

Keep your house clean with solar lights

Jairus said his kerosene lamp made so much soot that it made him dirty. Also, the fumes hurt his eyes. It cost him 210 bob a week to use his kerosene lamp.

Shamba Shape Up gave him a solar lantern from d:Light, which is much brighter than a kerosene lamp, and the light is free to use after you have bought it.

Imagine if you bought a solar lamp for 2,500 bob. That is the money you might use for kerosene for 2 1/2 months. After that, you are saving 2000 bob a month because you do not have to buy kerosene. Also, the lamp can charge your phone, so you don't have to spend 50 bob a week charging your phone.

What could you do with the money you would save by having a solar light?

For more information, SMS 'SOLAR' to 30606



The s250 lamp from d:Light can give you 100 hours of low light or 4 hours of bright light every day, for free!

Cook faster with a good jiko

Open fires use a lot of wood, cook slowly and make a lot of smoke. If you get a jiko like the Jiko Poa from EzyLife, you can use half the amount of wood, cook quickly because they are hotter, and be healthier because they make no smoke.

The jikos are also light and can be put on top of a table or shelf, so you don't have to bend over to cook.

For more information, SMS 'JIKO' to 30606



The Jiko Poa from EzyLife uses little wood and makes no smoke, and comes with a 1 year warranty.

Produced by Mediae



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

For another
Leaflet or
more information
SMS 30606

Sponsors



245-59-22216/7/8, icipe@icipe.org



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@coopers.co.ke



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



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



Series 2: Episode 10

Jairus' farm - Maseno

This leaflet contains information on: cow health, cow sheds, local chickens, Newcastle disease, Push Pull technology, solar lighting and smokeless jikos



Better chickens

Protect your chickens

Predators, like cats and big birds, sometimes take chickens. Build your chickens a run using net or chicken wire, so that they can move around safely.

To build a chicken run, you need posts, wood preservative for the posts, fencing staples and wire mesh. Remember to make a place you can open the run to get the eggs, and a laying box nearby.

Healthier chickens

Feeding your chickens with good feed gives them all the good vitamins and minerals they need. Jairus' chickens were eating Moringa leaves, which are rich in vitamins. Also give them poultry feed.

Never tie your chickens up. Chickens need to be able to move around and scratch for food. Tying the chickens can hurt them, and they will be distressed and so will not be fat and healthy. Make sure your chickens have plenty of clean water to drink, and enough feeders so they can eat as much as possible.

Stop your chickens getting sick

Newcastle disease is a big problem for chicken farmers. It causes huge losses as many birds die from this disease. Vaccinating your chickens is easy; you just mix the vaccine with the water as described on the label. The chickens will be protected after they have drunk the water with the vaccine. You can get Newcastle Disease vaccines at your agro-vet.



A run for 30 chickens should be 10 feet long, 6 feet wide and 4 feet high, with enough feeders and drinkers for the birds



Never tie up your chickens if you want them to be healthy, happy and give you lots of eggs and meat

For more information, SMS 'CHICKEN' to 30606

Making your cow better

When you can see more than two ribs on your cow, it means the cow is under fed, mainly with proteins. Also, making milk uses a lot of proteins from the cow's food. If you want a healthy cow that gives you milk, you should always give your cow protein supplements, like **Kupa Kula**.

Your cow's coat should be shiny and a good strong colour. If the colour of the fur looks like it is faded, or has patches, this means it is not getting enough minerals. You should always give your cow mineral supplements, like **Maalik Super**.

Feed your cow fresh fodder every day, like Napier grass, desmodium, and sorghum stover – but remember to cut the pieces to less than ½ an inch so that the cow can use it all.

If the cow's dung is loose or watery, it might have worms. You should deworm your cow every three months. Ask your grovvet for a dewormer.

When you make your cow shed, make troughs for the feed. If the cow's food is close to its dung, then it will not want to eat very much. Make sure the cow can reach all the corners of the trough easily, so it doesn't hurt its neck reaching for food.

