



Series 5, Episode 8

Paul & Robina's farm, Iganga, UGANDA

This leaflet contains information on: Newcastle Disease, keeping a good dairy cow, apple farming, soil testing and getting rid of Striga (Kayongo) in maize

Control Striga (Kayongo) In Maize

Striga or Kayongo attaches to maize plants and takes all the water and nutrients. You lose up to 100% of your maize.

Getting Rid of Striga

1. Weed your maize crop.
2. Plant beans between the rows of maize. This is called intercropping. Beans will add nutrients to the soil and make the soil fertile.
3. Do crop rotation by planting different crops every year.
4. Use Striga resistant varieties like **STRIGAWAY IR MAIZE**. IR maize is resistant to Striga and is coated with a herbicide which kills all the Striga seed around your maize plant. If you use this seed for 8 seasons you will kill Striga in your area



Use certified seeds to get rid of striga in your field



Striga is a dangerous weed

For more information, SMS 'MAIZE' to 30606

Plant IR Maize To Reduce Striga

1. Dig the soil to a fine tilth.
2. Make rows 75cm apart and planting holes 30cm apart on each row.
3. Use one teaspoonful of planting fertiliser per hole with a handful of well rotted manure.
4. Mix the fertilizer and manure with the soil.
5. Plant when the rains begin at the rate of two seeds per hole.
6. Cover the hole lightly with soil.
7. Wash your hands with soap and water so the herbicide does not kill other seeds.
8. Any remaining IR maize seeds should be planted and must not be eaten.

Vaccinate Your Chickens Against Newcastle Disease

Newcastle Disease (ND) is easily spread between chickens. It causes huge losses as many birds die from this disease.

Signs of Newcastle Disease

- Your chickens do not want to feed.
- Very rough coat and feathers.
- Your birds become weak and very tired.
- Birds have green diarrhoea
- All birds in the village die.

How To Vaccinate Birds Against Newcastle Disease?

- Get a vaccine from a good agro-dealer.
- Hold your chicken firmly on its side.
- Open the eyelid or clean the nose.
- Place one drop on the eye and wait for the chicken to blink OR place one drop on the nostril and wait for the chicken to breathe in.

Vaccinate every 3 months at all ages of your chickens. This means you have to vaccinate 3 times in a year.

The vaccine is known as Avivax in Kenya

For Healthy Chickens:

You can prevent disease in other ways, as well as vaccinating your chickens:

- Feed your chickens properly
- Vaccinate the chickens.
- Keep the chicken house clean and disinfected always.
- Have a foot bath at the door of the chicken house to disinfect your feet.
- Keep house away from humans and other animals as this will stop diseases spreading.
- Clean out the chicken feeders and drinkers with warm, soapy water and replace food and water daily.

For more information, SMS 'CHICKENS' to 30606



Each Avivax bottle has 25 doses in it



Put 1 drop of vaccine into the chicken's eye



Having a foot bath next to the house will stop disease

Keep A Good Breed Cow

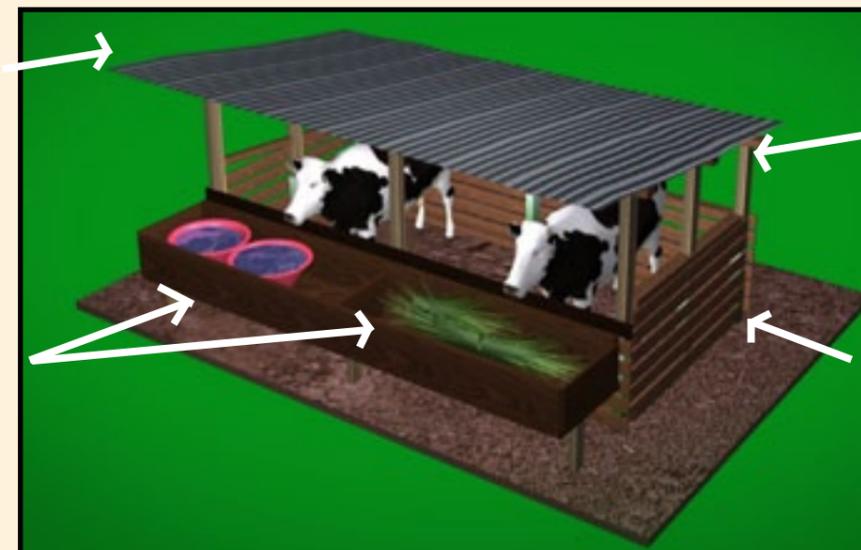
To have good cows on a small farm, keep less cows of a good breed and feed them well. Keep the cows in a zero grazing shed so you can grow enough fodder for them in the farm. For more milk with zero grazing, make sure your cows have:

A covered sleeping area to keep the animal dry.

Enough feeds in the feeding trough, and clean water in the water trough

Enough space to lie down but not enough to move about in.

A clean and dry, sloped floor.



Take Good Care Of Your Cow.

- Feed the cow with a balanced diet, which has dry feeds, fodder and supplements. Grow feeds in your shamba like napier, Calliandra or hay to reduce the cost of feeding your cow.
- Give the cow mineral and vitamin supplements for more milk, good heat return and healthy calves.
- Spray with Triatix or Grenade from Coopers to stop ticks and flies.
- Deworm your cow using Neflux or Nilzan every 3 months.
- Clean and disinfect your cow's udder before and after milking using Mastrite.
- Serve your cow when on heat using a bull or A.I. (Artificial Insemination).
- Give them clean water every day in the water trough.

When Buying a Cow

When buying a cow, there are several things that you must think about. Buying a cow is an expensive experience, and you want to make sure you buy a cow that is worth the money you have to spend.

When at the sale, make sure you ask the seller for:

- a movement permit
- breeding records
- disease records, both for the animal and for the farm

For more information, SMS 'COWS' to 30606

Also make sure when you look at the cow to buy, take a vet with you to check the cow. It may seem like an extra expense, but it is important to buy a healthy and strong animal.

Grow Apples For Health and Wealth

Apple is a very good fruit for making money and for feeding the family. You will need to graft a good variety like Antonovka or M111.

How To Graft

1. You need the root stock (bottom part) and the scion (top part - variety).
2. Cut off the stem of the rootstock 1 foot above the roots using clean secateurs.
3. Make a V-shaped split on the end tip of the root stock using a sharp knife.
4. Make a V- shaped cut on the lower end of the scion.
5. Insert the scion inside the cut on the root stock.
6. Tie them together and cover using grafting tape to prevent it from drying out.
7. Label the date you grafted.



Make a V shape in the end of the rootstock and cut the scion to a point



Insert the scion inside the cut in the root stock

How To Plant Apple Trees

1. Select an open place in your farm which gets good sunlight.
2. Dig a hole 120cm wide and 90cm deep.
3. Mix the topsoil with manure and return to the hole.
4. Mark the centre and dig a planting hole 45cm deep.
5. Put the apple tree into the hole and spread the roots.
6. Firm the base with soil.

For more information, SMS 'FRUIT' to 30606

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