Learning By Doing

4-K Clubs Newsletter

Issue 7, July 2023

In this Issue:

In their own words

First Time in a Supermarket!

Cultivating Knowledge, Nutrients, and Success Through Innovative Agriculture

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Jambo! and welcome to our 4-K Club monthly online newsletter. July marks the beginning of the second half of the year. We continue to bring you news and events happening in 4-K Clubs around the country, from 4-K Club projects in schools, to individual projects at home. ASK Shows have become a popular venue of interaction between 4-K Club members and potential members . This month we bring you stories and experiences from Nakuru, Embu, Kisii and Kisumu Shows where club exhibitors also got a chance to interact with some of their county leaders. Our cover story takes us back in time to the 1960s, as we meet a former 4-K Club member who is just about to retire from formal employment. He shares with us his 4-K Club experience and how it positively impacted his community. Read on.

Charles Lusweti, Editor

Editorial Team

Charles Lusweti – Editor, Head Youth in Agriculture Unit, 4-K Clubs Programme Coordinator
Catherine Njoroge, 4-K Club Patron, Ndurarua Primary, Dagoretti, Nairobi
Catherine Onsongo, 4-K Club Patron, Endemu DOK Primary School, Nyamira
Leon Caxtone, 4-K Club Patron, Wachara Karungu Primary School, Migori
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4-K Clubs Programme

Learning By Doing

About 4-K Clubs

What is a 4-K Club?

4-K Clubs are groups of learners in Primary and Junior Secondary Schools brought together to learn and practice agriculture while having fun and becoming responsible members of the society. The four "K"s stand for "Kuungana, Kufanya, Kusaidia Kenya," which translates to "Uniting, Doing and Helping Kenya" in Swahili.

Why 4-K Clubs?

The 4-K Clubs Programme aims to change learners mindset towards agriculture. This can be achieved through inculcating the practice of agriculture and agribusiness in children from a young age to enhance food and nutrition security. 4-K Clubs also help to develop leadership and good citizenship among the youth.

4-K Clubs Thematic Areas

- Agricultural projects
- Agri-nutrition
- Environmental Conservation
- Science, Technology, Engineering and Mathematics (STEM)
- Civic Engagement and Citizenship

The thematic areas are delivered using the Positive Youth Development (PYD) model.

How to Start a 4-K Club

Schools that are ready to establish 4-K Clubs are encouraged to designate Patrons who will guide learners in forming the clubs. Patrons can get relevant advice from the programme manuals, website as well as programme ToTs. With the guidance of the Patron, the 4-K Club members should initiate projects and associated club activities. After the club is formed the patron should register the 4-K Club through the provided registration link. Registration ensures that the 4-K Clubs Programme will actively support implementation of 4-K Clubs in schools.

To register, scan the QR Code

Contacts

Email: info@4-kclubs.go.ke

Website: www.4-kclubs.go.ke

Dear Editor

The Transformative Power of 4-K Clubs Revealed

Emmanuel Limo - Intern Youth Unit (4-K Club Programme)

My perspective on agriculture has undergone a remarkable transformation since I joined the 4-K Club program as an intern. This initiative allowed me to interact with members from different schools across the country and in doing so, I have discovered the depth of their passion for agricultural activities and their ingenious solutions to local challenges.

One thing that struck me was the sheer creativity displayed by these young minds. Their projects showcase innovative gardening that address space, water scarcity and also demonstrated remarkable ideas in chicken and poultry production. It is refreshing to witness such enthusiasm and passion for agriculture among these young individuals. The re-introduction of rebranded 4-K Clubs in schools couldn't have come at a more opportune time. The prevailing perception among youth in Agriculture being a last-resort career option needed to be challenged, and these clubs were doing just that. By exposing learners to the world of Agriculture at an early stage, the clubs capture their interest and help them to understand that Agriculture is a serious and wide-ranging career path. My interaction with 4-K Clubs across the country revealed something more promising: the impact of their projects extends far beyond their school boundaries, those innovative ideas are being replicated in homes and communities. The ripple effect of their work is undeniable. It has reassured me of the immense potential of Agriculture in shaping our future.

As an intern in the 4-K Club program, I am privileged to witness the transformative power of these clubs firsthand. I saw how they nurtured a love for Agriculture, fostered creativity, and empowered young individuals to become agents of change. These clubs have become catalysts for sustainable practices, problem-solving, and community engagement. My journey with the 4-K Club program is nothing short of inspiring. It has shown me that Agriculture is not just about farming; it is a multi-dimensional field that encompasses innovation, entrepreneurship, and environmental stewardship. The dedication and resourcefulness of these young minds has given me hope for a future where Agriculture is revered and embraced. Together, we can create a world where the perception of Agriculture is transformed, and its potential is recognized by all.

Dear Editor

May I take this opportunity to give my views on this month's Champion nomination. I appreciate the Patrons who competitively voted for the Champion. There was a stiff competition and we all know competition is healthy.

I suggest that next nomination should be County based. Patrons from each County should post their 4-K Club activities to be reviewed during nomination followed by voting. The top three candidates should be considered for National nomination.

Let's welcome more views in order to make 4K Club a better organization, interactive and competitive.

Thank you.

Thank you.

