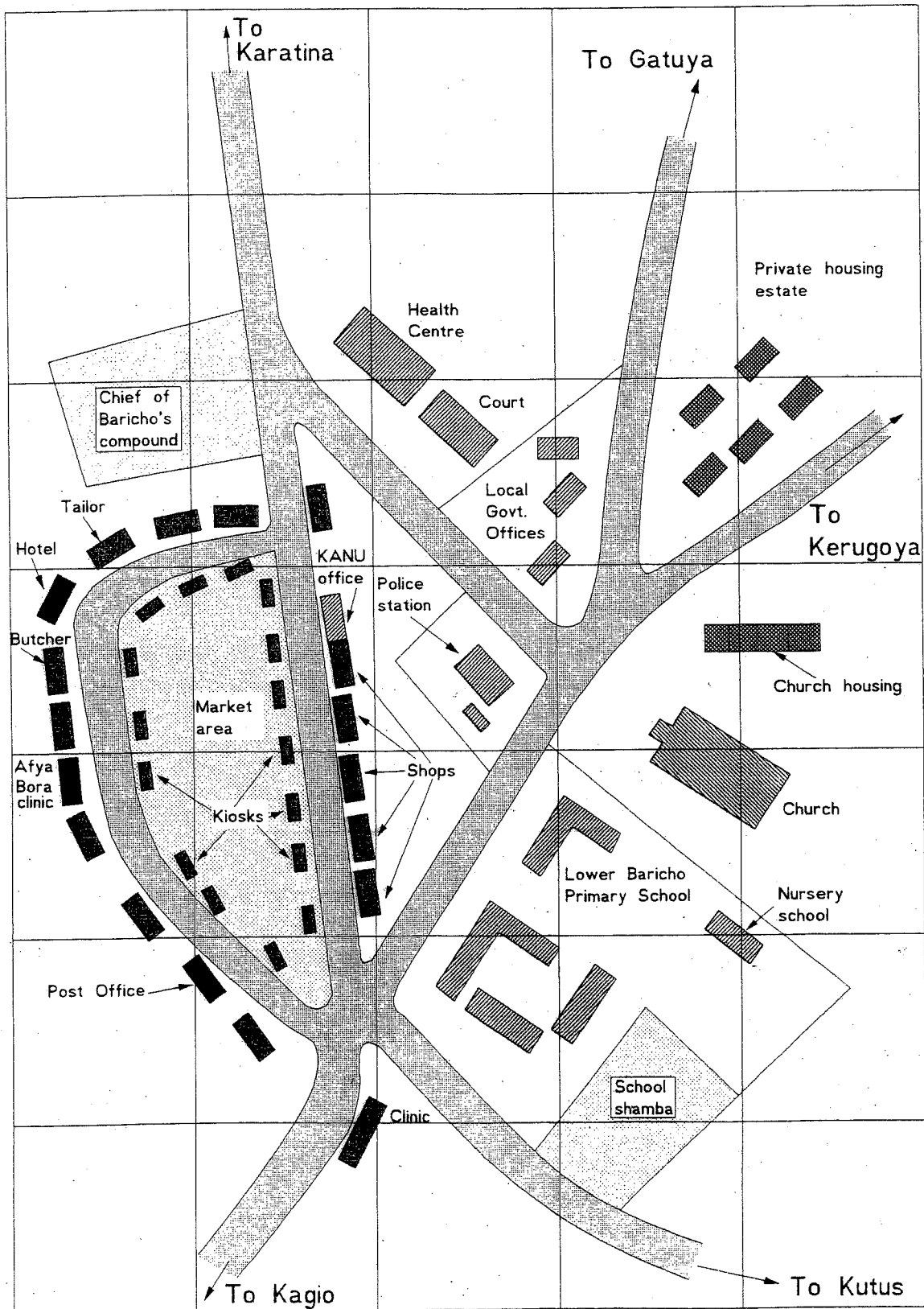
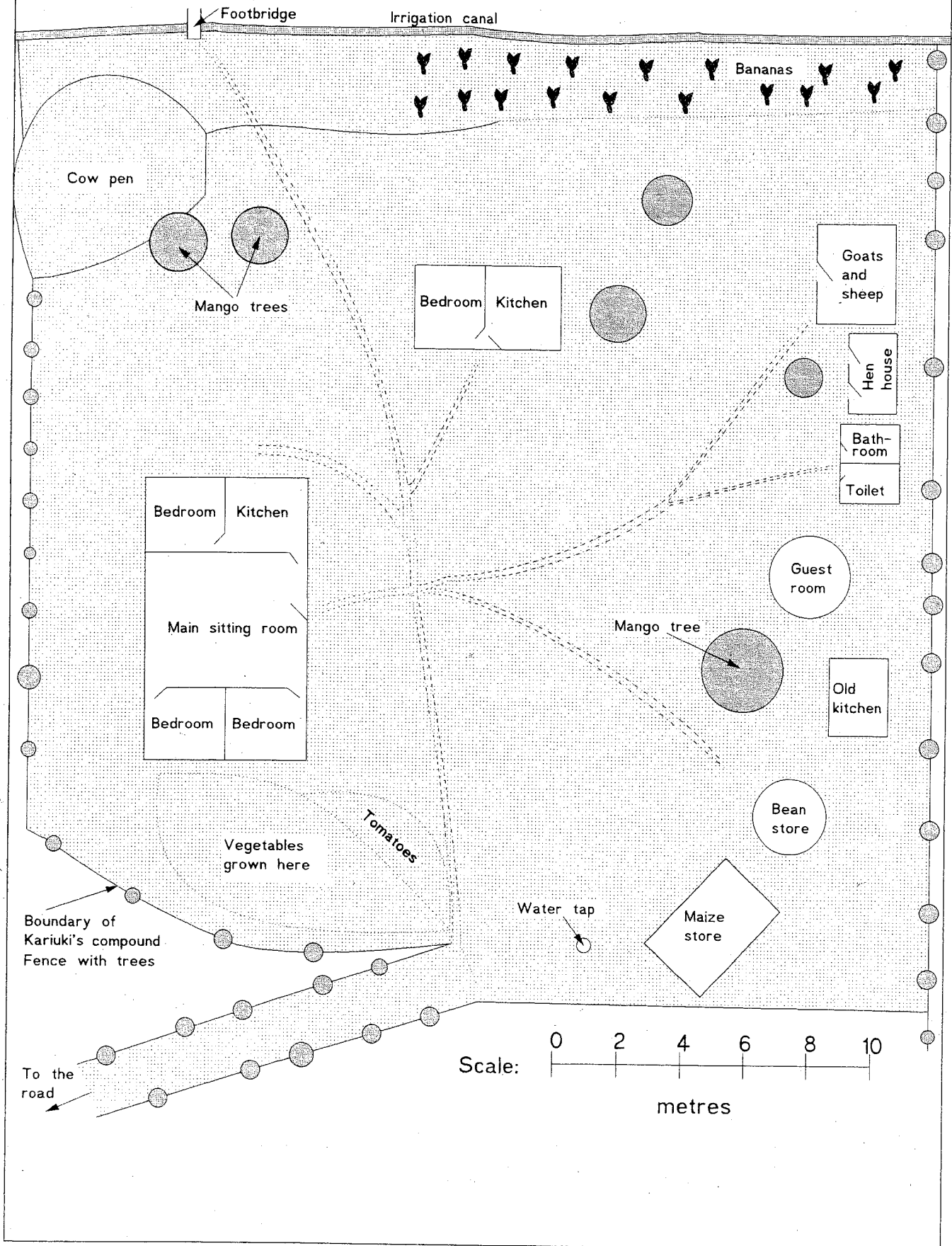


