

Mazingira Bora

Newsletter April 2026

tist Growing Trees
Growing Leaders

1. We are Honest
2. We are Accurate
3. We are Transparent
4. We are Servant to each other
5. We are Mutually Accountable to each other

www.tist.org

English Version

TIST is an innovative, time - tested, afforestation program led by the participants.

Dial *709# (Safaricom) or *789*7000# (Other Networks) and get to know more about TIST and your Small Group. Follow the prompts. Safaricom is Free.



Mitoro TIST Cluster meeting held on 10/03/2026. Members present were 91. Women - 54, Men - 37. Next meeting will be held on 14/04/2026.

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TIST: Update on Preparation for 2025 Profit Share Payments.

As we mentioned last month in this Newsletter, we are gearing towards 2025 Profit Share payments. We further mentioned, we were consulting widely whether to pay in three (3) installments like in 2024 Profit Share or in two instalments. We have good news! Your Small Group will determine whether to have 2 instalments, or even more – including even monthly if you wish for your 2025 Profit Share!

We wish to remind every Small Group that any payments due to them and not paid in 2024 Profit Share will be rolled over to 2025 Profit Share. Kindly communicate to your Cluster Servant or Cluster Leaders of any voucher that has remained unpaid. Please check with these Leaders if your Small Group has met payment eligibility criteria.

Like all other Profit Share payments, Eligibility Requirements for 2025 PS Payment and continuing Minimum Payments still remain as follows;

- ✓ All Groves have been quantified within 12 months (Previously was 18 months).
- ✓ Small Group has a GHG contract signed and uploaded.
- ✓ All Groves have accurate baseline information (ownership, displacement, and deforestation).
- ✓ All Groves have approved tracks.
- ✓ Small Group has at least one active grove.

- ✓ Small Group is not dropped from TIST database.
- ✓ Your Small Group has not lost many trees/tonnes.

It is important your Small Group work closely with your Cluster Servant to make sure you qualify for payments. Your Cluster Servant has capabilities to check from TIST Website – Quality Assurance and Farmers page – the status of your Small Group.

Like in previous Profit Share, payments will be made through Mpesa. Mpesa Custodian will receive Payment from Clean Air Action Corporation with an Mpesa Confirmation Message. Withdrawal Changes are added to the payment. Cluster Servant will at the same time, send an e-voucher (Via SMS) to your Small Group two witnesses and Mpesa Custodian. Always, keep safe records of your payments and other Small Group activities.

Always adhere to TIST Values. Mpesa Custodian have a responsibility to make sure their Phone and Identity Card (ID) numbers are correct. Further, make sure Members get their share of payments promptly. Keep records. It is against TIST Values to share your Small Group payments with any TIST employees or persons whom your Small Group members have not consented to.

If you have questions about your Small Group payments, kindly talk to your Cluster Servant / Cluster Leader or contact Jane 0713 436 028 or Kibe 0722 909 647.



The Rains Have Come – Time to Plant Many More Trees.

Preparing seedlings for transplanting (Hardening Off).

Now that the rains have come, seedlings need to be planted out. It is important this month to make sure that seedlings will be ready to be moved from the nursery and planted in the field. Seedlings first need to be prepared for the harsher conditions of the field. If seedlings have been properly looked after in a nursery, they may have received more water and shade than they will have once they have been planted. Gradually reduce the watering and expose the seedlings to full sunlight to make this transition successful.

Characteristics of good seedlings.

As a general guide (remember different species have different characteristics) good seedlings for planting out have the following characteristics:

- The shoot should be twice the length of the roots or the pot.
- The stem should be strong and woody.
- The seedlings should have many thin roots in addition to the main roots.
- Many seedlings will achieve these characteristics two months after germinating.

Transplanting.

- Transport the seedlings in an upright position.
- Mark out a circle with a diameter of 30cm in the field.

- Remove the topsoil and place in a pile.
- Remove the next soil layer to a depth of 30cm and place in a separate pile.
- Put in a 5cm layer of grass (dry grass in rainy season, fresh grass in dry season, called mulching). Some groups add manure as well.
- Remove the seedling from the polythene bag. Do not break the earth-balls around the roots.
- Place the seedling in the hole.
- Replace the topsoil first, then the second soil layer.
- Some groups do not fill the hole completely, but leave a gap of a few cm. This helps the rainwater enter the hole and infiltrate the soil.
- This can be especially helpful in dry areas.
- Any remaining soil can be placed in a mound on the downhill side of the seedling. This will help trap any rainwater and divert it into the hole.
- Water the seedling.

Also remember that to give your seedling the best chance of survival, you should plant them 3m - 4m apart. If you plant them closer together then the seedlings will not get all the water and soil nutrients they need because there is much competition. They will become weak and may die so follow the best practice of a spacing of 2.5 - 3m.



Thinning your trees for successful growth avoid clear-cutting.

We are very proud that almost all TIST members are following the TIST Values and living by the contract that they signed.

The purpose of having regular thinning is to achieve maximum growth and value of the trees that are left standing. The cuttings also provide firewood, poles, building materials, and other benefits directly to the TIST participant. That is the reason that we have the policy of creating a sustainable forest by only harvesting a maximum of 5% of the trees per year after the trees are 10 years old.

When an occasional TIST member decides to clear cut their grove, they harm all the rest of the TIST members in their Small Group, in their Cluster and in all of Kenya. The actions of very few people can cause big problems for everyone. We expect other Small Group members and members of the Cluster to pay attention and make sure that no one cuts trees before they are supposed to.

When we signed the GhG Agreement, we committed to maintain the trees we plant for

TIST to let them grow for 30 years before harvest. This is one reason it's so important to think carefully about what kinds of trees we want to grow on our farms. Thinning and pruning can help keep trees healthy and provide useful products while the trees grow.

The purpose of thinning and pruning trees is to improve individual tree health, as well as overall forest health. This is done by protecting the "best" trees in the forest and thinning the others. For many species the trees to thin around are the largest trees, each with a single, straight stem. Trees may have different needs for space depending on species, site, planting style (woodlot, incorporated into crop fields, or windbreak), and climate, but some general principles apply.

To grow strong, healthy trees, a spacing of two meters or more is recommended. This spacing works for many TIST trees but remember some trees require more space like mango and macadamia. Giving trees proper spacing helps them get enough water and nutrients to grow to their full potential. Closer spacing is acceptable when trees are young. As the trees



begin to mature, some trees will be larger and more robust than their neighbors. These are the trees that should be kept. In determining which trees should be removed, look at the best trees and determine if they are appropriately spaced. If they are not, you should remove some nearby trees.

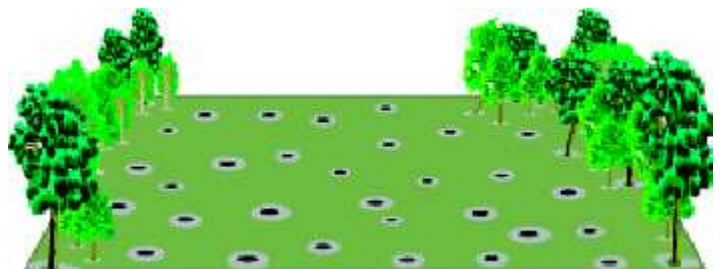
When making thinning choices, remember that growth rate varies greatly by species. If a mango tree is growing near lots of Grevilia, the mango may be far smaller and slower growing than the fast-growing Grevilia, but it certainly should not be cut simply because it is smaller! A mango tree is of great importance due to its usefulness in producing fruit for food and sale.

Best Practices while Thinning.

- Allow crop trees to grow to maturity.
- Thin to proper stocking (number of trees per acre). In TIST, we can select up to 5% of our trees, after 10 years, thinning by selecting as they grow, and providing income.
- Remove dying, diseased, decaying, and poor-quality trees.

- Protect trees from logging damage.
- Use low-impact logging methods.
- Promote tree species diversity.
- Monitor your forest for insect and disease outbreaks.
- Cooperate with government agencies in controlling forest insect and disease outbreaks.
- Prevent wild fire.

DO NOT do this



Clear cutting

DO THIS



Single tree selection



Nursery Care.

A. Pest control.

Organisms like fungi, bacteria, viruses, nematodes and insects (e.g. ants, termites, aphids) can damage seedlings.

A common nursery disease is called damping off and is caused by fungi. It causes seeds to rot before germination, roots to decay before the shoot appears and the shoot to become thin and collapse.

The typical symptoms are:

- The thinning and death of the stem at ground level.
- The subsequent wilting and falling over of the seedling.
- The leaves turn yellow.
- The seedling eventually dies.

Control damping off by:

- Changing seedbed soil every 1-2 years. Loosening the soil also helps.
- Immediately removing affected seedlings and burning them.
- Avoiding excessive watering.
- Ensuring good drainage.
- Providing better aeration.
- Weeding effectively and on time.
- The soil should not be overly fertile. The proper ratios of the soil should be followed. Reduce nitrogen content by applying less manure.
- There should be enough spacing between seedlings to avoid overcrowding.
- Make sure that the nursery is clean at all times.

Diseases can also be managed by the proper use of chemicals and insecticides. It is best to use natural insecticides as chemical ones can be expensive and may damage the environment e.g.

- Application of ash.
- Ensure the seedbed is clean to avoid encouraging pests.

B. Root pruning.

Move the seedlings around once a week so that the taproots do not sink into the ground and need to be cut. A healthy taproot helps the trees get water after transplanting.

When the seedlings are growing in the pots after 3-4 months (depending on species and climate) their roots start to grow out of the bottom of the pots. These roots should be cut every 1-2 months with knives. Note that care must be taken when lifting the pots so as not to damage the young roots.

Alternatively, try the raised nursery beds (see Unit 4) which reduce the need for root pruning as the roots drop off naturally.

C. Watering, weeding and shading.

- Sprinklers should be attached to the watering cans so as not to cause soil erosion.
- You can also use a pierced tin.
- Avoid too much or too little watering, roughly 20 litres for 1000 seedlings. Too much water can weaken the seedlings and attract pests and fungus. One sign of over-watering is a thin film of algae or green moss on the soil surface.
- Water every morning and evening when possible.
- Sandy soils will need more watering than clay soils.
- Direct the water to the soil, not to the leaves.
- Water slowly to ensure it penetrates the soil.
- Be careful not to damage roots when weeding.
- Do not leave the weeding too late. Weeding is necessary as the weeds increase competition for light, soil water and nutrients.
- Some seeds require shading – make sure simple shades are constructed.
- During the rainy season, cover the seedlings using dry grasses or hay. Seedlings should be moved away from under trees so water does not drip onto the seedlings and cause damage.
- Fence off the nursery to protect from cattle and playing children.
- Let the seedlings grow to about 30 cm before transplanting. This may take from 1 month to 6 months. See transplanting notes. Also remove the shade during this time.

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Mkutano wa Nguzo wa Mitoro TIST uliofanyika tarehe 10/03/2026. Wajumbe waliohudhuria walikuwa 91. Wanawake - 54, Wanaume - 37. Mkutano unaofuata utafanyika tarehe 14/04/2026.

- Inside:**
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TIST: Gatukumenyothie jegie mubango wa marihi ja baita ya mwaka jwa 2025.

Oja uria twagwetete mweri muthiru kiri ngatheti iji,twitite mbere kubanga marihi ja baita ya mwaka jwa 2025.

