







PELUM-Kenya in the future

6.1 Strengthening sharing, learning and Networking between

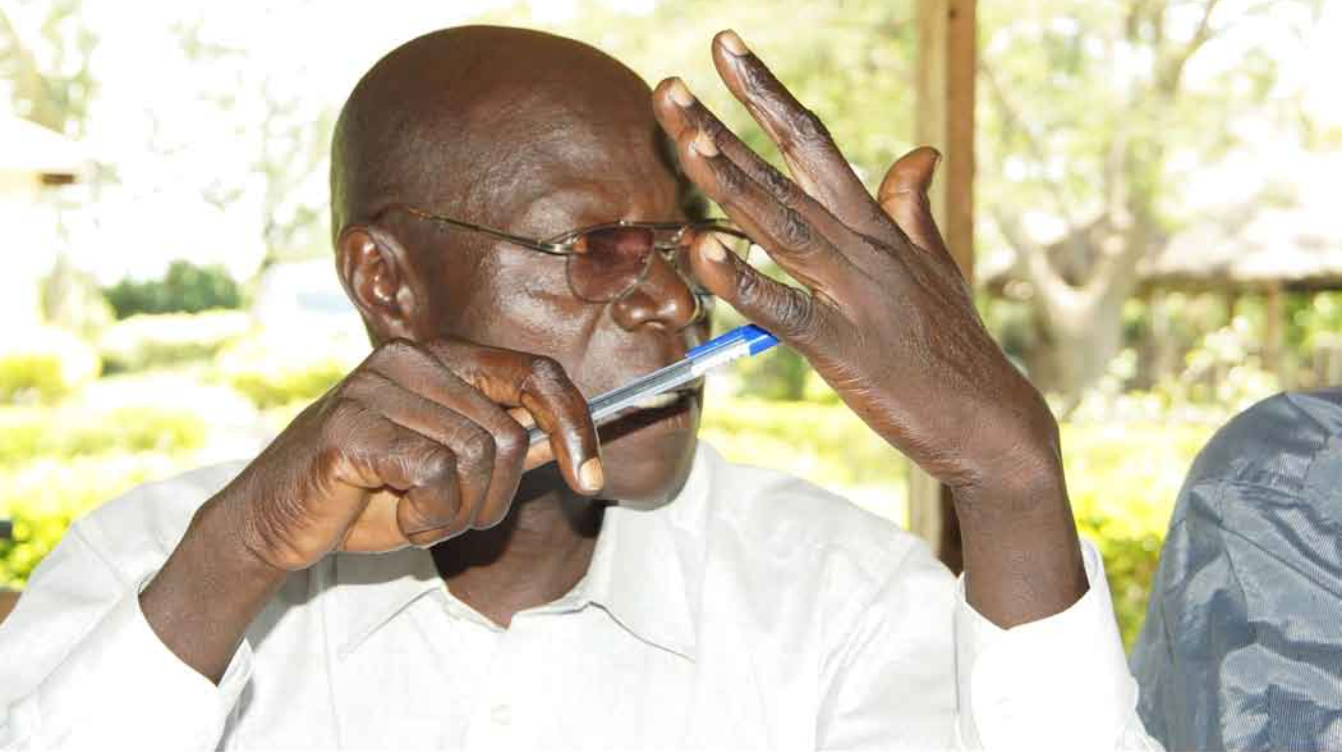
- Farmers and farmers at all levels (self-help farmer groups, others farmers etc).
- Member organizations & Member organizations
- Country Secretariats in the East African sub-region
- Country Secretariats in the Region

Main focus on what is working and the best practices

Expectations

- 1) Get more tips about Value Chain
- 2) To learn more about quality standards
- 3) To see friends
- 4) Value addition to leafy vegetables for drying
- 5) Ways of making money from chickens (like broilers, eggs)
- 6) Rural Value Addition
- 7) Expansion of nutrition value of people to the storage
- 8) General - Preparation, Nutrition
- 9) Honey - Bees
- 10) Implementation of various business

























GROUP 1 CONT.

