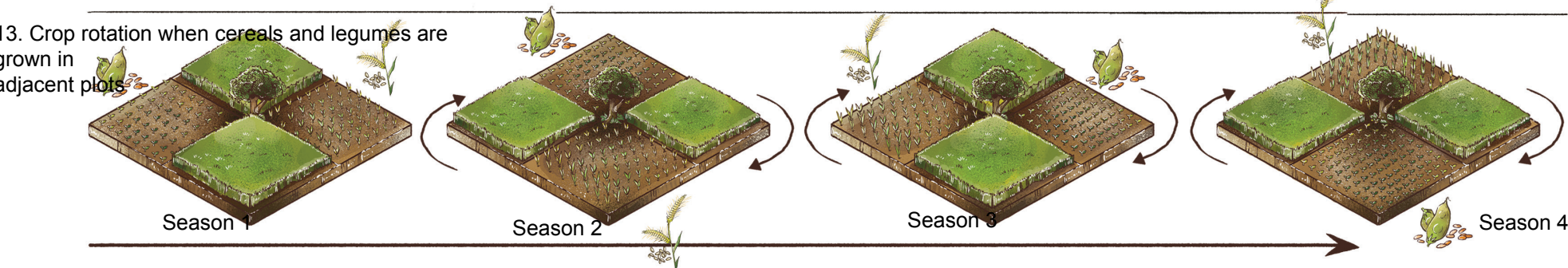
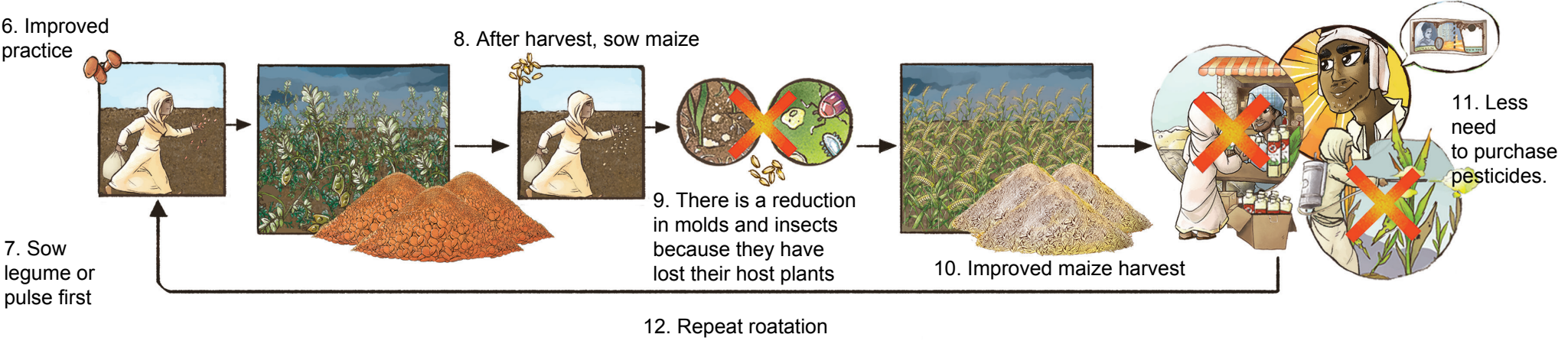
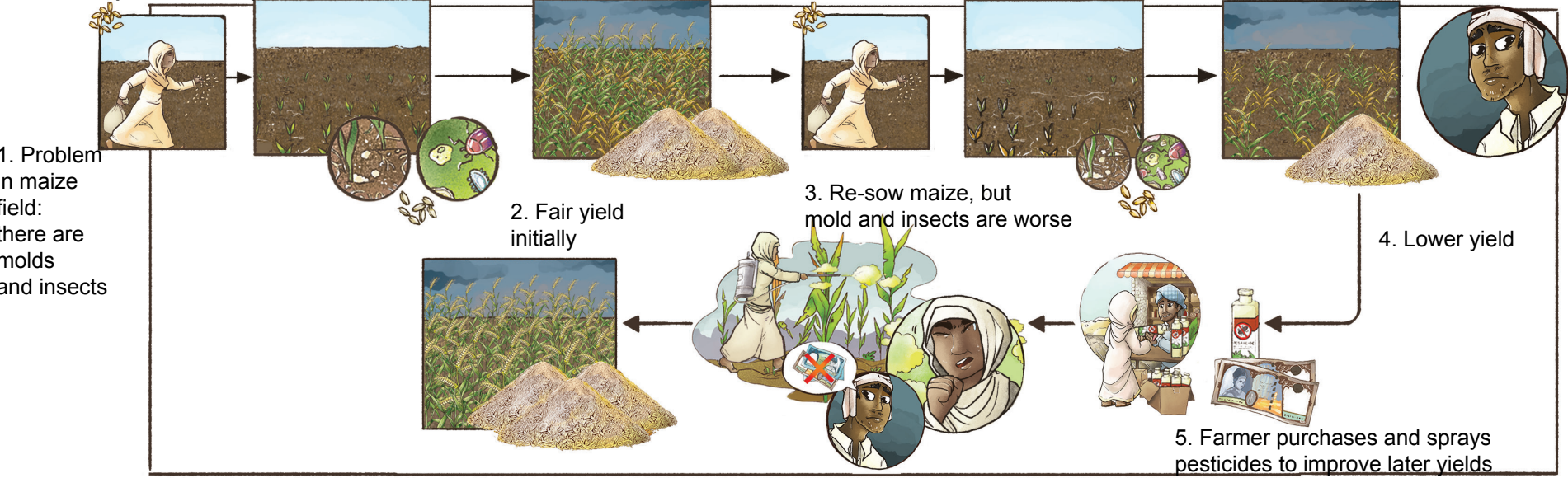
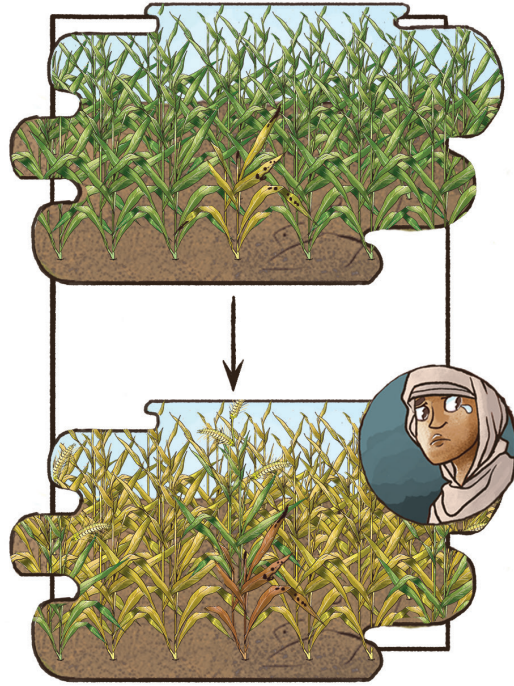


Lesson: Rotating a cereal crop (e.g. maize) with a legume crop (e.g. beans) will reduce pests and diseases and reduce need to purchase pesticides.

