



MKULIMA WA SEVIA

Free copy

JUNE - AUGUST, 2017 #5

TANZANIA NEEDS YOU!

In Kenya adults state that fruit is for children and vegetables for rabbits. Vegetables are wrongly underrated, also in Tanzania. It is time for a change.

Essential nutrients and vitamins

If you ask a Tanzanian man or woman about his favorite meal, the answer will contain meat and ugali. Or sauce with chicken and some hidden tomatoes, onions, pili pili hoho and okra. Nobody will tell you that he or she prefers ugali with African nightshade.



People are not very fond of vegetables. In this respect Tanzania is not unique. The same preference applies to countries all over the world. Fast food chains are frequented for burgers, not for veggies.

Recently a study in Tanzania on food and nutrition security pointed out that malnutrition still contributes to 130 children deaths every day. On the other hand obesity becomes a silent killer that leads to cardiovascular diseases and diabetes. It's called 'silent' because these diseases are seldom discovered in time. Vegetables contain essential nutrients and vitamins that contribute to a

longer healthier life. They are crucial for healthy brain development in babies during pregnancy and in children during the first two years of their lives. Bill Gates states that a backlog in early development cannot be compensated afterwards. It is a big loss of human potential.*

*Watch the gatesnotes clip on Youtube: Stunted

Make-over of www.sevia.biz

Our website is refreshed and we are proud of it. On www.sevia.biz you can find all Newsletters published, Stories from the field, the general leaflet of SEVIA, our new crop

guides and also summaries of research reports. Especially recommended: the online e-learning modules on crop management!



Still the awareness of the need to include vegetables in a balanced and diverse diet is low. The research in the regions of Arusha, Kilimanjaro, Manyara and Tanga showed a high level of stunting, anemia and iron deficiency. To stay healthy every Tanzanian should take in at least 200 grammes of vegetables a day. Let's say the equivalent of four small tomatoes, four carrots or one large eggplant.

Need for bigger supplies

"And now what?", you could probably ask us. You might continue with: "I am a farmer and I grow vegetables." Or: "I am a sector professional giving advice about how to raise vegetable production." SEVIA likes you to continue doing that, and to produce even more, and more different types, and of course vegetables of a higher quality. The demand for vegetables goes up. In Tanzania population growth is high and more inhabitants are moving to the cities, where they do not have direct access to a shamba. Supermarkets need bigger supplies. More tourists visit our country and hotels are asking for good quality



Picture by Richard van Stel



Demand for good quality veggies goes up

veggies. In many regions access to nutritious vegetables is still linked to old production habits connected to the dry and wet seasons. Therefore e.g. supply in markets is too low during the dry season, also in the villages.

So? Tanzania needs you as a vegetable farmer! To ensure a continuous supply of good vegetables. You are the vital link on the way to more food security! And SEVIA can assist you to produce vegetables during any season.

At the same time we would like you to become a promoter of consuming vegetables, to the benefit of the health of the Tanzanians. Use our statements to convince the ones around you ● (AVS)

Download our crop guides

SEVIA developed 11 compact crop guides, in which farmers can find everything they need to know to grow a healthy crop. We provide guides on **African eggplant, bushy tomato, okra, cucumber, eggplant, sweet pepper, hot pepper, cabbage, carrot,**

watermelon and onion. Download them on our website www.sevia.biz! The crop guides will also be available in agroshops and handed out during SEVIA demonstrations. Do you need more information? Ask the SEVIA staff.



Who is...? **MBWAMBO KITURURU**

In April 1994, during the height of the genocide in Rwanda, Mr Mbwambo Kitururu, the Technical Manager of our partner Tanzania Horticultural Association (TAHA), found his calling in helping people in need through food distribution and hospitality. “My family thought I was crazy.” Still he decided to board a flight from Dar es Salaam to Kigali.

Mr Kitururu began the journey to his career through Christian Council of Tanzania which was one of the very few charity organizations working to bring relief to the victims of war in Rwanda. He served refugees in Rwanda and Tanzania (Kigoma and Kagera). By joining the World Food Program (WFP) in 1995 Mr Kitururu then learnt how to improve relief services for the same cause in Rwanda. Between 1996 and 2005 he participated in establishing the refugee camps and coordinate feeding programs. At WFP, Mr Kitururu also worked in Liberia, South Sudan and Burundi.



School garden program

During the same period and beyond, as a project coordinator Mr Kitururu was involved in some of the projects that helped Tanzanians overcome drought in 2000, like Magugu rice project, irrigation schemes and access to markets. He is particularly proud of the school garden program, that was adopted from one of his relief service exposures and implemented in 200 government secondary schools throughout Tanzania, in 2013 -2014. Mr Kitururu: “During the evaluation we realized that 80% of the participating students had also set up gardens at their homes.”