Patron Catherine Agnes Onsongo
Endemu DOK Primary, Borabu
Subcounty, Nyamira County

Experiences at ASK Embu Show - In Their Own Words

In July 2023, the presence of 4-K Clubs was witnessed in Nakuru, Embu and Kisumu Agricultural Society of Kenya (ASK) Shows. The 4-K Club stands had demonstration plots that show-cased agricultural activities that impressed show goers and judges alike. In Eastern Region, Embu ASK Show demonstration plots, were set up by 4-K Clubs and their patrons. They describe their experience in their own words below.

We did it in only three weeks!

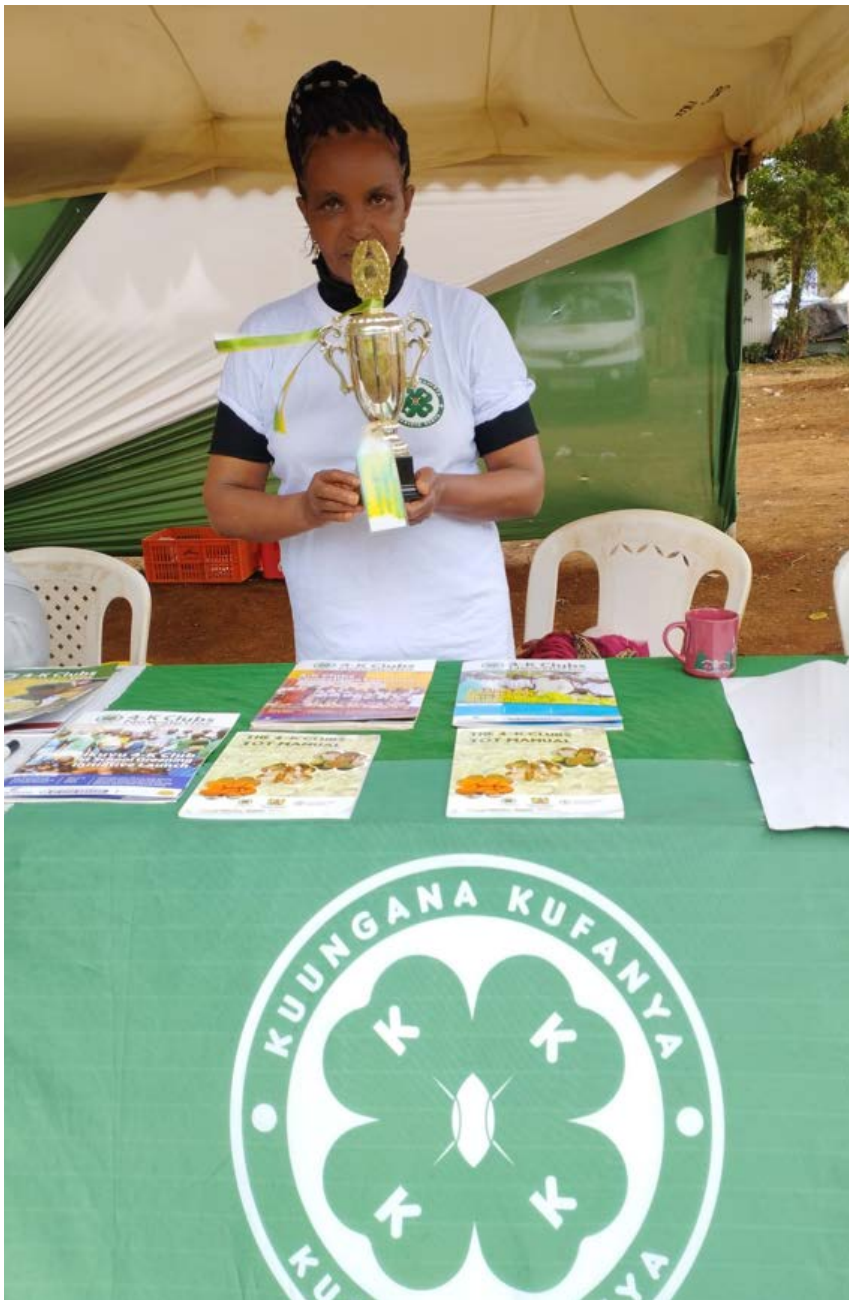
Patron Mary Mwaniki, Nthambo Primary

I learnt about Embu Show shortly after Madaraka Celebrations which were held in Embu County. We had only one month to prepare for the show. I immediately started planning what to showcase. We spent a few days sourcing the planting materials and inputs. We then embarked on preparing the demonstration site for different types of vegetables, set a nursery beds for seedlings and a rabbit hatch.

During the show, the vegetables had done well and the visitors who came to the show really appreciated the 4-K Club work very much. We were judged together with the other big institutions and companies, yet we obtained position 1 for The ***Best Stand in Youth Activities Empowerment and Capacity Building*** and Position 3 for the Stand that best interpreted the current show Theme under the trade class ***Education and/or Research.***

It was a great experience for a first time attempt. We hope to do much better in the next show come 2024.

{Keep up the good work!- From the Editor}



Patron Mary Proudly displaying one of the trophies

From Across the County Border

Patron Doris Kathuri, Kianjiru Primary School, Kirinyaga

I was I was informed about the Embu ASK show a month prior to the date. I embraced the information and took the initiative of starting container gardening back in my school with the club members. The containers were later transported to the 4-K Club stand at the show.