Nitwagwetete ati, nitukwaraniria tuumba kumenya kethira tukariha maita jathatu oja uria kwari kiri 2024 kana ni marihi maita jairi. Turi na ntumiiri injega! Gakundi kanini niko gakuaga kethira kariwe maita jairi kana maita maingi nkurukiona nkinya o mweri kiri marihi ja baita ya 2025.

Nitukwenda kuririkania tukundi tuning ati kethira kuri marihi ja 2024 batoomba kugwata jagaikua kiri marihi ja baita ya 2025. Nibweega waranirie na clasta servant waku kana mutongerabwa clasta voucher iria itoomba kuriwa. Menya kuuma kiri atongeriba baba kethira gakundi gaku ni gakinyaniritie mantu jaria jendekaga nikenda koomba kwona marihi.

Oja kiri marihi jonthe ja baita,mantu jaria jakwendeka kiri marihi ja baita ya mwaka jwa 2025 na nkinya marihi jaria jetite mbere ja minimum payments jakari ja uju :-

- ✓ Miunda yonthe ya gakundi nonkinya ithire itariri miti ndeene ya kagita ka mieri ukumi na iiri (au mbere yari mieri ukumi na inana).
- ✓ Nonkinya GHG ya gakundi ithirwe icaini na igatumwa kiri mitandao.
- ✓ Nonkinya miunda yonthe ithirwe ijukiritue ngano cia Uma na cijurirue ja (mwene muunda,kuthamua kwa ngugi iria ciritagwa muundene kana ugiti miti).
- ✓ Miunda yonthe ithirwe itegeri mbica igwitikirika.

- ✓ Gakundi kari na muunda no jumwe jugwitikirika kiri muradi.
- ✓ Gakundi kanini gatirititue kuuma kiri mitandao ya TIST.
- ✓ Gakundi gaku gatinyihitie miti imingi kana tani.

Ni untu bwa gitumi gakundi gaku karitanie ngugi na clasta servant nikenda koomba kugwata marihi. Clasta servant waku ari na umbani bwa gutega kuuma kiri mitandao ya TIST mantu jonthe jegie gakundi gaku Kiri-Quality Assurance kana Farmers page.

Oja uria kwari kiri marihi ja baita,marihi jakathithua gukurukiira Mpesa. Mumemba uria buthuurite ekirwa mbeca akagwata marihi kuuma Kiri Clean Air Action Corporation na one ntumiiri ya thimu. Mbeca cia kurita nicingeri kiri marihi. Clasta servant agacoka atumire amemba bangi bairi ja bo akuuji ntumiiri ya thimu kwonania mbeca cia gakundi igukinya.Nibweega kagita konthe gwika rekodi cai gikundi jegie marihi na ngugi ingi.

Tigiira magita jonthe ni ukuthingatiira mawatho ja TIST. Mumemba uria utumagirwa mbeca ari na ngugi ya gutigiira namba ya thimu na ya kibandi ikwandikwa bweega.Na kairi,atigiire amemba bonthe ba gikundi bakugwata mbeca ciao na kagita gakega.Ikeni rekodi.Ni mugaru na mawatho ja TIST kugaa mbeca cia gakundi kiri muruti ngugi wa TIST kana muntu o wonthe uria gakundi gatiitikiritie.

Kethira Uri na kiuria Kia marihi ma gakundi gaku, Niwega warie na clasta servant waku kana mutongeriba wa clasta kana Jane 0713436028 kana Kibe 0722909647.



Mbura ni ikinyite - Ni kagita ga kuanda miti ingi imingi.

Kuthondeka miti ya kuanda (kumiritana kuumiria uumu).

Nandi niuntu mbura ni ikinyite, nibweega kuanda miti iria igukari kiri nasari. Ni untu bwa bata mweri juju gutigiira miti iri tayari kuritwa kuuma kiri nasari na gwikia muundene kuandwa.

Miti iji ya nasari ni bweega kumibanga niuntu bwa guntunkuria igeta muundene kuri na uumu. Kethira miti ni iramenyeeri bweega kiri nasari, nonkinya ithirwe ni iragwataga ruuji rwa kugana na nkinya mwigunyi untu buria itikoona yaandwa muundene. Nibweega wambirie kunya ruuji na urekerie miti iringwe ni riuga rionthe, kumibanga kumenyeria yeta muundene.

Njira ya kumenya Miti imiega ya kuanda.

Kwa njira ya ukuhi (no ririkana mithemba ya miti iri na njira nkurani ya kumenya) miti iria miega ya kuanda ithagirwa:-

- Muti mwena wa iguru nonkinya kwithirwe na utakua maita jairi ja miiri kana mukuo uria ianditwe.
- Muti jwithirwe juri na uriku.
- Muti jwithirwe juri na tumiiri tutwingi Amwe na miiri ingi.
- Miti imingi yumbaga gukinyaniria mantu jaja mieri iiri kuuma yamera.

Kuanda miti muundene.

- Kamata miti irungi bweega.
- Thima irinya ria waria bwa 30cm.

- Ika mithetu jwa iguru mwanya.
- Inja mithetu jungi nkinya 30cm na woke mwanya.
- Ikira mati kiwangobgia 5cm (mati ja moomo kagita Ka mbura na mati jatiumi kagita Ka riuga) ikundi imwe ni ciikagira mboleo.
- Rita Miti kuuma kiri mubuko.utikaritanie muthetu aria Kiri na miiri.
- Igiira muti irinyene.
- Cokia muthetu jwa iguru mbere, ongera methetu juria jwa nthiguru iguru.
- Ikundi imwe itikunikanagia irinya, batigaga kaanya kanini. Kaanya gaka niko kagwataga ruuji rwa mbura na kuthungira ndeene ya Muthetu.
- Untu bubu ni bwa gitumi muno kiri gintu gu kuumu.
- Muthetu jungi no jwikwe mwena kugwata ruuji na gucokia irinyene.
- Ikira muti ruuji.

Nibweega uririkane nikenda miti yaku yumba gukura bweega yonthe, amanda na utiganu wa 3m - 4m. Ukaanda ikuaniritie muno miti yaku itiumba kugwata ruuji na mboleo iria ikwenda niuntu bwa gukuhaniria. Miti yaku itikuura bweega na yomba kuuma. Thingatiira njira injega ya utiganu bwa 2.5 M - 3M.



Gucaa Miti yaku nikenda ikura bweega na kugiria gutema miti yonthe.

Turi na gikeno niuntu akuhi arimi bonthe ba TIST nibakuthingiira TIST Values na nkinya kuthingiira contract iria bacainite.

Gitumi gia gwikara ugicaa miti nikenda yumba gukura bweega na kwongeera baita miti iria yatigwa. Riria miti yacaiwa nitwonaga nku,ikingi, mbao cia gwaka na baita ingi kiri murimi wa TIST. Giki nikio gitumi twitikaniriitie kumenyeera miitu na njira ya guketha 5% ya miti o kiri mwaka kuuma miti yakinyia miaka 10.

Riria murimi umwe abanga gutema miti yawe yonthe, niaretagira thina arimi bangi ba TIST na gakundi kawe,ba clasta yawe na nkinya kiri nthiguru ya Kenya. Itagaria ria amemba ba kai norirete thina inene kiri muntu wonthe. Turi na mwirigiiri amemba bangi ba gakundi na amemba ba clasta ni bagutigiira na bakoona guti muntu gutema miti riria atibataritue.

Riria twacainire GhG,nitwetikiririe ati tukamenyeera miti iria tuandite ya TIST na turekerie ikure gwa kagita ka miaka 30 mbere ya kumiketha.Giki nikio gitumi tubataritue

kuthugania bweega ni miti mithemba uriku ibatii kuandwa miundene yetu. Kurita miti yakuhaniria na gucaa mpang’i imwe nigutethagia kureka miti ikura bweega na gutua mabata jamwe o miti igikuraga.

Gitumi gia gucaa miti ni kumithondeka ithirwa na ugima mweega jwa miti na nkinya mwitu. Bubu buthithikaga kugitira mitiniria “miega” ndeene ya mwitu na kurita ingi. Kiri mithemba imingi, Miti ya kurita ni iria minene irungi iri yonka. Miti ithagirwa iri na mabata mwanya kuringana na mithemba jwa ju,aria juri na njira ya kuanda (mwitu, miti amwe na imera, kugitira ruugo) na kurua na ugaruruku bwa riera no miti ingi iri na itumi mwanya.

Gukuria miti iria na inya na miega, utiganu bwa mita ijiri na nkuruki ni mweega. Utiganu bubu nimwega kiri miti imingi ya TIST no ririkana miti imwe ni yendagua utiganu munene ja miembe kana macadamia. Kunenkera miti utiganu munene niwega niuntu bwa kugwata biakuria na ruuji na kuumba gukura weega. Kuanda miiti ikuaniritie nigwitikirikite Miti iri minini. O uria Miti igukura, miti imwe ikethira iri minene nkuruki ya ingi. Miti iji niyo ibatii imenyeerwe.



Kiri kumenya ni miti iriku ya kurita,tega miti iria miega na wone utiganu wayo.Kethira utiganu ti mweega,rita iria ikuhiritie.

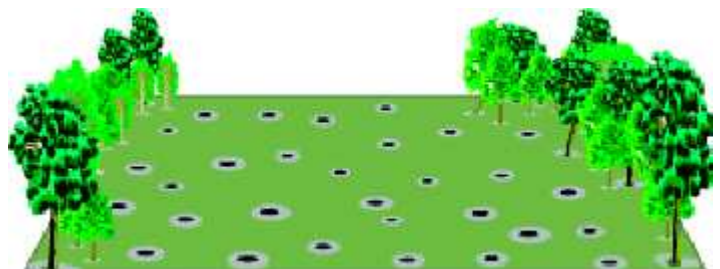
Riria ukubanga kurita miti imwe,ririkana gukura kwa miti kuri mwanya na mithemba ya miti. Kethira muembe nijugukura akuhi na mwitu wa mikima,muembe jukethirwa juri munini na jugikuura mpaari gukira mikima iria igakuura na mpui,no jutibatirie gutemwa niuntu niju munini. Muembe juri na baita nkuruki niuntu bwa baita ya matunda ja kuria na ja kwendia.

- Ikiira uandi wa miti mithemba imingi.
- Tegaga miti yaku kuumania na winyangia wa tunyomoo na nkinya mirimu.
- Itania na mubangire jwa thirikari jwa kugitira miitu kuuma kiri tunyomoo na mirimu.
- Gitira miti kuumania na mianki.

Njira injega riria gucaa miti.

- Tigiira Miti ya matunda ni igukura.
- Rita miti utige iria ibataritue kuringana na utiganu (miti kiri acre) kiri TIST no ukethe 5% ya miti kiri mwaka yathiria mia 10.Rita o uria igukura na ukagwata baita.
- Rita miti iria igukua,Irina mirimu,na miti iria iti miega.
- Gitira miti kuumania na winyangia kagita ka guketha.
- Ntumira njira iria itikenyangia miti riria uguketha.

UTIKATHITHIE UJUE



Gutema miti yonthe

THITHIA UJU



Kurita miti jumwe jumwe



Kumenyeera minanda.