Driven to the horticulture sector because it showed promise



Quality production

Mr Kitururu now works with TAHA, heading the technical and extension team in 15 regions with over 100 community based farmers across the country. The main aim is to expose vegetable farmers to different levels of the value chain. Why was Mr Kitururu driven to the horticulture sector? "Because of the simple reason that it showed promise for the people of my home country."

Markets for Tanzanian fruits and vegetables are rising, from the demand of bananas in Kuwait to sweet peppers in Israel. TAHA is striving to find market opportunities for Tanzanian products and it is Kitururu's responsibility to empower vegetable farmers with the skills to produce quality vegetables that meet international standards. TAHA and SEVIA work hand in hand to deliver the knowledge to farmers on quality production.

TAHA is also present in Zanzibar



Boost the horticulture sector

They say charity begins at home, and Mr Kitururu is driven to help boost the Tanzanian horticulture sector to an international level. He is positive that in the next five years horticulture will contribute at least 25% of the country's revenue: "Because there is great awareness of business opportunities in horticulture, even among politicians." Since VAT has been removed from agriculture equipment, farmers can now utilize such equipment to improve their production.

Mr Kitururu will continue to work with SEVIA to ensure that the majority of the vegetable farmers, big and small, get all the technical assistance they need to improve their livelihoods. With the philosophy 'change begins with you', he is one of the heroes we are lucky to have facilitating change in our communities ● (CM)

BECOME A PROFESSIONAL BY E-LEARNING!

SEVIA recently developed four **online courses** for farmers and sector professionals: on practical crop protection, transplant raising, fertilization and crop nutrients. The courses are fit to Tanzanian circumstances and some of them are available in Swahili. You can learn by

watching the clips, which are also entertaining. Seeing is believing. Pass the exam and you will master almost everything!

Visit our www.sevia.biz and start the training. After passing the final test you will receive a certificate.



AGENDA

JUNE

- Farmers' training at the SEVIA centre
- Farmers' training in the field
- Monitoring of demonstrations
- Sector professionals' training of greenhouse production

JULY

- Farmers' training at the SEVIA centre
- Field days at the SEVIA centre



AUGUST

- Farmers' training
- Field days off station
- Participate in Nanenane exhibitions in Arusha, Morogoro, Dodoma regions and Mwanza

TIPS & TRICKS

Keep your leaves as dry as possible, know the diseases during the long rain season

Rain, of course, favors the growing of your crops. However, after the rains leaves are covered with moisture, which can also be a weak point: it can cause outbreak of diseases, especially in an open field crop. In this article we explain how to prevent and control these rainy season diseases sneaking into your crops.

Some of the diseases that affect vegetables during the wet season are the fungal diseases like *damping off*, *late blight*, *early blight* and *anthracnose*, and the bacterial diseases like *bacterial spot* and *bacterial rot*.

Do you know that...

Regular scouting is important

During the rainy season check your crops frequently for symptoms of diseases, e.g. every second day. Early detection is important, because then the infection level might still be low and you can nip the disease in the bud. If you identify a problem take a correct measure for disease control, like spot spraying or removal of the infected plant part.



Leaf blight in onions

Indoor cultivation may reduce disease problems

Keeping leaves as dry as possible is important in reducing diseases incidents. You can achieve this by growing crops under a shelter or in a net- or greenhouse. These structures will also provide some protection to the crop against heavy rain showers and other adverse conditions like hail and storm. They require some investment but this will ready be paid out in higher yields and lower pesticide costs.



Late blight in tomatoes

Choice of variety and raising healthy seedlings helps to control diseases

Healthy plants can overcome attacks from pests and diseases. Select seed varieties that are tolerant or resistant to diseases and raise your seedlings in trays or in an improved ground nursery using treated media. When starting with a healthy seedling you will need fewer applications of pesticides.



The use of mulching in vegetable production can control pests

Mulch acts as a protective layer in the soil. Mulch prevents splashing of soil-borne pathogens to the crop. Grass or other organic matter mulch can already reduce the incidence of diseases. Plastic mulch is more efficient but also more expensive.

Trellising and staking reduce rot

Trellising is even more critical in the wet season for fruiting vegetables since prolonged fruit contact with wet soil leads to fruit rot, especially in tomato, cucumber and peppers. The application of stakes and trellis increases ventilation in the field and because of more circulation of



Healthy cucumbers thanks to trellising

fresh air fewer diseases occur. Trellising or staking also reduces mechanical damage to your crop during crop management activities. For example: spraying can be done more effectively.

Farm tools and machinery can be sources of infections

Farm tools and machinery carry pieces of crop parts, soil, and water from one field to another, so they are often spreading spores or another inoculum that starts diseases. Clean them every time after working, before going to another field to reduce transfer of pathogens and the insect population. Workers clothes and shoes should be cleaned as well before shifting to another field.