In the course of the show, I brought exhibitors from among our 4-K Club members to explain to the show goers about container gardening.

Tr. Doris in white T-Shirt at the show

It had been a good experience during the show because the audience embraced the farming and got encouraged by what our members were able to show case.

Most of the audience were surprised that plants like arrowroots can grow to maturity in containers. They also learnt about the different varieties of vegetables that the learners were able to grow.

I urge all the patrons across the country to embrace 4-K Clubs in their schools because learners enjoy hands on activities as well as exhibiting in the shows.

My Experience At the ASK Embu Show

Patron Perpetua, St. Michael Primary School, Embu County

When we were notified that the Embu ASK Show would be held in the month of July 2023, we anxiously waited for the spinach seedlings to attain maximum height and be transplanted to containers to mature. The giant nightshade was ready for transplanting and since the weather was favourable we had no problems transplanting kale and comfrey which were thriving.

Transportation of the containers was a challenge since we had to hire a taxi which the school through the Headteacher facilitated.

We made a formal application to participate in the show through the Subcounty, permission was granted by The Ministry of Education. Entry into the show was facilitated and two members were present each day at the stand. Many students got the opportunity to enquire the process of the preparation of container gardens and promised to start the projects in their schools. Many of the 4-K Club members look forward to taking part in the next show.

Patron Perpetua pens her experience {while taking a well deserved tea break at the show}

Home Science exhibits at the 4-K Club stand

Patron Susan Nyaga, Home-science Club, DEB Kangaru Primary School

I learnt about the Embu ASK Show in the month of June through my Head teacher Madam R. Njeru who requested me to come up with an item to exhibit at the show. Time was not on our side as the show was to be held in July. We decided to exhibit cakes some of which were made from cassava and banana flour. We made the necessary plans and came up with a budget. With the support of our Head teacher, we baked the cakes a day before the show started on 20 July 2023. With the help of Madam Jane, Madam Gitonga and Madam Miriam we were given space to display our cakes at the 4-K Club Stand for three days manned by two of our club members.

The exercise was a success and our cakes made a good impression on the judges. Our learners and I learnt so much from the Embu ASK Show. We also had a chance to visit other stands where we learnt even more, exchanged ideas and interacted freely with other exhibitors.

I look forward to participating in future shows. Our club is committed to starting our preparations early so that we have more items to display.

I wish to personally appreciate all those stakeholders who felt it worthwhile to incorporate our school in the 4-K Club programme. Madam Jane who tirelessly responded to our many calls as we were getting prepared; Our head teacher Madam Njeru who gave us total support and ensured that we were at the show on time and took care of us till the end and the Kangaru fraternity who supported us physically and spiritually. I am humbled to have taken part in this year's Embu ASK Show, I greatly appreciate.

Head teacher Kangaru DEB Ms. Njeru, Patron Susan and members display their cakes

A Journey of Growth and Innovation with the Eaglet 4-K Club

Patron Niceta, Nthambo JSS 4-K Club

As a 4-K Club Patron of Nthambo Primary School, I have had a wonderful time since 2018 when we started the club with a few members. We grew nappier grass maize and beans as our main activities. In May 2021, I was transferred to Kiegauguru Primary School in Tharaka Nithi County where I started a 4-K Club with a group of 38 members. We grew kale and spinach besides maize and bananas which supplemented their meals in their school feeding programme. In March 2023, I was transfered back to Nthambo Primary School and deployed to Junior Secondary where we began and registered the Eaglet 4-K Club with 41 members. The members started growing vegetables, planting bananas and keeping rabbits in the schools 4-K Club Plots..

This year we had an opportunity to participate in the Eastern Regional ASK Show in Embu whose Theme was *"Promote Climate Smart Agriculture and Trade Initiative for Sustainable Economic Growth".* Our club interpreted the theme by demonstrating that despite the global warming and its consequential results such as drought, drying up of rivers, and change of weather patterns, we can still grow crops to ensure food security. This can be done by applying innovative farming methods such as vertical gardening, reusing waste bags to grow crops and making use of unutilized land.

During the show, the members courageously took guests through the demonstration plots that had yellow spinach, red spinach, Chinese spinach, capsicum, kale, cabbage, ALV (pigweed, black nightshade, amaranth etc)..

The guest of honour, H.E. Deputy Governor Embu County was impressed by 4-K Club activities on the ground as he praised the efforts of the club members. " The future belongs to young ones like you" the Governor commented. The members of Eaglet 4-K Club are motivated and self driven, they are never pushed to do anything. "I want to be a great farmer when I grow up" has become the slogan among the 4-K Club members.

The 4-K Clubs Stand at Embu ASK Show

Farming Innovations: From Grafted Delights to Container Bounty

Celine Mwende - Grade 7, Nthambo Junior Secondary School 4-K Club

Farming is emphasized as a valuable activity due to its ability to provide both food and income. It is noted that farming allows farmers to save money for the future. Grafting is where crops like coffee, macadamia, and apples are attached to loquat stalks. This technique is used to capitalize on the strengths of each crop and the root systems of loquats.

The advantages of grafting are detailed further. For coffee, the Ruiru variety is grafted onto stalks with deep roots that can efficiently access water and nutrients. This results in faster growth, higher production, and improved taste. Similarly, macadamia benefits from high production and rapid growth when grafted onto appropriate rootstock. Grafting apples onto loquat stalks is advantageous because loquats' deep roots enable efficient nutrient absorption, and apples are more marketable.