A. Kunyiya tunyomoo.

Tunyomoo notuthukie miti iria ikuuma. Kurina murimo jumwe juria jwonekaga mono kiri minanda juria juretagwa ni fungi. Nijutumaga mbeu ikaumma mbele ya iuma, miri ikoora mbere ya kimera kiumira na ringi kimera kiu gikuuma gigaceng'a na gikagwa. Murimo juju jwonekaga aria:

- Kimera kiu gikuuma gigaceng'a na gigakua mbele ya kiumira iguru ria muthetu.
- Kimera kiu gikuuma kinyaraga na kugua.
- Mathangu nijagarukaga jakaa yellow.
- Muti nijukuuwaga nyuma ya kagita.

Murimo juju nojuthirwe na njira ya:

- Kugarura muthetu jwa munanda o mwaka kana o miaka iiri. Kuunanga muthetu kinyaku nigutethagia.
- Gwita kimera kiria kiajitue orio na ugakiithiria.
- Kwebera gwikira ruuji rurwingi nkuruki ya ruria rukwendeka.
- Kumenyeera ati ruuji rutikwigara.
- Kumenyeera ati kurina ruugo bwega.
- Gukurira iria bwega na kurio.
- Muthetu jukethira junori mono. Uungania muthetu na mboleo uria kubati. Nyiyia nitrogen iria ugwikira na njira ya kunyiyia mboleo.
- Nikubati kwithirwa kurina kanya gakeega gatigati ka miti nikenda itainyane.
- Menyeera ati munanda nijutheri magitene jonthe.

Mirimo no inyiwe na njira ya utumiri bubwega bwa dawa cia tunyomoo. Ni bwega nkuruki gutumira dawa iti cia nduka niuntu cia nduka ciri goro na nocithukie naria gututhiurukite. Mung'uanano;

- Utumiri bwa muju.
- Kumenyeera ati munanda nijutheri nikenda jutigakucie tunyomoo.

B. Kunyiya miiri.

Garurira aria o muti juri rimwe o kumia nikenda miri imiraja itigatonye muthetune mono iija gwitia kugitwa. Muri jumwega nijutethagia miti gucua ruuji jwarikia kuthamirua muundene.

Riria muti juandi mukebene jwakinya mieri ithatu gwita inna (kuringana na muthemba na rera) miiri yaju niambagiria kumira nthiguru ya mukebe. Miri iiji nibati kugitwa o mweri jumwe gwitaiiri na gaciu. Menyeera riria ugukiiria mukebe utikagitarie miri iu niuntu itikuri.

Antu a kuthithia ou, geria gukiria munanda untu buria bunyagia bata ya kugita miri niundu miri nigujaga iri yongwa.

C. Gwikira ruuji, gukuura iria na kirundu.

- Tuminyi nitubati kwithirwa turina mikebe ya kuminya nikenda tutigatume muthetu jukamatwa.
- No utumire kinya mukebe jurina makutho
- Ebera gwikira ruuji rurukai kana rurwingi mono, ikira miti ngiri ruuji lita mirongo iiri. Ruuji rurwingi niruthiragia imera inya na rugakucia tunyomoo. Gintu kimwe kiria kionanagia ruuji rurwingi ni kuuma kwa imera bibinini bikari ja kimira muthetune.
- Ikira ruuji o ruukiri na ugoro kwombika.
- Muthetu jwa muthanga jukenda ruuji nkuruki ya muthetu jwa clay.
- Ikira ruuji muthetune ti mathangune.
- Ikira ruuji mpaari nikenda rutonya muthetune.
- Menyeera utikagitarie miiri riria ugukurira iria.
- Ugeteera mono mbele ya ukuurira iria. Gukurira iria kurina bata niuntu iria karicindanagira weru, ruuji na irio.
- Mbeu imwe niciendaga kirundu – menyeera ati irundu nibithithitue.
- Mburene, kunikira mbeu na nyaki injumu. miti iu ikuuma nibati kuthamua kuuma ruungu rwa miti nikenda ruuji rutikagwire mbeu rugitaria imera.
- Irigira munanda nikenda ujumenyeera kuumania na ndithia na twana tuguchetha Reka miti iume mwanka uraja bwa centimita mirongo ithatu mbele ya kuthamiria muundene. Bubu no bujukie kuuma mweri jumwe gwita mieri itantatu. Thoma kwegie kuthamia. Rita kirundu riria ukwenda kuthamia.

Mazingira Bora

Newsletter April 2026

tist Growing Trees
Growing Leaders

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2. We are Accurate
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4. We are Servant to each other
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Kikuyu Version

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TIST: Kwibanga kwihariria niundu wa marihi ma faida cia share.

Ota uria twamumenyithitie mweri muthiru ngathiti-ini oro ino, no turakuhiriria marihi ma share ma mwaka wa 2025. No twamwirire ati no turaraniria kana no tugayanie marihi maita matatu (3) ta uria twarihire mwaka wa 2024 kana tugayanie maita meri (2). Turi na uhoru mwega! Ngurubu yanyu nini nio magutua kana marihwo maita meri (2) kana maita maingi - ona akorwo no ki mweri uria makwenda kurihwo marihi ma faida cia share cia 2025!

Ni tukumuririkania ati ngurubu yothe nini angikorwo kuri marihi matigarite ma mwaka wa 2024 makurihanirio hamwe na marihi ma mwaka wa 2025. Araniriai na muruti wira wa clasta na mutongoria wa clasta angikorwo kuri na voucher itari ndihe. Twiria kuri atongoria aya kana ngurubu yanyu nini ni ikinyaniirie ikiro.

Ota marihi maria mangi, Eligibility Requirement ya mwaka wa 2025 marihi ma PS na marihi mothe mahana ta uu;

- ✓ Ikundi ciothe gukorwo citaritwo kahinda-ini ka mieri 12 (tene irari meri 18).
- ✓ Ngurubu nini ciri na GHG contract igekirwo kiore na gwikirwo machini-ini.
- ✓ Ikundi ciothe ciri uhoru uciigie (mwene, gucenganio na uheria wa miti).
- ✓ Ikundi ciothe no uhothe kurumirira makinya macio.
- ✓ Ngurubu nini ciri na gikundi ona akorwo no kimwe kirekuria.

- ✓ Ngurubu nini ndiumite thiini wa mabuku ma TIST.
- ✓ Ngurubu yanyu nini nditete miti maingi / tonnes.

Ni wega ngurubu yanyu nini kurutithania wira na aruti wira a clasta niguu uhituke kwamukira marihi. Muruti wira wanyu wa clasta ari na uhoti wa kuingira TIST Website – Quality Assurance and Farmers page na kumenya uhoru wothe wa ngurubu yanyu.

Ota hau mbere marihi ma faida cia share, cikarihwo kuhitukira Mpesa. Muigu wa Mpesa akamukira marihi kuma kuri Clean Air Action Corporation na gutumirwo message ya ya kwamukira. Mbeca cia kuruta ni cikongererwo hari marihi. Muruti wira wa clasta nake atume e-voucher (kuhitukira SMS) kuri andu eri a ngurubu yanyu nini aria mucagurite na muigi wa Mpesa. Hingo ciothe, igai record ya marihi na maundu maria mangi mwikaga ngurubu-ini yanyu.

Hingo ciothe rumiririra ma TIST Values. Muigi wa Mpesa abatie gukorwo namba yake ya thimu na namba ya kibandi (ID) ni njega. Oro ho, tiguriria ati mumemba niamukira marihi make uria kwagiriire. Iga records. TIST ni iraregana ma mutugo wa kugana ndeto cia marihi kuri muruti wira oro wothe wa TIST na mundu ungi oro wothe utari na gikundi.

Angikorwo uri na kiuria kigie marihi ma ngurubu nini yanyu, ariria muruti wira wa clasta / mutongoria wa clasta kana Jane 0713 436 028 kana Kibe 0722 909 647.



Mbura niyurite – Kahindaga kuhanda miti makiria.

Kuhariria mimera niguo kuhanda mugundaini.

Riu tondu mbura niyurite, mimera niyagiriirwo nikuhandwo migundaiini kuuma nthari. Niwega mweri uyu gutigirira mimera iri ho ya kuhandwo.

Mimera yagiriirwo ni wambere kuharirio niundu wa riera iritu mugundaini. Angikorwo mimera nditoretwo wega iri nathariini, akorwo niirahetwo maai maingi na kiiruru gukira uria yagiriirwo kana gukira uria ikuheo yathii mugundaiini. Kahora kahora nyihia muhere wa maai na wehutie kiiruru hari mimera niguo ihote guikara migundaini

Mimera miega ikoragwo na;

Ta kioereria kiega, (ririkana mithemba ngurani ya miti ndihananaga) mimera miega ya kuhanda ikoragwo na;

- Mimera uraihe maita meeri gukira muri
- Mumeru ukorwo na hinya
- Mumeru ukorwo na miri miingi
- Mimera miingi niikinyanagiria maundu maya thutha wa mieri 2

Guthamia miti.

- Thamia mimera irugamite na iguru
- Cora tuthiururi twa warii wa 30cm mugundaini

- Eheria tiiri wa iguru
- Eheria tiiri ucio ungi urumiriire nginya uriku wa 30cm
- Ikira mahuti urku wa 5cm (nyeki nyumu hingo ya mbura nanjigu hingo ya riuu) ikund ingi cihuthagira thumu
- Ruta mimera kuuma maratathiini na ndugatinie gatiiri karia kari muthiaini wa muri
- Ikira mimera irimaini
- Ikira tiiri wa iguru na ucokerere na ucio ungi.
- Ikundi ingi citihuragia irima na tiiri biu. Njira ino niiteithagiriria maai ma mbura kuingira irimaini na gutonya tiiriini na njira ino ninjegamahinda ma riuu.
- Tiiri uria ungikorwo utigarite nouugo nakianda ia irima niguo uhingiririe maai.
- Itiriria mimera maai.

Ningi tigirira niwahee mimera maundu mega niguo ihote gukura wega na kuhanda na utaganu wa 3cm-4cm. ungimihanda ikuhaniriirie ndikuhota gukinyirwo ni maai na unoru wa tiiri uria irabatara tondu kuri na ucindani na indo ingi. Niikwaga hinya na noyume, kwa uguo rumirira maundu ma gutagania 2.5-3cm



Guceha na gutagania miti yaku niguu ikure wega.

Turi na gikeno nigukorwo hakuhi amemba othe a TIST ni marumagirira TISTValues na guturira kiria mekirire kiore.

Gitumi gia gutaganura miti niguu kugia na miti iri na ugima mwega na muti kugia na gukura uri na hinya. Miti iria yatemwo itwikaga ngu, ikingi, materia cia gwaka na uteithio ungi kuri murimi wa TIST. Giki nikiyo gitumi kiria gituma tuge mutitu mwega ugethagwo miti itakiritie 5% oro mwaka thutha miti gukinyia miaka 10.

Hindi iria mumemba wa TIST eciria gutema miti yothe gwake mugunda-ini atukagirira amemba aria angu ngurubu-ini yao, clasta na Kenya yothe. Mahitia ma mundu umwe mathukagirira mundu wothe. Ni wega mumemba wa ngurubu nini na mumemba wa clasta kwaraniria na gutigirira gutiri mumemba watema miti itakinyaniiri ikiro.

Riria twekirire kiore kia GhG areement, twaigwithaniire kumenyerera miti iria twahanda niundu wa TIST nginyagia ikure handu-ini ha miaka 30 itari yagethwo. Nigwo ni wega gwichurania ni miti iriku urenda kuhanda mugunda-ini waku. Guthathaura na gucheha

kuigaga miti iri miega na iri na hinya na gutuhe maciro mega hindi iria irakura.

