



Series 5, Episode 16

Peter & Mary's farm, Iganga, Uganda

This leaflet contains information on: a healthy, productive cow, soil testing, nutrition and a successful chicken business

Keep Your Family Healthy

For more information, SMS 'NUTRITION' to 30606

Your family needs good nutrition to grow healthy and strong. One of the best foods for your family is the orange fleshed sweetpotato (OFSP). Local vegetable are also very good. They are rich in vitamins and minerals. Every nutritious meal should include minerals, vitamins, protein and carbohydrates. Steam all potatoes and vegetables to keep the vitamins, colour and nice taste locked in.

To Steam Sweet Potatoes:

1. Peel and wash with clean water.
2. Make a layer of banana leaves in the pot to hold the potatoes.
3. Wrap the sweet potatoes with banana leaves inside the pot.
4. Cover the potato with banana leaves.
5. Add hot water to the pot.
6. Steam until the sweet potatoes are soft.



Good nutrition keeps your family healthy

To Steam Local Vegetables:

1. Wash 3 times with clean water.
2. Dip leaves in warm water for 1 minute.
3. Heat oil in a pot.
4. Add onions, tomatoes and capsicum if you like.
5. Good nutrition keeps your family healthy.
6. Stir for 2 minutes.
7. Add the vegetables and fry for 2-3 minutes until soft but still bright green
8. Add cream/milk and some salt.
9. Serve.



Steaming vegetables will keep them nutritious

Soil Testing For Better Harvest

To take a good soil sample:

1. Insert a soil auger or panga 20cm deep into the soil.
2. Turn it several times to dig out a sample.
3. Put the soil in a bag.
4. Repeat the same with 20 other different points in your farm using zigzag method.
5. Put the soil in a sample bag and label with your name, phone number, address, location and the crops you want to grow.



Take soil from 20 points using a W/ zigzag shape

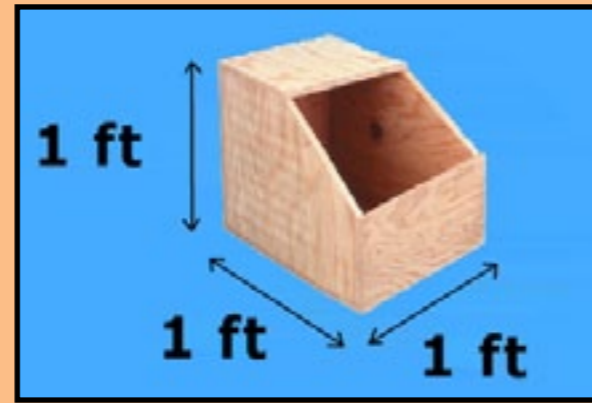
Keeping Chickens

For more information, SMS 'CHICKENS to 30606

For a successful chicken business, you will need:

Proper Housing

- With good air flow:**
 - Build the house in an east - west direction with the open sides facing north – south.
 - Have 4 feet of wire mesh at the top of the walls. Have curtains to close at night.
- Clean house:**
 - Sweep the floor and ceiling every day.
 - Dust and cobwebs hold diseases like Gumboro.
 - With a foot bath with disinfectant at the door. Step into the footbath before you go in to kill diseases.
- Have laying boxes which are:**
 - One foot cubed.
 - In a dark part of the house to encourage birds to lay eggs.
 - One foot off the ground, so that eggs are dry and clean.
 - Enough for all layers - 5 layers need 1 laying box.



Laying boxes need to be 1 foot squared, and need to be shared by no more than 5 birds

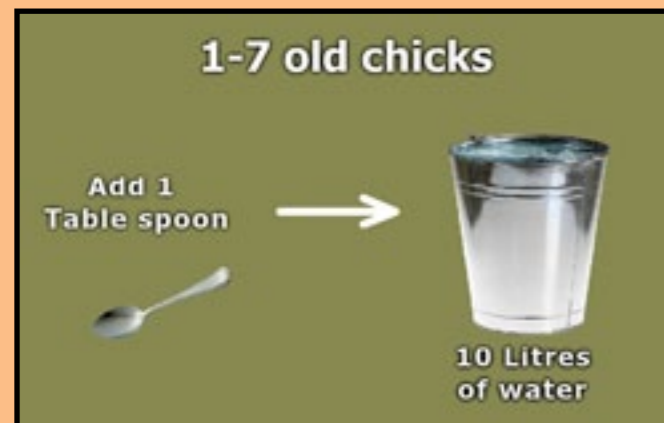


Amilyte vitamin supplement makes birds less stressed

Healthy Chickens

- Give Amilyte vitamin supplements to:**
 - Make birds grow fast and start laying
 - Stop birds getting sick
 - Make birds grow healthy
 - Get more eggs
- Cull bad layers from your house. To know a good layer from a bad layer, look at the following parts:**

Parts	Bad Layer	Good Layer
Comb	Pale and small	Large and colourful
Wattle	Pale and small	Large and colourful
Spacing between the pelvic bones	Less than 2 fingers fit in	Allows 2-3 fingers to fit in



Give Amilyte to chicks and layers in drinkers



If less than 2 fingers fit between the pelvic bones, it is a bad layer

To Get More Milk

Feed With A Balanced Diet: Dry Feeds, Fodder and Supplements

Feeding a balanced diet to your cows is key to getting good quality milk.

