
- Rinse the third time.
- Cut in to large pieces.
- Put a little oil in the sufuria and heat.
- Add onions and stir till they become golden brown.
- Add tomatoes, some salt, vegetables then spices.
- Fry for 3 - 5 minutes. Cooking longer spoils the sweet taste and colour and kills the vitamins.
- Mix with cream or milk.
- Serve.



Vegetables keep families strong and healthy

For more information, SMS 'NUTRITION' to 30606

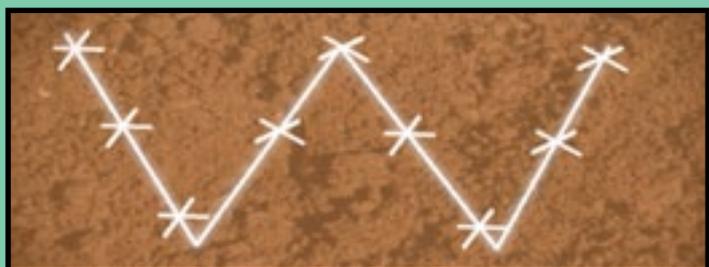
Soil Testing

Do a soil test to know how healthy your soil is. It will help you use the right type and amount of fertiliser on your crops.

Send your soil sample to SoilCares. SoilCares have a mobile lab, which can come to your village, do a soil test for all of you and give you a soil test report. Follow the report to get a good harvest.

To make sure you get a good soil test:

- Choose soil samples from across the shamba.
- Do not take soil from the edge of the shamba or near a road or trees/bushes.
- Do a soil test every couple of years to make sure the fertiliser you are using still suits your soil and crop type.



Take soil from over 20 points across the shamba

Chickens: Layers

For more information, SMS 'CHICKENS' to 30606

For more eggs and good money from your layers, you must:

Feed well. Feed layers with:



Give 35g of Fugo Chick & Duckling Mash per bird every day from 0 to 8 weeks for strong and healthy chicks



Give 100g of Fugo Grower Mash per bird every day from 8 to 18 weeks for fast growth



Give 140g of Fugo Layer Complete Meal per bird every day from point of lay (18 weeks) to get more eggs

2. Vaccinate against disease.

NCD is a viral disease that has no cure. It kills all chicks and 80% of adult birds. Chickens with NCD show these signs:

- Many birds die at once
- Difficulty to breathe
- A rough coat and feathers
- Not eating
- Greenish diarrhoea
- Lay less/no eggs

Vaccinate all birds against NCD when 1 day old, 10 - 14 days old, 42 days old then every 3 months. Use AVIVAX (Kenya), TEMEVAC (Tanzania) or KUKUSTAR (Uganda) vaccine. Work with your neighbours to stop NCD spreading.



Put one drop of the vaccine in the eye or the nostril using a dropper - let the chicken blink or breathe in

3. Make layers brood and hatch at the same time. This is called synchronization. When all chicks hatch at the same time, it makes it easier to manage your flock.

4. Keep records of your chickens on their health, how many eggs they produce, vaccination, feeding and their weight. This will help you to know if you are making a profit or a loss. For example:

Item	Week 1	Week 2
Number of chickens	200	150
Feeds: quantity and costs of feeds bought	Chick and Duck Mash - 50kg 2,300 Ksh	Chick and Duck Mash - 50kg 2,300 Ksh
Chicken deaths	25 - cold related diseases (pneumonia) 25 - Gumboro	13 - Coccidiosis
Average weight of chickens	0.1kg	0.4kg
Number of eggs sold	157	142

Stop Post Harvest Losses (PHL) In Maize

If you do not store your maize well, it will go bad. This means you will not sell.

Follow these steps to stop losing the harvest:

When Stalks Are Dry And Grains Are Hard

- Cut the cob/heads from the stalk
- Shell the maize using a hand sheller or a shelling machine
- Dry on a clean tarpaulin
- Winnow or use a wire mesh to remove chaff from grains. Put clean grains into separate bags.

Store Your Maize Properly

To keep your maize safe for up to 6 months, you can use:

1. **Metal Silos** - Metal silos do not let in rats and kill all pests.

Fill the metal silos with maize up to $\frac{3}{4}$ full. Light a candle and put inside the silo for 10-15 minutes. The candle will use all the air in the container so any pest inside will die. Cover and tie the lid with string.

Do not open the silo for 2 weeks after filling - if you open, air will get in and pests will come in and eat your maize.

2. **PICS bags** - This is a grain storage bag with 3 layers: 2 plastic inside and 1 woven outside.

Fill the inner bag with maize. Tie the inner, middle then the outer bag tightly.

Any pest inside will die, as there is no air inside the bags. No pests will be able to get into the bags.



Rats and pests cannot eat maize in a metal silo



PICS bags keep maize safe for 6 months



Keep bags on pallets and away from floor or walls

Have Good Grain Storage

A good grain store must always be swept and disinfected 2 weeks before you put in your bags.

Make sure when you store grain that:

- Your store and tarpaulin are always dry and clean.
- Make sure the pallets do not touch the walls - this can cause dampness.
- Is under a roof, which does not leak.
- Your container has not been used to keep other things like tools or chemicals.

Farming On Mobile

Use the SMS service on your phone to get good information like:

- Where to sell your produce
- Where to get inputs like seeds and fertilisers
- How to solve problems you have in the farm

You can write, reply to and forward SMS to other farmers. To send an SMS:



1. Go to menu and select "Messages"



2. Open 'Create message' and write your message



3. Press 'Options'



4. Enter number and press 'Send'

To reply to a new message:

Open the message, press 'Options', select 'Reply to', write your message then press 'Send'.

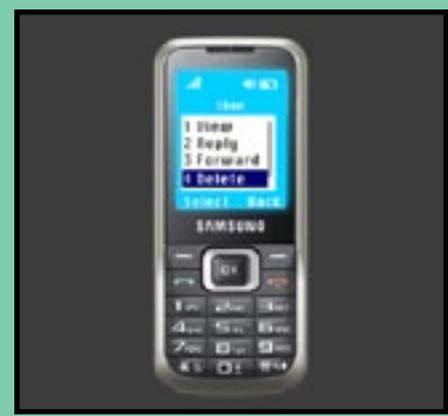
To forward a message:

Open the message, press 'Options' and select the number send to, then press 'Send'.

To delete some messages if your inbox is full:

Go to your message inbox, press 'Options' and scroll to 'Delete' then press 'OK'.

* The process can change from phone to phone



5. You can also 'Reply to', 'Forward' or 'Delete' messages

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

For another leaflet or more information, SMS 30606

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