Gitumi gia gutaganura na guceha miti niguu muti ukure uri ha hinya hamwe na mutitu uri wothe. Undu uyu wikikaga riria tamenyerera miti iria “miega” thiini wa mutitu na guceha iria ingi. Mithemba ingi ya miti guceha ni kweheria iria imirigiciirie iria iri na thamburi ciihandite. Muti no ukorwo na mabataro matiganite kuringana na muthemba wa muti, haria uhanditwo, muhandire (woodlot, kana ni utukanitio na mimera ingi kana mwena uria ruhuho rurauma) na riera, no miti ingi ndiri thina.

Gukuria miti iri na hinya, utiganu wa 2 metres kana makiria ni wagiriire. Utiganu uyu ukoragwo miti-ini maingi ya TIST no ririkana ati miti ingi ta maembe na makadamia ibataraga utiganu munene. Gutigithukania miti kunene kuheaga miti iyo mai na irio igikura. Gutumania miti itikiritio riria miti iri minini. Hindi iria miti irakura miti ingi ikoragwo iri minene gukira iria ingi. Ino niyo miti iria ibatie gutigio. Niguu umenye miti iria miega gutigia bara iria ikurite wega na igatigithukano wega. Ingikorwo ni mitumanu thathaura imwe.



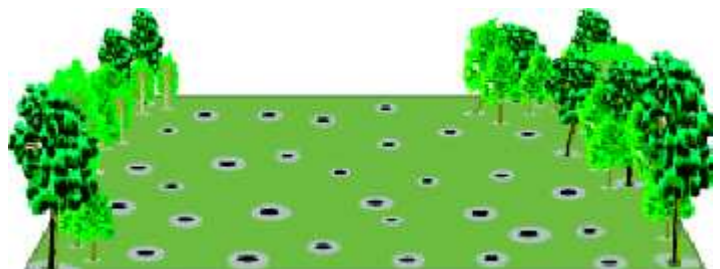
Ugitwa matua ma guthathaura, ririkana miti ndikura hamwe, imwe ni igucagia igikura. Angikorwo muti wa maembe uri hamwe na miti ya githungu (exotic trees) muti wa maembe no ukorwo ugikura kahora gukira miti ingi ya guthungu no ndibatie gutemwo tondu ni minini! Muti wa maembe uri na uguni munene niundu wa matunda magakuhe irio na kwendia.

- Thurima miti iria urahanda.
- Thurima mutitu waku hari tutambi na mirimu ingiumira.
- Nyitanira na thirikari kugitira miti yaku kumanagia na tutambi na mirimu.
- Gitira kumanagia na miaki ya mutitu.

Maundu maria mega ugithathaura miti.

- Itikiria mimera ingi gukura nginya muicho.
- Thathaura uria kwagiriire (miti iria yagiriire per acre). Thiini wa TIST, tuthuraga handu ha 5% miti itu, thutha wa miaka 10, tugathathaura o uria miti irakura, o igituheaga mbeca.
- Eheria iria miumu, mirwaru, mibuthu na iria iri na wathe.
- Gitira miti yaku kugwirwo ni miti ingi.
- Huthira njira itari ya kwananga ugitema migogo.

NDUGEKE UU



Gutema miti yothe

IKA UU



Guthurania imwe na imwe



Umenyereri wa Tuta.

A. Kugitira tutambi.

Indo ta fungi, bacteria, viruses, nematodes na tutambi(muthua, thuthi na ingi) nocithukie mimera.

Murimu uria uikaine muno wa nathari ni damping off na urehagwo ni fungi. Utumaga mbegu cieme mbere ya kumera, miri ibuthe mbere ya kumera na mimeru ikorwo iri miceke na ikoma.

Dalili ni;

- Gucekeha na gukua kwa mumera.
- Kuhoha na kugua kwa mumera.
- Mahuti gucunjia rangi.
- Mimeru gukua.

Kugiririra murimu uyu.

- Gucunjia tiiri wa nathari thutha wa miaka 1-2. Kuhuthia tiiri noguteithie.
- Kwehutia mimeru iria ihotetwo na kumicina.
- Ndukahe mimeru maai maingi makiria.
- Tigirira maai nimarathertera.
- Gutigirira riera ni riingi.
- Kurimira maita maingi.
- Tiiri ndwagiriirwo gukorwo uri na unoru makiria. Uigananau wa tiiri na unoru niwagiriirwo ni kurumirirwo. Nyihia nitrogen na gwikira thumu.
- Tigirira utaganu ni muiganu mugundaini.
- Tigirira nathari ni theru hingo ciothe.

Mirimu noihotwo na kuhuthira dawa iria ciagiriire nadawa cia tutambi. Niwega kuhuthira dawa cia kiimereracia tutambi tondu cia duka cirri goro na nocithukie maria maturigicirre.

B. Guceeha miri.

Garura mimeru rimwe hari wiki niguu muri wa itimu ndukaingire muno thin a niyagiriirwo ni gutinio. Muri mwega wa itimu uteithagia kugucia maai.

Riria mimeru irakura thutha wa mieri 3-4 9kuringana na muthemba wa miti na riera) miri yayo yambagirira gukura kuma nathi ya nathari.

Miri ino yagiriirwo nigutinio o thutha wa mieri 1-2 na kahu. Ririkana umenyereeri niwa bata riria uroya mikebe ya miti niguu ndugathukie miri.

Njira ingi, oya nathari na igurunjira iria igiragirira miri gutontya tiiriini na kumitina gugakorwo kuri kuhuthu.

C. Kuhe maai, kurimira na kuhe kiiruru

- Tunyamu twa kuhe maai twagiriirwo ni kunyitithanio na ndoo ya kuhe maai niguu tiiri ndugakuu ni maai.
- Nouhuthire mukebe muture marima.
- Menyerera ndukahe maai maingi kana manini, makiria 20lts har mimeru 1000. Ungihe maai maingi niukunina mimeru hinya na ugucirire tutambi na fungus. Dalili imwe ya gukwonia ati niurahe maai maingi ni mareru.
- He maai o rucini na hwaiini kungihoteka.
- Tiiri uri na muthanga muingi wagiriirwo niguitiririo maai maingi.
- Ikira maai mumeraini na ti mahutiini.
- Itirira maai kahora niguu maingire tiiriini wega.
- Menyerera ndugathukie miri riria urarimira.
- Ndukarimire riria mahinda mathire muno, kurimira k=ni kwa bata tondu riria niricidanagira maai na riuu na mimeru yaku.
- Mimeru ingi niibataraga kiiruru – tigirira niwegera kiiruru na mahuti.
- Hingo ya mbura, humbira mimeru na mahuti ma miti kana nyeki. Mimeru niyagiriirwo kwehutio kuma rungu rwa miti niguu miti ya kuma mahutiini ma miti ndigathukie mimeru yaku.
- Irigira nathari yaku niguu mimeru ndigathukio ni mahiu kana ciana cigithaka.
- Reke mimeru ikure nginya 30cm mbere ya guthamia. Njira ino noyoe kuma mieri 1-6. Thoma ugoro wa guthamia mimeru. Na ningi wehutie kiiruru kahiondaini gaka.

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- Ndani** ✓ TIST: Taarifa kuhusu Maandalizi ya Malipo ya Mgao wa Faida 2025. Uku. 2
ya
Gazetti ✓ Mvua imefika - Wakati wa kupanda miti mingine mingi. Uku. 3
✓ Kupunguza miti yako kwa ukuaji mzuri epuka kukata wazi. Uku. 4
✓ Utunzaji wa vitalu. Uku. 6



TIST: Taarifa kuhusu Maandalizi ya Malipo ya Mgao wa Faida 2025.

Kama tulivyotaja mwezi uliopita katika Jarida hili, tunalenga malipo ya Hisa za Faida 2025. Tulitaja zaidi, tulikuwa tukishauriana sana kama tulipe kwa awamu tatu (3) kama vile Hisa ya Faida ya 2024 au kwa awamu mbili. Tuna habari njema! Faida ya Hisa ya 2025 italipwa kwa awamu mbili (2)!

Tunataka kukumbusha kila Kikundi Kidogo kwamba malipo yoyote wanayodaiwa na ambayo hawajalipwa katika Hisa ya Faida ya 2024 yatarudishwa hadi Hisa ya Faida ya 2025. Tafadhali wasiliana na Mtumishi wako wa Kundi au Viongozi wa Nguzo kuhusu vocha yoyote ambayo imesalia bila kulipwa. Tafadhali wasiliana na Viongozi hawa ikiwa Kikundi chako Kidogo kimetimiza vigezo vya kustahiki malipo. Kwa Hisa ya Faida ya 2025, malipo yatafanywa kwa awamu mbili.

Awamu ya kwanza itakuwa 33% ya vocha yote wakati awamu ya pili itakuwa 67%.

Kama malipo mengine yote ya Hisa za Faida, Masharti ya Kustahiki kwa Malipo ya PS 2025 na Kiwango cha Chini cha Malipo yanayoendelea bado yanasalia kama ifuatavyo.

- ✓ Groves zote zimehesabiwa ndani ya miezi 12 (Hapo awali ilikuwa miezi 18)
- ✓ Kikundi kidogo kina mkataba wa GHG uliosainiwa na kupakiwa
- ✓ Groves zote zina taarifa sahihi za msingi (umiliki, uhamishaji, na ukataji miti)
- ✓ Groves zote zimeidhinisha nyimbo
- ✓ Kikundi kidogo kina angalau shamba moja hai

- ✓ Kikundi kidogo hakijaondolewa kwenye hifadhidata ya TIST.
- ✓ Kikundi chako Kidogo hakijapoteza miti/tani nyingi

Ni muhimu Kikundi chako kifanye kazi kwa karibu na Mtumishi wa Nguzo yako ili kuhakikisha unastahiki malipo. Mtumishi wako wa Nguzo ana uwezo wa kuangalia kutoka kwa Tovuti ya TIST - Ukurasa wa Uihakikisho wa Uboru na Wakulima - hali ya Kikundi chako Kidogo.

Kama katika Hisa ya Faida iliyotangulia, malipo yatafanywa kupitia Mpesa. Mlinzi wa Mpesa atapokea Malipo kutoka kwa Shirika la Clean Air Action na Ujumbe wa Uthibitishaji wa Mpesa. Mabadiliko ya Uondoaji huongezwa kwenye malipo. Mtumishi wa Nguzo kwa wakati mmoja atatuma vocha ya kielektroniki (Kupitia SMS) kwa mashahidi wawili wa Kikundi chako Kidogo na Mlinzi wa Mpesa. Daima, weka rekodi salama za malipo yako na shughuli nyingine za Kikundi Kidogo.

Fuata Maadili ya TIST kila wakati. Mlinzi wa Mpesa ana jukumu la kuhakikisha nambari zake za Simu na Kitambulisho (Kitambulisho) ni sahihi. Zaidi ya hayo, hakikisha Wanachama wanapata sehemu yao ya malipo mara moja. Weka kumbukumbu. Ni kinyume na Maadili ya TIST kushiriki malipo yako ya Kikundi Kidogo na wafanyakazi wowote wa TIST au watu ambao washiriki wako wa Kikundi Kidogo hawajawaidhinisha.

