



Series 4, Episode 18

Leonida and Eric's Farm, Luanda, VIHIGA

This leaflet contains information on: housing local chickens, controlling Striga (Kayongo) in maize, controlling Bacterial Wilt in Tomatoes, growing indigenous vegetables and using solar lanterns

Keeping local chickens

Chickens need their own house to help them stay healthy and safe. Sharing your house with chickens is bad and can make you sick.

To make a chicken house, first decide how many chickens you want to keep. Each bird needs **1 square foot** of space in the house. Then, select a place away from paths so the chicken house is **isolated**.

Build the house using any materials you have. Make the **East and West** sides of the house completely sealed to stop the wind. Leave 4 foot of open mesh wire on the **South and North** sides to allow air in, and put curtains on these sides to close at night, so the birds stay warm.

Give **one feeder** and **one drinker** for every **30 birds**. Wash the drinkers and feeders every day to stop diseases. Make a **footbath** at the door with disinfectant to dip your feet into.

Remember to vaccinate you chickens against **Newcastle Disease, Gumboro** and **FowlPox**.



Breeding chickens for improved birds

To keep your flock healthy, do not allow inbreeding. Inbreeding is where a rooster mates with his young. **Inbreeding** makes weak, small chickens, which get sick and do not grow well.

To breed your chickens for egg laying, choose a hen which is a good layer, and a rooster which had a good laying mother. To breed for meat production, choose fast growing, large hens and roosters to breed. Remember, have one rooster for every 8-10 hens for good breeding, and change the rooster every 2 years.

For more information, SMS 'LOCAL CHICKEN' to 30606

Rural youth enterprise training

Technoserve's STRYDE program aims to train young people (18-35) to build successful enterprises. If you are 18-35 and want to join one of their programs,

SMS 'TECHNOSERVE YOUTH' to 30606



Controlling Striga (Kayongo) using maize

Striga, or Kayongo, is a **parasite** which attaches to the roots of maize and sorghum plants, and sucks all the nutrients from them. This makes your maize crop stunted and unable to produce cobs.

Striga affects the lake region, and causes up to 100% loss of harvests. The seeds stay in the soil for 20 years, waiting for a maize plant to attach to. Each plant makes 5,000 seeds, which are carried by dust and water to other fields.

There are many ways to reduce Striga, you must do all of them as a community effort.

First, you can add manure and fertiliser to your crop when it is young. This will make it stronger and more able to grow with Striga. Then you must weed all Striga plants which grow. You should also rotate your crops with crops that the Striga cannot grow with, like vegetables.

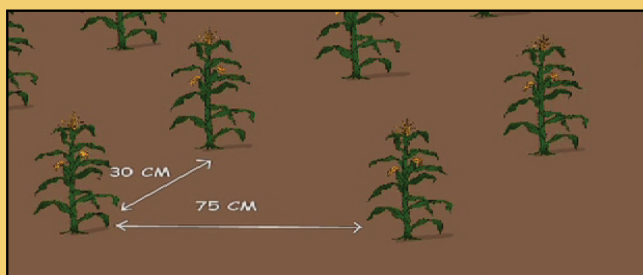
Another very good way to reduce Striga is using **IR Maize**.

IR maize is a resistant variety which is coated with a herbicide. The herbicide kills all the Striga seeds in the soil around the maize seeds. When the maize plant grows, the plant will be immune to Striga.