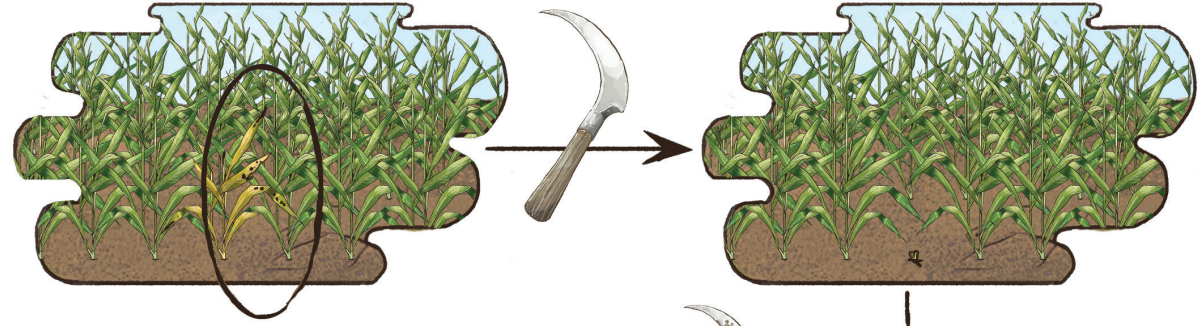


# Lesson: Constantly visual inspect fields for sick plants and remove them in order to improve the health of the field



1. Traditional practice: sick plants are allowed to remain in field. Many plants become sick, low yields

2. Improved practice: remove sick plants immediately to prevent spread of disease or pests



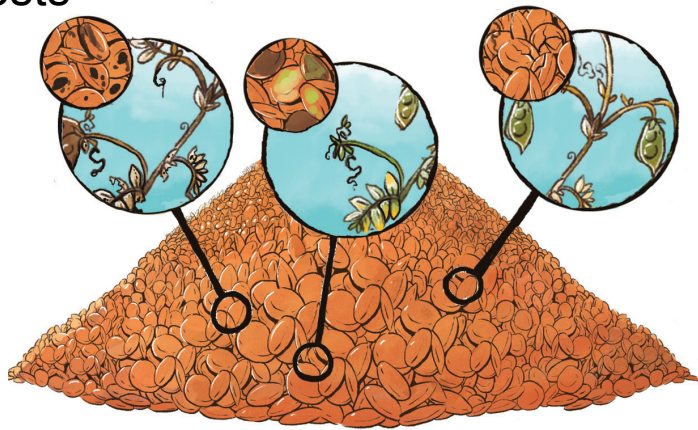
3. Wash the cutting knife as it may be contaminated with disease or pest



4. Field is healthy, high yields



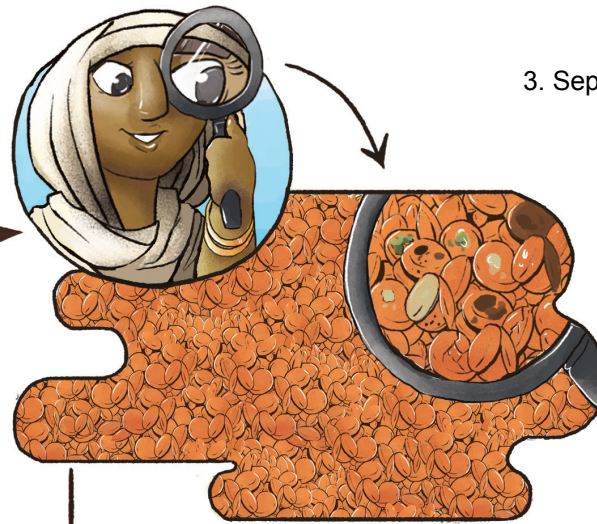
# Lesson: Before sowing seeds, use a magnifying glass/sheet to help remove seeds with disease or pests



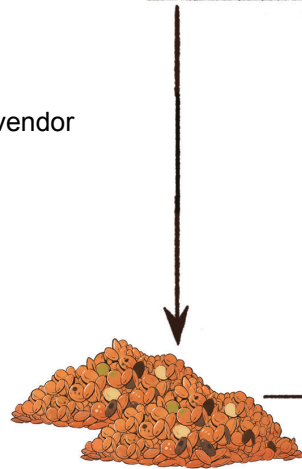
1. Seeds for sowing may have small spots or damage due to insects or mold



