



# Seeds of Change

Brought to you by the Kenya Highland Seed Co. Ltd.

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## Green House Farming

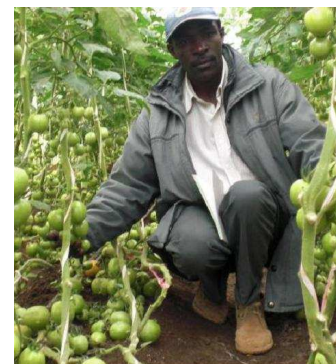
Royal Seed Company are specialists in imported and high quality hybrid seeds from breeders and well-renowned suppliers, whose focus is on production in greenhouses that result in high quality and export production of crops. Our seeds and varieties are selected on the basis of their performance, quality and suitability to the various target markets available.

### Why Greenhouse Farming?

A greenhouse is one of the most valuable additions you can make to your property. If you want to be more self-reliant by raising more of your own food, a greenhouse either large or small can help you meet many of your needs. You can grow virtually anything in a greenhouse and without doubt they offer a number of advantages:

- It protects vegetables against strong wind and rain
- The temperatures can be controlled leading to increased growth and earlier harvest compared to out-door production
- The drip irrigation found in the greenhouse saves water and makes crop production independent of rainfall
- With a greenhouse, crops can be planted and harvested when prices are high

If you have good planning the initial investments can be recovered within 2 to 3 years. A greenhouse is a great idea for outdoor growers who live in cold climates or areas where pests and damaging acts of God are a common problem. When you have a greenhouse you effectively have your own little microenvironment that you can control and you become the god of your own little patch of land.



Though this practise will let you grow year round it is advisable to be aware of the pros and cons of greenhouse gardening, which is why the team at Royal Seed are here to share their expertise.

Royal Seed staff are experts in this field and will assist you in procuring quality seeds and the knowledge you need, if all measures are strictly followed, you are guaranteed high yields and value for your money.

## WATERMELON AND NUTRITIONAL VALUES

Watermelon has long been known for it's tasty, sweet and watery fruit.

Did you know that apart from sweet and sugary water you enjoy from it, there is also high nutrition and health benefits to it?

Here are some of the benefit we get from watermelon consumption:

- \* It has excellent levels of vit A and C and levels of vit B6.
- \* Vitamin A found in is important for optimal eye health

and to boost immunity.

\* Vitamins B6 helps the immune system to produce antibodies.

\* Vitamins C. will help fight against cold, flu and other bacterial infection.

To make sure the Kenyan population is in constant supply of this important fruit, Royal Seed Co. Ltd. has released a new variety of watermelon (ASALI F1). Asali F1 is a high yielding variety with potential of 10-15 kg per fruit and has a brix content 13%. Dear Kenyans, try

this variety Asali F1 and your health and economic status will never be the same again.





**'It is very important that we continue to get feedback from farmers so we can find them the very best varieties'**

## Welcome from Peter Francombe, Technical & Sales Director.

A big welcome to all our esteemed customers, Agrovets and farmers with this first edition and launch of the Royal Seed newsletter.

Firstly I would like to say thank you all for supporting Royal Seed as we endeavour to provide you with top quality seed and service through our team on people in the office and in the field. It is your consistent support that enables us to improve our services to you and develop with you. We continue our work with demonstration fields of open field, greenhouse and potato varieties throughout the country. I hope this is reaching a lot of you through your attendance at the field days

where we continue to train farmers in good crop husbandry and show off the traits of our new hybrid varieties.

It is very important that we continue to get your feedback on our varieties in the various regions so that we can strive to find the best varieties for you, the farmers.

We do have a full range of Open Pollinated products available to the farmers and on top of these encourage you all to try our Hybrid Varieties that will benefit you economically. We have a range of greenhouse varieties to suit all environments and ask you to get in touch with our team and us for more information.