# Map of Baricho village














The Kariuki family home is about 1 km from Baricho along this road.

# Map of the Kariuki family compound



# Map of the Kariuki family shamba

River Rwamuthambi

-  Bananas
-  Beans
-  Maize
-  Coffee bushes
-  Sweet potatoes
-  Tomatoes
-  Fruit trees
-  Other trees
-  Felled trees
-  Rough grass
-  Napier grass (for the cow)

Bananas and beans

Steep slope planted with maize and beans

Land ploughed and planted with maize and beans

Waterfall

Boundary of the Kariuki family shamba

Irrigation canal

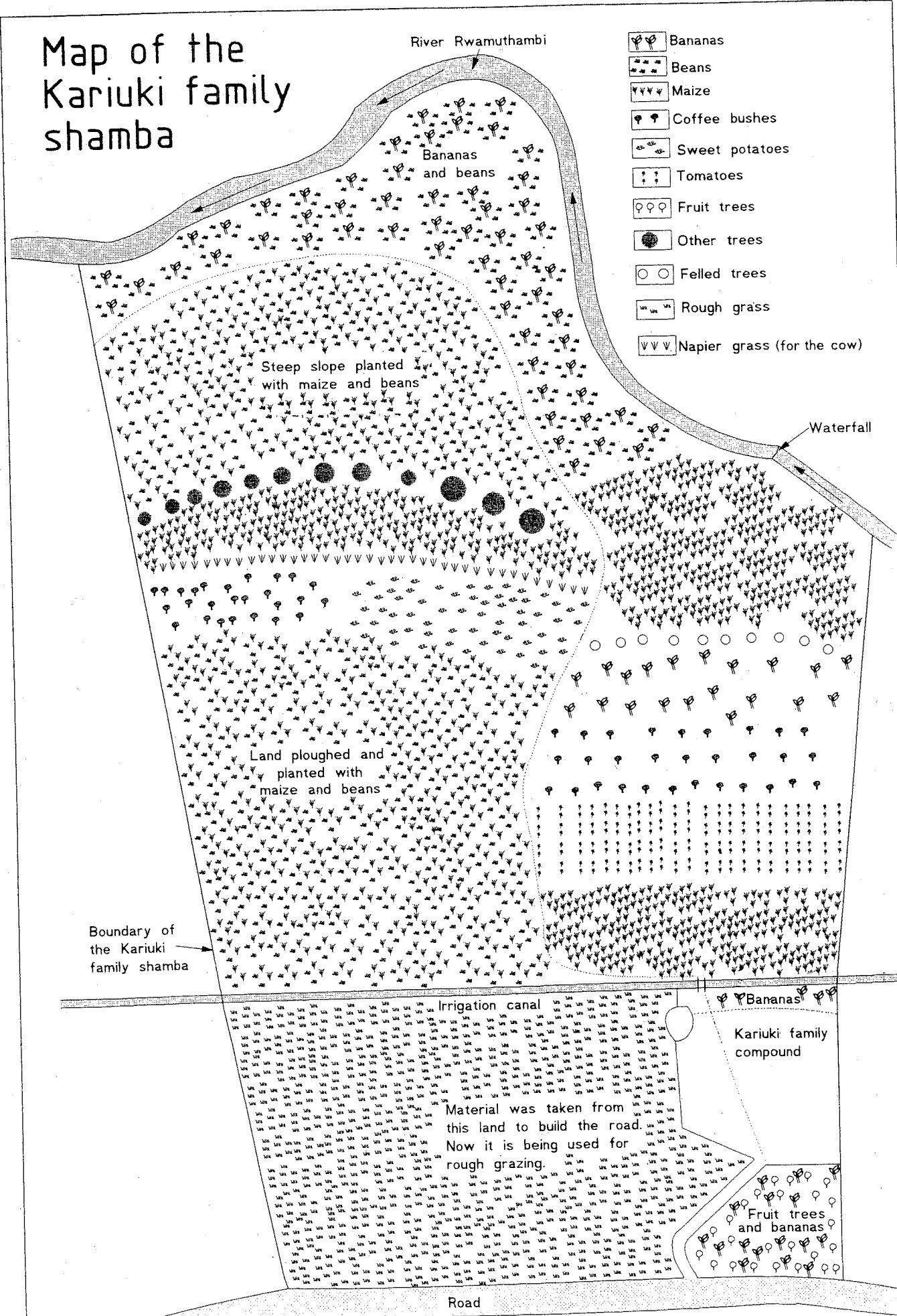
Kariuki family compound

Material was taken from this land to build the road. Now it is being used for rough grazing.

