

## Harvest rain water for your house and your shamba

If you have to collect or buy water, and even if you have water from the council, trapping rain is the cheapest, fastest and easiest way to get clean water. It also helps to have a store of water if the rains fail, or if you get sick.

Use plastic guttering and tanks if you can – metal will rust and the rust is bad for you if it gets into the water. Fix the smallest leak on your tank – if your tap leaks a little bit you can be losing 2 litres every day.



Fix leaking taps, tanks and gutters to make sure you keep all the water which falls on your roof



Plastic gutters and tanks last longer and are safer than metal



## Series 2: Episode 9

John & Miriam's farm - Rongai

This leaflet contains information on: feeding cows, planting Napier grass, how animal feed is made, solar lighting and harvesting rainwater

### Feeding your cows well

Grass on its own is not enough to give your cows all the food they need. You can make them healthier by giving them fodder, supplements and minerals.

#### Grow a fodder crop

A fodder crop, like Napier grass, will give your cows enough nutrients to keep them healthy and producing milk.



Fodder, like Napier, helps your cows produce more

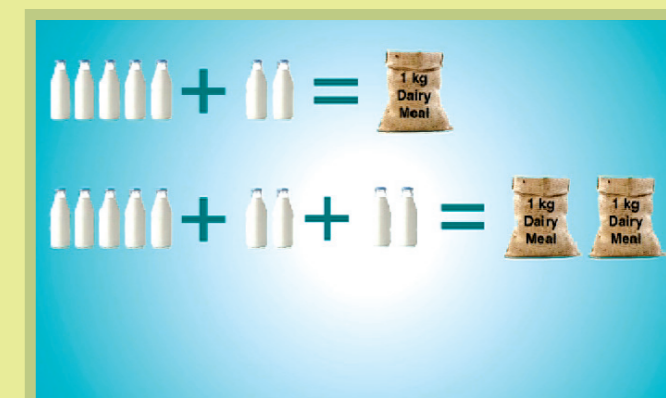
#### Extra feed

You should also give your cow concentrates and supplements. Dairy cows that are being milked should get dairy meal. Making milk takes a lot of energy from the cow, so you need to give it back. If your cow is producing over 5 litres of milk a day, it needs extra feed.

For every extra 2 litres over 5 litres per day the cow gives, you give the cow 1 kg of dairy meal per day. So, if your cow gives 9 litres per day, that is 4 extra litres, so you give it 2 kg of dairy meal each day.

#### Challenge feeding for more milk

If your cows don't give much milk, you can challenge them to give you more milk by giving them dairy meal. Then, when it gives more milk, you give more dairy meal until the cow stops increasing the amount of milk.



Give your cows enough dairy meal to make sure they give you as much milk as they can

#### Dry seasons

Remember to plan for the dry season, when there is not much grass. If you plant Napier grass, maize or sorghum you can make **silage**.

Produced by Mediae



Watch us on citizen television on  
Saturday 1.30 - 2.00pm (English)  
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## Planting Napier grass

If you have cows, goats or sheep, Napier is a good fodder crop and can also be made into silage for the dry season. Napier is drought tolerant, grows fast and is easy to look after. You can get your first cut 3 to 4 months after planting.

To plant Napier, you will need Napier cuttings (with 3 branches or nodes), manure, DAP fertiliser, water, and sticks and string to measure the spaces.

First, mark your field into rows 3 feet (1metre) apart. Then, on each row, make a planting hole every 2 feet (60cm). Into each planting hole, add 10grams (1 capful) of DAP and a handful of manure. Mix these with the soil.

Plant the Napier stem at an angle so 2 nodes are under the soil, and 1 above the soil. Water the Napier often when it is young so it grows into a strong crop.

The best time to cut the Napier to feed your animals is when it is still green, when it will still have all the good things the animals need. Remember to chop the stalks to less than 5mm (1/4 inch) so that the animals can digest it, and none gets wasted.

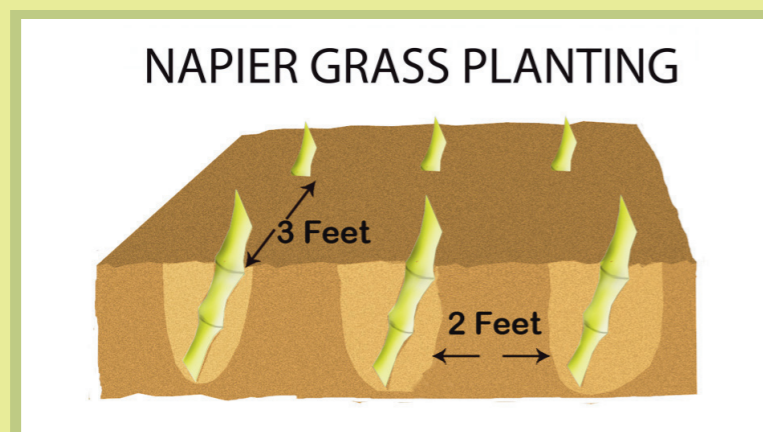
The things you will need:



You will need Napier cuttings, fertiliser and manure



With the right fertiliser, spacing and planting, you will soon have a great Napier crop.



## Checking animal feeds

It is important for you to know what is in the feed you give your animals – the meat, milk and eggs of your animals will have these things in them from eating that feed and so will affect you.

John and Miriam visited Unga's factory in Nakuru to check how the feeds they buy for their cows are made.

All the cereals that are used to make feed at Unga are checked for quality, Aflatoxin and chemicals.

Aflatoxin is a mould that grows on grains that are damp and not stored properly. Aflatoxin can kill people and animals.

The grain is then tested for bacteria, like salmonella and E. coli, which also make people and animals sick.

Then, it is checked for protein content and quality. This is to make sure that the grains have all the right ingredients to keep the animals healthy.

Once it passes all the tests it can be used to make feed. Quality feed will have all the right protein, minerals, vitamins and grains for your animals.

The bags of feed are stored in dry stores, off the ground, so they do not spoil. This means that the animal feed you buy in your town should be always of a high quality.

Property	Value
1 Protein	10.53
2 Moisture	11.88
3 Oil A	21.38
4 Oil B	19.49
5 Fibre-Crude	9.02
6 Fibre-ADF	7.91
7 Fibre-NDF	26.46
8 Ash	3.25
9 Starch	26.24
10 Sugar	7.71

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All the ingredients that go into animal feeds are checked to make sure they are of good quality



Unga stores its feed in clean, dry stores so that it does not spoil.

## Save your health with solar lights

Kerosene lamps kill 1.5 million people each year. The fumes are bad for your eyes and lungs, and stop children growing properly. They also cause fires, and the light poor.

Buying kerosene costs a lot of money. Miriam had to pay 400 bob to get to town, and 100 bob per litre of kerosene.

She was given a solar lamp S250 from d:Light. The light is five times brighter than kerosene. It can charge your phone. The lamp charges in the sun, it won't cause fires, and is difficult to break.

For more information, SMS 'DLIGHT' to 30606



Solar lights are safe for children