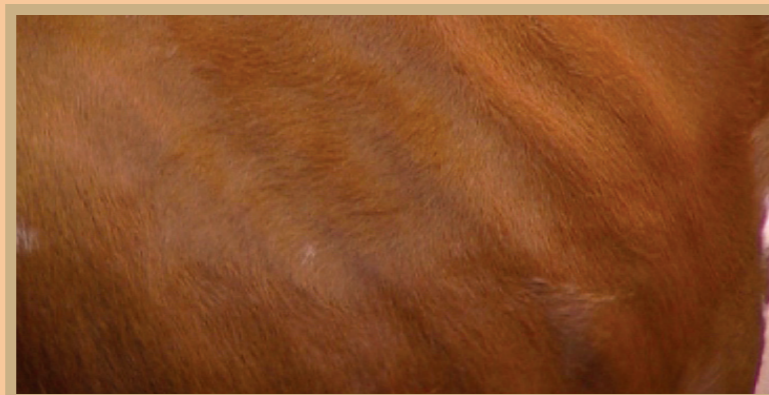
Milk is made mostly of water. If you do not give your cow as much clean water as it can drink, it will never give you the maximum amount of milk.

To make your cow shed the best home for your cow, make sure that there is good drainage so the dung washes away, a sheltered place to sleep, lots of fresh water and a good trough for her to feed.

For more information, SMS 'LIVESTOCK' to 30606



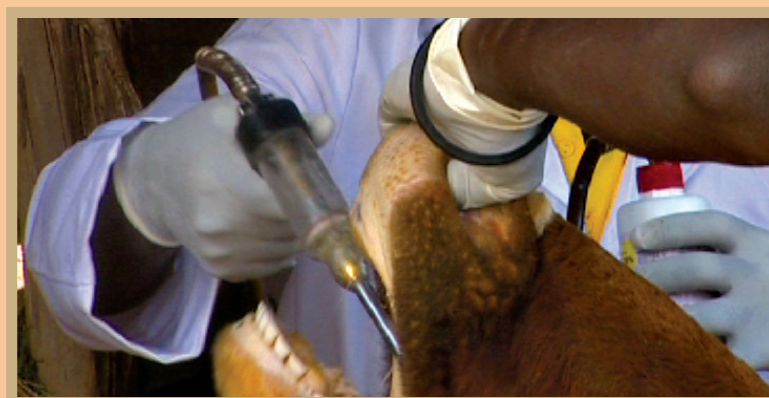
Make sure your cow has a trough it can reach, and lots of clean water.



If you can see more than two of the cows ribs, it means it is not getting enough food.



Feed your cow supplements with the fodder to give it enough minerals and protein to make lots of milk



Deworm your cow every 3 months to make sure it stays healthy

Growing maize without chemicals

Jairus was using the Push Pull method of farming maize, which does not use pesticides and is free from Striga and Stalk Borer. It can also be used for sorghum.

Stalk borer and Striga can take away between half and all of your maize or sorghum crop. Push Pull can help you like it helped Jairus. He increased his maize yield from 4 gorogoros (8kg) to over 1 sack (90kg) by using this method.

Desmodium is planted between the maize rows. The smell of desmodium pushes stalk borer moths away from the maize. Napier grass is planted around the maize field; the moths go to the Napier and lay their eggs. The Napier grass makes a sticky liquid, which kills the moth eggs. The desmodium plant also makes the soil healthier; also Napier grass and desmodium can be fed to your animals.

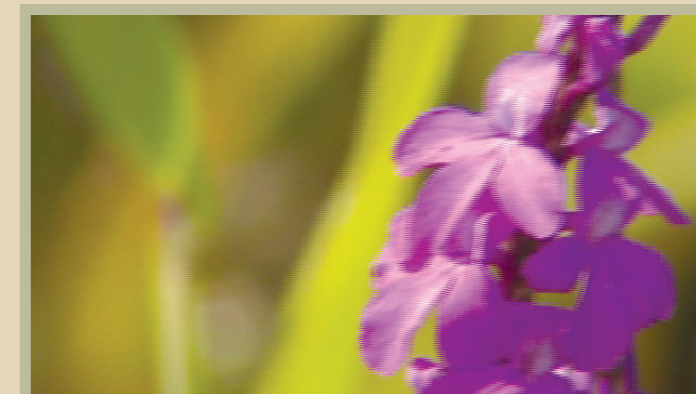
Managing your push pull field

It is important to look after the desmodium and Napier in the push pull field, and keep the maize and Napier apart so the moths cannot walk from the Napier to the maize.

First, weed the desmodium rows well so that it can grow properly and push all the moths and Striga away.

Then, keep at least 3 feet between the Napier and maize so that the moths cannot move from the Napier leaves onto the maize leaves.

When you cut the Napier and desmodium back, you can use them to feed your cows. Use one bucket of desmodium cuttings mixed with three buckets of Napier cuttings. Remember to cut all the pieces smaller than ½ an inch.



Striga can reduce your harvest by 100%



Stalk borer will ruin your crop



A well managed Push Pull field will improve your yields

