



Strategies of reducing post-harvest losses in vegetables and improving nutrition in Swaziland

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RESPONSIBILITIES

- ❖ Promote agriculture development in the area to promote the life of rural communities
- ❖ Provide technical information on production of farm products
- ❖ Developing and implementing a need assessment for communities and mobilize rural participation of recommendations
- ❖ Plan, implement, monitor and evaluate agriculture development in communities

Background Information

- ❖ Swaziland is a land-locked country
- ❖ Area 17 200 km² and population estimated at 1 419 623 (2014) with a growth rate of 1.4%.
- ❖ There are four agro climatic zones
- ❖ The climatic conditions of the zones have specific characteristics that are peculiar to each zone
- ❖ 80 % of the vegetables consumed in Swaziland are imported from South Africa
- ❖ About 20% vegetables are grown commercially

IMPORTANT TOPICS

- ❖ Biology of post-harvest in Vegetables
- ❖ Vegetable Value chain and analysis
- ❖ Nutrition

PROBLEM

- ❖ Post harvest losses up to 50 % in developing countries in Africa including Swaziland (Masarirambi et al.; 2010)
- ❖ Malnutrition
- ❖ Most vegetables are under utilized due to lack of information on nutritional value (indigenous)
- ❖ Lack of processing
- ❖ Lack of Knowledge on post-harvest handling techniques

OBJECTIVES

- ❖ Reduce post-harvest losses especially in the field before produce reaches the market.
- ❖ Reducing field heat from vegetables to prolong shelf life
- ❖ Promote utilization of indigenous Vegetables
- ❖ Provide information on nutrition values of vegetables especially with emphasis on indigenous vegetables
- ❖ Promote processing of vegetables that did not make it to the market.
- ❖ Introduce vegetable value chains to farmers



ACTIVITIES

| ACTIVITY | TARGET AUDIENCE | TOPICS | TIME FRAME | RESOURCE PERSON |
|-----------------------|------------------------------|--|------------|--|
| Capacity building | Horticulture officers | <ol style="list-style-type: none"> 1. Post-harvest technology 2. Vegetable value chains and analysis 3. Nutrition | 1 week | <ol style="list-style-type: none"> 1. Horticulture officer 2. Nutrition council 3. H.E officer |
| Training of officers | Extension Officers | Same as above | 1 month | <ol style="list-style-type: none"> 1. Horticulture officer 2. Nutrition council 3. H.E officer |
| Message dissemination | Farmers/ women farmer groups | <ol style="list-style-type: none"> 1. Post-harvest 2. value chains 3. Nutrient values in vegetables 4. Processing 5. Grading 6. Packaging 7. Quality and standard | 3 months | <ol style="list-style-type: none"> 1. Home Economics officer 2. Extension officers 3. Agri-business officer 4. Horticulture officer 5. Namboard 6. Department of information |

ACTIVITIES CONTINUED

| ACTIVITY | TARGET AUDIENCE | TOPICS | TIME FRAME | RESOURCE PERSON |
|--|---------------------------------|---|------------|--|
| Demonstrations Field days Food fairs | Farmers/ women farmer groups | 1. Removing field heat 2. Preparation of vegetables 3. Processing | 3 Months | 1. Home Economics officer 2. Extension officers 3. Agri-business officer 4. Horticulture officer 5. Namboard |

CHALLENGES

- ❖ Transport
- ❖ Time
- ❖ Money
- ❖ Drought
- ❖ Lack of support
- ❖ Conflict of events



Thank
you

Eat More Vegetables