Container gardening, which involves planting crops in various types of containers such as bags, sacks etc. This method offers several benefits, including better water retention, adaptability to different environments (rooftops, huts and stumps), prevention of nutrient leaching, fast growth, easy weed control, and high productivity. Unlike traditional farming, container gardening does not necessarily require fertilizers; instead, manure can be adequate.

4-K Club members have gained from the club's activities, and they anticipates to participate in the next year's ASK Show at the 4-K Club Stand, to showcase their agricultural achievements and knowledge.

In essence, the practical advantages of grafting various crops onto suitable rootstock for optimal growth and production, as well as the innovative approach of container gardening as an efficient and productive farming technique is proofing an effective approach.

Cultivating Knowledge, Nutrients, and Success Through Innovative Agriculture

Celine Mwende - Grade 6 (Six), Nthambo Primary School, 4-K Club Embu

Farming has been a rewarding endeavor, as it not only provides food for personal consumption but also serves as a source of income through the sale of agricultural products. One of the enjoyable aspects of this experience was interacting with pupils and teachers who visited, asking questions about farming. Recognizing their role as future farmers, was able to answer these questions effectively.

During this farming experience, 4-K Club members planted a variety of vegetables including kales, spinach, Chinese spinach, black nightshade, and more. A significant observation was made that these plants contain essential nutrients that are beneficial for human health.

An important lesson learned was that agriculture can be a pathway to creating one's own business. This experience involved participating in an agricultural show where the group was interviewed by judges.

Even without access to traditional farmland, we discovered the concept of innovative gardening in containers. This approach is beneficial for conserving water by using mulching to minimize water evaporation. This realization underscores the importance of water conservation in agriculture.

Another significant insight gained is that farming can offer a means of making a livelihood. This reflects on how much we enjoyed the entire show and desire to participate in similar events in the future.

Farming is potential for sustenance, income generation, education, and the creation of a fulfilling livelihood.

Mr. Mukundi listens keenly to Sarah Wangechi Mwai, Kianjiru Primay school, Kirinyaga county

Gardening for the Market

Adrine Nyakio - Grade Six (6), 4-K Club Nthambo Primary School, Embu

I had a gardening experience that taught me some valuable lessons. I learned that gardening is incredibly beneficial because it allows me to grow vegetables and crops both for my own consumption and for selling. When I refer to "consumption," I mean harvesting the produce to eat myself, while "sale" involves harvesting with the intention of selling the crops to make money.

During the Embu Agricultural Show, my group and I were interviewed by judges. They asked us about the vegetables we had planted, and we explained the detailed steps we took to grow these crops. Our demonstration plot was filled with a diverse range of vegetables, including kales, various types of spinach, Chinese spinach, pigweed, black nightshade, tomatoes, cabbages, and even strawberries.

Our presentation and explanation were met with success. I noticed that students and teachers from other schools were present and were genuinely interested in learning about our farming practices. It was a clear sign that our group effectively shared our knowledge and experiences with farming.

At this point, I want to mention the presentations from the Junior Secondary group. They showcased grafted fruit tree seedlings, like apples grafted onto mangoes and macadamia grafted onto Hass avocados. They even had rabbits, including buck and doe, giant, and California white Flemish rabbits, housed in a rabbit hutch.

Our achievements at the 4-K Clubs stand were remarkable. We participated in two entries and managed to secure both first and third positions in our respective categories.

Adrine takes the area MP, Mr. Mukundi through their schools demo plot at Embu ASK Show

This experience gave me a fresh perspective on agriculture. I realized that agriculture is not only valuable for sustenance but can also lay the foundation for my own business. This newfound understanding highlights the potential of agriculture as both a means of providing for myself and as a source of entrepreneurial opportunities.

My story highlights how gardening can provide both personal food and income, the effectiveness of sharing knowledge through presentations, and the realization that agriculture holds great potential for personal and business growth.

Endemu DOK Primary and JSS Visits Kisii Agricultural Show

Patron Catherine Agnes Onsongo; Endemu DOK Primary and JSS.

Following my nomination and support to be the May 2023 4-K Clubs Champion of the month, teachers of Endemu Primary and JSS got greatly motivated and each class started an agricultural project. They then proposed that members of the 4-K Club attend the Kisii Agricultural Show.

Arrangements for the trip started.. Parents were informed and gave the necessary support by paying the money required for the event. I thank my Head of Institution Mr. Dismas Ndisi for allowing us to travel. He wrote a letter to the Subcounty Director of Education Mr. Juma Leo who granted our request to attend the show. . Much thanks for the permission.

At the Showground, members were excited as most were interested in the merry-go-round, swinging, riding on camel and horses. We then took them round the stands. They saw various crops, animals and birds and learnt alot on agriculture.

our members were surprised when they saw a fleet of school buses full of learners coming to the show. They had thought they were the only school attending the show. There were many schools on that day and learners could easily get lost were it not for the school uniforms that identified the different schools. I had my 4-K Club Uniform so my members easily followed me as their patron.

With so much activity and movements to and fro, the learners soon got tired and wanted to go for lunch. Unfortunately, we had left our food in the bus. Getting out of the gate meant there would be no returning back to the showground.

