

SERVICE WITH A SMILE



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Employees are the greatest asset to one's enterprise!!!

Recognizing our employees goes a long way to show our company's appreciation and commitment, to our Royalties. An award scheme helps not only motivate our employees, but encourages employee collaboration, celebrates individual and team performances, and enhances team ethics.

Royal Seed – We are both committed to our Customers and have advanced our planning and communication to keep ahead of others and to maintain our Customer Satisfaction.

We would like to deeply appreciate our hardworking employees for their tireless effort. keep it up!



CREATING HEALTHIER LIVES

Life has become extremely stressful while surviving a pandemic and tough economic times. Everything we do affects our lifestyle, whether it's our sleep schedule or the diet we take. The kind of food we eat reflects on our mind and body. It is said that certain food ingredients can affect us.

An old saying goes “you are what you eat” when loosely translated it means that the food we take it either makes us better or worse.

As Royal Seed we will enlighten you on how different vegetables have aided our mental health, thus saving millions of Kenyans from the cost of therapy sessions.

- **KALE (SUKUMA SIKU & THOUSAND HEADED)**

Commonly known as Sukuma wiki is packed with phytonutrients, plant-based nutrients that help our brains, as well as folate, a vitamin often used as a supplement to treat depression.



- **CARROTS (NANTES)**

Carrots have a bright-colored pigment (carotenoids) that is linked to increased levels of satisfaction and positivity. It also has an antioxidant (Beta-Carotene) that helps to prevent mental illness.



- **SPINACH (FORD HOOK GIANT)**

Spinach contains magnesium, which can positively impact serotone levels (a hormone that acts as a mood stabilizer). About more than half of Kenyans are low in Magnesium and this deficiency has been linked to an increased risk of depression and anxiety.



- **CABBAGES (COPENHAGEN, KIFARU, GLORY OF ENKHUIZEN, FABIOLA & PRETORIA)**

Cabbage is powerful brain food. Purple cabbages contain Vitamin K and antioxidant anthocyanin (found in purple and red vegetables), which boost mental function and concentration. Cabbages are rich in Vitamin C and a source of Vitamin B9. They are a ball of mood-boosting goodness and it's a tasty way of feeling A- Okay!



- **BEETROOTS (DETROIT DARK RED)**

Besides having a beautiful color, beetroots are mood stabilizers as they contain Magnesium and Betaine, which helps produce a chemical in the body that regulates mood, appetite and sleep.



- **COURGETTES (GREEN ZUCCHINI & DYNASTY)**

Other than it having low calories and high water content, it is rich in Vitamin C and antioxidant vitamins. These antioxidants boost your body giving your cells a defence against free radicals.



- **EGGPLANTS (LONG PURPLE & BLACK BEAUTY)**

Eggplants contain Vitamin B-6 which makes them perfect for stress relief, for this vitamin stimulates the production of Serotonin in the brain. This helps improve mood and reduce depression and anxiety.



- **ONIONS (RED PINOY, RED CREOLE, BOMBAY RED & TEXAS GRANO)**

The Folate (a natural form of Vitamin B9) found in onions can help to reduce symptoms of depression, aid in sleep, and improve mood. They also help to improve sleep and buffer the physiological impacts of stress.



- **OKRA (PUSA SAWANI & CLEMSON SPINELESS)**

A vital benefit of Okra is its ability to maintain stress and boost mood. The magnesium content found in Okra can help in relieving anxiety and the tryptophan (amino acids that help in the maintenance of neurotransmitters) content can help enhance mood and promote better mental health.



- **TOMATOES (ROYAL705, TERMINATOR, RAMBO, GEM, CAL J, RIO GRANDE, OXLY, ONYX)**

Tomatoes are high in mood enhancers like folate and magnesium which are both used to treat depression. They contain iron, Vitamin B6, and tryptophan (an amino- acid that helps in producing Serotonin), these ingredients are needed by our brain to produce important mood-regulating neurotransmitters (chemical messengers that carry messages from one nerve cell to the other)

- **SWEET PEPPERS (MAXIBELL, CALIFONIA WONDER, BUFFALO, KORI, MINERVA)**

Capsicum is packed with Vitamin C, which helps neurotransmitters function properly. They also contain Vitamin B6 which aids in the production of Serotonin which boosts your mood.



ROYAL 702 F1



Tomato farming in Kenya is commonly faced with challenges emanating from unfavorable weather, pests, and diseases. However, tomatoes being part and parcel of almost every Kenyan meal the demand is high making it a lucrative business. At **Royal Seed**, we make it our business to provide high-quality seeds to farmers to realize this success. Apart from that, we inform our farmers about changing farming trends revolving around management and how to adopt them.

Guidance on pest and disease control is critical since lack of this information can leave farmers over-relying on synthetic pesticides resulting in hazardous effects on the environment and human beings.

