

Energy Saving Jiko

EzyLife Jikos came to replace the fire which made Rachel's kitchen so smoky with an energy efficient jiko. It uses less firewood than a normal fire. The jiko also produces much less smoke. This means that Rachel and her children do not get sore eyes or cough as much.

This means the jiko is even good for their health, as well as their pocket! The jiko is small, therefore it can be put on a table instead of the floor, and is made of high quality metal, which means it will last as long as 5 years, and has a 1 year guarantee.

SMS 'JIKO' to 30606



An energy efficient Jiko is much better for your health

Solar Lamp

When the children want to read they must use kerosene and candles which are unhealthy and can cause a fire. With a **d:Light lamp** that can charge outside in the day time the children can keep reading even when it is dark! The solar lamp is strong, and has a long battery life. It lasts up to 4 hours at night. It is much brighter than kerosene, as well as being safer, better for your health and cheaper.



With a d:light you can even charge your phone!

How To Irrigate Land

At the moment, Steven rents pipes to irrigate his dry soil. This was costing him over 900 ksh a week. Shamba Shape Up offers him a solution. The **Money Maker Max pump** is a low cost and low maintenance water pump. It is easy to put together and safe to use by anyone. The water is pumped up from the local river by simply using pedals and is sprinkled over his crops.



Well watered crops lead to a higher yield and profit

For more information SMS 'PUMP' to 300606

Produced by Mediae



Watch us on citizen television on
Saturday 1.30 - 2.00pm (English)
Sunday 1.30 - 2.00pm (Kiswahili)

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SMS 30606

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ccafs@cgiar.org



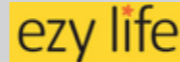
+254 020 3228000
syngenta.east_africa@syngenta.com



+254 020 6978000
information@unga.com



0725 790 050
kenyasales@kickstart.org



+254-20-8155941
info@ezylife.co.ke



254-20-3287000/ 0732187000
SMS 5222



+254 20 4180612/3, 0722 209840,
hr@chicken chicken houseers.co.ke



+254 20 2106793, 703 896996
dlightafrica@dlightdesign.com



+254 20 2301518/20,
info@kenchic.com



Series 3: Episode 4

Steven & Rachel's farm- JUJA, THIKA

This leaflet contains information on:
Amaranth farming, irrigation solutions,
chicken farming, energy efficient Jikos and solar lighting.



Amaranth Farming

Our expert sees many problems with Stephen's amaranth crop, such as weeds, inter-cropping and spacing, however he also sees a lot of potential.

Why to Plant Amaranth

Amaranth is a fast growing crop that is quick to mature which means you do not need to wait a long time to see returns.

It grows in hot temperatures and without much water. This makes it perfect for areas where droughts are common.

Use of high yielding nutritionally dense varieties results in better household nutrition and increased income.

There are two types of amaranth – a grain type and a vegetable type. You must choose which type is more suited to your farm.

Grain amaranth fetches a good price per kg compared to other staple grains, a kilo goes for 50 - 60 Kshs during high production seasons but it sometimes rises to 90 Kshs.

This means you get a good profit from your crop and you can make money for your family and for your farm.



Amaranth can grow even if the ground is dry



The crop should be harvested if the seeds fall when pressed

How to Grow Amaranth

Amaranth growing is not difficult as the seeds are reliable, resistant and grow without much water. To make sure your crop is a success, follow the advice given to Stephen by our expert.

1. Make sure your soil is ready for sowing. This means the soil must be flat and very fine in order for the seeds grow.
2. Dig a small trench or furrow in the prepared soil around 15cm deep. Using string is a good way to make sure the furrows are straight. Then add manure to the furrow so it is given extra nutrition so the amaranth is well fed.
3. Make sure the furrows are at least 60cm/2 feet apart. This gives the seeds a lot of room to grow and mature into strong plants.
4. Add fertiliser to the furrow too. **DAP fertiliser** is a good type of fertiliser to add to your soil when you plant the seeds. **DAP fertiliser** provides the soil with phosphate which is important in plant growth. Use a good amount for each furrow.
5. After this lightly sprinkle seeds at a rate of 1-2 kilos per acre. Cover with just a little soil and water.
6. Thin out your crop 2 weeks after germination – remove the smaller plants and make sure there are 2-3 plants per 15cm. This gets rid of weaker plants, leaving more room and nutrients for the stronger ones.
7. Repeat the thinning after 4 weeks, this time there should be 1 foot between each plant. This gives each plant a strong chance to mature.
8. Harvest the crop when the leaves are slightly brown and the seeds fall when pressed with your hand. Plants with fresh green leaves and no falling seeds are not yet ready.
9. To harvest the amaranth, cut the plant below the seed area, and do not to shake too much. Take the plant and thresh it. Your final product will be the seeds from the plant.
10. A well managed farm will produce between 1400-2000 kilograms of amaranth per acre.



Phosphate fertilizers like DAP help plant growth



Make sure you take out the whole plant with roots when thinning your crop



How to space your planting

Marketing Your Amaranth

Annico's are a company who buy and sell both the grain and vegetable amaranth and make many different products from it. These products include Ugali afya, baby porridge, cereal and flour.

All these products have a lot of nutritional and health benefits. Grain amaranth is a source of complete protein containing all essential amino acids required for normal growth and development.

SMS 'AMARANTH' to 30606

Looking After Chickens

An expert from KenChic comes to help the Shamba Shape Up team and Steven make some money from his chickens.

Taking Care of Your Chicks

Choosing the right chicks is very important. Healthy and strong chicks are needed to produce good meat or eggs.

KenChic's chicks are always strong and healthy, but need careful handling at the beginning!

Make sure food and clean water is always near when they are young. For the first two months feed your chicks on **Chick and Duck Mash**. When the first 5% of the chicks start producing eggs you can start them on **Layers Mash**.

Vaccinating Your Chicks

It is important that you always vaccinate your chicks when they are young. The chicks from KenChic are vaccinated when they leave their hatcheries at one day old.

Giving your chicks vaccines is important as it stops dangerous diseases such as Newcastle Disease. The vaccine for diseases such as this can be bought from your local agro-dealer and must be kept cold.

Antibiotics For Your Chickens

It is very important that you only give your chickens antibiotics given to you by your vet. Vets will only give your chickens the right medicine if they are actually sick. Do not give your animals medicine they do not need

Too many antibiotics inside your chickens will stop the medicine working properly. This can mean the disease in your chicken cannot be cured and they could die.

Chickens who are treated with antibiotics keep these medicines in their meat and eggs that are eaten by humans.

Since humans use the same types of antibiotics as the chickens, we also slowly build up a resistance to them. This can lead to problems if we get ill and cannot be cured.

For more information SMS 'CHICKEN' to 30606



A dry and roomy shed is a good place to keep chickens



Make sure all your chicks can get to food and water



Kenchic vaccinates its chicks before sale