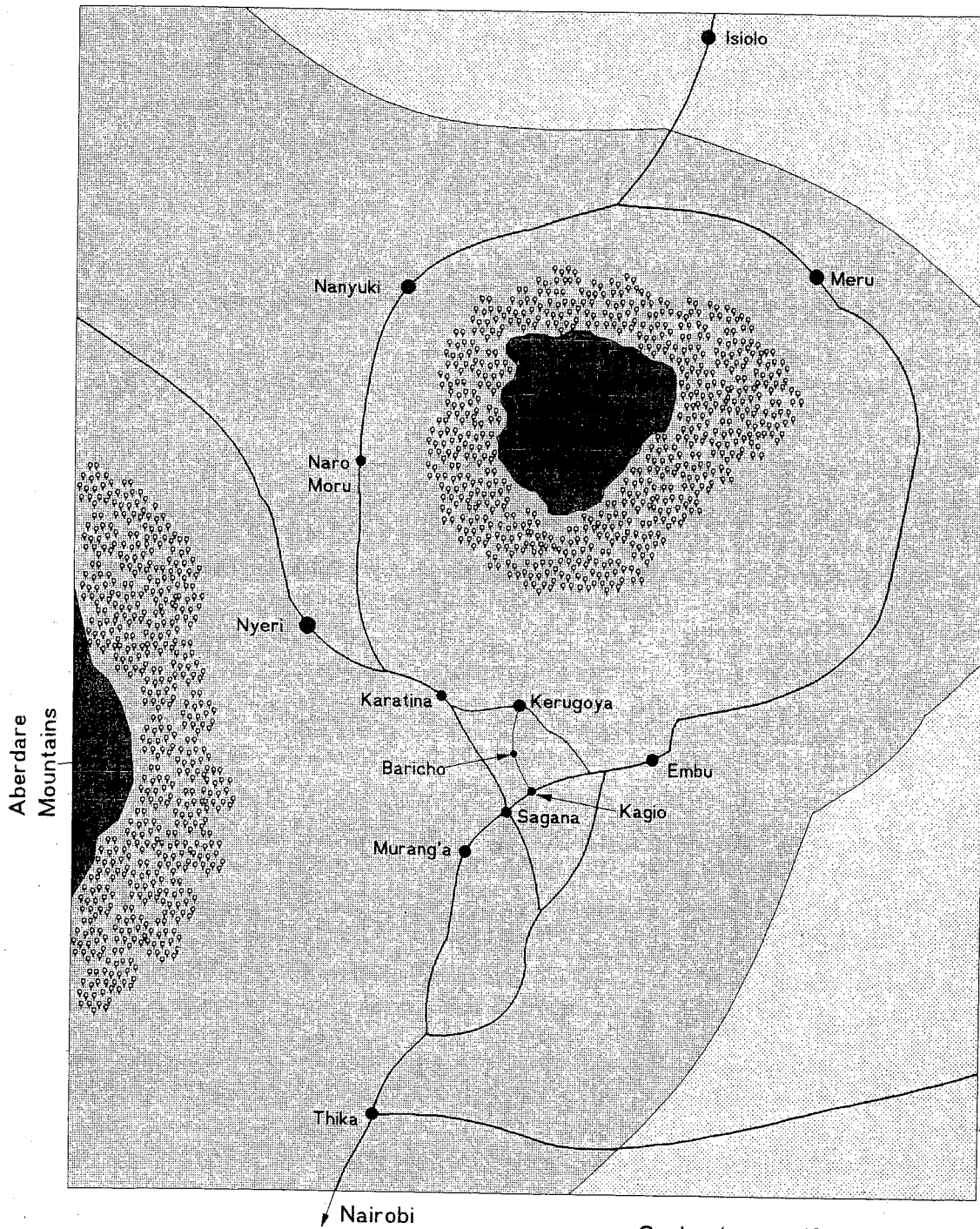
Fruit trees and bananas


Road


0 25 50 75 100





# Map of Kenya around Baricho



 This area is higher, cooler and rainier. Many people live in this part.

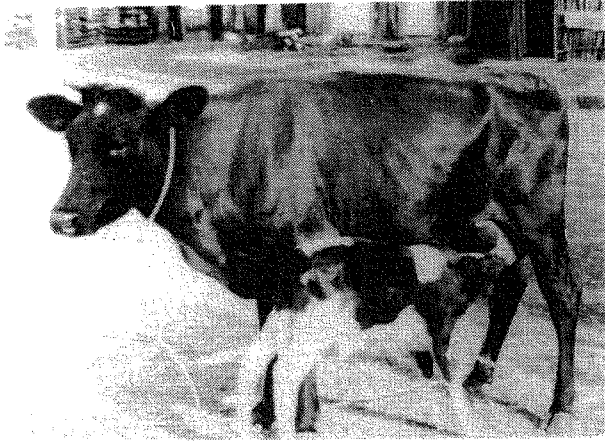
 These are the high mountains. It is too cold and wet for people to live here.

 This area is lower, hotter and drier. Not very many people live here.