Leafy vegetable blanching
method

Vari

1000 20

Co

Sweet Potatoe leaves

1. Pick veges
2. Wash clean
3. Chop thinner
4. Fry onions + tomatoes + vegetables
5. Salt to taste
6. serve hot













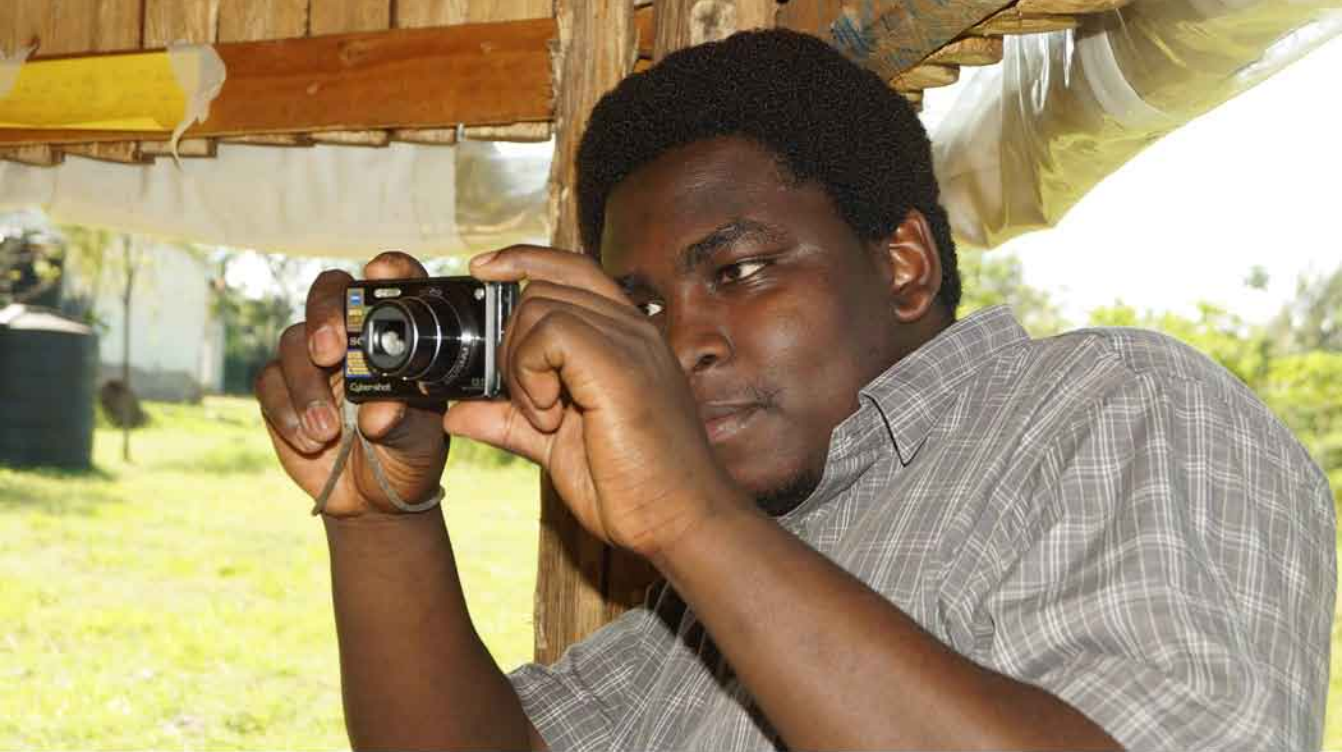
Recap of Day 1

1. Preservation of leafy Vegetables ^{Blanching}
2. Nutritional benefits of Indigenous Veggies
3. Moringa - Wonder Tree
4. Spinach stalk nutritional benefits
5. Timely Cooling of Veggies ^{during} ^{grinding} ^{mixing} ^{blending}
6. Difference between Cereals & pulses
7. Cassava leaves, spinach leaves are edible
8. Mulberry - Used as vegetables, Fruits - Juice
- 9.



















WANGARI

MATHI







































GRP II

Starch Preparation

1. Peel Cassava tubers
2. Wash clean
3. Grate finely
4. Soak grated pulp in water & squeeze.
5. Pour over a muslin cloth to filter.
6. Let juice settle to



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PROCESSING STARCH

Method

1. Prepare equipment / raw material
2. Peel Cassava tubers using Knife
3. Wash peeled tubers using Clean H_2O
4. Chop using grater
5. Prepare Pulse is mixed with warm H_2O and Squeezed till H_2O turn into Milk like
6. Sieve using Muslin Cloth in the bucket to extract Milk like liquid
7. Repeat the process as in 6.
8. Allow Milk like liquid to settle for sometimes
9. Left residue will form part of Starch.
10. Allow to dry then Packaging / Storage.



TR →

→ Bucket → Lid

→ Tool bar

→ Smoker

























































