2. Purchase magnifying glass/sheet from vendor



3. Separate unspotted, undamaged seed

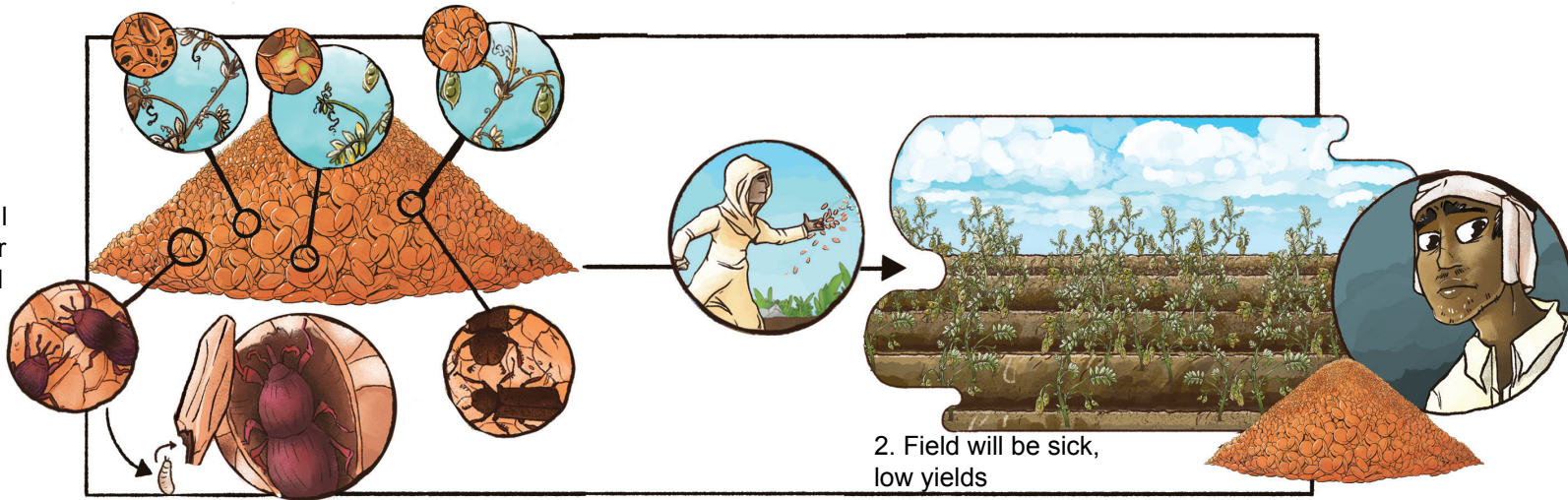


4. Sow health seed only

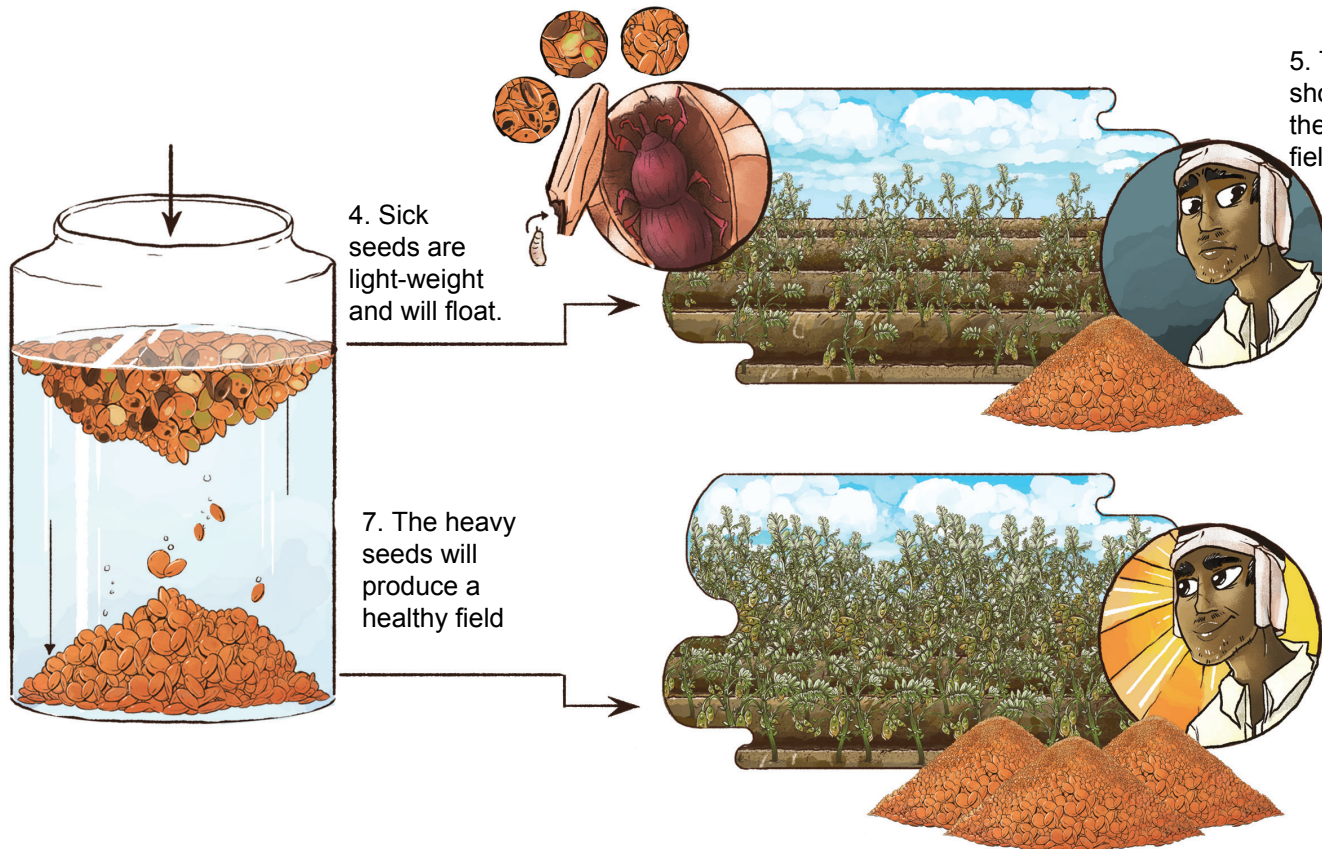


# Lesson: Healthy seeds can be easily separated from sick seeds prior to sowing using water floatation

1. Traditional practice: seeds with small disease spots or containing small insects may be missed, and sown in field



3. Improved practice: Add seeds to water.



6. Healthy seeds are heavy and will sink

4. Sick seeds are light-weight and will float.

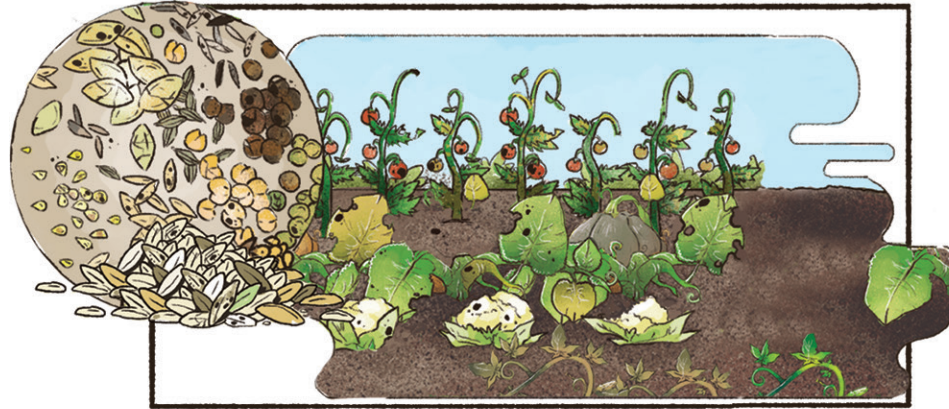
7. The heavy seeds will produce a healthy field

