

Series 4, Episode 25

Panyako and Lorna's Farm, UGANDA

This leaflet contains information on: Building a cow shed, feeding a pregnant cow, planting climbing beans, certified seeds and fertilisers.



COW SHEDS

Keeping cows in a proper house is very important as it keeps them safe from disease and bad weather. To build a good cow house make sure:



How to make the perfect cow shed

- There is a solid floor with a slope to the outside. This will keep water from staying there, as this can cause foot problems such as foot rot.
- The posts are treated with insecticide to stop termites, like Metro.
- The house has a strong roof to keep the rain off your cows.
- The sleeping area should be big enough only so the cow can stand or lie down, but not turn around.
- The house has a space for water and feed as this will make sure you know how much your cow is eating.
- Ensure nothing can hurt your cow, such as nail sticking out of the wood. This can harm the animal and cause disease.

For more information, SMS 'COWS' to 30606

ECF IN COWS

East Coast Fever is a disease, which can decrease milk production or even kill an animal. However you can vaccinate against it. Vaccines protect the cow for its whole life.

ECF is spread by Brown Ear Ticks, like in the picture, which usually bite the cow around the head and ear area.

To tell if your cow is sick, look at the lymph nodes as they will be swollen. The cow will also have a high temperature and will not produce milk.

Don't forget to spray your cow every 7 days to protect against other ticks as well.



Brown Ear Tick

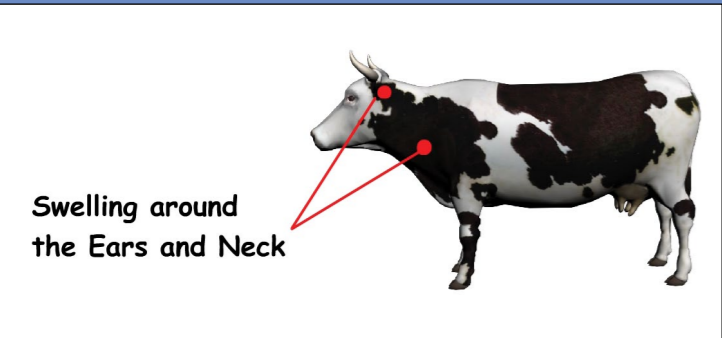
VACCINATING AGAINST ECF

You can vaccinate against ECF. This will protect the animal from ECF for its whole life.

The vaccine can be used on 40 cows, so it is a good idea to get other farmers to join in. This means everyone can share the cost and no vaccine will be wasted.

The cow must be healthy when you vaccinate it. The vet will make sure the cow is healthy by taking its temperature and weighing it. The cow must also be over 1 month old and not be pregnant.

For more information, SMS 'ECF' to 30606



A cow with ECF will have swollen lymph nodes



A cow must be healthy when vaccinated

FEEDING YOUR COW

Feeding your cow the right food is very important. Adding vitamins and minerals to the food is also a good idea, as it will help the cow make more milk.

When a cow makes milk, it uses a lot of the cow's own minerals and vitamins. Without them in the cow's body, the animal will get thin and sick. This is why it is important to add minerals and vitamins into the cow's diet.

Your cow should eat other feeds, such as Napier grass, elephant grass or maize stalks. These should be chopped up so they are easy to eat.

As well as this, your cow should get supplements in its feed. A cow should always have a salt lick.

A cow that is pregnant needs to be healthy to make lots of milk. Add MacLik Super to the feed. This will help increase milk production by adding phosphorus and calcium to the cow's diet.



Making milk uses up a lot of energy and nutrients



Kupa Kula Gold is added to a cows diet to help it produce more milk

Also add Kupa Kula Gold to the cow's diet. This adds energy and protein, which are important for making more milk.

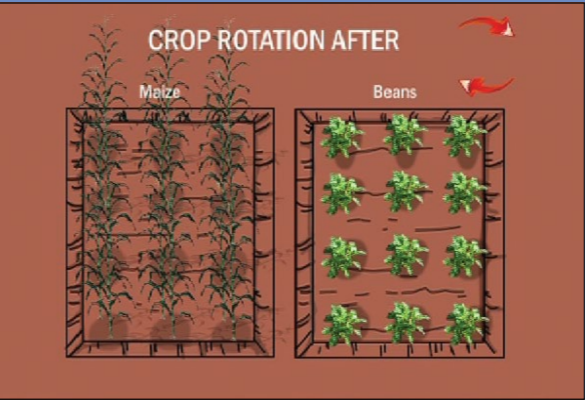
De-worming is also important and so is Soothing Oil as these keep the cow healthy and disease free.

SMS for more information, SMS 'COW FEED' to 30606



Soothing Oil is useful to have if your cow hurts itself.

PLANTING CLIMBING BEANS



Rotating your crops is important to stop diseases and pests

When you harvest the seeds, make sure you pull up the whole plant out of the soil. Thresh the seeds to get them ready for sale. Dig in the rest of the plant into the soil as this will increase the nutrients and improve the soil for your next crop.

For more information, SMS 'BEANS' to 30606

Climbing beans take 120 days to mature. They produce high yields and are highly marketable. They also grow upwards which is good for farmers on small farms.

When planting your beans, plant them in lines. Make the rows 50cm apart. Then plant the seeds in a hole 20cm apart. Make sure the seeds have got enough room to grow.

Only plant the beans when you know the rains have started as beans need water when they are planted. When you have planted the beans, add stakes to the ground for them to climb up while they grow. The stake should be 2 meters high.

If you plant 1kg of seed, you can get as much as 40kg of beans back.



Plant the seeds 50cm apart



Planting 1 kg of seed can grow into 40kg of beans at harvest time



Beans have a high yield and can get a good market

SOIL FERTILITY



Topdressing coffee with NPK 22.26.12+Trace elements will stop die back

Good soil fertility is very important to getting a good crop. Without nutrients in the soil the crops cannot give good yields and big profits.

Maize often needs help from fertilisers to grow big and healthy. If the maize leaves have purple/brown edges, it can mean the crop is low in phosphorus. This can be fixed by adding TSP, DAP or NPK 22.36.12 fertilisers. These fertilisers will help the maize grow bigger, and also help the roots to grow deeper.

If the maize has yellow leaves, it means it is low in nitrogen. This can be fixed by top dressing it with urea or CAN fertilisers.

Coffee diseases can be stopped by fertilizing the plants. Topdressing with a handful of NPK can stop die back

For more information, SMS 'FERTILISERS' to 30606

CERTIFIED SEEDS

Using certified seeds are a very good for a high yield and are also less likely to be attacked by pests and diseases. Using old seed can mean no germination or a poor yield.

Getting seeds is important – always use a certified seed dealer. If you don't live near a dealer, find out if they have certified agents nearby.

If you need a certain seed, make sure you get it before the planting season. This will mean the seed you want will not have run out, and it will be the real, certified seed, not a fake or old seed.

When looking at seed, make sure it has written on the package:

- Shelf life
- Seed lot number
- Seed company
- Contact details

All these details will tell you that the seed is real and certified.



For more information, SMS 'CERTIFIED SEEDS' to 30606

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