This year to date has been a very difficult one from a weather point of view. Drought in many areas of the country has led to very difficult growing conditions and a lot of losses in parts. In areas where water has been available the farmers have benefited with good prices for their produce. Where possible I encourage you farmers to invest in irrigation.

I look forward to developing our newsletter to provide all of our esteemed customers with good information both technical and otherwise.

Best regards,

**Peter**



Clean certified seed potato



Bacterial wilt infection



Viral infection

## Potato production...challenges and solutions

### Introduction

Second only to maize, potatoes play a very big role in the Kenya food security situation. The use of clean certified seed potato is fast gaining popularity among farmers. In order to clean up the disease situation in the country, it is important that we understand exactly what needs to be done. The greatest challenge is diseases (Bacterial wilt, viral diseases)

### What and how do we do it?

\* **Seed:** Ensure clean certified seed

\* **Crop rotation:** Ensure clean fields through proper crop rotation (it should not have had any potatoes, capsicums, eggplants and tomatoes grown in it for the last 3-4 years.

\* **Land preparation:** Ensure well prepared soil with at least 12 cm loose ground.

\* **Spacing:** Inter-plant spacing depends on the seed size. Tubers should be planted 25-30 cm apart to ensure maximum stem density. The rows should be 75 cm apart.

\* **Ridging:** This is important as it helps in weed control and prevents greening of the developing tubers. Never bury crops as high as 4 cm because it can result in loss of the covered plants.

\* **Weed control:** Ensure weed-free crop as this can result in competition over nutrients and act as an alternative host for pest and diseases.

\* **Disease control:** On using clean certified seed, it is necessary to control only fungal diseases and pests (aphids, cutworms, whiteflies).

Harvesting: This should be done under favourable weather conditions; i.e. not too wet. Avoid mechanical damage at this stage.

Storage: This depends on the storage time. Ensure proper ventilation to ensure the tubers are kept dry.





**PRETORIA FI**  
Cabbage ~ Royal Seed fresh market variety.

## Cabbages and Your Health

Cabbage is a very important vegetable, grown in Kenya for commercial use but also for its medicinal value, steamed cabbages lowers cholesterol levels in our bodies.

Whilst cabbages do well in high altitude areas they can also be grown at low altitude either under rain fed or irrigation.

They require a well drained soil and a field free of weeds, which are big enemies to cabbages as they compete for nutrients, water and also are a host to some pest and diseases. Irrigation should be regular

especially at head formation stage. During cool weather avoid wetting the foliage as wet leaves are prone to diseases.

### MAJOR CABBAGE DISEASES:

1. Ringspot
2. Fusarium Yellow
3. Black Rot
4. Leaf Spots

Royal Seed Co. has a perfect solution for cabbage farmers:

### PRETORIA FI

Pretoria FI is a fresh market

variety with the following characteristics

1. Has compact head 4-5kgs
2. Tolerant to ringspot, Fusarium yellow
3. Maturity 75days
4. Good ground clearance (easy harvesting, prevent rotting in wet conditions)
5. Excellent wrapper leaves (keep quality)
6. Adaptable to both warm and cool conditions.

Contact us today for more information and to discuss your requirements.

**'Tomatoes are an essential vegetable that no home should be without'**



Royal Seed Tomato 'Monalisa FI'

## Growing Indeterminate Tomatoes Outdoors

Tomatoes are an essential vegetable that no household should be without. There are two types of tomato plants, determinate (normally grown outdoors in this region) and indeterminate that are grown in protected structures such as polytunnels or greenhouses. However, if you do not have a tunnel or greenhouse, it might be worth growing them outdoors- though yields will be lower. Fewer tomatoes are better than no tomatoes at all. Tomatoes love warmth, therefore growing indeterminate varieties like Chonto FI, Bravo FI, Samantha FI, and Monalisa FI from Royalseed, outdoors will have to be done in warm regions or during warm seasons for best chance of success. Techniques used to grow



Royal Seed Tomato 'Chonto FI'



Royal Seed Tomato 'Samantha FI'

indeterminate tomatoes outdoors start with well-done transplants that are then transferred either into ground containers such as grow bags or large pots. The idea of using bags and pots can be well utilised by urban residents for whom land and space is limited. Stout support must be provided, because these varieties are truly heavy bearers, and fruit harvest starts approximately 75 days from transplanting.