Tomato RS 702 F1 is a winner when organic farming is put into discussion. The variety prides itself on having a robust disease package on tolerance to **Bacterial Wilt, Tomato Yellow Leaf Curl Virus, Tomato Mosaic Virus, Tomato Spotted Wilt Virus, Fusarium Wilt, Verticillium Wilt, and Nematodes.**



Height Comparison of RS 702 F1 with competition.

Bacterial wilt, Common Blight, and Fusarium wilt being important diseases can be culturally controlled by choosing more resistant varieties such as RS 702 F1. Preventive spraying using organic fungicides is another method farmers can use to curb the disease but once the disease establishes nothing much can be done.

Viral infections are spread by vectors such as aphids and thrips. In organic farming, farmers are advised on adopting good farming habits as well as carrying out preventive measures such as using biopesticides, traps, attractants, field sanitation, natural enemies such as ladybugs to prey on aphids, incorporating plant repellants such as chia seed, marigold, chives, and spring onions.

We also encourage farmers growing tomatoes organically to apply organic fertilizers on their RS 702 F1 crop as this help in encouraging the development of soil microorganisms which help in breaking down organic matter in the soil hence better soil aeration.

ROYAL 702 F1 Clusters under organic farming.



BEAN MOONSTONE



It's a French bean variety available at Kenya Highlands Seeds. Renowned for its extra fine, super and fine beans with glossy dark green colored pods. Pod length:13-15cm and weighing up to 200gms a pod.

It's suited for production in diverse farming zones in the country i.e. North and South Rift, Mt. Kenya, and Eastern parts of the country. It is well adapted to hot/warm climates. The variety is highly resistant to Halo blight and Bean Common Mosaic pathogens.



It's a water-loving variety with the ability to yield up to 14-15 tons a hectare.

A superior French bean variety with very fine medium dark green pods. Pod length:14-17cm weighing up to 190gms for mature pods.

KINGFISHER



It's suited to a wide range of weather conditions and is very adaptive to both cool and warm climates. Main areas of production include both **North (Eldoret, Moiben, and Naivasha) and South Rift Kenya (Kajiado and Taita Taveta), Western(Kitale), and Eastern(Machakos and Makueni)** parts of the country. The variety has both high and intermediate resistance to Halo blight and Bean Rust respectively.

It's a high-yielding variety with the ability of up to 15-16 tons a hectare. It gives an exemplary performance with adequate water.



DEBT FREE LIFE!

5 Ways To Get Out Of Debt.



Getting out of debt leads to a free, carefree, and fulfilling life. The circumstances leading to debt vary from person to person, however, the drive to get out of debt is universal to many.

Being in debt is emotionally draining, we go to great lengths to avoid our creditors, and phone calls from our creditors, like any other project we have to start somewhere, and with these five steps, you are well on your way to being debt-free.

- Pay off smaller Debts firsts
- Break down large debts into small, manageable payments
- Create a Budget and Stick to it
- Reduce Your Daily Expenses
- Track your expenses.

By getting out of debt we gain control of our lives, and we can go out of business. We get the freedom to indulge in luxuries. It gives us the freedom to enjoy our lives to the fullest.

**SIMPLE WAYS
TO GAIN CONTROL
OF YOUR LIFE AGAIN**



NEW WEATHER STATION

We recently installed one of the most sophisticated agricultural weather stations in the world today.

This reliable agriculture weather station answers many of the issues that are faced in everyday agricultural production. The station saves time, money, and resources!

As Royal Seed we love to be a step ahead with the latest technological advances in agriculture hence we have the Pinova Station on our premise mainly used for;

1. Collecting data
2. Processing data and
3. Analysing the displayed meteorological data,

This has helped us by providing timely information about the commencement, duration, and intensity of attacks from certain plant diseases and pests.

Thereby allowing us to have a precise determination of the limited treatment time and helping in the selection of the right preparations.



VEGETABLE BIRYANI RECIPE

For the vegetable gravy;

1 ½ cups mixed boiled vegetables; you can use, Carrot, Peas, Cauliflower, French beans

- ¾ cup Onions, finely chopped
- 2 teaspoon Coriander powder
- 3 spoons of Chili powder
- 1 cup Tomatoes, chopped
- 2 teaspoon Ginger-Garlic paste
- 1 teaspoon Oil

Salt to taste

For the Rice

- 1 cup uncooked rice
- 1 stick cinnamon
- 1 clove
- 1 bay leaf

Salt to taste



PREPARATION;

1. Clean & wash the rice. In a large pan, add 3 cups of boiling water to the rice with clove, Cinnamon, bay leaf, & salt. Cover simmer till the rice is nearly cooked. Drain and keep aside.

2. Heat the oil in a pan & add the cumin seeds, when they crackle, add the onions & ginger-garlic paste & sauté till the onions turn golden brown. Add the chili powder, and coriander powder with ½ cup of water & sauté for 2 to 3 minutes.

Add the chopped tomatoes & cook over a slow flame for 7 to 8 minutes. Add ½ cup of water & continue to simmer for 5 to 7 minutes. Add the boiled Vegetables & mix well.

Let it sit for about 10 minutes before serving

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