Ikiwa una maswali kuhusu malipo yako ya Kikundi Kidogo, tafadhali zungumza na Mtumishi wa Kundi/Kiongozi wa Nguzo yako au uwasiliane na Jane 0713 436 028 au Kibe 0722 909 647.



Mvua imefika - Wakati wa kupanda miti mingine mingi.

Kutayarisha miche ili kuihamisha (Kuitayarisha kuishi katika hali ngumu)

Sasa kwa kuwa mvua imefika, miche inahitaji kupandwa. Ni muhimu mwezi huu kuhakikisha kuwa miche iko tayari kuhamishwa kutoka kitaluni na kupandwa shambani.

Miche kwanza inahitaji kutayarishwa kwa hali ngumu iliyo shambani. Kama miche imekuwa ikichungwa vyema kitaluni, inaweza kuwa ikipata maji zaidi ya ambayo itapata ikishapandwa shambani. Kidogo kidogo, ipunguzie maji unayoipa na uifungulie jua lote kuhakikisha itaweza kuhimili uhamisho huu inavyofaa.

Sifa za miche mizuri

Kama mwelekezo wa kijumla (ukikumbuka namna mbalimbali huwa na sifa mbalimbali) miche mizuri ya kupanda huwa na sifa zifuatazo:

- Shina linapotokeza lafaa liwe na urefu wa mizizi au mfuko mara mbili.
- Shina lafaa kuwa lenye nguvu na gumu.
- Miche inapaswa kuwa na mizizi myembamba mingi pamoja na mizizi mikubwa.
- Miche mingi itakuwa na sifa hizi baada ya miezi miwili ikishaota.

Kuhamisha

- Beba miche ikiwa imesimama inavyofaa
- Pima duara lenye upana wa sentimeta thelathini shambani
- Toa mchanga wa juu na huuweke kwa pango

- Toa safu la pili la mchanga hadi sentimeta thelathini na uweke kwa pango lingine.
- Safu la nyasi sentimeta tano (nyasi kavu msimu wa mvua, nyasi mbichi msimu wa ukavu). Vikundi vingine huongeza mbolea pia.
- Toa mche mfukoni. Usivunje mchanga uliozunguka mizizi.
- Weka mche shimoni
- Rudisha mchanga wa juu kwanza, halafu safu la pili la mchanga.
- Vikundi vingine havijazi shimo hadi pomoni, ilhali huacha pengo lasentimeta chache. Hili husaidia kuingiza maji ya mvua shimoni na mchangani. Hili sana sana husaidia maeneo makavu.
- Mchanga ambao hubaki unaweza kuwekwa kwa pango kwa upande wa chini wa mche. Tendo hili husaidiakushika maji yoyote ya mvua na kuyarudisha shimoni.
- Chotea mche maji.

Kumbuka pia kuwa ili kuupa mche wako nafasi nzuri ya kuishi inafaa huipande ikitengana meta tatu kwenda nne. Ukiipanda karibu kuliko hivyo, miche yako haitapata maji na madini ya mchanga yote inayoitaji kwa sababu ya ushindani mwingi. Itakosa nguvu na yaweza kufa, kwa hivyo fuata mwenendo mwema zaidi wa kutenganisha kwa meta mbili na nusu kwenda tatu.



Kupunguza miti yako kwa ukuaji mzuri epuka kukata wazi.

Tunajivunia kuwa karibu wanachama wote wa TIST wanafuata Maadili ya TIST na wanaishi kulingana na mkataba waliotia saini.

Madhumuni ya kuwa na kukonda mara kwa mara ni kufikia ukuaji wa juu na thamani ya miti iliyoachwa imesimama. Vipandikizi pia hutoa kuni, nguzo, vifaa vya ujenzi, na manufaa mengine moja kwa moja kwa mshiriki wa TIST. Ndiyo sababu tuna sera ya kuunda msitu endelevu kwa kuvuna tu kiwango cha juu cha 5% ya miti kwa mwaka baada ya miti kuwa na miaka 10.

Mwanachama wa mara kwa mara wa TIST anapoamua kuondoa shamba lake, huwadhuru washiriki wengine wote wa TIST katika Kikundi chao Kidogo, katika Kundi lao na katika Kenya yote. Matendo ya watu wachache sana yanaweza kusababisha matatizo makubwa kwa kila mtu. Tunatarajia washiriki wengine wa Vikundi Vidogo na wanachama wa Nguzo kuwa makini na kuhakikisha kwamba hakuna mtu anayekata miti kabla ya kutakiwa.

Tulipotia saini Mkataba wa GhG, tulijitolea kudumisha miti tunayopanda kwa TIST ili iweze kukua kwa miaka 30 kabla ya kuvuna. Hii ni sababu moja ni muhimu sana kufikiria kwa

makini kuhusu aina gani za miti tunataka kukua kwenye mashamba yetu. Kukonda na kupogoa kunaweza kusaidia kuweka miti yenye afya na kutoa bidhaa muhimu wakati miti inakua.

Madhumuni ya kupunguza na kupogoa miti ni kuboresha afya ya mti mmoja mmoja, pamoja na afya ya misitu kwa ujumla. Hii inafanywa kwa kulinda miti “bora” katika msitu na kupunguza wengine. Kwa spishi nyingi miti nyembamba kuzunguka ni miti mikubwa zaidi, kila moja ikiwa na shina moja iliyonyooka. Miti inaweza kuwa na mahitaji tofauti ya nafasi kulingana na spishi, mahali, mtindo wa upandaji (sehemu ya miti, iliyojumuishwa katika shamba la mazao, au kizuizi cha upepo), na hali ya hewa, lakini kanuni za jumla zinatumika.

Ili kukua miti yenye afya, umbali wa mita mbili au zaidi unapendekezwa. Nafasi hii inafanya kazi kwa miti mingi ya TIST lakini kumbuka baadhi ya miti inahitaji nafasi zaidi kama vile maembe na makadamia. Kuipa miti nafasi ifaayo huisaidia kupata maji ya kutosha na virutubishi ili kukua kwa uwezo wao kamili. Nafasi ya karibu inakubalika wakati miti ni michanga. Miti inapoanza kukomaa, miti mingine itakuwa mikubwa na yenye nguvu zaidi kuliko majirani zao. Hii ndio miti ambayo inapaswa kuhifadhiwa.



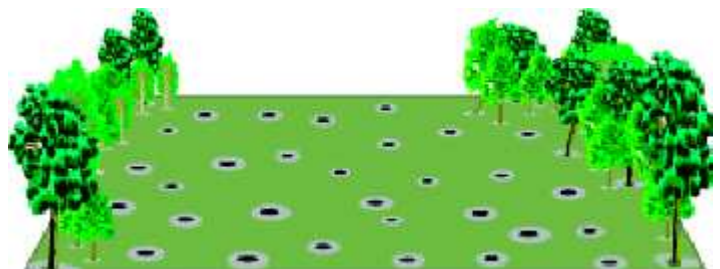
Katika kuamua ni miti gani inapaswa kuondolewa, angalia miti bora na uamue ikiwa imepangwa kwa nafasi ipasavyo. Ikiwa sio hivyo, unapaswa kuondoa miti iliyo karibu. Unapofanya uchaguzi wa kukonda, kumbuka kwamba kiwango cha ukuaji hutofautiana sana kulingana na aina. Ikiwa mwembe unakua karibu na Grevilia nyingi, embe inaweza kuwa ndogo sana na kukua polepole kuliko Grevilia inayokua haraka, lakini kwa hakika haifai kukatwa kwa sababu ni ndogo! Mti wa mwembe una umuhimu mkubwa kutokana na manufaa yake katika kuzalisha matunda kwa ajili ya chakula na uuzaji.

Mbinu Bora wakati wa kukonda.

- Ruhusu miti ya mazao kukua hadi kukomaa.
- Nyembamba hadi kuhifadhi vizuri (idadi ya miti kwa ekari).
- Katika TIST, tunaweza kuchagua hadi 5% ya miti yetu, baada ya miaka 10, tukikonda kwa kuchagua inapokua na kutoa mapato.
- Ondoa miti inayokufa, yenye magonjwa, inayooza na isiyo na ubora.
- Linda miti kutokana na uharibifu wa ukataji miti.

- Tumia mbinu za ukataji miti zisizo na athari.
- Kukuza aina mbalimbali za miti.
- Fuatilia msitu wako kwa milipuko ya wadudu na magonjwa.
- Kushirikiana na mashirika ya serikali katika kudhibiti milipuko ya wadudu wa misitu na magonjwa.
- Zuia moto wa porini.

USIFANYE hivi



Kukata kwa Uwazi

FANYA HIVI



Uchaguzi wa mti Mmoja



Utunzaji wa vitalu.

A. Kudhibiti wadudu.

Viumbe hai kama fungi, bakteria, virusi, minyoo na wadudu (kwa mfano mchwa, vikugu) waweza kudhuru miche.

Ugonjwa aina moja unaopatikana sana katika vitalu huitwa 'damping off' na husababishwa na fungi. Ugonjwa huu husababisha mbegu kuoza kabla ya kuota, mizizi kuoza kabla ya mche kutokezea na mche kuwa mwembambe na kuvunjika.

Dalili za kawaida za ugonjwa huu ni:

- Shina hupunguza ukubwa wake na kufa linapofikia ardhi.
- Mche kunyauka nakuanguka.
- Majani yanageuka manjano.
- Mche unakufa mwishowe.

Dhibiti ugonjwa huu kwa:

- Kubadilisha udongo ulio kitaluni kila mwaka au miaka miwili. Kutenganisha udongo pia husaidi.
- Kutoa miche iliyoathirika na kuchoma mara moja.
- Kuepuka kumwagia maji zaidi ya yanayotakikana.
- Kuhakikisha maji hayafuriki.
- Kuhakikisha hewa inafikia miti vizuri.
- Kutoa magugu vizuri na kwa wakati mzuri.
- Udongo usiwe na rutuba nyingi sana. Fuatilia viwango vya kuchanganya vinavyofaa. Punguza kiwango cha naitorjeni kwa kupunguza mbolea.
- Kunafaa kuwa na nafasi tosha kati ya miche ili kuepuka mfinyano.
- Hakikisha kitalu kipo safi kila wakati.

Magonjwa yaweza kudhibitiwa kwa utumizi unaofaa wa kemikali na dawa za wadudu. Ni bora zaidi kutumia dawa zilizo za kiasili kwani za kemikali ni ghali na zaweza kudhuru mazingira kwa mfano;

- Matumizi ya jivu
- Kuhakikisha kitalu kipo safi ili kuzuia kuwahimiza wadudu kuja.

B. Kupogoa mizizi.

Hamisha miche mara moja kila wiki ili mizizi mirefu isije ikaingia ardhini na kuhitaji kukatwa. Mizizi mirefu husaidia miti kutafuta maji baada ya kuihamishia shambani.

Miche inapoanza kumea katika mikebe baada ya miezi mitatu au mine (kulingana na aina na tabia nchi) mizizi huanza kukua na kutokea chini ya mikebe. Mizizi hii yafaa kukatwa kila miezi miwili au mmoja kwa kisu. Kumbuka kuwa mwangalifu unapoinua mikebe usije ukadhuru mizizi iliyo change.

Badala ya haya waweza kujaribu kitalu kilichoinuliwa ambacho hupunguza haja ya kupogoa mizizi kwani mizizi hujikata yenyewe.

