

# YOUR SEASONAL FOOD PLANNER



## What's growing in Africa – thanks to YOU

Farm Africa has created a special food planner just for you – so you can enjoy the many benefits of eating seasonally.

We hope you are able to display your chart in your kitchen. It will show you what food is in season throughout the year, and when your favourite produce is at its best!

Eating seasonally is good for your health – and your taste buds.

Fruit and vegetables lose nutrients and flavour as soon as they are picked. Seasonal, local produce is much healthier and tastier, because there's less time between picking and eating. In spring, for example, apricots and sugar snap peas are fresh and full of vitamin C.



This calendar shows you what farmers in Kenya are doing and planting throughout the year – with help from Farm Africa, and support from you.

### January

Farmers begin harvesting the first crop of common beans, mung beans and black-eyed peas .

### February

Farmers begin planting chickpeas. They also start harvesting pigeon peas, sorghum, and millet as well as the first crop of maize and hyacinth beans .

### March

This is the busiest month in the farmers' year. They begin planting potatoes, cabbages, onions, pumpkins, sweet potatoes and tomatoes. Farmers also start planting early season maize, millet, sorghum, hyacinth beans, common beans, black-eyed peas and kale .

### April

The long rainy season is due to begin – usually the first rainfall in three whole months. It is crucial that farmers are ready to plant their seeds as soon as the rains arrive.

### May

Farmers begin harvesting cabbage and tomatoes, and the first crop of kale.

### June

Farmers begin harvesting potatoes, chickpeas and pumpkins, as well as the second crop of common beans, black-eyed peas and mung beans .

### July

Farmers begin harvesting sweet potatoes, as well as the second crop of sorghum, millet, black-eyed peas and hyacinth beans. In mid-July, the rains usually end and the long dry season begins .

### August

The height of the long dry season. Temperatures can reach 34 degrees. Farmers begin planting late season kale. They also start harvesting onions and the second crop of maize .

### September

Farmers prepare the land for planting, in anticipation of the short rainy season. Here farmers will also work on soil and water conservation in preparation for the short rainy season.

### October

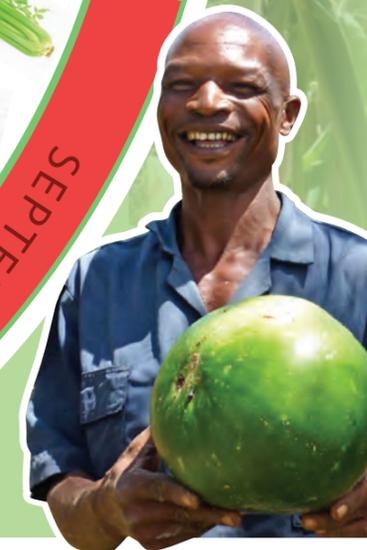
Farmers begin planting pigeon peas, as well as late season maize, millet, sorghum, hyacinth beans, common beans and black-eyed peas. They also start harvesting the second crop of kale .

### November

The short rainy season is due to begin. After more than three months of blazing heat, the rain is desperately needed .

### December

The short rainy season is due to continue until the end of December. Often, however, the rains are light and erratic .



Thank you for helping farmers grow more food and escape poverty.