We had our lunch and since it was still early, we decided to stop at Keroka town on our way to Endemu. We visited an open air market and ate fruits. We then visited a Supermarket and a police Station. At the Supermarket learners enjoyed pushing trolleys with shopping. Some did a little shopping

while others just window shopped. It was also the the first visit to a supermarket by some learners and they enjoyed the experience immensely; pushing the trolleys and admiring the various wares on display.
Nest we stopped at the Keroka Police Station were the students learnt about good citizenship, keeping the law and law enforcement.

The day was enjoyable. The learners got exposure and were motivated on future out of class events. Teachers were also happy. I wish funds could be available to allow, Endemu Dok to visit the remaining Agricultural Shows in Kenya.

Endemu DOK 4-K Club members walk around various stands at Kisii Show

4-K Club Activities Support the Entire School Community

Story By Juliet

Members of Mushiangubu 4-K interpreting the most current weekly WISER Board message

Mushiangubu Primary, located in Kakamega County, has maintained an active 4-K Club since 2018, with support from SOFDI — Sustainable Organic Farming and Development Initiatives. Under the guidance of two dedicated and encouraging patrons, the school community has effectively utilized the school's land. This effort persisted even during the Covid-19 closure period when the farm became instrumental in producing food for the most vulnerable members of the community.

With the backing of SOFDI,

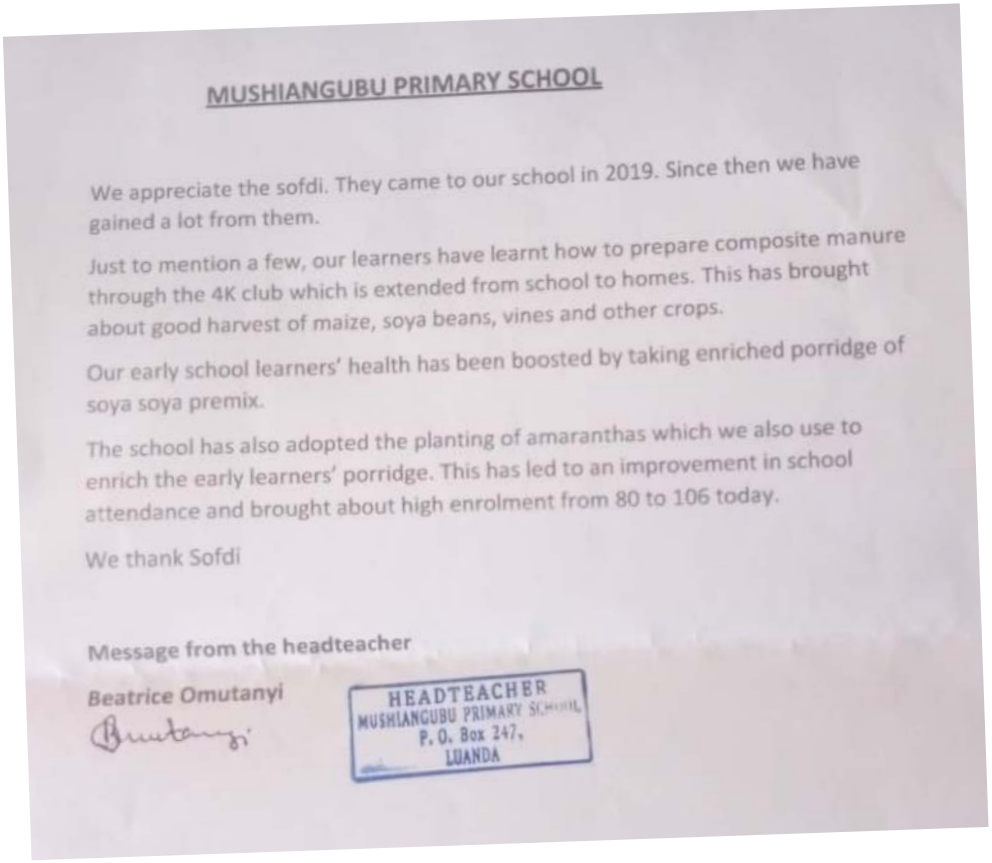
the school has successfully implemented a home-grown school feeding program catering to Early Childhood Development (ECD) pupils. The parents are provided training in cultivating soya, which is then supplied to the school for enhancing the nutritional content of porridge, creating a more nourishing snack for the young learners. Taking responsibility for the soya seed saving plot on the school farm, the 4-K Club ensures a steady supply of seeds, benefiting ECD parents who can continue growing soya grain to sustain the program.

Maintaining an exquisite school garden, the 4-K Club played a crucial role in a pilot initiative involving the incorporation of highly nutritious amaranth grain into the ECD porridge. This nutritional crop flourished on the 4-K club plot, and owing to the involvement of both school leadership and parents, it was selected for this endeavour.

Collectively, the entire school community collaborates to promote enhanced nutrition and advanced farming practices on the school farm and within the broader community. The members of the Mushiangubu Primary 4-K Club take immense pride in being central to these initiatives. Their engagement extends to leading the school community in disseminating Weather and Climate Information through their weather blackboard. Moreover, their dedication is evident in cultivating amaranth grain on the school farm and in serving soya-enriched porridge to the early learners.

