



Series 3, Episode 8

Mary's Farm, NAKURU

*This leaflet contains information on:
vegetable growing, animal care, inter-cropping beans
& sorghum & livestock loans.*

LOOKING AFTER ANIMALS

Livestock, like cattle and chickens, need a clean, protected place to live. The floor should be clean and dry, and they should have good places to rest and eat. An unsafe house can cause stress and spread disease, which will slow down milk or egg production.



Make a good, well-drained cowshed for your cows.

Feeding Dairy Cows

Well-fed and healthy animals will also produce more and of a high standard of quality.

UNGA Supplements: Mineral supplements are key to good milk production and healthy animals – and profit!

UNGA Calf Early Weaners:

1 – 3 weeks.
Helps the calf grow faster.
Helps the calf gain weight.



Early Weaner Pellets.

UNGA Young Stock Pencils:

3 – 15 months.
Helps them reach a target weight.
Helps reach maturity for calving.



Young stock pencils.

UNGA Dairy Meal:

Give to heifers after giving birth.
Helps to increase milk production.



Dairy meal.

GROWING VEGETABLES

Spinach diseases

Blackspot is a disease that affects many types of vegetables, including spinach. It comes with wet weather, so during the rains your leafy vegetables need to be treated.

A chemical called SCORE can stop Blackspot ruining your crop.

SCORE comes in a pre-measured packet of 20ml, which must be mixed with 20 litres of water. Use this mix to spray all the vegetables to prevent Blackspot harming your crop.

SCORE can be used on all types of vegetables, not just spinach and can even be used if your vegetables have a problem, but you are not sure what it is – SCORE can help you sort it.

Remember to leave 14 days after spraying before you harvest your vegetables, and always read the instructions on the package.

Always remember to wear protective clothing, gloves and a mask when spraying chemicals!



Blackspot looks like this.



Hybrid seeds (left) can give you bigger cabbages than normal seeds (right).

Cabbages for profit

Many farmers grow Open Pollinated Varieties of Cabbage, which are small and only make 20 bob at the market.

If you use hybrid seeds, like Quisor F1, you can get bigger, greener cabbages, which can make 60 bob or more at the market, and are disease resistant so you get better cabbages.

Quisor F1 cabbages are ready for harvest in less than 75 days!

To plant the seeds:

- Dig trenches a foot apart
- Sow the seeds a medium amount of space apart.
- Add fertiliser to the soil and cover the seeds. Water well.
- Weed the soil regularly to avoid competition.
- Transplant the seedlings to the plot when they are 10c high
- Water regularly to get the best crop.

GROWING CROPS IN DRY AREAS

Many farmers live in dry areas, which are not good for maize or wheat growing. Instead, you can grow chickpeas, pigeonpeas, cowpeas groundnuts or sorghum, which are drought tolerant and do not need a lot of water. Sorghum stover can be fed to

animals, and the grain can be made into ugali or chapati, or sold in the soko. Maize and wheat are very thirsty crops, you should only grow these where there is a lot of water.

Intercropping

Planting two different types of crop together in the same field is called intercropping and can have many benefits. Planting maize or sorghum and beans in the same field is good, the beans make ground cover and keep the water and nutrients in the soil for the sorghum or maize.

Planting Sorghum and Beans

Plant sorghum in rows 75cm apart, and plant beans between the sorghum. This means that you will have two different types of crop to eat and sell at harvest time. The beans will help keep the soil healthy and full of good nutrients.

Beans are good to grow in dry areas – they help the soil retain moisture and good field coverage. It is always good to try and cover the whole plot to get the biggest harvest.

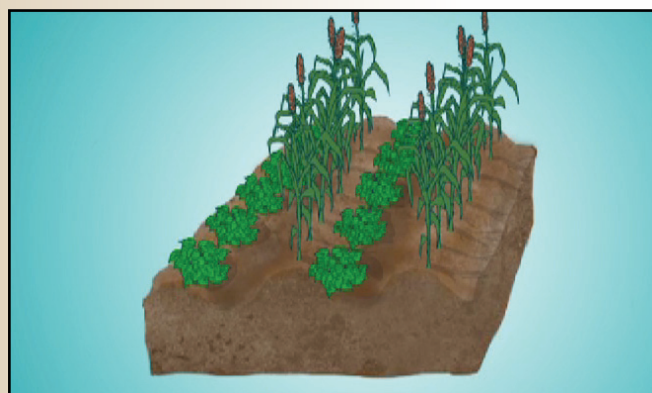
Certified Seeds

Using certified seeds when planting is very important as they give you good crops that are suited to your environment.

Leldet Seeds sells certified seeds for chickpea, cowpea, groundnut and sorghum. All the seeds come in small packages that are good for small-scale farmers who cannot afford large bags.

All the seeds at the Leldet Seed Farm are grown, dried and treated with 2 types of chemicals on site, making them disease and pest resistant.

FOR MORE INFORMATION, SMS 'SEED' TO 30606



Intercrop beans and sorghum for a good harvest.



Leldet sells seeds in small packets so you can afford them.

Preserving Maize

When you harvest your maize, you must treat it and store it well so you do not lose the crop.

To do this, use 50g/5 tablespoons of Actellic Gold for 90kg of grain. Mix the Atelic Gold with the maize and mix slowly, covering it well. Always store maize away from the wall and out of reach of children.



Mix the dawa well with the maize – and remember to wear protective clothing.



Store maize in sacks off the floor away from people.

BANKING AND FARMING

Banking can help you to run your shamba like a business, having some financial support can often help you reach your goals or more quickly.

There are many good reasons why having a bank account is a good idea.

1. It stops you having lots of money in cash around your house, which could be stolen.
2. It helps you save to reach your goals, and save money.
3. It helps you plan for the future

Accounts are easy to open. All you need to do is take your national I.D. and sign a form. Even people who have difficulty reading can open a bank account as people in the bank can help you with the forms to fill out.

You don't even need to have any money to start with to open the account, you add to it as you go!

You can also get a loan from the bank when you have an account if you are considering making your shamba a bigger business.



KCB has good services for farmers.

You can get loans for cows, chickens, building or seeds.

Banks can approve a loan in 2 days, and usually you pay the loan back over 18 months.

If you have a bank account, a bank can help you to make a business plan so you can make more money.

FOR MORE INFORMATION, SMS 'BANK' TO 30606

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