

Series 4, Episode 9

Jackson and Zipora's Farm, BUNGOMA

This leaflet contains information on: Climbing beans, planting Orange Flesh Sweet Potato, farmer groups, local chicken housing, rainwater harvesting and solar lights.



Solar lights

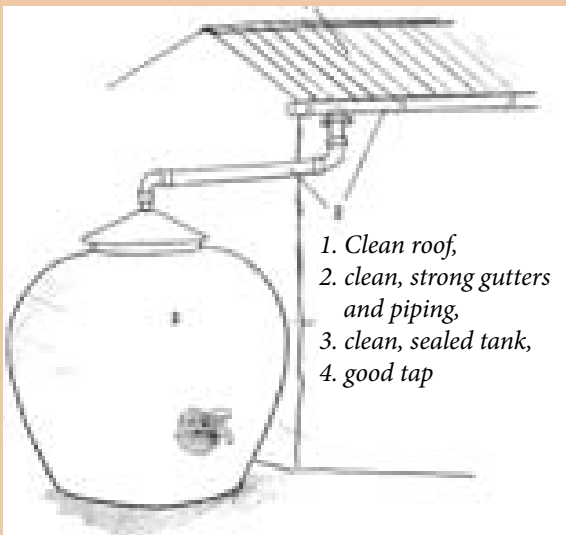
Kerosene is expensive, and is poisonous to people. It can cause eye, skin and lung problems.

You can save money and help your family's health by using solar lights.

dLight Designs has a light which can charge your mobile phone. This S250 lamp gives 10 times more light than Kerosene.

For more information, SMS 'DLIGHT' to 30606

The dLight lanterns have a 2-year warranty.



1. Clean roof,
2. clean, strong gutters and piping,
3. clean, sealed tank,
4. good tap

Harvesting rainwater off your roof

Many of us must go far to find water, and our wells dry out during the dry season. A good way to save time and get plenty of clean water at home is to put up gutters and tanks to catch rainwater. You need a clean roof, a strong plastic or metal gutter, clean pipes and a tank with a good tap.

In Webuye, they get 1700mm of rain a year. If your house is 30 feet by 18 feet, you can catch 102,000 litres of rain a year off your roof in Webuye.

For more information, SMS 'RAINWATER' to 30606

Local chickens for business

Local chickens can be a good way to make money. You must look after them well. Chickens should have their own house, and not share with any other animals or people.

Local chickens for business

Intensive

In an intensive system the chickens are kept in a house all the time. You can feed them on growers or kienyeji mash and local feeds until they are ready for sale or slaughter. This is an expensive way to grow chickens.

Free range

When chickens are left outside all day to collect their own food, they are called free range. This is a cheap way to raise chickens but the chickens take much longer to grow, and can be taken by predators and diseases.

Semi intensive

This is a mixture between free range and intensive, where the chickens are closed in at night with some feed. During the day the chickens can collect their food outside in the compound. This lets the birds grow faster, have a better taste, and you are less likely to lose them to predators or diseases.

Good local chicken breeds

KARI Naivasha is breeding improved local poultry breeds. You can buy these from them or through a distributor. You can also buy Kenbro chickens from Kenchic which are a cross between an improved chicken and a local chicken.

‘CONTACT KARI NAIVASHA 0708 620 095 TO GET KARI CHICKENS’

Brooding local chickens

A good way to save money and get more chickens is to synchronise your chickens. This is when you collect the eggs from all the chickens at the same time and use only one or two hens to hatch the eggs.

Each hen can sit on 10 eggs; so 3 hens can hatch 30 eggs. If they hatch all at the same time, you can then use less money per chick for heating the brooder.

Keep the chicks in the brooder for the first 2 weeks. You can use a jiko or hurricane lamp to warm the brooder. After 2 weeks you can remove the chicks during the day and put them in a cage in the sun. Cover the cage with paper so the chicks do not get too hot from the sun

Chicken houses

A chicken house can be built out of any material. The house should be about 7 feet tall, with 1-foot square per chicken. So if you have 50 birds you need 50 square feet of space.

The East and the West walls should be blocked off completely.

On the North and South walls, the bottom 3 feet of the walls should be solid; the top four feet of the walls should have wire mesh so the air can pass through.

Give the birds perches to rest on at night. The perches should be 1 inch wide and round.

Chickens of different ages should not be in the same house. This is because chicks will catch diseases from adult birds and can die.