5. The light-weight seeds should not be planted as they will produce a sick field

8. If seed size is large, then salt should be added to jar to better enable seed separation

# Lesson: Gently heat treating vegetable seeds prior to sowing can reduce crop disease

1. Traditional practice: seeds may contain disease leading to field diseases



2. Improved practice: Purchase a thermometer from a vendor, then add water pre-heated to 45°C to seeds



3. Incubate for 1 hour. Heat will kill some diseases



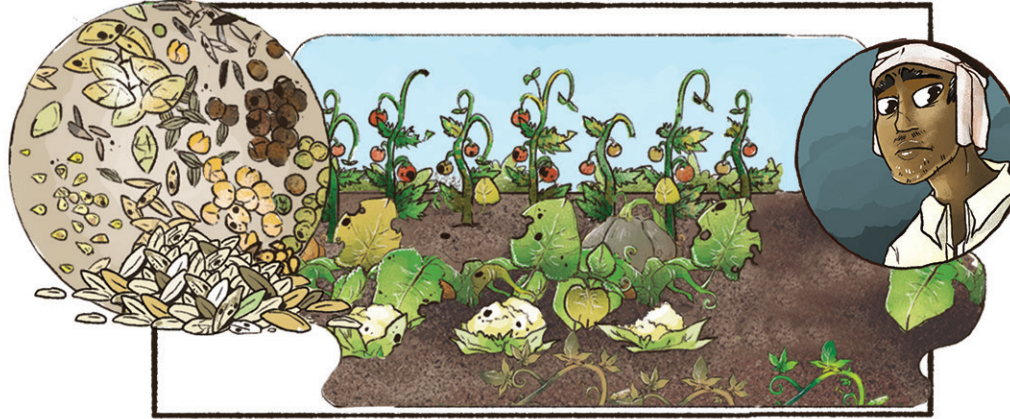
5. Be careful: excess temperature or time will kill seeds.



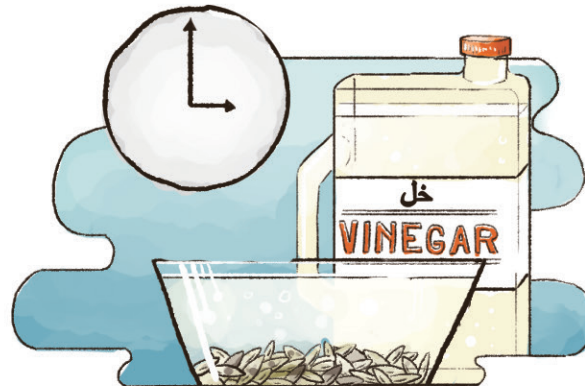
4. Vegetable garden may be healthier but if the water temperature is too high, then seeds will be damaged

Lesson: Instead of spraying chemical pesticide or biopesticide in the field, it is less expensive and less labour to initially remove pests and disease from seeds before sowing, using vinegar.

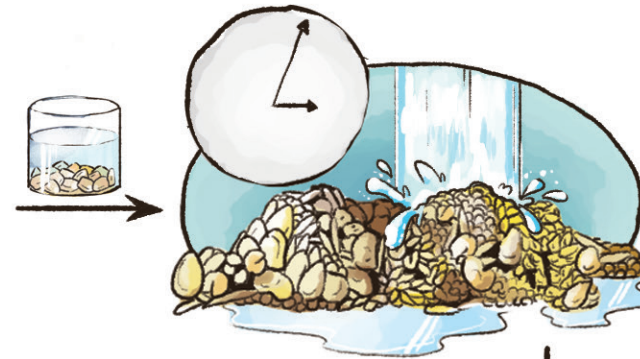
1. Problem: vegetables damaged by pests and disease