C. Kunyunyizia maji, kutoa magugu na kivuli.

- Kinyunyizi lazima kishikanishwa na mikebe ya kunyunyizia maji ili kisije kikasababisha mmomonyoko wa udongo.
- Waweza kutumia mkebe ulio na mashimo.
- Jiepushe na kunyunyizia maji mengi au kidogo, nyunyiza lita ishirini kwa miche elfu moja. Maji zaidi ya yanayohitajika hufanya miche kuwa nyoofu na kuvuta wadudu na fungi. Dalili moja ya maji zaidi ya yanayohitajika ni kuwepo kwa safu nyembamba ya mwani jua ya udongo.
- Nyunyizia kila asubuhi na jioni iwezekanapo.
- Udongo wenye mchanga utahitaji maji zaidi ya udongo unaoshikana.
- Mwaga maji udongoni, si kwa majani
- Nyunyizia pole pole ili maji yaingie udongoni.
- Kuwa mwangalifu usidhuru mizizi unapotoa magugu.
- Usiache magugu kwa muda mrefu. Kutoa magugu ni muhimu kwani magugu humea na kushindania mwangaza, maji na virutubisho.
- Baadhi ya mbegu huhitaji kivuli – hakikisha umetengeneza kivuli.
- Wakati wa mvua, funikia miche ukitumia nyasi kavu. Miche yafaa kutolewa chini ya miti ili maji yasiangukie miche na kuidhuru.
- Tengeneza ua ukizunguka kitalu ili kulinda kutokana na mifugo na watoto wanaocheza.
- Lache miche imee hadi centimita thelathini kabla ya kuihamisha shambani. Hili laweza kuchukua mwezi mmoja au ata hadi miezi sita. Angalia maelezo kuhusu kuhamisha miche. Pia toa kivuli wakati huu.

Mazingira Bora

Newsletter April 2026

tist Growing Trees
Growing Leaders

1. We are Honest
2. We are Accurate
3. We are Transparent
4. We are Servant to each other
5. We are Mutually Accountable to each other

www.tist.org

Kikamba Version

TIST is an innovative, time - tested, afforestation program led by the participants.

Dial *709# (Safaricom) or *789*7000# (Other Networks) and get to know more about TIST and your Small Group. Follow the prompts. Safaricom is Free.



Mkutano wa Nguzo wa Mitoro TIST uliofanyika tarehe 10/03/2026. Wajumbe waliohudhuria walikuwa 91. Wanawake - 54, Wanaume - 37. Mkutano unaofuata utafanyika tarehe 14/04/2026.

- Inside:**
- ✓ **TIST: Kimanyithya iulu wa kwiymbanisa ndivi sya vaita wa kuaana wa mwaka wa 2025. Page 2**
 - ✓ **Mbua niyukie - Ivinda yingi ya uvanda miti ingi mingi. Page 3**
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 - ✓ **Kusuvia Kivuo. Page 6**



TIST: Kimanyithya iulu wa kwiymbanisa ndivi sya vaita wa kuaana wa mwaka wa 2025.

Uta undu twaeleisye ithanguni ya mwai muthelu tuendee na kwiymbanisa kwambiia ndivi sya kuaana sya mwaka wa 2025. Ingi nitwaeleisye, tuendee na kuneenania tumanye twiiva maita atatu ta mwaka wa 2024 kana maita eli. Twina uvoo museo! Kakundi kenyu niko kekuamua kana mwiiwa maita/mala eli (2), kana maita meana ona ethiwa ni kila mwai ethiwa niw’o mukwenda kuivwa ndivi sya vaita wa kuaana wa mwaka wa 2025!

Twienda ulilikania kila kakundi kana ndivi yonthe itendive kwa vaita wa kuaana wa 2025 nukuiwva vamwe na vaita wa kuaana sya 2025. Kwawinyivyo wikulwa muneenanie na muthukumi wa ngwatanio yenyu iulu wa vokya (ithangu ya ndivi) yithwa yitiele yite yiive. Kwandaia manya kuma kwa atangoi ma kakundi kenyu kana nikavikiie kila kyendekaa kutalika kwa ndivi.

Otaundu twithiitwe tuyika kwa ndivi isu ingi mbituku, ve syindu ila iinyiva syendekaa nikana mutalike kwa ndivi kuma ya 2025 na iilyi ta uu:-

- ✓ Miti yonthe yaile ithiwa yimivitukithye katikati wa kilungu kya myai 12 (mbveeni inai myai 18).
- ✓ Kakundi kenyu kaile ithiwa kekiite saii wiw’ano wa GHG na ukekiwa mitandaoni.
- ✓ Kila miti nonginya yithiwe na uvoo waw’o wa miti ila yaivo mbeeni. (Mwene, uvinduku wa kuthamya/kukuania na mutu kutemwe).
- ✓ Miti yoonthe yaile ithiwa na uvoo/thuva utaiika.
- ✓ Kakundi kanini kaile ithiwa na miti kisioni kimwe iendee na ikwoneka.

- ✓ Kakundi kanini kayumaw’a nthini wa mavuku ma TIST.
- ✓ Kakundi kenyyu kayaile kwithiwa kaitye tani /miti mingi.

Ni undu wa vata kwa kakundi kenyu kuthukuma vamwe na muthukumi wa ngwatanio yenyu nikana kuikiithya nimwavitukithw’a kukwata ndivi. Muthukumi wenyu wa ngwatanio ena utonyi wa kuisya kuma mitandaoni (website) ya TIST, Uikiithyo wa useo (Quality Assurance) na ithangu ya aimi (Farmers Page) iulu wa vala kakundi kenyu kaungamile.

Otaundu twithiitwe tuyika ivinda ya vaita wa kuaana, ndivi ikesilaa kwa Mpesa. Ula wina laini wenyu wa Mpesa nukukwata ndivi kuma kwa Clean Air Action Corporation na mesengyi ya kuikiithya. Ngalama ya kumya ilovia isu nimbongelelee n kwa indivi. Muthukumi wa ngwatanio onake ivindani yiu nukutumia ngusi ili ila sya Mpesa na aula wina ulaini wa Mpesa vokya ya mutandaoni ila ni (e-voucher) ta mesengyi. Ivinda yoonthe ia lekoti sya ndivi syaku na sya tukundi tunini vamwe na maundu ala maendee.

Ivinda yoonthe atia mawalany’o ma vata ma TIST. Ula wina laini wenyu wa Mpesa niwaile ikala ivinda yonthe kana simu wake na namba sya kivandi niendanitye. Ingi niwaile kuikiithya kila memba niwakwata ndivi ya uai wa vaita wa kuaana ivindani yila yailena kwia lekoti isu Mpesa. Nikuthi uvathukanu na walanio wa TIST kutavya/kuneenania na athukumi ma TIST kana mundu ungi w’ontho iulu wa memba/amemba wa kakundi kenyu undu mutetikilanite wikwe/withiwe.

Ethiwa wina makulyo iulu wa ndivi ya kakundi kenyu kwa winyivyo neena na muthukumi wa ngwatanio yenyu kana mutongoi wa ngwatanio yenyu kana ukune simu kwa Jane 0713 436 028 or Kibe 0722 909 647.



Mbua niyukie - Ivinda yingi ya uvanda miti ingi mingi.

Kusevya miti yikivuioni nikanya ithyamiw'e muundani/kithekani (Kumiumiisya)

Nundu yu mbua niyukie, miti ila yikivuioni niyaile uvndwa miundani. Ni useo kuikiithya miti ila yikivuioni yina ivinda yaile ya kuthamiw'a miundani.

Miti ino niyaile kuumiiw'a kwa kumyeteelya kuvanda kuithekani vala iteusuviwa muno ta kivuioni. Ngelekany'o ila yikivuioni nikwataa kiw'u kingi, muunyi kwi yathamiiw'a kithekani. Nikana iumiie niuseo kuola kiw'u kila uungithya na mavinda ala uungithya na kumiveta muunyi nikana wamithamya ndikew'e thina yithiwe itonya kumiisya.

Mbeu nzeo iilye yithiawa na mawonany'o mailye ata.

Kwa mithemba yoonthe nikana mithemba kivathukany'o yithiawa na mawonany'o kivathukanyo. Miti ya mbeu nzeo ilye uu

- Munguthe wayo ni muasa kundu kwili kwa mwii kana mbisu.
- Muthamba withiawa na vintya na wimunou
- Ingi yaile ithiwa natumii tungi twingi vamwe na mwii ula munene.
- Mithemba mingi ya miti yaile ithiwa na mawonany'o aya itina wa kumea.

Kuthamya.

- Mikue iungye ndukakulumanie
- Thima kyelenge kina uthathau wa 30cm kithekani vala uuvanda
- Umya muthanga wa iulu na uyumba kavumbu
- Umya muthanga ula uatiie ta uliku wa 30cm na uyumba kavumbu kangi.
- Ikia nyeki susue kisio kya 5cm ethiwa kwi mbua ongela vuu.
- umya ithanguni kana mbisuni na uyumya nesa ndukatilange mii.
- Vanda yiimani yiu
- Ususya na ula muthanga wayiulu
- Ikundi imwe iyusuasya muthanga vyu nimatiaa mwanya wa kiw'u. Kii kithiawa kiseo kya utwiikana kiw'u yila mbua yaua na kutetheesya kiw'u kunywa muthangani.
- Ngithya mbeu isu wavanda.

Ingi lilikana kunenga muti usu wavanda ivinda ya kwikala na uivanda utaaniu wa matambya 3-4. Wamivanda itherngeanie ndikwata kiw'u na unou mwianiu. Wavanda ithengeanie yiithiwa yimimosu na nitonya ukwa kwoou nikavaa kuvanda utaniiu wa 2.5-3m



Kutaanisa miti kwa kumiola nikana yiane nesa ndukendeew'e ni umyenga.

Twina muyo mwingi nundu vakuvi kila memba wa TIST niuatiie walany'o na mawiko mavata ma Tist na kwikala kuatania na wiw'ano ula twakiithiile kyaa / tweekiie sai.

Vata wa kwithiwa tuyiola miti kaingi nikana tuvikiie miti kwiana undu yaile na kwongela lato wa miti ila yatiwa yiungeme. Miti ila yatemwa nitunengae ngu, mikozo, miti ya kwaka, na vaita uka ungi kuma kwa TIST kw aula ni memba. Kii nikyo kitumi twina walanio wa kusevya mutitu kwa kuketha miti 5% ya miti ino kwa mwaka na ni itina wa muti kwikala myaka ikumi.

Yila kwa ivuso memba wa TIST waamua kwenga miti, niwithiawa anyiumisya amemba ma kakuni kake na amemba ma ngwatanio na aimi othe ma TIST Kenya. Meko ma aimi anini nimatonya kuete uthinio munene kwa kila umwe. Twienda kila memba ekale emetho nikana kuikiithya vai muimi uneenga miti yake mbee wa ivinda yila yaile kuma muimi wa kakuni kanene kuvika ula withinini wa ngwatanio.

Nyila tweekiie ngiithilo/saii wiw'ano wa GhG, nitweetikilanine kwikalya miti ila twavanda ungu wa Tist kumikalya kwa ivinda ya myaka 30 mbee wa kumiketha. Uu ni undu umwe wa vata wa

kwisilya nesa mbee wa kusakua miti ila tuuvanda miundani/ithekani situ. Kataanisa miti na kusea nikutumaa twithiwa na miti yianite nesa na ukutunenga matunda mailu na kwianisa mavata maitu ma utumii wa miti.