Amaranth grain at Mushiangubu 4-K Club plot

Serving porridge to ECDE learners



MUSHIANGUBU PRIMARY SCHOOL

We appreciate the sofdi. They came to our school in 2019. Since then we have gained a lot from them.

Just to mention a few, our learners have learnt how to prepare composite manure through the 4K club which is extended from school to homes. This has brought about good harvest of maize, soya beans, vines and other crops.

Our early school learners' health has been boosted by taking enriched porridge of soya soya premix.

The school has also adopted the planting of amaranthas which we also use to enrich the early learners' porridge. This has led to an improvement in school attendance and brought about high enrolment from 80 to 106 today.

We thank Sofdi

Message from the headteacher

Beatrice Omutanyi

HEADTEACHER
MUSHIANGUBU PRIMARY SCHOOL
P. O. Box 247,
LUANDA

An appreciation letter to SOFDI from Mushiangubu primary head teacher

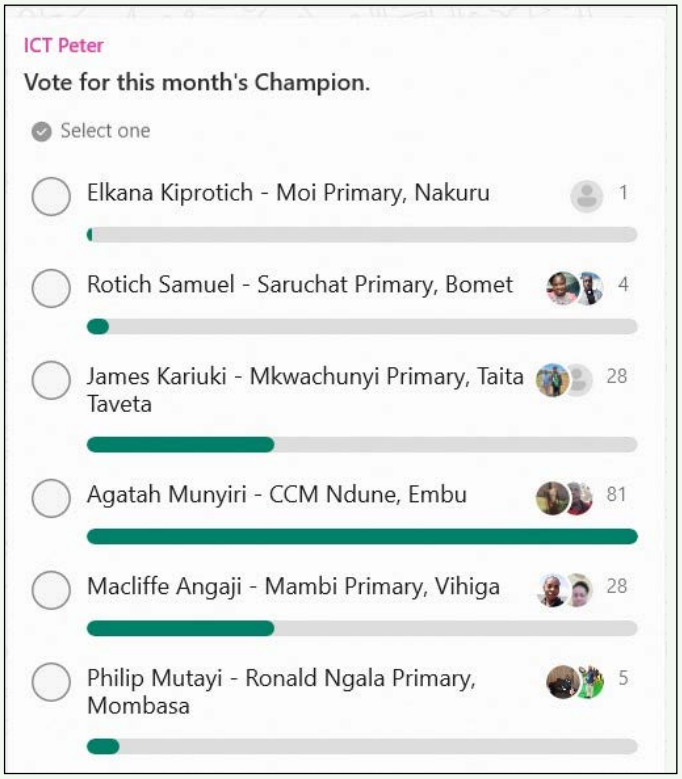
1. *Photo from a parent of Mkwachunyi 4-K Club in Taita Taveta showing what the daughter, a member of the 4-K Club is doing at home*
2. *Ghazi primary transplanting*
3. *Kathita Nzau Primary 4-K club kitui county*
4. *Maize harvest at The Oren School*

5. Kirutai primary 4-K Club using the water sparingly..(drip irrigation)
6. St.Joseph's Ithemboni Members doing thinning on the nursery beds...later transplanted

RECOGNITIONS

4-K CLUB Champion of the Month

Patron Agatah, July 2023 Champion



Final WhatsApp Poll Results

June 2023 Champion was awarded a Voucher of **Ksh. 25,000** worth of Agricultural inputs by **Elgon Kenya**

Round up of Nakuru and Kisumu ASK Shows

Moi Primary school Kabarak, 4-K Club members at Nakuru ASK Show, July 2023

Moi Primary Kabarak learnes with H.E. Governor Susan Kihika at the 4-K Club Stand, Nakuru County

Other Schools visit 4-K Club plots at Kisumu ASK show

4-K Club members visits stand exhibiting ornamental birds, Kisumu Show

Kimathi 4-K Club members Nairobi County top dressing their tomato crop

Makima Ward 4-K Club patrons at CCM Ndune Primary, Embu County receiving vegetable seeds and membership cards

Vertical Garden in progress, Ekerubo Gietai Boarding 4-K Club, Nyamira North Sub-County, Nyamira County