2. Partial solution: soak seeds for a few minutes in vinegar

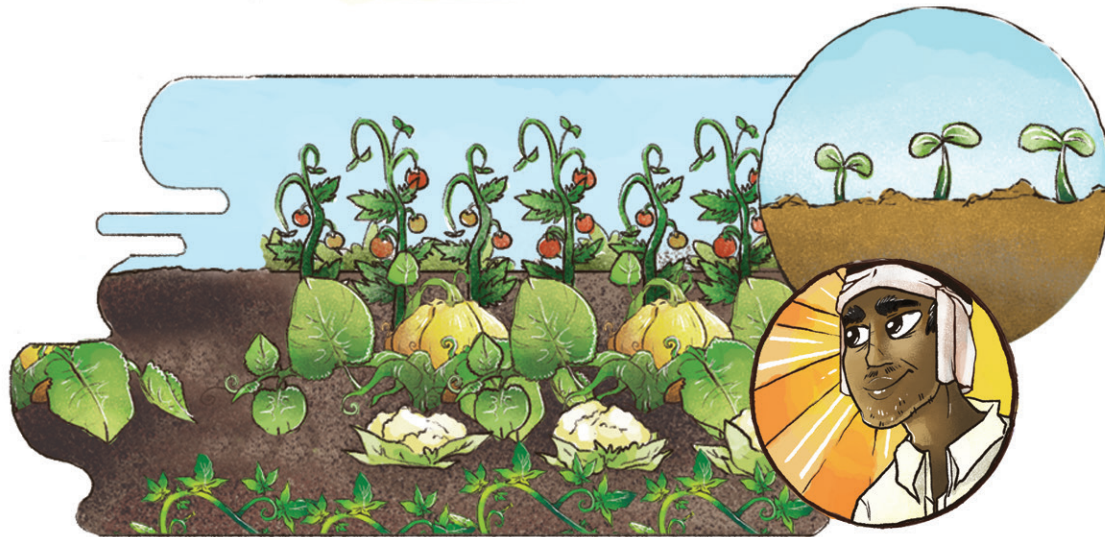


3. Rinse with water



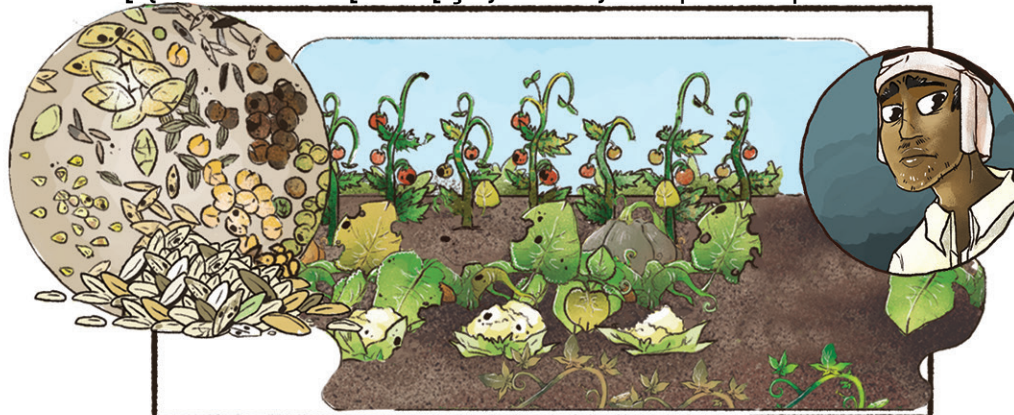
4. Sow seeds

5. Healthier plants

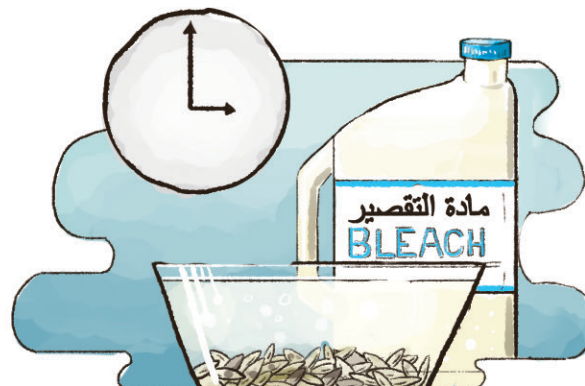


6. Be careful, excess concentration or time of vinegar will kill seeds. It is recommended to try different dilutions and durations of the treatment, and then sow the seeds to ensure germination is not reduced.

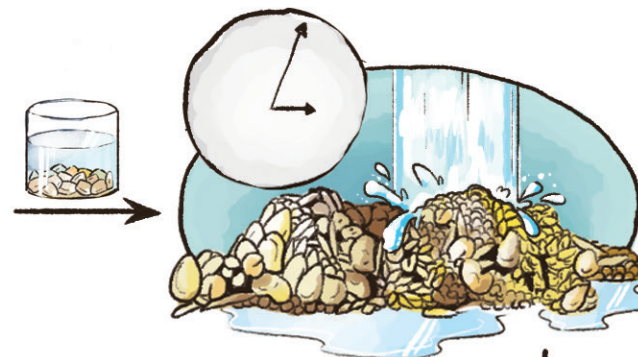
1. Problem: vegetables damaged by pests and disease



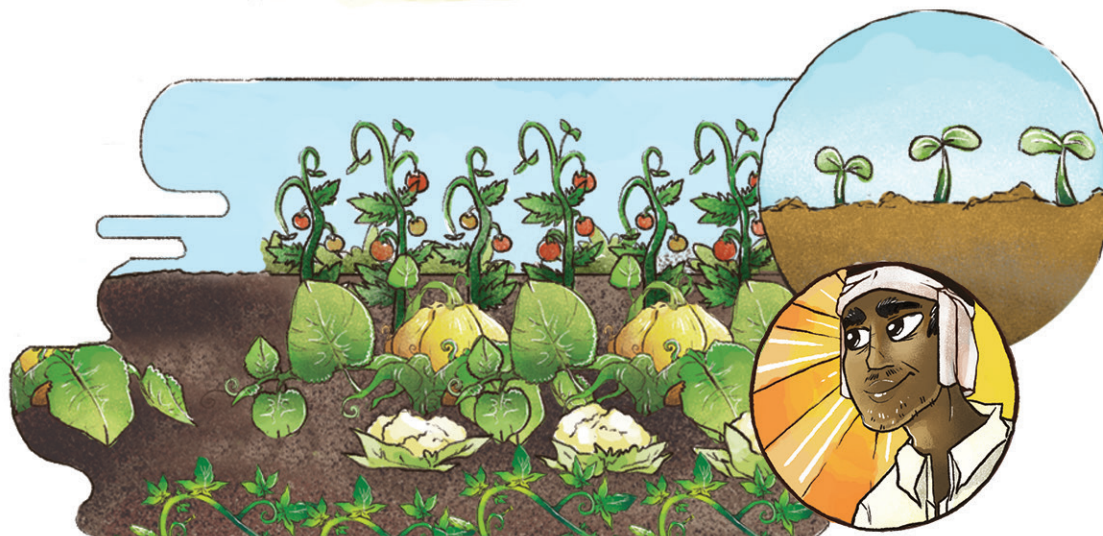
2. Partial solution: soak seeds for a few minutes in diluted bleach



3. Rinse with water



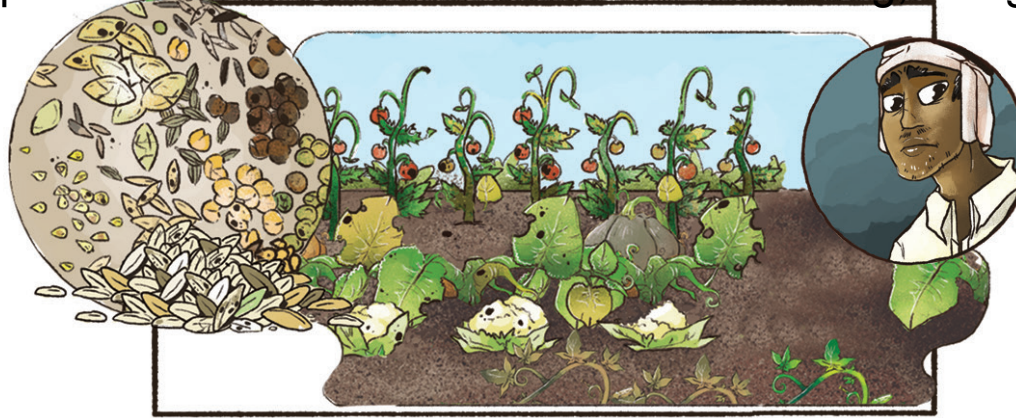
4. Sow seeds



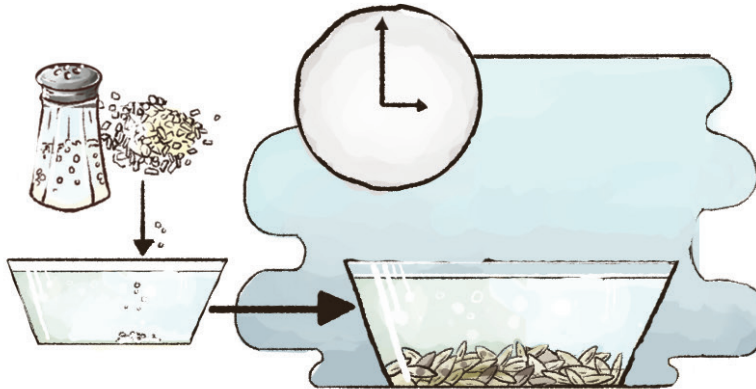
5. Be careful, excess concentration or time of vinegar will kill seeds. It is recommended to try different dilutions and durations of the treatment, and then sow the seeds to ensure germination is not reduced.

