

Series 4, Episode 5

Grace and Robert's Farm, BONDO

This leaflet contains information on: farmer groups, cooking orange flesh sweet potato, solar lights, Striga resistant maize, chicken feed and Kenbro chickens



Cooking orange flesh sweet potato (OFSP) for a healthier family

OFSP gives your body a lot of Vitamin A and other minerals and vitamins which are good for young children and pregnant or lactating mothers. There are many ways to cook OFSP.

For your children, add some mashed OFSP to porridge or make mandazis like this:

Ingredients:

- ½ cup Orange Flesh Sweet Potato Mash
- 2 cups Wheat flour
- 2 tablespoons Sugar
- A pinch of Salt
- 2 cups of Cooking oil
- 1 tablespoon Baking powder
- Some Lukewarm water



1. Put the sweet potato mash in a mixing bowl and sift in the flour, sugar, baking powder and salt.
2. Add water and mix into a dough.
3. Knead the dough well while adding 2 tablespoons of oil.
4. On a floured surface, roll the dough to about 1cm thickness.
5. Cut into desired shapes.
6. Deep fry while turning till golden brown.
7. Remove from oil, drain and serve warm or cold.

You can make juice, jam, chips, chapati, porridge, cake, Mshenye bread, biscuits and pie with OFSP. Use OFSP leaves chopped into groundnut stew for a very healthy meal for the family.

Striga (Kayongo) resistant maize

Striga, Kayongo or Witchweed is a weed which attaches to the roots of maize and sorghum, and takes all the food from the maize or sorghum plant. This weed has a purple flower and is found all across Nyanza and Western Kenya.

Each plant can make 50,000 seeds, and the seeds are spread by the wind. So if your neighbours have Striga in their shamba, you will get Striga in your shamba, too.

Work with your neighbours to control Striga as a community.

Controlling Striga

There are several ways to control Striga.

1. Striga weeds should be **pulled out of the ground** before they flower.
2. Add **manure and fertiliser** to your soil. Striga does not like good soil. Better soil fertility will reduce the amount of Striga in your shamba.
3. **Rotate** your fields. Striga seeds stay viable for **20 years** so you must be careful for a long time.
4. Use Striga Resistant varieties, like Strigaway IR MAIZE. IR maize is resistant to Striga and it is coated with a herbicide which kills all the Striga seed around the plant. If you use this seed for **8 seasons** you can kill the Striga in your area – remember to work with your neighbours.

You can plant **beans** between the rows of maize, but not in the same hole as the maize seeds.

There are different varieties of Striga resistant maize, like **Western Seed's WS303**.

Selection of variety

Planting IR Maize to reduce Striga

1. Prepare the soil by hand digging, animal ploughing or other method.
2. Make rows and holes with 75 cm between rows and 30 cm between holes (75 X 30 cm).
3. Use DAP fertilizer at a rate of a teaspoon or a bottle top per hole mixed with a handful of well rotted manure. Mix the fertilizer and manure with the soil.
4. Plant at the start of the rains at the rate of two seeds per hole.
5. Wash your hands with soap and water before intercropping with your preferred beans or other legume intercrop. The maize and legumes must never be planted in the same hole. Any remaining IR maize seeds should be planted and **must not be eaten**.
6. The maize seedlings may turn yellow for a few days, this means that the herbicide is working.
7. Thin the seedlings at two weeks and leave **one seedling per hole**.
8. **Top dress** the maize when it is knee high or at 4 weeks with CAN fertilizer as a side-dressing at the rate of two capfuls of CAN per maize plant. In some cases second top dressing is recommended at tasselling stage or after second weeding.
9. Manage the StrigAway maize the same way you normally cultivate your maize crop.
10. 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



Forming a farmer group

Make a farmer group with your neighbours to get better prices and markets for your crops.

To be a good farmer group, you need to have a clear **plan** of what you want to do. You must have **good leaders** who are honest. The group members must all **contribute** to the group by growing crops and working with the plan.

A group of people can get **better prices** from agro dealers for inputs if you buy in bulk. Also, a buyer prefers to buy a **big amount** of crop from one group than a small amount from **many people** so you can ask for a better price.

To know what your group can grow for the market, first **identify your market**:

- 1 – **What can you sell to the market which is not supplied already, or where is there the most demand?**
- 2 – **What quality does the market want?**
- 3 – **What quantity does the market want?**
- 4 – **When does the market want that product/crop?**

This is called a market feasibility study

Then, you need to do an **inventory of your group**:

- 1 – **How much can each person grow?**
- 2 – **When can everyone harvest?**
- 3 – **Can everybody get the right quality?**
- 4 – **Who is better at quality control? Make him/her check all the produce before it goes to market.**
- 5 – **Who is better at selling the produce and keeping records? Make them the marketer and record keeper.**

Remember to keep records for your group so you know how much everybody has put in, how much profit you have made and what you can do next time.

For more information, SMS 'FARMER GROUP' to 30606

Solar lights to save money

Kerosene is expensive and can be dangerous. A solar light has brighter light, and is safer to use. It will save you money.

If you use **200 bob a week on Kerosene**, and a solar light costs **2000 bob**, after 10 weeks you will be saving **200 bob a week** which you can use for the family's food, better fertiliser or seeds, or books for the children.

A good option is the **dLight S2 for reading and studying**, or the **dLight S300 for lighting the whole house and charging your phone**.

dLight lamps have a **2 year warranty** so if they stop working in 2 years you can replace them for free.

For more information SMS 'SOLAR' to 30606



Dual purpose chickens for meat and eggs

Kenchic has a good breed of chickens for farmers who want **improved chickens** without the cost of keeping **broilers or layers**. This breed is called **Kenbro**. You can buy day old chicks from your local distributor or older chicks from growers near you.

Kenbro chickens can be kept for meat or eggs. To keep Kenbro chickens for meat, feed the day old chicks on **Fugo Fast Gro Starter Mash for the first 3 weeks**, then from the 3rd week until slaughter at 3 months, feed them on **half local feeds and half Fugo Fast Gro Finisher Mash**.

Make sure your chickens are in a clean house, away from paths through the shamba. The house should have good **ventilation, perches, a dry floor and enough feeders and drinkers for all the chickens**.

Chickens need clean water all the time. Change the water every day and wash the feeders and drinkers every day.

To look after the chicks for the first 3 weeks, build a **brooder pen** which should be **round, with woodshavings on the floor, a jiko, chick feeders with Starter Mash and drinkers with clean water, vitamins and glucose**.

For more information, SMS 'KENBRO' or 'CHICKEN FEED' to 30606



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