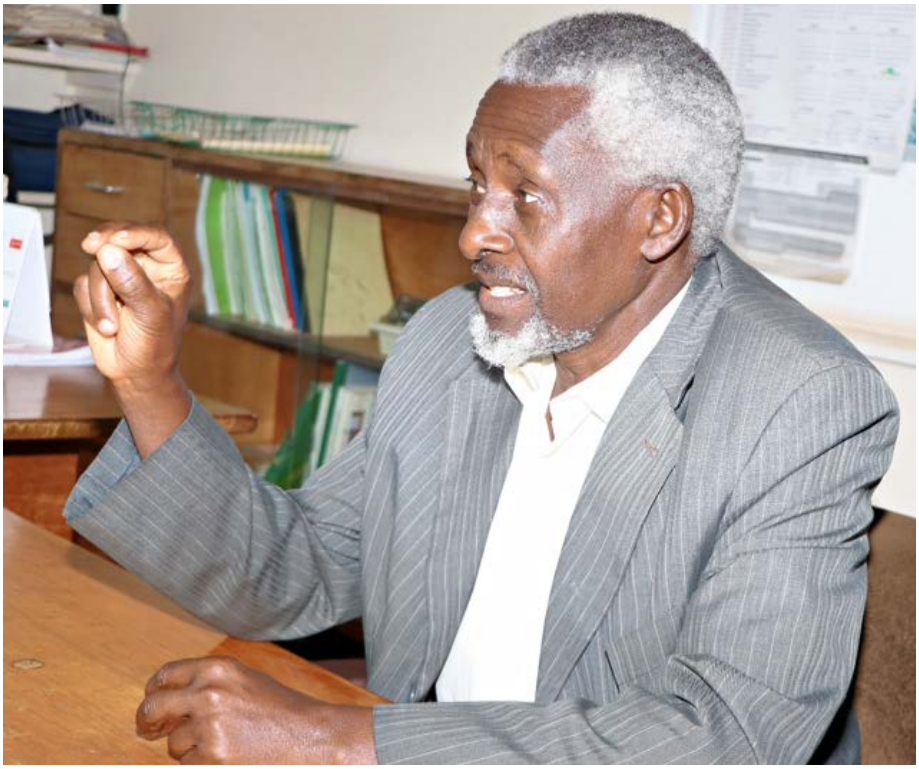
Moi Primary School Kabarak 4-K Club during preparation for 2023 Nakuru ASK Show

4-K Club Members of Chepstati FYM Primary School Bungoma County working in their plot

Kaptetgot Primary School 4-K Club members enjoying natural juice while visiting madam Caroline Maiwa to learn value addition in Bomet County

Old is Gold

By Jane Njeru, Communications Officer, 4-K Club Programme



Mr. Gachini stresses a point during the interview at his office, Photos by Muchiri FM, Mkulima Digital

We met Mr. Njeru Gachini at the Kenya Agricultural and Livestock Research Organisation (KALRO). He is in charge of Laboratory Analytical Services, Soil Fertility Department. Mr. Gachini attended Kiamiciri Primary School in Kirinyaga County. He is one of the oldest 4-K Club members we have met since the 4-K Clubs Programme was rebranded in June 2021. He was a 4-K Club member in 1968/69. Back then, all pupils would automatically join 4-K Club when they reached a certain class, for them it was Standard Four. There was no choice as to whether one would be a member or not. There was no registration, there were no membership cards and there was no uniform. A big difference from the 4-K Club of today.

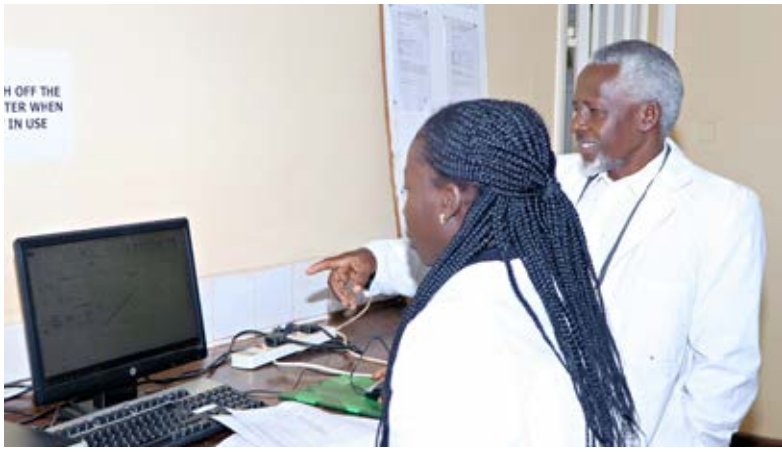
Being in 4-K Club meant that they would grow crops in school and they were also supposed to grow crops at home. It was their level of commitment that determined how involved they would be in the club. In the 4-K Club they were taught how to do things in the proper manner.

It is in 4-K Club that Mr. Gachini saw the biggest arrowroots and the biggest cassava root! There used to be Agricultural shows where 4-K Clubs would showcase what the members had produced. He remembers 4-K Club members from his school exhibiting at Kerugoya town. They would include different crops and small livestock mainly rabbits and poultry.

At 4-K Club, they learnt the need to come together for a common course. They were taught about Agriculture and how to help the community. Mr. Gachini remembers how difficult it was to convince his late mother what to do in order to produce maize at optimum levels. Eventually after nagging her for a long time, she allocated him an area of land where he could grow maize. All that was needed was early land preparation, proper spacing, apply manure in the holes, put DAP fertilizer and plant before the rains. Neighbours would admire the maize crop from afar since it looked so healthy unlike any other maize crop that had ever been grown in that area. From a quarter acre of land, he managed to harvest 7bags because he followed all the right practices. His mother was finally convinced that if she did the right thing, she was assured of a good harvest. This is very much in line with the 4-K Clubs motto Learning By Doing. He later on practiced horticulture production, kept dairy cattle, dairy goats and still grew maize. As a result of his various farming ventures, he never lacked food and had adequate stocks for up to a year.