Late blight

Field sanitation is important

The long rain season is the period of many weeds. They may already been infected with the disease ready to attack your crop. Make sure that your field is weed-free at all times. Uproot infected plants and dispose them properly, preferably by burying them deep or burning away from the field. Remove all crop debris after harvest, as pathogens overwinter in crop debris.

Know the diseases and start spraying in time

To protect your plants against diseases it is important to start spraying in time, hence the frequent crop checks. In case of risky periods, wet periods and a lot of new leaves on the crop, spray Mancozeb or Chlorothalonil every 4-5 days in combination with a more effective fungicide. During sunny periods and moderate growth of the leaves only Mancozeb every 7-8 days would do the trick. Mancozeb is a broad spectrum, contact fungicide protecting the plants against a range of fungal diseases,



Bacterial spot

but needs to be sprayed before symptoms are present or at a very low level. Azoxystrobin and Difenoconazole are more effective fungicides but more specific and they cannot control all diseases. Therefore check the label beforehand and know which diseases you need to control.

Bacterial wilt cannot be controlled by chemicals. For that crop rotation and sanitation should be obeyed. To a certain extent other bacterial diseases like bacterial spot or speck can be prevented with copper spray, but compared to other fungicides copper is less effective.

SEVIA staff can assist you with all crop management measures mentioned. Ask for our advice!

STORIES FROM THE FIELD

Santateli Sumari has been a tomato farmer in Maroroni B, for the past twenty years. While he works in the field, his wife Neema supervises their grocery shop and milling machine business in the village. He has always grown tomatoes using the locally produced seeds from the market. In the wet season, he would cultivate land as big as three acres of tomatoes, but with market saturation his profit was barely significant.

However, this was his life before SEVIA. Since he hosted a demonstration for SEVIA in August 2016, he changed his plans and now produces a variety of vegetables.

"It was my first experience with hybrid varieties for tomatoes, using Jarrah F1 and Kipato F1, and my very first time to produce cucumber, using Monalisa seed", says Mr Sumari.



"After all my years of farming I still did not know the right calculation for seed and spacing. I would put the seedlings close together to save space, thinking to get the biggest yield possible. I was not aware of the fact that I was creating an environment where my plants would be easily attacked by pests and diseases. This costed me so much money."

During his training with extension officer Iddi Haridi from SEVIA, as a host famer he picked up information about the right calculation of seed, land preparation and chemical measurements. Mr Sumari now is a happy farmer: "I used to

*SEVIA teaches us
to make profits*

spend 50,000TZS on chemicals per week per acre, not knowing the exact dosage. But now I have only spent a little over 50,000 TZS in total and I made a profit of 400,000 TZS from selling cucumbers. SEVIA has taught me how to gain more ●" (CM)

PEOPLE @ SEVIA

Growth in Extension!

We at SEVIA realize how important it is to reach vegetable farmers with the right knowledge. Therefore we are pleased to expand in Kondo, Njombe, Mbeya Municipal and Misungwi districts. In addition to that, trainer Mary Maganga has been hired to facilitate all the training that will happen at the SEVIA Centre. You can count on our efficiency to be at your service!



From left to right: Mary Maganga, Wilfred Makange, Franco Frederick, Mseti Mwita, Athumani Issah and Andrew Nyambega

Mahanjumati How to prepare Broccoli

Ingredients

- 1 head of broccoli
- 1 onion, sliced
- ½ teaspoon of garlic
- 1 tablespoon of oil or margarine
- A pinch of salt and black pepper
- Optional: green beans and carrots (Julienne cut, half boiled)



Preparation

Boil water for 5-10 minutes, meanwhile clean, then cut the head out of

the stem and cut the leaves of the vegetable. Cut the vegetable into small or medium size parts, rinse, then put into the boiling water. Let it boil for 5-7 minutes or until it is half boiled. Remove from the cooker and drain. Preheat another pan and add the cooking oil to

heat. Caramelize onion and garlic, then add the broccoli (together with the green beans and carrots you have set aside). Stir fry the vegetables for 3-5 minutes and add salt and pepper to taste. Serve while warm with ugali, pasta or rice!



Colophon

SEVIA, P.O. Box 7211, Moshi
Visiting address
Lambo, Mferejini
Tanzania
+255 685 942 364
www.sevia.biz

Contributions to this newsletter by

- Anita van Stel
- Clara Mlozi
- Elijah Mwashayenyi
- Epaphras Milambwe
- Herman de Putter
- Mary Maganga

Editors

Clara Mlozi
Anita van Stel

Design

Mooizo Design

• Wageningen UR • SEVIA • Communications consultant

Do you want to receive free copies of previous Newsletters? Please send an email or read the digital Newsletter on www.sevia.biz