 These are the mountain forests. People are not allowed to cut them down. There are many wild animals in the forests

## Domestic animals

This is the Kariuki family cow with her new calf. The family keep the cow for milk, and when the calf grows up it will be sold. Most families only keep one cow for milk, because the *shamba* is not really big enough to feed more than one cow.



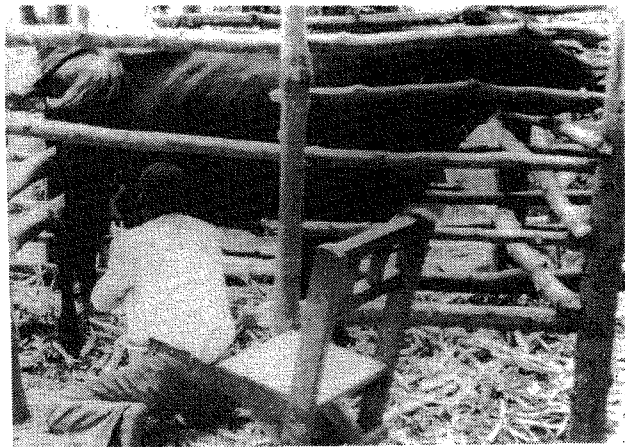
The Kariuki family have one cow, several goats and sheep, and some chickens. The chickens roam about freely in the daytime and are shut up at night. In the daytime, the goats and sheep are tethered by ropes, which allow them to find enough food, but not to get into the crops and eat them. They are also shut up safely at night.

The cow is fed mainly on Napier grass, a special type of tall grass which is grown on the *shamba*. But she also eats other green plants, such as this banana stem which is being chopped up for her.



The cow does not stay out in a field, but is kept in a pen in the corner of the family compound, where food is brought to her. This method of keeping cows is called 'zero-grazing', and it is the usual way that cows are kept in Baricho nowadays.

Here the goats and sheep are being put in their house for the night, and being given water to drink. Their house is made of wood from the *shamba*.



The cow is milked in the morning and evening. She is put in a wooden 'crush' to stop her from kicking when she is being milked.

## Village shops

This is a typical small shop just outside Baricho. You can see some things for sale outside, including clothes and buckets. Like most shops in the area, it is built above the level of the road. This helps keep it dry.



Besides the ordinary shops, there is also a butcher, a tailor and a post office in Baricho. To buy any other things people have to go to the nearest town, which is called Kerugoya.



Kariuki is buying some sugar from this shop. The shopkeeper weighs the sugar on his scales and then puts it into a brown paper bag. There is no self-service in Kenyan village shops. You are always served by the shopkeeper, and many things have to be weighed and packed for you.

There are several small shops in Baricho and outside the village. Most of them sell the same basic groceries, such as sugar, salt, soap, cooking fat, margarine, matches etc. Usually fresh vegetables and fruit are bought from the market, not from the shops. People in Baricho do not have freezers and fridges, so the shops do not sell frozen food. Most food in Kenya is fresh or in tins

Some of the shops sell different things. For example, the shop you can see to the left specialises in household goods, such as buckets, bowls and cooking utensils, and also sells clothes.

You do not find a great variety of things in Kenyan village shops. For example, you would probably only find one type of margarine or washing powder. You would also find that the prices of things are the same in every shop. The Kenya government fixes the price of many basic foods, such as sugar and flour.

These men are building an extension to the shop that you can see. Like the other shops, it has no glass windows, but has bars for security. The doors open wide, to let in cool air, but are locked and barred at night.



# Farming around Baricho

## Green French beans

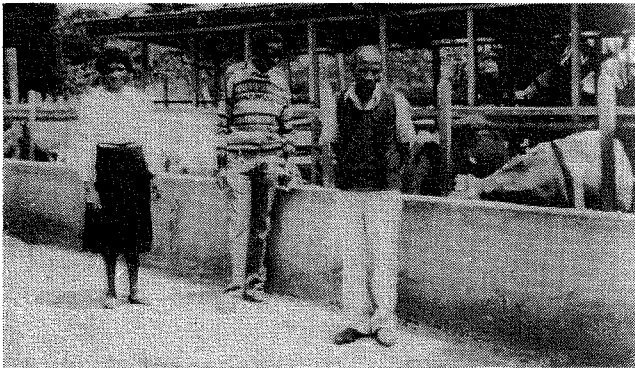
The crops grown in this field will not be eaten in Baricho. They are French beans and they are being grown as a cash crop, for sale to other countries such as Britain. They are watered from above by a spray, to make sure they grow well, because only the best ones will be bought.



The man in the white shirt visits Baricho at the same times every week. He buys the beans from the farmers, checking that they are of good quality. Then he puts them into his van and they are driven to Nairobi airport and loaded into planes. Within two days, they are in our supermarkets. When we buy them, they are quite expensive, but the farmers in Baricho are only paid about 40 pence for each kilogramme of beans.

Many families in Baricho, like the Kariuki family, mainly grow crops in their *shamba* to feed their families. Some people also try different crops and ways of farming to try to earn some more money from their *shamba*. The Kenya government wants people to produce as much food and other crops

as possible. They employ trained agricultural officers to go around and give people advice on how to improve their farming. You can see two of these people below, Mr Mureithi and Ms Mbugo.



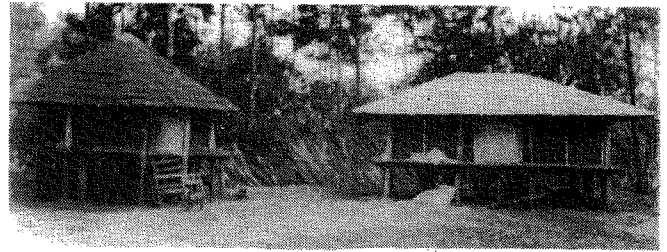
## Milk to sell

Many people in Baricho, like the Kariuki family, have one cow to provide them with milk for themselves. A few people have more cows whose milk they sell. They are kept in pens and fed on chopped Napier grass. It is not always easy to sell the milk because there is no collection and delivery service, and no cold storage to keep the milk fresh.