Planting IR Maize

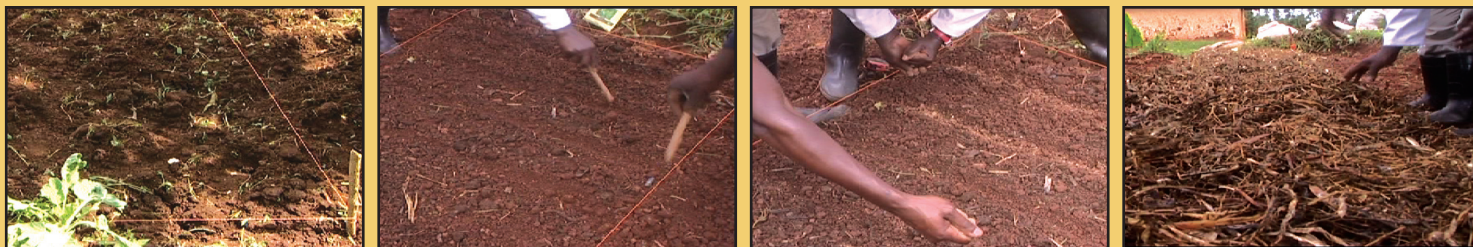
1. Make rows and hills (holes) at a spacing of 75 cm between rows and 30 cm between hills/holes (75 X 30 cm).
2. Mix one cap of DAP to with the soil in each hole, with a handful of manure
3. Plant at the onset of the rains at the rate of two seeds per hole/hill.
4. Wash your hands with soap and water before intercropping or planting other crops so that the *Strigaway* herbicide that coats the maize seed does not damage the other seed. The maize and legumes must never be planted in the same hole.
5. Do not be alarmed if the maize seedlings turn yellow for a few days, this means that the herbicide is ready to protect the maize seed against Striga.
6. Thin the seedlings at two weeks and leave one seedling per hill.
7. Top dress the maize when it is knee high or at 4 weeks with CAN fertilizer with two caps per plant, and again at tussling stage or after second weeding.
8. Manage the StrigAway maize the same way you normally cultivate your maize crop. Hand-weed the few Striga plants that survive.
9. The crop takes between 4 – 4 ½ months to mature. Harvest when the first ears begin to “drop”.

For more information, SMS 'IR MAIZE' to 30606



Indigenous vegetables

Indigenous vegetables like terere, nightshade and cowpea are very healthy food for your family. They have more minerals, calcium, protein and iron than Sukuma or spinach, and grow well here.



You must grow your indigenous vegetables like a good crop - in rows, with correct spacing and good weeding. You can buy good seeds from Simlaw Seeds.

Planting indigenous vegetables

1. To plant indigenous vegetables, first make **raised beds** 1 metre wide.
2. Then mix manure with the soil on the bed at a rate of 1kg per square metre.
3. Make shallow lines 3cm deep and 20cm apart.
4. Mix the seeds with sand at a rate of one 25g pack of seeds to 250g clean dry sand. This is enough for a plot 10 metres long and 10 metres wide.
5. Sprinkle the seeds on the furrows and cover lightly. Water slightly.
6. Mulch the plot with dry grass for 1 week.
7. After one week, move the mulch to a raised platform 1 metre high until the plants are growing well.

Cooking indigenous vegetables

To cook these vegetables to keep their value, wash them and steam them lightly, then mix with cream or milk and some salt.

For more information SMS 'LOCAL VEGETABLES' to 30606

Control tomato disease with the hot water method

Many people stop growing tomatoes because of the diseases. Most tomato diseases start in the soil and are caused by bad crop rotation. **Bacterial Wilt** is a disease caused by bacteria in the soil. You can control this disease by growing tomatoes in pots or bags, and sterilising the soil with boiling water before planting.

To use this method you will need:

Bags, old sacks or pots

Soil

Manure

Boiling water

Jug



1. First, mix 3 spades of soil with 1 spade of manure.
2. Fill each bag with this mixture.
3. Arrange the bags so the centre of each bag is 45cm away from the centre of the next bag.
4. Make a hole in the soil with a stick.
5. Pour boiling water into the hole until the bag is saturated. You will need 4-5 litres of water per bag.
6. Wait 24 hours for the bags to cool.
7. Plant a seedling in each bag (e.g. Kilele F1).
8. Drench each plant with a mixture of **Actara** and **Ridomil** to control pests and diseases. Mix one packet of each with 20 litres of water, and give each plant 200ml drench.
9. Use Phosphate fertiliser for the plants every 2 weeks, and when they are 4 weeks old give them CAN.





Solar lights for health and wealth

Solar lights save you money and keep you healthy. Kerosene fumes cause stunting, lung problems and blindness. Solar lights are clean, and free to use.

The S250 from d.Light has 4 brightness settings and can last for 100 hours. It can also charge your phone, saving you money and time. You can buy the lamps at Sollatek distributors or Total petrol stations.

For more information, SMS 'DLIGHT' to 30606

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