Vata wa kuola miti na kusea ni kwailya uima wa miti, na wa mutitu w'on the. Kii kikawa nikana kusuvia miti ila miseo na kumitaanisa nesa. Kwa mithemba mingi ya miti miti ila yaile kutaaniw'a ni ila mithathau, ila yina muthamba umwe, ila mulungalu. Miti nikwithiwa na vata kivathukanio ya utaaniu kwianana na muthemba wa muti, vala uvanditwe, vata ula uvandiwe (Wiiio, muunda, kusiia kiseve), na uvinduku wa nzeve, onakutwika kumwe utaaniu wianene nutumikaa.

Miti kwiana yina vinya, yina uima museo, niyendaa utaaniu wa mita ili kana itatu. Utaaniu uu ni uthukumaa kwa mutu mingi ya TIST indi lilikana kwi miti imwe ta miende na mikandania yendaa utaaniu munene. Nenga miti utaaniu museo kutetheesya kukwata kiw'u naliu kuma muthangani nikana yuane ivike vala yaile. Miti ithengeanie nisawa yi minini indi oundu yiendee na kuima ni w'o yaile utaaniw'a kwianana na uthathau ula iimaa yinaw'o. Miti mithathau yendaa utaaniw'a muno kute miti ila yianaa itena mbonge mbingi sya umithathasya. Mitii ii yothe



uekaa ikeana vamwe yi minini mbee wa kwambiia utaanisya nikana usakue ila ukuola nikana ukwate uthathau ula waile kwianana na muvai wa muti.

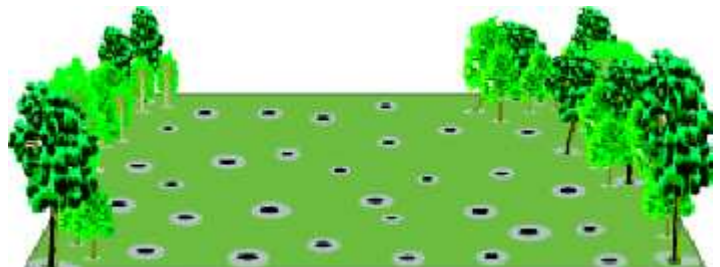
Yila uusakua miti ya kuola, lilikana kwiana kwa miti kwithiawa kivathukanio kulingana na muvai wa miti. Ethywa kiembe nikimeete vakuvi na musanduku muembe niwonekaa wi munini na uyiana mbola kwi musanduku, Indi kii kiyaiile utuma muembe uvetwa nundu nimunini! Kiti kya kiembe kithiawa kya vata kute musanduky nundu nikisyaa matunda ala niliu na ni uthoosya makaete ukwati.

Meko maseo yila uutaniisya miti.

- Eka miti ya mimea yiane iime.
- Kuola miti nikana yithiwe na utaaniu ula waile kwa eka umwe. Nthini wa TIST, nitusiasya na kusakua miti ya kuola kwa kilungu kya 5% itina wa myaka ikumi, Kuola kwa kusakua oiendee na kwiana na kutunenga ukwati.
- Kuveta miti ila myumu, miwau, mbou kana yianite nai.
- Kusuvia miti ndikatemangwe vate muvango.

- Kutumia nzia itena wasyo munene kuketha miti ya utumia.
- Kuthangaasya kulea kwaa kwa mivai kivathukanio.
- Kusyaiisya mititu ndikalike ni tusamu twakwananga kana uwau.
- Kukwatiania na mbonge sya silikali kuiita uwau wa miti na tusamu tula twanangaa mititu.
- Kusiiia kunyaiika mwaki.

NDUKEKE uu



Kwenga /kudemanga miti tuminite

IKA UU



Kuola miti nikana twianisye utaaniu mwailu



Kusuvia Kivuiio.

A. Kusuvia uwau na miimu.

Tusamu ta fungi, bacterial, virus, mithowe na tusamu ta (Nduti, Muthwa, syingolondo) nitonya kwananga tumime.

Mowau amwe makwataa mbeu yi kivuioni nita uthithu wina uundu ula uetae fungi. li nitumaa mimea yoa mbee wa itanamea kana mii ikoa mbee wa munguthe kumila na ethiwa mumea wii unambiia umea uimosi na ukw'a.

Mawonany'o amwe ma mowau aya nita:

- Kwosa kwa muthamba vaaya muthangani.
- Kuvova na kuvaluka kwa kamumea.
- Matu kutwika yelo.
- Kukwa kwa kamumea.

Undu utonya usiia uundu:-

- Kusesya muthanga wa kivuio kila itina wa mwaka kana miaka ili kila kietae kulekana kwa muthanga.
- Kuvetanga tumime tula twakwatwa ni uwau uyu na kutuvivya.
- Kunginya na kithimo vate kuvitukya kiw'u uingithya.
- Ikiithya kiw'u nikiuthi kinatumana.
- Eka muthanga withiwe ulekanitye nzeve ivite nesa.
- Ima nesa na ivindani yila yaile.
- Muthanga ndukethiwe wi munou kuvita kiasi. Kithimo kya muthanga kwavuu nikyaile uatiwa.
- Nivaile ithiwa na utaanu waile katikati wa mimea.
- Ikiithya kivuio nikitheu ivinda yonthe.

Mowau ingi mnomasiwe kwa kutumi ndawa nesa. Ni useo kutumia nzia sya kikamba kwi kutumia ndawa ikwananga mawithyululuko ngelekany'o

- Tumia Muu.
- Ikiithya kivuio ni kiime kiina yia nikana withie mututu ndina liu kwoou ndikuka kuete uwau.

B. Kusea mii.

Sokya tumime twaku kwa kyumwa imwe nikana mwii wa kuthi na nthi ndukangwate uendete na nthi na indi nikana usee mii ila yaasava muno . kii kitetheeasya miti kukwata kiw'u yathamwa kuma kivuioni na kutwawa muundani.

Yila tumime tuu tuendee kumea itina wa myai 3-4 (kulingana na muvai) mii yatwo niyambiia kumea na kumila ungu mathanguni ala ivanditwe. Mii ino niyaile utilwa kila mwai kuvika myai ili na kavyu. Manya kana niwaile usuvia yila ukukiklya mathangu aya kana mikeve/mbisu ila uviiite nthini ndukanange tumiti na mii. Ethywa ti uu tata utumie kivuio kya kitanda (Sisya uniti 4) kila nikiolaa vata wa kusea mii nundu ikitaa uniina.

C. Kungithya, Kuimia na Kwikia muunyi.

- Kikonyo kina mavuthi nikuyalie utumiwa mkungithyani nikana muthanga ndukakuwe.
- Ethywa ti uu no utumie mukeve wina maima kungithya kivuio.
- Ndukendeew'e ni kungithya na kiw'u kingi kuvituka kana kungithya na kiw'u kinini muno, tumia ta lita 20 kungithya tumime ta 1000. Kiw'u kingi nikietae undu ula uetae Fungus na kwongela tusamu tula twanangaa mimea. Wonany'o umwe wa kungithya kuvita kiasi ni kindiiu muthangani.
- Ngithya kila kwakya na mawioo vatonyeka.
- Muthanga wa thanganthi niwendaa kiw'u kingi kwi ilivi.
- Oneleelya kiw'u muthangani no ti matuni.
- Ngithya mbola nikana kiw'u kinywe muthangani.
- Sisya ndukanange mii yila ukuimia.
- Ndukeseumia yia yikalite, imia oundu yongelekete ute kuekeea yikambiie uania kiw'u kyeni, na unou wa muthanga.
- Mbeu imwe nisyendaa kwikiwa muunyi - kwoo ikia matambya makusyikiia muunyi ethwa ve vata
- Yila kwina munyao vrika muthanga wa kivuio na nyeki na ethywa ni meu ikia kitaalu kuete muunyi. Ethywa syi matanguni kana mbisuni/mikeve kua utwa ungu wa muti.
- Ili kivuio mbee wa kukua kuthamya tumime. nitonya ukua mwai kana myai ili kivuioni. wavikiia uthamya ingi vata muunyi ivindani yii.

Mazingira Bora

Newsletter April 2026

tist Growing Trees
Growing Leaders

1. We are Honest
2. We are Accurate
3. We are Transparent
4. We are Servant to each other
5. We are Mutually Accountable to each other

www.tist.org

Kipsigis Version

TIST is an innovative, time - tested, afforestation program led by the participants.

Dial *709# (Safaricom) or *789*7000# (Other Networks) and get to know more about TIST and your Small Group. Follow the prompts. Safaricom is Free.



Mkutano wa Nguzo wa Mitoro TIST uliofanyika tarehe 10/03/2026. Wajumbe waliohudhuria walikuwa 91. Wanawake - 54, Wanaume - 37. Mkutano unaofuata utafanyika tarehe 14/04/2026.

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TIST: Kolelitetab Logoiyotab Lipanosiek chebo Pjeutikab Melekweekab Kenyitab 2025.

Kou ye kikakimawa en arawanikonye en baruetab logoiwek, ketokinige lipanetab pjeutikab melekweekab kenyitab 2025.

Kikimwa kora kele kitebeebe en oret ne baraa angot kimuche kelipan en kebeberwek somok kou en pjeutikab melekweekab kenyitab 2024 anan ko konyil agenge. Kitinye logoiwek che miach! Katuienywong' ne Ming'in komuche kotil angot ko moche keliponchi konyil oeng' anan akot kosir oeng'- koboto akot keliponchi en arawet age tugul angot ko moche, en Pjeutikab Melekweekab 2025!

Kimoche kibwotin Katuiyet ne Mingin age tugul kele lipanosiek alak tugul che kimakilipan en 2024 ko tun kiliponi ak chebo Pjeutikab Melekweekab 2025. Kaikia omwochin Klboitinikuok chebo Isasamet ak Kandoikab Isasamet akobo vochait age tugul ne tomo kelipan. Kaikai ochigil ak kandoik ichetet angot ko ityin magutikab kikelipan Katuiyeng'ung' ne Ming'in.

Kou lipanosiek tugul chebo Pjeutikab Melekweek, ko Makutik che Nyolu en Pjeutikab Melekweekab 2025 ak tesetab taa nebo Magutik che mi Ng'wony ko uu che isibu:

- ✓ Nyolu ko kikiit Timwek tugul en arawek 12 che kokosirto (en taa ko ki arawek 18).
- ✓ Katuiyet ne Ming'in ko tindoo kayanchinet ak GhG ne kikinde siyet ak kiyokto.
- ✓ Timwek tugul ko tindoo logoiwek tugul che bo taunet (bo ng'oo mbaret, kasiptoet ak tiletab osnet).
- ✓ Timwek tugul ko tindoo ortinwek che kikiyan.

- ✓ Katuiyet ne mingin ko tindoo tmtto agenge ne tesetaa.
- ✓ Tomo keisto Katuiyet ne Mingin en koitetab TIST.
- ✓ Tomo kobet Katuiyet n Mingin ketik che chang.