# *Kariuki family compound*



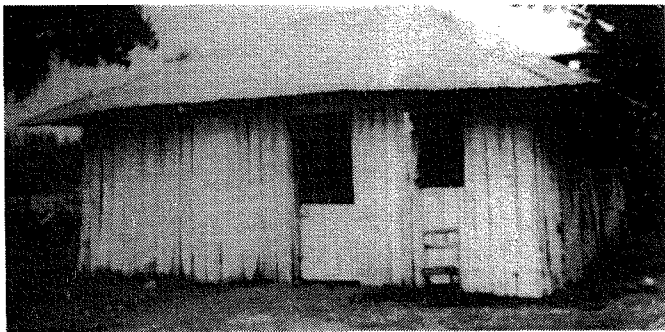
The main house



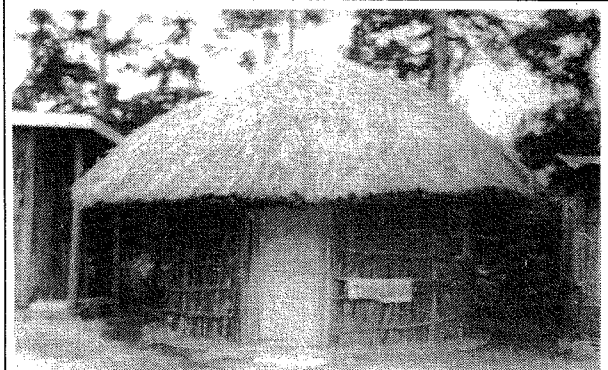
Bean store

Maize store

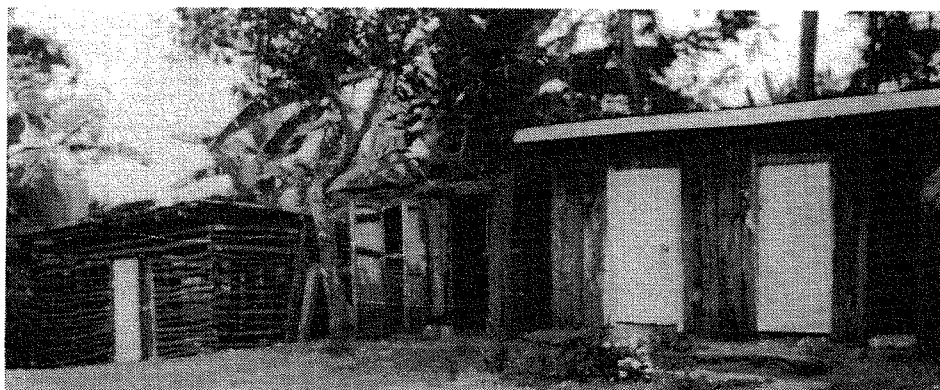
Like most homes in Kenya, the Kariuki home does not consist of one building with many rooms. Instead, it is made of several separate building, each with their own function. All of these buildings, together with the space between and around them, make up the family home. It is called a compound.



The white building, with a kitchen & bedroom



The guest house or *thingira*



Sheep and goat house

Chicken house

Bathroom

Toilet



# Traditional Kenya

This page shows some traditional Kenyan things which Kariuki keeps in his home. They were passed down to him by his parents, in the same way that we keep things in our homes which belonged to our parents and grandparents, even if they are no longer used. In the past, all of these things would have been used by the people who lived in Baricho.

Fly whisk

Fur hat

Spear



Bow and  
arrows

*Panga*

Stool

Gourd

Basket

Clay pot

*Jiko*  
(charcoal  
stove)

# Coffee



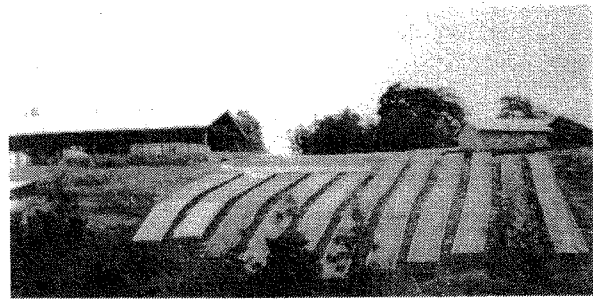
Here, two Kenyan government agricultural officers are inspecting coffee bushes on a *shamba* to make sure that they are healthy and do not have any diseases.

Coffee has been a very important cash crop in the Baricho area for many years. Most people have planted some coffee bushes on their *shamba*, and some people have spent a lot of money on growing and looking after their bushes. The Kenya government has also encouraged farmers to grow coffee, and has trained many agricultural officers to help and advise the coffee growers.

However, the price of coffee has been falling for several years, and people are finding that it is not worthwhile to grow coffee. They think that the land would be better used for growing food or for other cash crops. Some people would like to cut down or dig up their coffee bushes, but the Kenya government does not want them to do so. When Kenyan coffee is sold abroad, it brings in money which the government can spend on health, schools, roads and other things. If people stop growing coffee, the government will be short of money to pay for these services.



This woman has brought some coffee berries from her *shamba* to the coffee factory. Here they will be weighed, and the amount noted. People are not paid straight away for their coffee. They are paid four times a year, when they are given money for all the coffee they have brought in the past three months.



Coffee is grown in most of the highlands of Kenya, and in the coffee growing areas, there are many small coffee factories like the one you can see here. The berries are soaked in water and left until the outer layer comes off, leaving the seed or 'bean'. The beans are spread out to dry on wire racks, which you can see in the picture above. Most of the racks have been covered with plastic sheets, because it has been raining and the beans have to be kept dry.