Lesson: Instead of spraying chemical pesticide or biopesticide in the field, it is less expensive and less labour to initially remove pests and disease from seeds before sowing, using salty water.

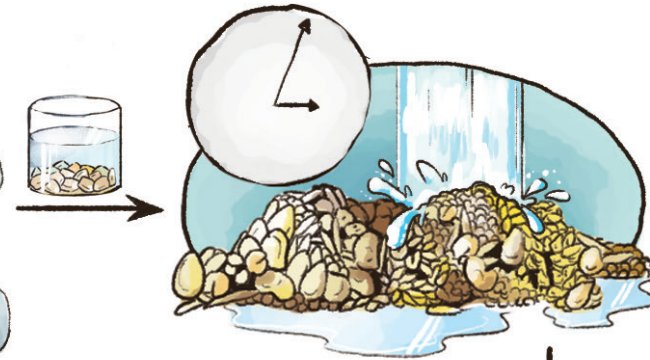
1. Problem: vegetables damaged by pests and disease



2. Partial solution: soak seeds for a few minutes in very salty water

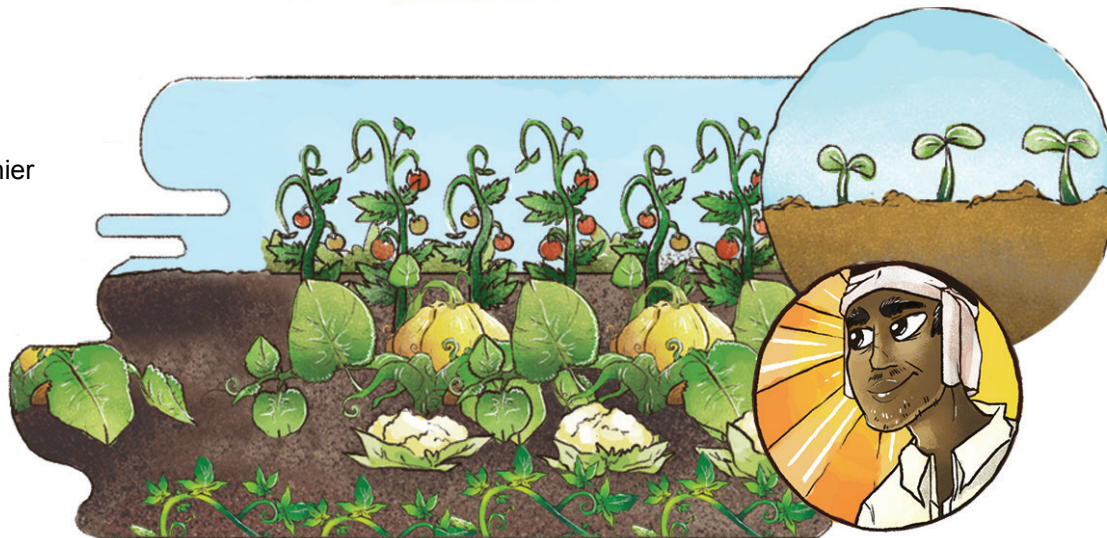


3. Rinse with non-salty water



4. Sow seeds

5. Healthier plants

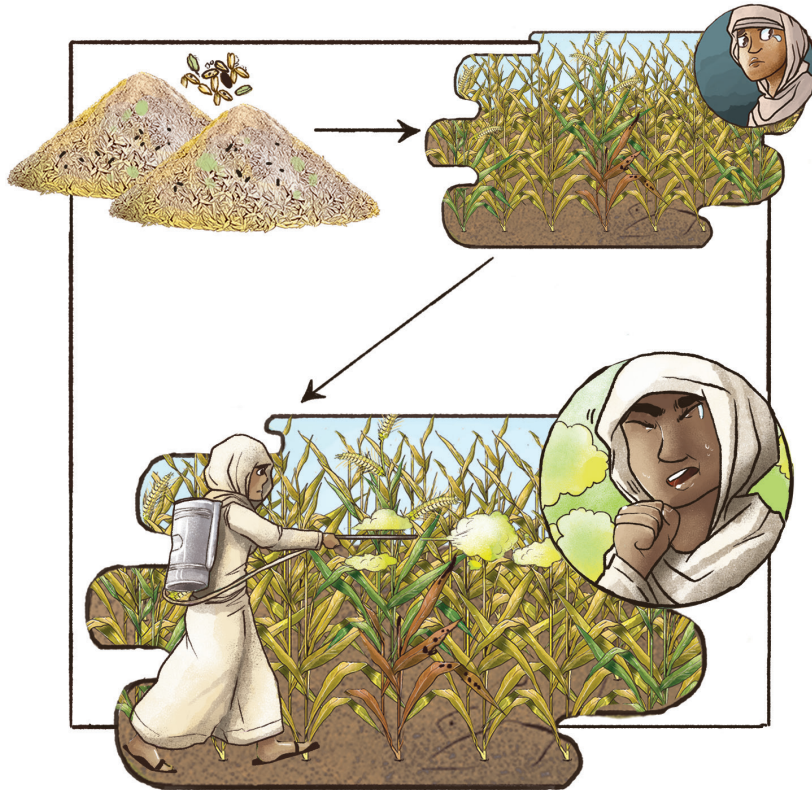


6. Be careful, excess concentration or time of vinegar will kill seeds. It is recommended to try different dilutions and durations of the treatment, and then sow the seeds to ensure germination is not reduced.