Always have a footbath with disinfectant at the door of your chicken house and disinfect your shoes/feet before going into the house.

Feeding local chickens

Chicks can be fed Chick and Duck Mash for the first month.

After that, give them two handfuls of Grower's Mash each every day and let them out to find food in the compound. You can make your own feed for the local chickens but it must have:

- Energy (maize, sorghum)
- Proteins (omena, groundnuts)
- Minerals
- Vitamins
- Oils (sunflower seeds)
- Green vegetables (Napier, grass, Sukuma)

For more information SMS ‘LOCAL CHICKEN’ to 30606

Improve your farmer group

Many farmers today are joining farmer groups to share information, savings, get better markets and better prices for inputs. You can also get funds from the Uwezo Fund and the Kilimo Biashara fund as a group.

Every group needs a good business plan and you should know how you are going to finance your activity. The group should have good leadership and keep records of how much you have grown, how much money you got, how much it cost you to grow the crop and how much each member contributed.

AGRA's FOSCA program is helping farmer groups to get stronger. They have a list of 6 things which will make a farmer group strong:

- Vision – the group can describe their vision of its future and how it will get there
- Voice – the group has a strong voice
- Volume – as a group, you can collect your crops together to enable the group to get better prices with traders and buyers. It is easier for buyers to deal with large volumes from a group than small volumes from one farmer.
- Value – With higher volumes, the quality must be controlled to meet the thresholds set by the traders/buyers - buyers do not want to buy bad quality produce. With better quality, groups can get a higher value for their produce.
- Visibility – this is the face of the farmer, who is she, where is she located, what are her needs and what does it take to get to her. This information is easier to get for buyers when the farmer belongs in a group.
- Viability – long term sustainability of a group which depends on all the other things in the list. All these help your group turn from a small subsistence unit to a commercially viable business.

The FOSCA program wants to

- [i] Help farmer groups to improve their ability to respond to the farming needs of their members,
- [ii] Increase and improve the supply of services available to farmer groups,
- [iii] Link farmer groups with relevant and effective services that upgrade their abilities,
- [iv] Build a knowledge base to improve services to farmer groups and give this information to the government.

For more information, SMS ‘AGRA Farmer Group’ to 30606

Growing Orange Flesh Sweet Potato

Orange Flesh Sweet Potatoes are better than white sweet potatoes because they have more vitamins and help your body make Vitamin A, which is good for the eyes.

New varieties of OFSP are available and are ready to harvest after 90 days.

When planting OFSP, remember to use clean vines which have 3 nodes. Plant 2 nodes in the soil. You should always plant

OFSP when there is at least 2 months of rain coming.

Three ways to plant

OFSP You can plant OFSP in ridges, mounds or flat ground.

To plant in ridges, make ridges 1 meter apart. Mix manure with the soil on the ridges. Plant a vine every 30cm on the ridge.

To plant in mounds make mounds 1 metre across, 2 feet high and 1 foot apart.

Plant 3 vines on each mound. The vines should be 1 foot apart on the top of the mound.

Climbing beans

Climbing beans are a type of bean that uses less space and so can give you more beans per acre. They are a good food for the family.

KARI (Kakamega and Embu) has two varieties of climbing bean - Mac 49 and Umbano which can give you 3 to 5 tons per acre, and you can harvest over 2 months. Remember to get your seed from a certified source.

Climbing beans are more resistant to foliar fungal disease and to drought than bush beans. You can feed the bean leaves and residue to animals.

Planting climbing beans

1. Plough the land
2. Rest the land
3. Weed and harrow, and remove couch grass
4. Make furrows 50cm apart and mix manure with the soil along the furrows
5. Plant the seeds 15cm apart on the furrows with a teaspoonful of DAP
6. They will germinate at 7 days
7. Weed at 21 days
8. Scout for pests and spray to protect your plants
9. Stake the beans using stakes 3 feet long, or make trellising. To trellis, put strong 6-foot long posts along the rows every 12 feet. Attach a wire between the tops of each post. Tie strings from the wire to hang down to each plant.
The plants will attach to the strings and grow up them.
10. You can harvest the beans after 120 days.

For more information, SMS 'CLIMBING BEAN' to 30606

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Watch us on Citizen Television on
Saturday 1.30 - 2.00pm (English)
Sunday 1.30 - 2.00pm (Kiswahili)

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