## Travel and transport



People in Baricho usually walk distances of less than a few miles. They often carry heavy loads, for example if they are going to the market or taking maize to the flour mill. Women carry loads on their backs, with a strap across their forehead.

Ox carts are used quite widely around Baricho. This cart is arriving at the Kariuki *shamba* to collect firewood. They are mainly used for quite short journeys with heavy loads, because the oxen are strong but slow. The same oxen can also be used for ploughing. The carts are much cheaper than cars and can be made locally from wood and recycled materials.

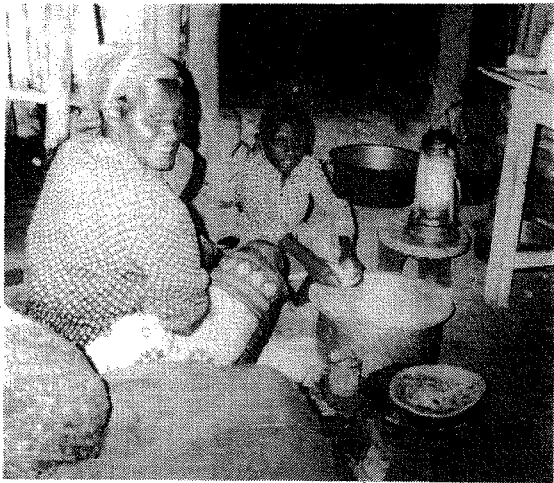


This is Kariuki's *matatu*. A *matatu* is a vehicle which carries passengers and goods in the country areas of Kenya. They are usually made from pick-up trucks, with seats and a top added. Like buses, each *matatu* follows a particular route, but they do not have timetables. Instead, the driver waits until the *matatu* is full and then he starts off, dropping off and picking up passengers on the route. Kariuki no longer uses his *matatu* like this. He only uses it himself or hires it to his friends and neighbours.

Here you can see Kariuki's *matatu* being loaded with sacks of maize. One of Kariuki's neighbours has grown the maize, and Kariuki has loaned him the *matatu* to transport it to his home. *Matatus* are very important in most parts of Kenya. Without them, people would not be able to travel to towns to buy things, or to go to the hospital, for example. They would also not be able to carry heavy loads to the market.



## Food preparation and cooking



Wambui is cooking *chapatis* in the kitchen. She is using the metal stove called a *jiko* which uses charcoal for fuel. Muriuki is helping Wambui make the *chapati* mixture in the metal pot called a *sufuria*.

Everyone in Baricho relies on wood for fuel. Some of it is used as firewood and some is turned into charcoal before it is used for cooking.



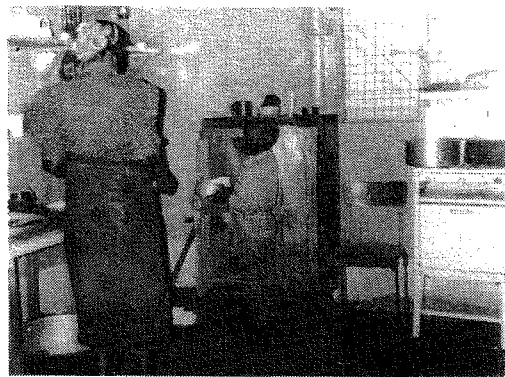
Wambui is preparing bananas in the kitchen. These are cooking bananas or plantains. When they are cooked, they taste more like potatoes than bananas.

Cooking food is much harder work in Kenya than it is in Britain. There are few modern machines, such as food mixers, and most of the food is fresh, not frozen or tinned. Since most people do not have gas or electricity, they have to light a fire before they can cook their food. People usually cook and eat their main meal in the evening, after they have finished the rest of their work.



Njeri is cooking on the open fire in the main kitchen. Even young girls like Njeri know how to use an open fire safely.

The firewood all comes from the family's own *shamba*.



This is the kitchen in the main house. You can see the gas cooker. There is no mains gas in Baricho, so the cooker uses gas cylinders. These are very expensive, so the Kariuki family do not use this cooker very much. They do most of the cooking in the other kitchen, where they use charcoal and firewood. They use this kitchen mainly for preparing tea and snacks.

# *Lower Baricho Primary School*



This is the front of Lower Baricho Primary School. It is built of stone with a corrugated iron roof. There are a lot of trees around the school, and also flowers which are looked after by the children.



These are the teachers from Lower Baricho Primary School, standing at the entrance to the school.

There are two Primary schools in Baricho. Lower Baricho is the Protestant church school (like a 'C of E' school in England), while the other school is a Roman Catholic school. Most children spend 8 years in the primary school, but there is also a nursery school where they can go before they are old enough to start at the main school. Classes are quite large, and schools do not have very much equipment, especially for subjects like science and technology. For example, schools do not have computers, and most schools do not have electricity.

## **Keeping the school clean and tidy**

In Britain, most schools have cleaners and caretakers to look after the school. In Kenya, the schools cannot afford to pay cleaners, so the children have to keep the school tidy. They do the work in the early morning and after lessons.



Keeping the school clean like this means that the children are proud of their school and take good care of it. The smaller children here are picking up litter outside, while the older girls on the left are washing the floor.



## Women's groups

All over Kenya, including Baricho, women have been getting into groups who work together to help themselves and improve their lives. They usually work together for one day every week. The women's groups do many things, but their two main activities around Baricho are:

a) growing young trees. Trees are very important in Baricho, especially because they provide firewood and charcoal for cooking. They also give wood for building, fruit and shade, while some tree leaves can be fed to animals. The women have set up nurseries where they grow thousands of young trees from seed. When they are big enough, the women plant a lot of the trees on their *shambas* and sell the others to raise money for the group.

b) Providing water supplies to their houses. Many families still have to fetch water from the rivers and streams. The women work together to try to get good water to every home. This usually involves digging a ditch from the home to the road. A pipe can then be laid in the ditch and connected to the mains pipe which runs under the road.