Spray Cows Every 7 Days

Ticks have a life cycle of 7 days. After 6 months change the tick spray to stop ticks from being resistant.

To spray cows:

- Mix 20ml of Grenade in 20 litres of water.
- Spray from the tail towards the head.
- Spray underneath the cow.
- Spray other small animals in the shamba like dogs, goats and sheep. This is because ticks are passed from one animal to another.



Mix 1 tablespoon of Grenade in 20 litres of water

For more information, SMS 'COWS' to 30606

Clean Water Every Day

Cow's milk is 80% water, so without clean and fresh water, milk production will fall.

Deworm The Cows Every 3 Months

When a cow has a rough hair coat or hair falls out, it has worms. If using Nilzan, do not use milk for 1 day (24 hours). If using Nefluk, do not use milk for 3 days (72 hours).

To deworm:

- Measure the cow using a weigh band to find out how much it weighs.
- Use a ratio of 1:10 (drugs to cow's weight) to know the amount of dewormer to use. For a cow weighing 300kg, use 210ml of Nilzan.
- Put the dewormer into the drenching gun.
- Put the nozzle into the cow's mouth along the side of its teeth (NOT down its throat) and pour slowly so it can swallow all of it.
- Hold the cow's mouth until it swallows all the liquid.

Keep Records Of Your Dairy Business

- Health (diseases/vaccinations)
- Production (litres/day)
- Breeding (AI, calves, dates)
- Lactation records (when the cow gave birth and when to dry off)

For more information, SMS 'FINANCIAL EDUCATION' to 30606

This will help you know which cows are good and which ones to sell.

Name	Heat	Served	If not served/ pregnant, heat repeated on	A.I/Bull used	Calving date	Calf sex
Marula	1/2/2014	1/2/2014	22/2/2014	Jersey Bull	2/11/2014	Male
Maua	3/5/2014	4/5/2015	24/5/2014	Aryshire Bull	7/02/2015	Female
Celina	5/8/2015	5/8/2015	26/8/2014	A.I ABS Isiah	8/5/2015	Male

Mastitis

For more information, SMS 'MASTITIS' to 30606

Mastitis is an udder infection. The signs are:

- Milk is stained with blood
- Udder is swollen, tense and painful
- The udder is red
- The cow kicks when you want to milk
- Watery milk with clots
- The cow gives less milk

To Stop Mastitis

- Keep the shed dry - clean and disinfect with Kupacide every week.
- For infected teats, treat with Mastrite from Coopers. Put 2 capfuls (20 ml) in 5 litres of clean water.
- Wash the udder and teats then dry with a clean towel. Sprinkle the unused mixture on the floor.

Milk Properly

1. Wash your hands well.
2. Clean the udder with warm water mixed with **Mastrite**.
3. Apply a milking jelly such as Coopers **Milking Salve**.
4. Test for mastitis using a strip cup, a black surface or even your hands; good milk is white and has no solids.
5. Milk until the udder is empty.
6. After milking, dip all teats and the base of the udder in a **Teat Dip solution/Mastrite**.



Milk with mastitis is watery, has solids and blood stains when you check using your hand



Dip each teat into the Teat Dip solution

Picture credit: Dalwai

Do not sell milk from teats with mastitis

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



lachlan@griculture.com
+254 020 2073912



information@unga.com
+254 020 393 3000



lachlan@griculture.com
+254 020 2073912



info@ultravetis.com
+254 20 235 8205



info@mea.co.ke
+254 724 253 312



info@dlightdesign.com
+254 20 210 6793



ciat@cgjar.org



aak@aak.or.ke
+254 20 222 4806



SMS 'JOIN' to
21606



info@galvmed.org



info@coopers.co.ke
+254 20 4206000



ccafs@cgjar.com
+254 20 6978 000



worldagroforestry@cgjar.org
+254 739 333 340/+254 702 392 601



info@agrochem.co.ke
+254 734 447 777



syngenta.east_africa@syngenta.com
+254 20 322 8000



info@soilcares.com
+254 20 8632800