Mr. Gachini agrees that indeed, 4-K Clubs influenced his career. After joining National Agricultural Laboratories, under Ministry of Agriculture at the time, he chose to pursue a career in Analytical Chemistry. He zeroed in on Plant Soil Fertility and Plant Nutrition. At the laboratory they conduct various tests and generate various analytical reports to help farmers make the best decisions on how to improve the soil fertility for better production. Part of the reports they generate are on water quality, for instance, saline water can scorch plants. He recommends regular soil testing for best results. He is now a few months to retirement and has

enjoyed working for the Government. His message for young learners is that Rome was not built in a day so take time to learn. He quickly adds that be ambitious but not over ambitious, finally he caps it with work hard to achieve your goals. These three messages sum up his experience over the years. He has had lots of experience at his formal employment, farming of crops and livestock. All through he attained optimal production, the only let down was inadequate markets for his products. He believes the farmers need lots of support to access markets for agricultural produce. He is now spoilt for choice as he heads towards his retirement. He is now spoilt for choice as he heads towards his retirement.



Mr. Gachini points out some of the results obtained from the laboratory

Agriculture in Schools, the Change for Youth in my Ward

By Jane Njeru, Communications Officer, 4-K Club Programme

Madam Wanja is the MCA of Chogoria Ward in Tharaka Nithi County. She is very passionate about 4-K Clubs and strongly believes, it is the way to go in order to change the situation of idleness among out of school youth in her Ward.

She was a member of 4-K Clubs in the 1970s. She says there was a mzee who was the 4-K Club patron in their village, he would go round to the homes encouraging everyone to have at least a kitchen garden and grow their own vegetables. Ms. Wanja does not consider herself a farmer but even the small kitchen garden and one dairy cow that she has are attributed to having been a 4-K Club member during her primary school days.

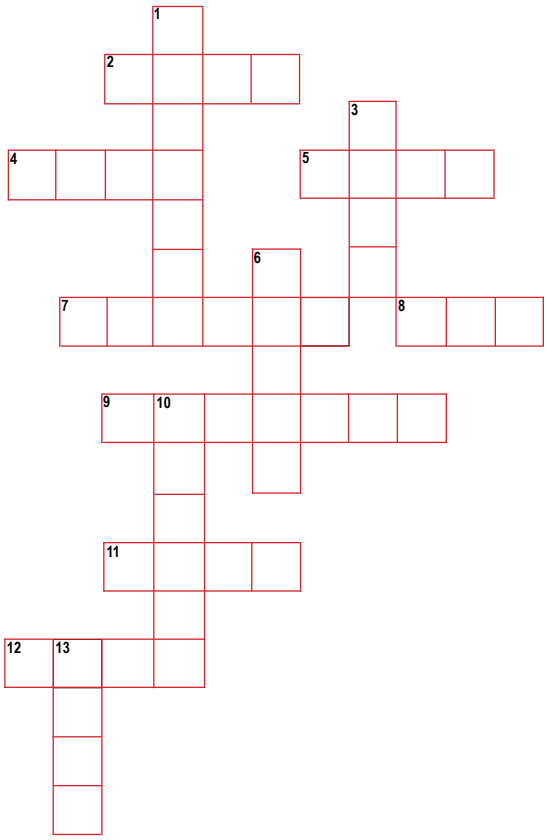
Ms. Wanja has helped to initiate many kitchen gardens in her area of jurisdiction. This is because she strongly believes that if every family could grow their own food, they would make savings and they would still improve their nutrition. Chogoria Ward is a high potential area with adequate rainfall and yet there are families that cannot provide sufficient food for themselves. Her believe is that if only farmers could be motivated to farm for business as opposed to subsistence farming, the society would change. She knows only too well that this may not work with the current farmers whose average age is over 60, but the message can resonate very well with young children. This is what got her interested in establishing 4-K Clubs in schools around Chogoria area. The MCA was privileged to attend the Farmers Award Gala dinner hosted by Elgon Kenya in February 2023. At the same event, the 4-K Clubs Presidential Award Scheme Competition was launched as the 10th category of the National Farmers Award Scheme. From there she started making enquiries. To her disappointment, she found that schools in her Ward did not seem to have sufficient information on how to establish 4-K Clubs let alone participate in the competition whose launch she attended. She remembers how they would be so busy in class 4, if they had planted crops, it was their responsibility to tend them, ensuring they are well watered, weeded and free from the unnecessary competition.

The negative thoughts that the youth have about agriculture continues to be a detriment to development. It is commonly thought that farmers are failures in school. Therefore, those who have done well and are yet to get employment, choose to wait until a job opportunity presents itself.

MCA Wanja tells her story when she visited the Youth Unit Office at Kilimo House

QUIZ

About 4-K Clubs



Across

2. To register a 4-K Club, you click on an online _____
4. One of the benefits of agriculture activity
5. How many letter K words are in 4-K Club?
7. The title of teacher in-charge of 4-K Club
8. 4-K Clubs can be joined by both Primary School learners and _____
9. There is a Presidential directive to establish 4-K Clubs in all public and private schools in the _____
11. Number of rebranded 4-K Club Thematic Areas
12. Number of times patron should register a 4-K Club

Down

1. Rebranded 4-K Clubs help to change the _____ of learners towards agriculture
3. 4-K Club activities should be done in school and replicated at?
6. The motto of 4-K Clubs is ***Learning by*** _____
10. 4-K Clubs Newsletter is published _____ every month
13. Winners of 4-KCLUBPAS 2023 will be awarded during this occassion

Last month's answers

Hard work = 98%
Donation = 92%
Unity = 89%
Money = 71%
Water = 67%
Attitude = 100%

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