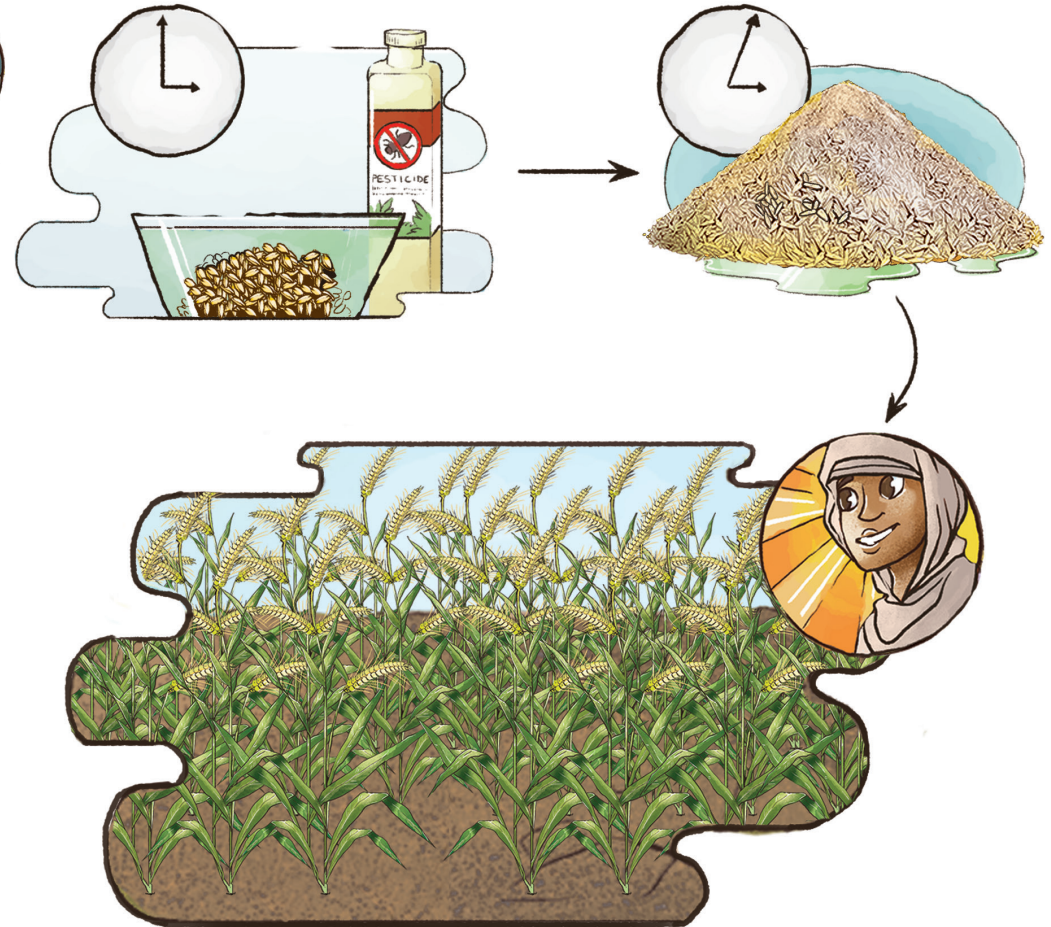


Lesson: Instead of spraying chemical pesticide or biopesticide in the field, it is less expensive and less labour to coat seeds with these chemicals before sowing

1. Traditional practice



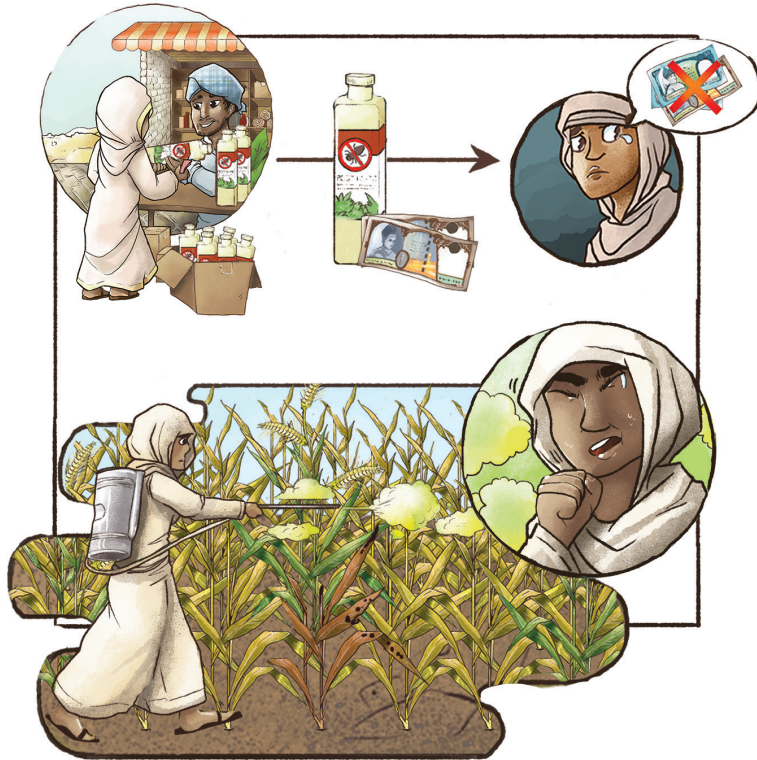
2. Improved practice: soak seeds in pesticide prior to sowing



