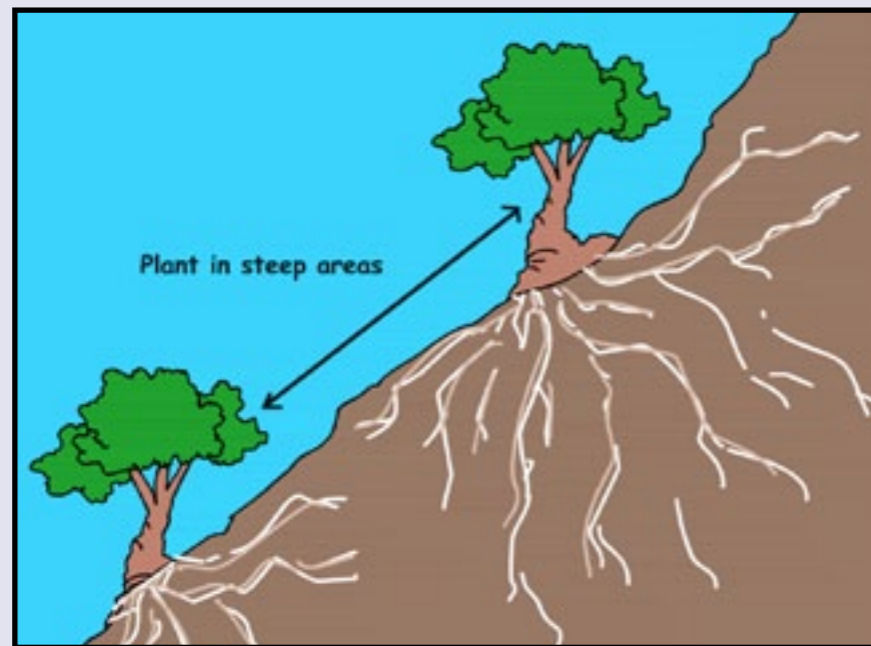


Control Soil Erosion

Soil erosion is when your top soil is taken away by water or wind. The soil is washed away when there is nothing covering the soil. The top soil is the best for plants to grow in, and if the soil is lost, it will have to be replaced by costly chemical fertilizers and manure instead. Also, when the soils are taken away by water, they make rivers, lakes, streams and dams dirty and bad for people and animals.

How Can We Control Soil Erosion?

- Farmers need to get together - soil is a community problem.
- Leave crop residue or mulch on the soil to protect the topsoil
- Plants buffers e.g. Napier grass or trees on terraces to slow down and stop soil being washed away.
- Avoid farming along the river banks or hills and plant trees or Napier as a buffer instead.



Planting trees or Napier grass on hills or river banks can stop erosion

For more information, SMS 'SOIL' TO 30606

Series 5, Episode 3

Peter & Ruth's Farm- Bomet County, KENYA

This leaflet contains information on: potatoes, nutrition, soil testing, a healthy productive cow and soil erosion.

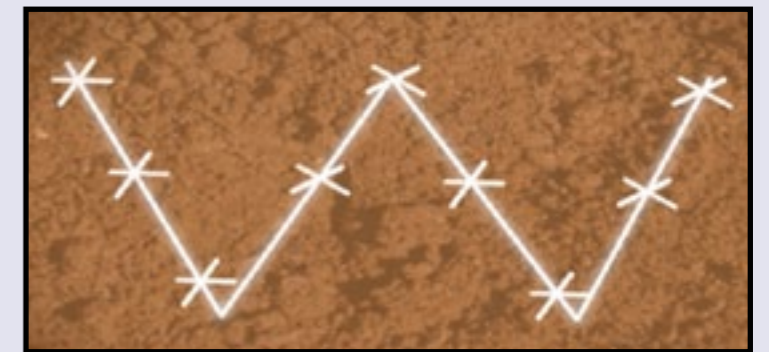


Get A Good Potato Harvest

Potato farming makes good money. Farmers face problems in planting potatoes. If you don't plant your potatoes well, you will harvest small sized and low quality potatoes. Plant your potatoes correctly to get a good harvest. The best method of getting a good harvest is by using the Viazi Power Program.

Soil Testing

Do soil tests to get the best potato crop. A test tells you how much and what type of fertilizer to use in your shamba. Take a soil test every 3 years. These services can be provided by mobile soil testing units and laboratory tests. Take soil from many places in you shamba, like in a zig-zag shape, seen right.



Viazi Power Program

Use Viazi Power Program to get more potato harvest and more money. This gives the potato seed enough food from the start when you plant it. It is better than the common methods of growing potatoes.

Advantages of Viazi Power Program

- More potatoes per plant
- Harvest up to 50-60 bags in ½ an acre.
- Better quality potatoes which look good, so they get more money in the market.
- Bigger and cleaner potatoes
- Potatoes will grow earlier



Use certified seeds and rotate potatoes with maize, beans and sorghum. This stops pests and diseases.