Bo komonutiet kobois katuiyet ne mingin ak kiboitiotab isasamet kogeer kole koiti magutik tugul chebo lipanosiek. Tinye kiboitiot kamugut kochigil en TIST Website - Quality Assurance and Farmers page - ole uu katuiyet ne Ming'in. Kou en lipanosiek che kibo taa, keliponi melekweek kobun MPesa. Nyoru ripindetab legut lipanosiek koyob Clean Air Action Corporation koboto koborunet nebo logoiyot ne nwach. En lipanet ketestoo rabisiek che kinemuneen. En yoton kora koyokto Kiboitiotab Isasamet logoiyotab e-voucher en logoiyot ne nwach nebo sinoit koiti baorinbik oeng chebo Katuiyet ne Mingin ak Ripindetab legut. En kasarta age tugul igeer ile keriiib ng'alek tugul chebo lipanosiek ak boisionik tugul chebo Katuiyet ne Mingin.

Keer ile kesip makutik tugul che miachen chebo TIST. Ribindentab Legut kotinye boisiet kokeer kole mi komie nambaisiekab simoit ak kipandet. Kora, kokeer kole konyorchigee lipanosiek membaek en kasarta ne nwach. Konor logoiwek tugul. Machamtaiyat kepejeichi kiboitinikab isasamet rabisiekab membaekab Katuiyet ne Mingin komaiyan membaek.

Angot itindoi tebutiet age tugul akobo lipanosiekab Katuiyet ne Mingin, ko kaikai ing'ololchi Kiboitiotab Isasamet anan ko Kanoindetab Isasamet anan ibirchi simoit Jane en namba 0713 436 028 anan ko Kibe 0722 909 647.



Kokoroobon Emeet – Kasartab Minsetab Ketik che Chang.

Keer ile kechobchigee isibte ketik (Asi kokimekitu).

Amun kokoit ropta, ko kait kemiin ketik. Bo komonutiet kekeer kele chobotik ketik kisiipto en betitak kemiin en mbarenik.

Nyolu korook kechob ketik kokimekitu amun en sobet ne ui en mbar. Angot ko kikokiriib ketik en kabeti, komuche ko kikonyoor beek che chang ak urweet kosiir ole tun uu en kasarta ne kakimiin en mbar. Inaam ikochi beek che tutikin ak isibte koba asista asi komuch kokimekitu.

Ole uu ketik che kemine.

Kou oret nebo koborunet (ibwat ile ketik kotindoo terchinosiek) ketik che kimuche kemiin kotindoo koborunosiek cheu cheisibu:

- Oindab ketit ko nyolu konyilen oeng koindab tigitik anan ko mutura ne kikibiten.
- Nyolu ko kiim ketit ako uui.
- Nyolu kotindoo ketit tigitik che chang che mengecheen ak agenge n oo.
- Ketik che chang ko nyoru ichochu arawek oeng kokorut.

Ingisibto kemine.

- Isibten ketik kokotonoso komie.
- Imaar keringet en kokwoutikab sentimitaisiek 30 en mbar.

- Bolun ng'ung'unyekab barak ak iruruch en taban.
- Bolun ng'ung'unyek che rube akoi 30cm ak iruruch.
- Tuch ak suswek (suswek che yomotik en kasartab ropta, susek che twonen en kemeut). Tesin alak soroek/keturek kora.
- Iemun ketik en mutura. Rib komoistogee ng'ung'unyek che kinam tigitik.
- Inde ketik keringet.
- Inde kondo ng'ung'unyek che kokesib ibolu ak kosib che kobo oeng'.
- Bik alak ko motube keringet ak ng'ung'unyek tugul. Inoni ko asi kochamchi beek kotendeen koba keringet orit kochut ng'ung'unyek.
- Inoni ko bo komonutiet en komoswek che mata oo ropta.
- Ng'ung'unyek che kongheet kiruruche en tabanutab ketit. Inoni ko toreti kowis beek koba keringet orit.
- Inde/tumchin beek ketit.

Kora ibwat ikochi ketit kamuget konyor sobeet neo, imiin en kokwoutikab keliek anan ko mitaisiek 3 akoi 4. Angot imin korikiin ko monyorchingee beek che yome ak amitwagik che mokingee amun mii moyet neo missing. Chirendos ak komeiyo. Kou noton isib kokwoutikab mitaisiek 2 ak nusu ak 3.



Keisto ketik che kachilgee ko toreti korut komi ako mokitile tugul.

Kiboiboi amun nekit temik tugul chebo TIST kosibi Magutik tugul Che Miachen chebo TISTak en koyonchinet ne kikokinde siyet.

Amune asi keistote ketik che kachilgee ko komuch korut komie ak kelchinetab ketik che konget ko sobcho. Ketik che kokiistot kora koiiku kwenik, mugenik, lumeiywek, che kitegseen, ak kelchinoik alak che ityin membayatab TIST. Ntotn amunee asi ketoun ng'atutietab ketoo osnosiek che imuche kotestaa ole kimuche ketil ketik che mosire 5 en 100 (5%) chebo ketik en kenyt che kokosiir kenyisiek 10 ingemiin.

Oloon kang'eet membayatab TIST ak kotil ketik tugul, ko ng'eme membaek tugul chebo Katuiyet ne Mking'in, Isasamet ak Kenya komugul.boisietab biik che tutigin komuche kong'em chi tugul. Kimong'uu membaekab Katuiyet ne Ming'in ak membaekab Isasamet kogeer kole momi chito ne katil ketik kotom koit kasarta ne nyolu.

Ye kin kinde siyet koyonchinet ak GhG, ko kikima kele kiyoni kribchin TIST ketik en kenyosiek 30 kotomo kinaam kilul. Niton amune asi kobo komonjutiet kenai kele ketik che kimine ko cheu nee ako anchoon en

mbarenikiok. Ingistot ak kichoor ketik alak ko noton kokochin ketik kosobcho komie ak kokonech kelchinoik che miachen.

Ingeistoot ak kichoor ketik ko noton kokochin ketik kobwa komie ak kora kokochin osnet kokararanit. Kiyoe niton yon kokiriib ketik che 'kororon' missing en osnet ak keistoot alak. Ketik che kiistechin alak ko ketik che echeen missing ako che mi ko agenge ako kiteta. Ketik komuche kotindoo magutik che terchin kotienge kele ketik anchoon, ole kikiminchi, ak ole kikiminta (che kikiruruc, che kiking'ool ak minutik anan ko che tere koristo), ak atebeetab emeet, kobateen mi tuguk che kisibi en abokora.

Asi korut ketit kokimit ko nyolu kemiin en mitaisiek 2 anan ko che sire kou ole kimogtoo. Misoni ko boisie missing en ketikab TIST kobbateen nyolu ibwaat ile ketik alak komoche kemiin kolochin kou maembe ak macadamia. Ingemiin ketik ko lochin ko kokikochi konyorchigee beek che chang ak amitwogik asi komuch korut komie ak koityi ole kimoche keboisien. Chamtayats kemiin ketik korikigee olon ta komengecheen. Ingoekitu ketik ko mi che imuche koegitu kosir alak. Ichochu ko ketik che kimuche keriiib. Yon kimoche keisto ketik alak igeer ile anchoon che echeen missing ak inai ile anchon che kikimiin en kokwoutik che



nyolu. Angot komii che maitita kokwoutik che kimoche, igeer ile keiste choton ana ko che rubegee.

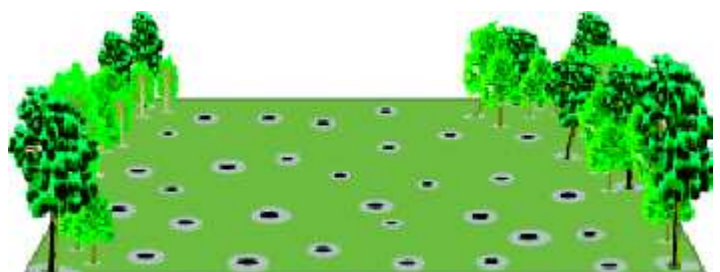
Olon iistoti ketik alak ibwat ile ketik ko rutu en chepchepinwek che terchin. Angot imiin maembe korupgee ak sebesebe, inai ile nyone mutyio maembe kosir sebesebe che rutu kochogu. Kou noton ko monyolu keisto kele amun mingin kosir sebesebe! Maembe k obo komonutiet amun yie logoek che kiome ak kimuche kialda.

Ortinwek che Miachen oloon Kiisto che kachilge.

- Bakach ketik che kiome kobwa akoi koegitu.
- Istoten akoi koit koitet ne kimoche en ekait. En TIST ko kimuche keisten ketik akoi 5% ye kaibata kenysisiek 10, keistote kotiengee ole rutundoo, ak ole konuntoo rabisiiek.
- Istoten ketik che meote, che miondos, che nuntos, ak che mo kororon.
- Rib ketik olon kilule alak.
- Boisien ortinwe che miach chebo kolulet.

- Tesaten ketik che terterchin.
- Chigil ketik en kotik ak tiong'ik che yachen ak mionwokik che imuche komong'.
- Oba kibagenge ak serikal en ribetab kutikab osnosiek ak mionwokik che mong'unote.
- Rib mostinwek che imuche kololio komakitet.

MAT IYAI inoni



Itil ketik tugul

YAI NI



Lewen ketik che itile



Ribetab kabeti.

A. Teretab susurik.:

Susurik kutik ak alak kou toik chepkimoik ak somunyk komuche kowech en kabeti

Miondo ne korom missing en kabeti ko koristo ikochin niiton nunet keswek. Kotomo korut

Tinye koborunet kouni:

- Sokite keswek ak koyam.
- Chorirendos sokek ak kobutyo.
- Tolelyokitu sokek.
- Nebo le komeyo.

Teret ne nyolu:

- Wal kabeti yeibata kenysisiek (1-2).
- Ketit ne kang'emak itutu.
- Mat inde beek che chang.
- Ker ile kosich ole mondoen beek.
- Ingonyor koristo.
- Sember en abogora.
- Mat konyor ng'ung'unyek anan okwoindo neo.
- Mat kochilge ketik en kabeti.
- Ingotililit betit en abogora.

Mionwek kimuchi keboisien kerichek , missing ko chebo kipkaa amun motinye kowech. Boisien kou orek Rib kabeti asi maimuch kobwa susurik.

B. Toretetab tigitik:

Rib missing kabeti asi maimuch koba tigitik kokoegitun ketile asi konyor ketit itondo

Ne kararan. En kasarta nebo orowek (3-4) konam anyun tigitik komong'unen teret . Kimuchi ketil en kila en arowek (1-2) ak rotwet .

Kou noto itech betit ne kanaptaat asi komawechok tigitik. .

C. Tumchin beek, sember ak iur:

- Boisien watering can asi mowech kabeti.
- Matinde beek che chang anan ko chetutikin , beek chechang koweche keswek.
- Tumchin en koron ak koskolen.
- Emet netinye ng'ainet komoche beek en abogora kosir menets.
- Matinkotiny beek sokek .
- Rib tigitik ye isemberi.
- Sember abogora amun timdo kokochin keik amoegekitun amub moche beek ak asista.
- Keswek alak komoche urwet.
- en kasartab robta ituch keswek ak suswek cheomotin asi moib beek.
- Rib en tuguk alak tugul kou tuga amun imuch kowech.
- Ingonyo ketit agoi 30 cm kotomo iwe imin imuchi kotar arawek (1-6) en kasari iiste urwet en kabeti asi kokochi ketik konyor asista ak kogimegitun.