

# Safe use of agro chemicals and harvesting – Farm Kenya

The Covid 19 pandemic has affected Kenya food system. Directly through impact on food supply and demand and indirectly through capacity to produce distribute food.

Food safety is an integral part to food security, the ministry of agriculture is promoting good agriculture practices and healthy foods and vegetables. Agro- chemicals are chemical products used in agriculture to protect plants from pest and improve their growth. They include pesticides, insecticides, herbicides, fungicides, nematicides and fertilizers. They are toxic to humans and pest extra precaution must be taken when purchasing, handling and storing.

## Protective gear

Start by putting on the overall then put on the gumboots, put on goggles and then mask. Put on the headgear and finally the gloves.

Make sure the overall is over the gumboots to avoid chemicals dripping in to the legs, make sure the gloves are worn under the sleeves. Put everything ready before mixing, have soil, sawdust brush and broom incase of spillage. Measure the recommended quantity to avoid under dosing or over dosing.

## Harvesting vegetables

Early morning harvesting is best for most vegetables crops, when the sun is too hot the plant will have withered and that makes them difficult to prepare.

Use a sharp knife to ease minimum damage to the plant, blunt knife causes a lot of damage to the plant. Leave at least 4 leaves do not cut all the leaves as plants manufacture food

through the leaves. Harvest often, frequent harvest can result to better tasting of vegetables and increase yield.