One of the most important things the women's groups do is to grow young trees. Here you can see some of the members of a group at their tree nursery, with the young plants in pots in front of them.



This deep well has been dug and covered by the members of a women's group. It is at their tree nursery and supplies water for them to use to keep the young trees in pots watered and growing strongly.



The women help each other to build water supplies in their homes. Here, a group of women have built this tank from wire mesh and concrete. It stores rainwater which runs off the metal roof of the house.

# Baricho village

Baricho village is quite different from a British village because there are very few houses there. Most of the buildings are shops, and the market is also important. Most people in the area live in the countryside, on their *shambas*, outside the villages and towns. They come to the village when they need something. Besides the shops and market, some other things people come to Baricho for are:

- school
- church
- medical treatment
- police
- posting a letter
- getting transport to other places
- having new clothes sewn
- getting a bicycle repaired
- drinking a bottle of beer

Even the shopkeepers do not usually live near their shops. They close and lock the shops at night and then go home to their *shamba*.

Not very much traffic goes through Baricho, because it is not on the main road.

This is Baricho Church. It is a Christian Province of Kenya (CPK) church, similar to the Church of England. There is also a Catholic church just outside Baricho. Most people in Baricho are Christians and go to church on Sundays.



This is one of the streets in Baricho, showing a row of small shops. The nearest building is the office of KANU, a Kenyan political party. You can see that there are a lot of trees growing in the village.



This is Baricho Police station. Most villages in Kenya have a small police station. The police have to be nearby because they do not have as many cars as British police have. There is also a small court where minor crimes and problems can be dealt with.

There are some Kenya government offices in Baricho. The people who work there are mainly to help the people in the area e.g agricultural development officers to help and advise people about farming.

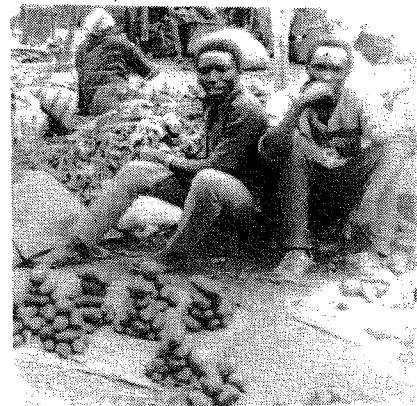
# Markets



Many people come to the market to sell a few vegetables to raise some money for their families. In the front of the picture you can see women with cassava roots and onions for sale. Other people have stalls on the market which they run as a business. In the background you can see a stall which sells different types of basket.

Markets are more important for people in Kenya than they are in Britain. Most fresh food is bought and sold in markets, rather than in shops. The market is also a great meeting place, and a Kenyan market is always colourful and full of people.

This stall at Kagio market, about 8 miles from Baricho, sells small items of clothing. You can see socks and belts hanging up. The woman has a traditional basket which is what most women use for their shopping.



Most of the men at the market are those who have stalls or who sell heavy things, such as sacks of charcoal. However, some men come and sell a few vegetables, like these men who have potatoes and onions.

Baricho market does not take place every day, but only on Mondays and Thursdays. The nearby village of Kagio is on the main road and has a bigger market, which is open on Tuesdays and Fridays.



Most of the people who go to buy and sell things at the markets are women. As well as earning some money and getting the things they need, they also have the chance to meet their friends and tell each other their news. These women selling fruit and vegetables do not always go to the market, but only when they have some spare produce to sell.



## Children in Baricho

In many ways, the lives of children in Kenya are very similar to those of children in Britain. Almost all children go to school, and most live at home with their parents. They enjoy playing games, but most Kenyan children do not have many toys. Instead, they often make their own toys out of recycled materials. They also enjoy outdoor games, such as football and skipping. Because the weather is usually warm, children spend most of the daytime outdoors, when they are not at school. Of course, most families do not have television.

Most Kenyan children work much harder than children in Britain. They have long school hours and a lot of homework, while they are also expected to help look after the school and help in their family home and *shamba*. Children in Kenya usually spend a lot of time with other children and not very much time with their parents. This is because there are a lot of children there, and the parents are usually busy with their job, working on the *shamba* and doing housework.



Here are Njeri and Mumbi coming home from school, wearing their school uniforms. In their bags they carry their homework and their lunch. They are carrying the big knives called *pangas* which they have been using to work on the school *shamba*. Children in Kenya always walk to school, and are never taken by their parents. They are quite safe because there is little traffic and nobody will harm them.

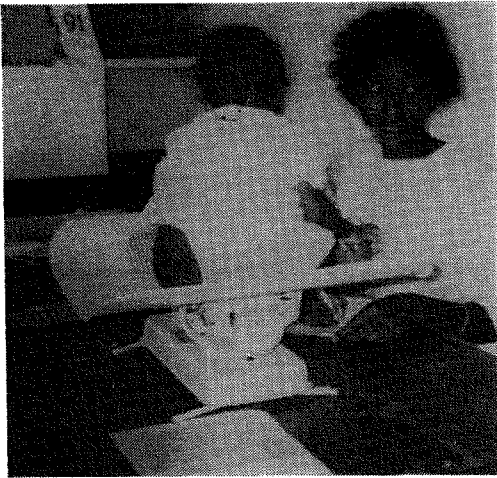
These little girls are carrying flour back from the mill. They take the maize grains to the mill, and when the flour has been ground, they carry the flour back home. You can see the straps over their heads which they use to carry the baskets on their backs. Children start helping their parents when they are very young, as you can see here.



