

5 STEPS TO INTEGRATE VEGETABLES INTO A PUSH-PULL PLOT

1. Choose compatible vegetables

Select vegetables that grow well with maize and do not compete for resources. Good options include bush beans, kale, tomato, cowpeas, amaranth, spider plant, black nightshade, carrots, sweet potatoes, squash, and more.

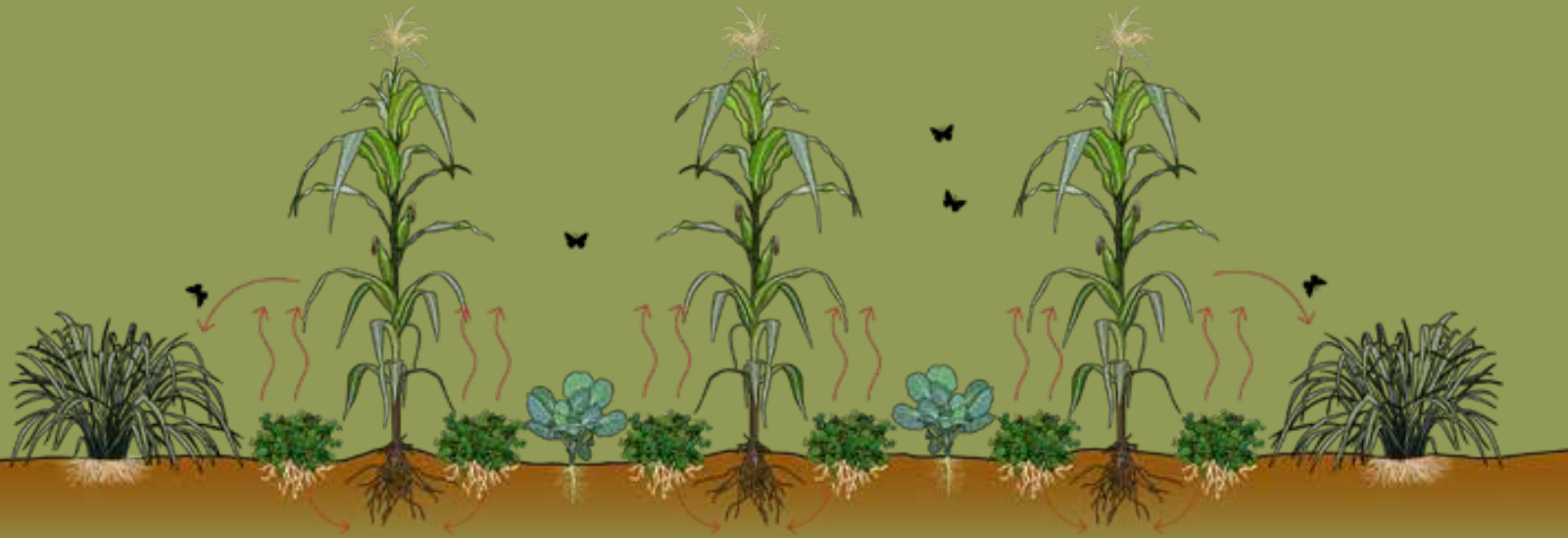


2. Plan your layout

Use alternating rows of vegetables and maize within the push-pull plot. Maintain proper spacing to avoid overcrowding and reduce competition for sunlight, water, and nutrients.

3. Mind the push-pull structure

Keep Desmodium planted at intervals of 37cm between maize rows, and at least 3 rows of Brachiaria or Napier grass around the borders of the plot. This structure should remain intact to ensure continued pest and weed control.



4. Match crops to your conditions

Choose vegetable types that suit your local climate, soil, and market demand. The government, NGO, or private extension officers, or icipe staff on the ground may guide you on how to make the best choice for your farm.

5. Rotate and experiment wisely

Try different maize-to-vegetable ratios to find the best combination for your needs. Crop rotation and diversification also help improve soil health and food security.

