

# Series 5, Episode 22

Paul and Boniface's farm - Kirinyaga, KENYA

*This leaflet contains information on: climate change, nutrition, fake chemicals, soil testing & healthy chickens*



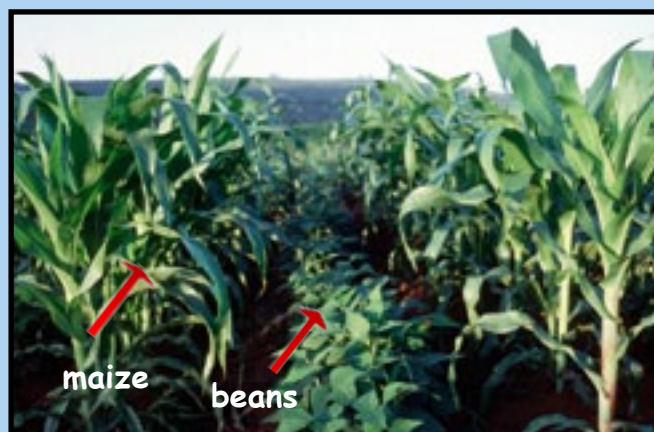
## Conserve Soil And Water

*For more information, SMS 'SOIL, RAINWATER HARVESTING' to 30606*

The climate is changing. Rains are becoming hard to predict; no rains and then flooding. Rivers are drying and soils give poor yields.

Adapt to climate change by preparing for the changing weather:

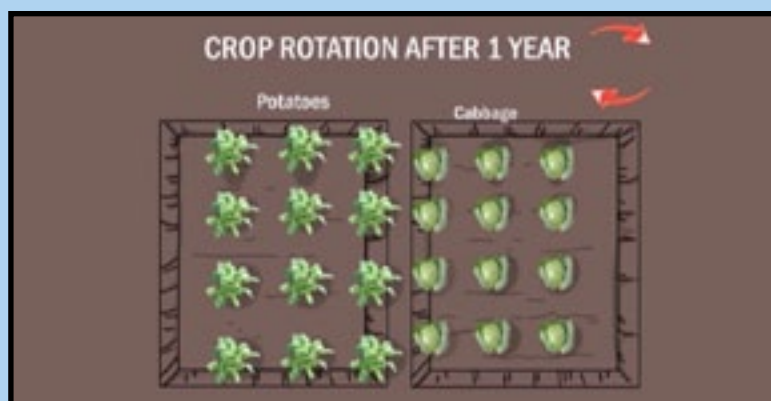
1. Harvest rainwater using reservoirs, trenches, water pans, dams, tanks and gutters on roofs.
2. Grow drought tolerant crops, e.g. pigeon peas and sorghum – they take less time to mature and can survive harsh conditions.
3. Practise intercropping: this is growing two or more crops together on the same plot e.g. maize and beans, beans and vegetables.



*Intercrop to get more harvest using small space and make the soil fertile*

## Intercropping

- Uses small space well.
- Improves soil fertility. Legumes, like beans and peas, add nitrogen to the soil which makes it healthy and fertile.
- Gives you a harvest even when one crop fails.
- Stops the spread of pests and diseases.
- Saves you money so you use spend less on labour and field operations.
- Gives more harvest to sell at market and a variety in your diet.



*Crop rotation stops pests and diseases killing your crops, and gives you better yields*

## Nutrition: Eat A Balanced Diet

For more information, SMS 'NUTRITION' to 30606

Eat a balanced diet. This includes minerals, protein, vitamins, minerals and carbohydrates. This keeps your children and family strong and healthy. Healthy children are sharp, less tired and can concentrate better in school.

Make sure you eat vegetables every day. Too much red meat can be bad for your health.

*Cook vegetables for 3 - 5 minutes to remain bright, sweet and healthy.*



Food	Rich In...	Helps With...
Orange fleshed sweetpotatoes	Vitamin A	Making strong bones
Beetroots, carrots and green vegetables	Minerals and vitamins	Reducing diseases like high blood pressure Healing wounds Creating a strong immune system
Moringa	Minerals and proteins	Digestion Boosting immune system Decreasing effects of diabetes Reducing inflammation
Grains, cassava and bananas	Carbohydrates	Giving you energy to work
Beans, meat, fish or eggs	Proteins	Body growth Healing wounds
Milk, cheese	Protein, vitamins, minerals, calcium	Growing bones and teeth which is good for growing children.