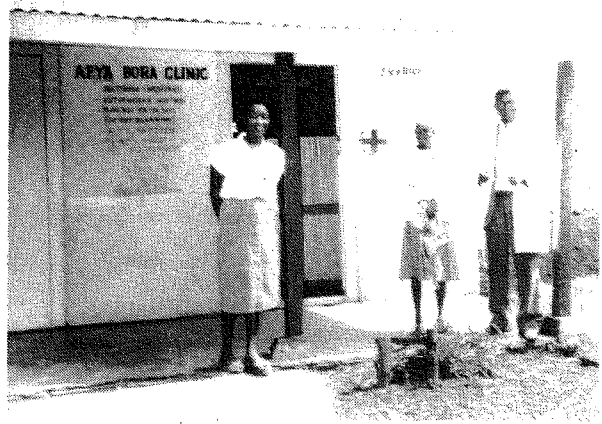
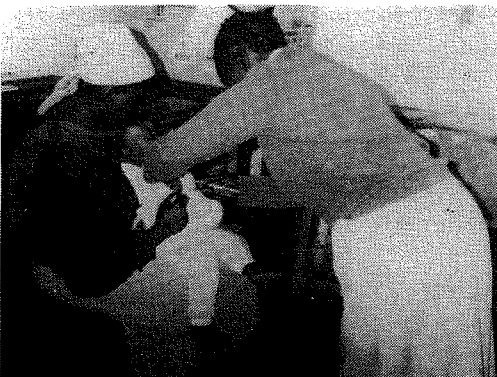
It is not only girls who are expected to help with work in Baricho. These boys are digging the school *shamba*. At home, they would also help with work on their parents' *shamba*.

## Health care

In Baricho, there is a government health centre and also Kariuki's clinic and another private clinic. These provide basic medical treatment. For more serious illnesses, people have to go to the town of Kerugoya where there is a government hospital. Treatment at the health centre is free, but it often runs out of medicines and there is a long wait for treatment, so many people prefer to go to the private clinics if they can afford it.



One of the most important services provided by the health centre is the clinic for mothers and children. Above, you can see a baby being weighed, and below another baby is being vaccinated. Careful records of each child are kept, to make sure they are growing well.



Above, you can see Kariuki's clinic. It is called 'Afya Bora' which means 'good health' in Swahili. Below, Kariuki is examining a patient. Kariuki studied medicine in both Kenya and England. He worked as a health education officer for the Kenyan government. In Kenya, all government officers have to retire when they reach the age of 55. When Kariuki retired in 1986, he decided to open the clinic, both to earn some money for his family and to use his medical knowledge to help the people of Baricho.



In Kenya, there are not as many doctors as there are in Britain, and so a lot of the jobs which doctors do here, are carried out by nurses in Kenya. Doctors are usually only involved in the most serious cases.

# Water and washing

The Kariuki family have 3 sources of water:

- the piped water supply from the mains, which feeds one outside tap. However, this water is unreliable and is sometimes turned off.
- rainwater, which they collect from the roof of the main house into metal barrels.
- water from the irrigation canal which passes near the compound. This water is not very clean and is not used for cooking or drinking.

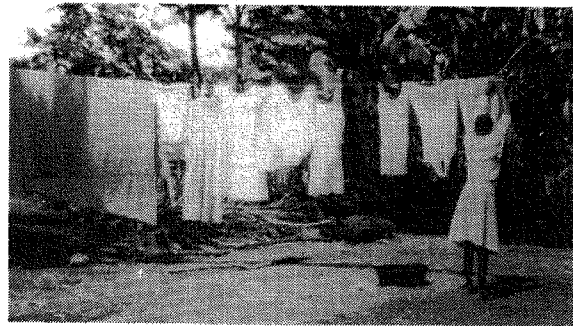
People in Kenya are much more careful than we are with water, and do not waste it. However, they do use quite a lot of water. In the hot climate, people like to wash and bathe very often. Clothes also get dirty very quickly with dust, and have to be washed. Water is also used for drinking, cooking and washing up. For these reasons, a good water supply is one of the things which most people want in their homes.



The children often come home from school and wash their uniforms immediately. By the next day, the uniforms are dry and ready to wear again.



People in Kenya like to iron all their clothes so that they look tidy. There is no electricity, so they use charcoal irons. Here, Njeri is taking hot charcoal from the *jiko* and putting it into the iron. Girls like Njeri iron their own clothes.



Clothes in Kenya are usually washed by hand using cold water. It would be too expensive and take too long to heat enough water. After the clothes have been washed, they have to be dried. In Kenya, this is not usually a problem since the weather is warm. Here, Njeri is hanging out the washing on the line.

## Growing crops on the shamba



People usually save some of their crops for seed to sow in the next growing season. Here, Wambui is sorting beans from the store. She sows the good ones in the *shamba* and throws away any bad ones.

Wambui is sowing beans in the *shamba*. After the seeds are sown, the ox plough comes and ploughs the land. The seeds are buried by the plough, and start to grow when the rains come.



Like almost all people in Baricho, the Kariuki family grow most of their own food on their *shamba*. Because Kariuki is working all day in his clinic, Wambui is responsible for looking after the *shamba*. In this part of Kenya, it is traditional for women to grow most of the food crops on the *shamba*. Men usually take responsibility for growing cash crops for sale.

The children also help with *shamba* work at weekends or in the school holidays. The Kariuki family also hire other people to help at busy times. The people they hire are usually those who only have very small *shambas*, and who have no paid jobs. These people usually finish the work on their own *shamba* quickly and then hire themselves to people who have larger pieces of land.

The flatter parts of the *shamba* are ploughed by the ox plough, but the steeper slopes have to be dug by hand. Wambui hires local women to help with this work. The tool they use for digging the land is called a *jembe* and tools like this are used in most of Africa. Nobody digs with a spade.



Bananas are one of the main crops in Baricho. One of the women hired to help on the *shamba* has carried these bunches of bananas from the field to the store.