The biggest challenge with most outdoor tomatoes will be blight. Varieties like ChontoFI, Bravo FI, Samantha FI, and Monalisa FI have some resistances. However, in bad weather, spraying with fungicides may be the only way to control the spread of disease.

Africa's No. 1 supplier of open pollinated and hybrid seeds...



...providing local solutions to a global market





## Health Benefits of Watermelons

Consuming vegetables and fruits of all kinds reduces the risk of many lifestyle-related health conditions which are affecting so many people today.

Watermelon reduces the risk of obesity, diabetes, heart diseases and overall mortality and promotes a healthy complexion, hair, increased energy levels and overall lower weight. Consumption of watermelon has the following health benefits:

**Asthma prevention:** The risk of developing asthma becomes lower in people who consume high levels of Vitamin C which is mainly found in watermelons.

**Cancer:** As an excellent source of the strong antioxidant vitamin C as well as other antioxidants, watermelon can help combat the formation of free radicals known to cause cancer.

Lycopene intake also helps decrease the risk of prostate cancer.

**Digestion and regularity:** Watermelon, because of its water and fibre content, helps to prevent constipation and promote regularity for a healthy digestive tract.

**Hydration:** Watermelon is made up of 92% water and full of important electrolytes, hence a great snack to have on hand during the hot season to prevent dehydration.

**Improves Eye Health:** Watermelon is a wonderful source of beta-carotene which is converted in the body to vitamin A. It helps produce the pigments in the retina of the eye and protects against age-related macular degeneration as well as prevents night blindness. Vitamin A also maintains healthy skin, teeth, skeletal and soft

tissue and mucus membranes.

**Immune Support, Wound Healing & Prevents Cell**

**Damage:** The vitamin C content in watermelon is astoundingly high. Vitamin C is great at improving our immune system by maintaining the redox integrity of cells and thereby protecting them from reactive oxygen species (which damages our cells and DNA). The role of vitamin C in healing wounds is also high because it is essential to the formation of new connective tissue.

The enzymes involved in forming collagen (the main component of wound healing) cannot function without vitamin C. If you are suffering from any slow-healing wounds, eat more melons to speed up the healing process.



Watermelon 'Asali F1' from Royal Seed.

**'Consuming Watermelon reduces the risk of many lifestyle related health conditions including heart disease and cancer'**

## Recipe: Roasted Capsicum and Cucumber Bruschetta



### INGREDIENTS

1 x Royal Seed Cucumber  
1 x Royal Seed Red Capsicum (or Royal Seed Green Capsicum if preferred)  
2 x Tablespoons fresh flat leaf Parsley leaves chopped  
1/2 Juiced lemon  
Slices of Supa Loaf brown bread  
Blue Band  
100g of freshly grated coconut

### INSTRUCTIONS

#### Preparing Roasted Capsicum

1. Cut red capsicum into quarters, removing seed and white membrane.
2. Pre-heat grill to high setting. Place capsicum skin-side up on a baking tray. Grill for 8-10 minutes or until skin is blistered and blackened.
3. Remove from grill and allow to cool. Peel skin from capsicum and cut flesh into thin strips.

#### Preparing Cucumber

1. Using a sharp knife cut the cucumber in half lengthways
2. Use a teaspoon to scrape seeds from cucumber halves and slice it thinly.