## Test Your Soil For A Better Harvest

Take good care of your soil by doing a soil test. You will know right fertilisers to use to get a good harvest and more money.

To take a good sample on your farm:

1. Dig a hole 1 foot deep.
2. Take a slice from the side of the hole using a panga.
3. Put the soil in a bag.
4. Repeat the steps to get soil from 20 different points in a zigzag pattern.
5. Mix the soil well.
6. Take a handful of soil, put in a sample bag and label well.
7. Send the sample to the lab. SoilCares has mobile labs which can come to your villages, do a soil test for all in 2 hours and print a report for you.



*Take soil from 20 different places across the shamba*

For more information, SMS 'SOIL TEST' to 30606

## Fake Chemicals

Buy good chemicals for use in your farm. Fake/counterfeit chemicals look like real ones but when you use, they do not work at all. You can lose your crops and animals, as well as money.

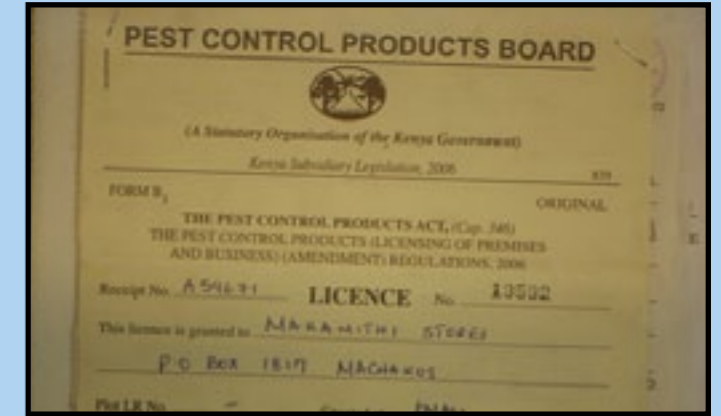
They are also dangerous to your health and harm the environment.

To avoid fake chemicals:

1. Buy from licensed shops. Check for accreditation certificate (AAK) and a valid PCPB license.



*Buy from a shop with an AAK certificate*



*Good shops have a valid PCPB license*

2. Get a receipt for the chemicals you buy. The receipt should show the name of the shop, chemicals you buy, date and address. This makes it easy to follow up if the chemicals do not work.
3. Do not to buy chemicals from vehicles which are not branded/boda boda sellers .
4. Make sure that there is a security mark and security seal on the product.
5. Check the expiry date.



*Never buy chemicals from an unmarked car or boda boda*



*Always buy chemicals in clean, new and unbroken packages*

For more information, SMS 'CHEMICALS' to 30606



# Keep Your Chickens Healthy

Healthy chickens give more eggs/meat so you get a lot of money. To keep your chickens healthy:

- Use **Ectomin** to stop parasites like fleas which irritate the birds.
  - Mix 5ml in 4 litres of water for each bird in a bucket.
  - Hold the birds by wings and legs.
  - Dip the bird carefully into the solution until wet.
  - Take care not to dip the head into the solution as the bird will drink the chemicals and die.
  - Sprinkle the house with the remaining solution to kill parasites hiding in there.



*Newcastle disease vaccine drops in the eye or nose*

- Have a good chicken house which:
  - Allows in enough fresh air. The house must face a north – south direction. When there is not enough air, birds get stressed.
  - Is clean and disinfected. Sweep the house every week. Remove all cobwebs and dust on walls and roof. Disinfect the house with **Kupacide** or **Ultraxide**.
  - Has a footbath at the door to kill diseases.
  - Has enough space. Each broiler needs one square foot. Each layer needs two square feet of space.
  - Has enough laying boxes. One foot cubed laying box is enough for five layers.
  - Does not have holes to let in rats and insects which bring diseases.



*Footbaths stop the spread of disease*

- Vaccinate your chickens against diseases like Newcastle disease and Gumboro.
  - Vaccinate your chickens by following a correct vaccination schedule. To get a schedule, SMS your name, address and 'CHICKEN VACCINES' to 30606.
  - Always keep vaccinated and unvaccinated chickens separate.

Produced by Mediae



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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