

INCREASE YOUR INCOME, REDUCE POST HARVEST LOSSES OF INDIGENOUS LEAFY VEGETABLES

1. Harvest the vegetables in the cooler parts of the day either early in the morning or late in the afternoon.



2. Minimize damage to the harvested parts of the plant. Handle the produce carefully and keep in a cooler place in the shade or field shelter.



3. Gradually select and remove poor quality produce such as insect infested produce, diseased, overgrown and damaged. This is important to avoid transporting produce which will not sale at the market.

4. Avoid direct sunlight on the produce during transport. Transport to the market early in the morning or during the cooler parts of the day. Maintain shade during transport.



5. Preserve excess vegetables for sale in the future either by sun drying or where available using solar driers.

Sun dried ILVs



solar drier and solar dried ILVs



Fig 9: Sun dried ILVs



Fig 10: Solar dried and well packed ILVs