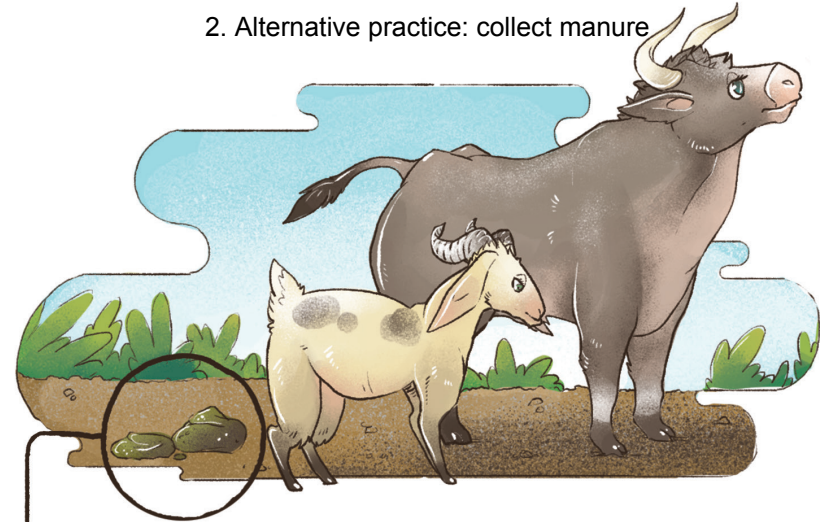
3. Less spraying in the field

# Lesson: Manure that is soaked in water can be sprayed onto crops to fight crop disease

1. Traditional practice: purchase pesticides and spray onto field



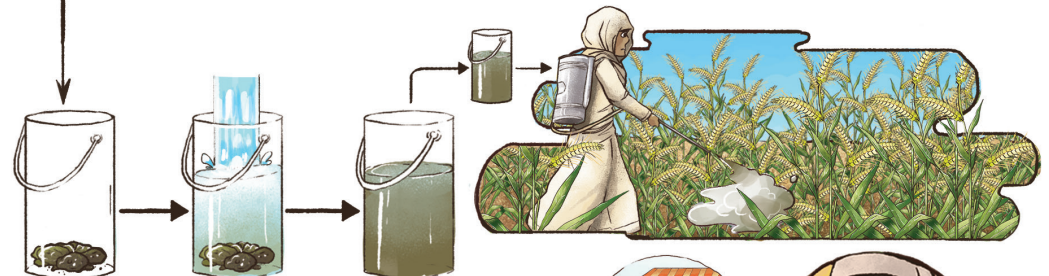
2. Alternative practice: collect manure



3. Dry manure in sun for many days to kill harmful microbes



4. Add manure to water



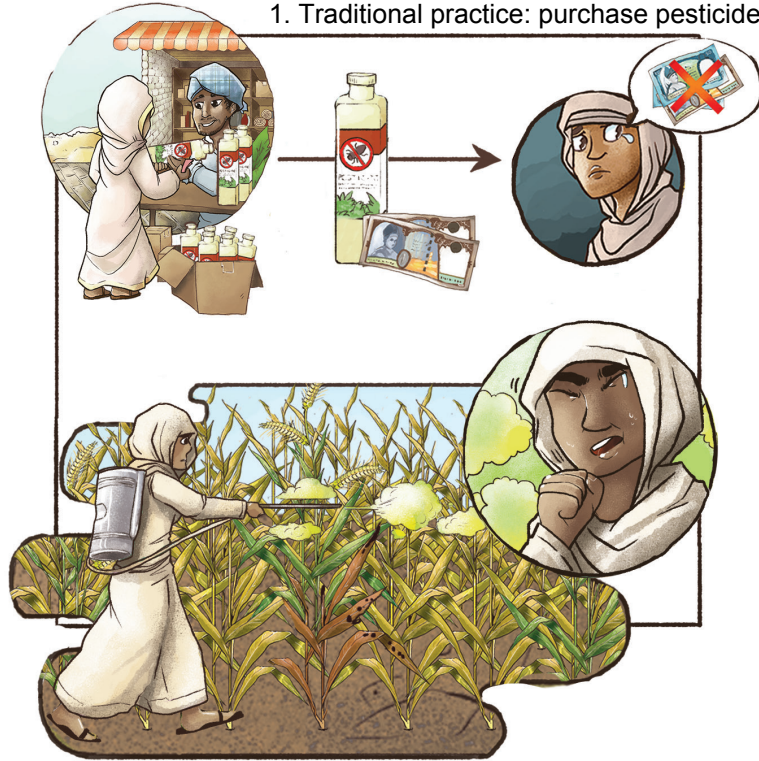
5. Spray manure liquid onto field. Healthy microbes in manure will fight microbes that damage crops.



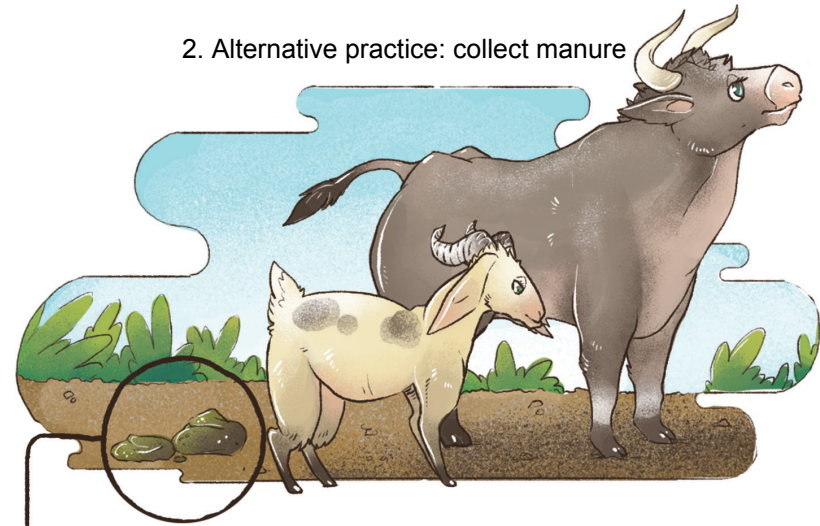
6. Less need to purchase pesticides.

# Lesson: Manure soaked in water can be added to seeds before sowing to fight crop disease

1. Traditional practice: purchase pesticides and spray onto field



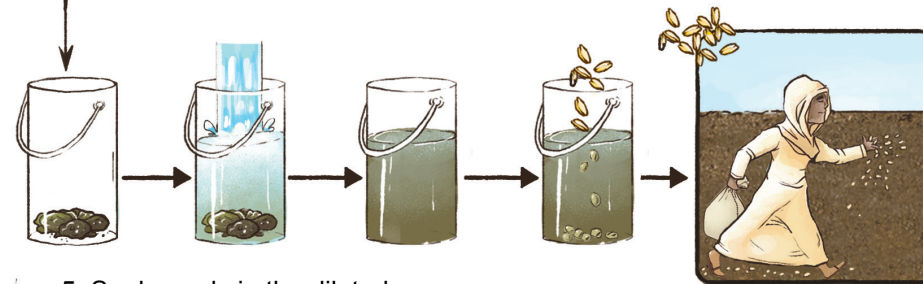
2. Alternative practice: collect manure



3. Dry manure in sun for many days to kill harmful microbes



4. Add manure to water



5. Soak seeds in the diluted manure. Healthy microbes in manure will fight microbes that damage crops.

6. Less need to purchase pesticides.