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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Using the Viazi Power Program

How To Prepare Potato Seeds For Planting Using The Viazi Power Program

1. Use a large bucket
2. Fill the bucket with 20 litres of clean water
3. Mix the products from the Viazi Power planting pack (Trichotech, Mytech, Vitazyme, Maxi Boost and Black Majik granules) with the water
4. Stir them well.
5. Put the potato seeds in a sack.
6. Soak the seeds in the mixture for 6 minutes.
7. Drain the potato seeds.
8. Plant the potatoes.



Planting Potatoes Correctly Using The Viazi Power Program

1. Prepare your shamba early by digging well and removing weeds.
2. Dig furrows 75cm apart, each furrow should be 25cm deep.
3. Mix DAP with Black Majik granules.
4. Sprinkle along the furrows and mix with the soil.
5. Place seeds pointing upwards 30cm apart and 10cm deep along the furrows
6. Cover seeds lightly with soil.
7. At 10 leaf stage, apply 2 foliar feeds 2 weeks apart – the feeds are in the Viazi Power Ten Leaf Stage Pack.
8. To kill weeds spray with 100 mls Codacide and 100 mls Aton AZ fertilizer.
9. After 10 weeks when the plants start to flower, apply 2 foliar sprays, 2 weeks apart. The feeds are in the Viazi Power Flowering Stage Pack.
10. After 14 weeks spray with 100 mls of PiNT K then wait to harvest.



Wear protective clothing when handling chemicals

For more information, contact Lachlan on 0728100100 OR SMS 'VIAZI POWER' TO 30606

Nutrition: How To Cook Vegetables

Vegetables are good for the family. They are rich in proteins, vitamins, minerals and can be grown easily. Your family needs good nutrition to grow well and be healthy. Children without good nutrition can be stunted or have diseases like kwashiorkor. To keep all the vitamins in the vegetables while cooking:

- Wash on both sides of the leaves with clean water.
- Cut into big pieces. This keeps nutrients in the leaves.
- Cook for 5-8 minutes to enjoy the sweetness of the vegetables. The sweet taste is lost if you cook for long time.

Vegetables like spinach, sagetti, terere, managu, and cow peas are rich in nutrition



For more information SMS 'NUTRITION' TO 30606

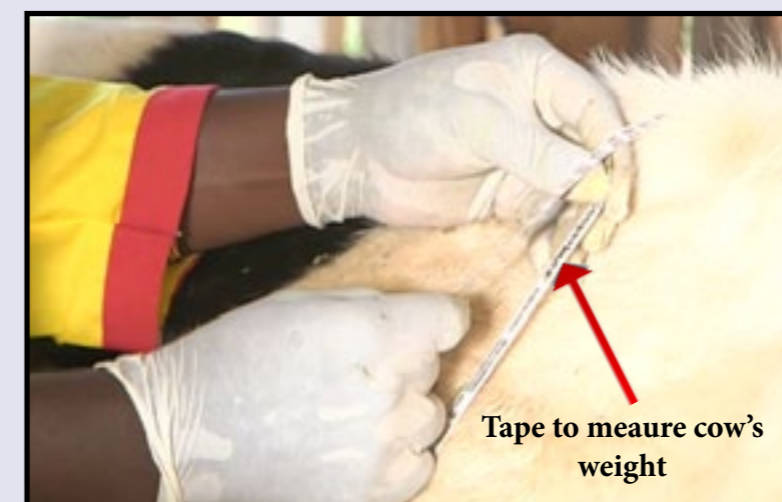
A Healthy, Productive Cow

Take care of your cow for it to give good milk. For a healthy productive cow, make sure:

1. The cow is well fed with a balanced diet, which has dry feeds, fodder and supplements.
2. The cow shed is clean and big enough.
3. The cow has clean water. Empty the trough every 3 days and add clean water. This stops disease.
4. The cow does not have ticks. Ticks have a life cycle of 7 days. Make sure you spray after every 7 days to stop ticks and disease in your cows. After 6 months change the tick spray you use to stop ticks from being resistant. Spraying can save you a lot of money.
5. The cows do not have worms.

Spraying Cows Correctly

1. Mix 20ml of Grenade in 20 litres of water.
2. Make sure to spray other small animals in the shamba like dogs, goats and sheep. This is because ticks are passed from one animal to another.
3. Spray from the tail towards the head.
4. Always spray the underside of the cow as well



Tape to measure cow's weight

How To De-Worm A Cow

1. Measure the cow's weight using a weigh band.
2. Use a ratio of 1:10 (drugs to cow's weight) to measure the amount of dewormer to use. For a cow weighting 300kg, use 30ml of Nefluk or Nilzan.
3. Insert the drenching gun into the cow's mouth.
4. Release the liquid into the cow's mouth
5. Hold the cow's mouth until it swallows all the liquid.

For more information SMS 'COWS' TO 30606