#### Preparing the Bruschetta

1. Place the roasted capsicum and cucumber in a bowl.
2. Add parsley, lemon juice and ground black pepper. Spread a thin layer of Blue Band on the bread. Toast for 3-4 minutes on each side or until light, golden and crispy.
4. Spread toast slices evenly with grated coconut. Arrange the capsicum and cucumber mixture on top of grated coconut.
5. Serve immediately with a cold beverage.

*'This is a fabulous and healthy recipe which can be served as a starter, a snack or as part of a main meal.'*

## NUTRITION

Energy	722kj
Fat saturated	1.00g
Fat total	2.00g
Carbohydrate Sugars	4.00g
Carbohydrate total	28.00g
Dietary Fibre	3.00g
Protein	9.00g
Cholesterol	8.00mg
Sodium	295.29mg

## Upcoming Events



NJABINI ATC  
11th - 12th Sept.



UNIVERSITY OF  
ELDORET FAIR  
25th - 27th Sept.



NAIROBI  
INTERNATIONAL  
SHOW  
29th Sept. - 5th  
Oct.



CHEPSEON  
FIELD DAY  
8th Oct. - 9th Oct.



ROYAL SEED  
ISINYA TRIAL  
FIELD OPEN DAY  
23rd Oct.



Providing Local Solutions to a Global Market.

# Ask the Experts



## Welcome to our 'Ask the Experts' section.

Our panel of experts answer your questions and give advice about all things related to growing from seed, whether it be in the open field or in a greenhouse environment. This is your opportunity to contact our experts directly and to receive answers to all your growing questions.

Just send your question, along with your name and area to - [info@khs.co.ke](mailto:info@khs.co.ke) all questions will be answered in a return email and some will be printed in our next issue!

*"I would like to know more about Red Royale Papaya seeds and the prices. If possible I would like to know its viability in Central Kenya. Where can I get a detailed manual of Red Royale papaw farming"*

**George Muriithi.**

Red Royale FI seeds are available from us at kshs. 18/- per seed. Yes Central Kenya is a good area for Papaya. We have detailed growing guide that I can send you via email, if you send a request.

*"I am planning to plant Rambo FI & Oxy premium FI tomatoes in Machakos county, will they do well and what is the cost for each per 500g sachet?"*

**Daggy Mutua**

I would certainly recommend Rambo FI in Machakos. Please enquire at our office for the price.

*"I also like Rambo FI tomatoes, how do I get them in Kampala in small packs and what's the price?"*

**Gita Gonza**

Our distributor in Kampala is Nsanja Agrochemicals. Please enquire from him.

*"What is the ideal spacing of Asali FI? I've done 1m x 1m is it ok?"*

**Daniel Gethi Mwangi**

Best spacing is 1m x 1m. For large fruits keep 2 to 3 per plant only.

*"Currently I'm doing Rambo FI tomato kindly advise on the harvesting period"*

**Deno Maina**

Rambo FI can be normally harvested over a 4 week period.

*"Can Maxibel Sweet pepper do well in Machakos in a well drained soil?"*

**Carol Muriithi**

Yes Maxibell will do well in Machakos. It does need good water

*"What is the best variety of cabbages that yields best and is most disease resistant?"*

**Henrie B Ssekya**

Pretoria FI is an excellent cabbage with big yields. Please visit [www.royalseed.biz](http://www.royalseed.biz) for more information. We also have a new cabbage Fabiola FI, which is excellent. Please call the office for more details.



*"I am about to start watermelons. I want hybrid seeds, with good yields and early maturity. 4 months, 6 to 8 fruits per plant, any good clues?"*

**Joe Blessed Kathuli**

Watermelon Asali FI is an excellent zebra type. Recommended 2 to 3 fruits per plant at 10 kgs each. Andaman FI is a Sugar Baby type with excellent yield. For more information please visit [www.royalseed.biz](http://www.royalseed.biz)



*"I want to get Rambo seeds 250gs in Nairobi where can I get them from?"*

**Kashi Johnson**

You can obtain them directly from us at the warehouse. We are situated on Road C, Off Enterprise Road.

