

# The KNC Voice

## From Our Farms: *The Hatwara Nursery*

The Nursery is situated 2.5 Kilometres off the Thika superhighway on your way to Gatanga. The Hatwara nursery is seated on approximately 4.8 acres of land within Hatwara farm. There 2,474 macadamia clonal trees and 3,160 coffee plants that are used for scion production



**Sowing:** The journey of a Macadamia seedling starts with seed sowing at the nursery. The seeds are carefully selected, then, sown by hand checking seed orientation and depth of planting to so as to have a uniform germination. The transplanting takes place immediately the seedlings have attained 4-6 hardened leaves

**Potting:** Potting is then done to prepare for the pricking exercise. The media for potting is prepared using a ratio of 3 parts of soil, 2 parts of compost and 1 part of sand with an addition of 1 kilo of Triple super phosphate to enhance root development. It is mixed by hand to ensure a homogenous mix



**We'd Love to Hear from You!**  
**Email us on:**

[newsletter@kenyanut.com](mailto:newsletter@kenyanut.com)

## MD's Desk



Greetings to my KNC family! Welcome to the 4<sup>th</sup> issue of The KNC Voice.

We are living in exciting times where sticking in the same place might not give us the same results it once did. In this issue we have highlighted the genesis of Kenya Nut business which is the Macadamia plant and our younger, more recent beef division, Morendat. We continue to grow and more importantly try new things.

We have in the last few years developed our own disruptive approach to our

**Transplanting:** The transplanted seedlings are then allowed to grow for a period of not more than twelve months in a process known as rootstock raising. During this

time the seedlings are watered and fed, foliar application and basal fertilizers are used to boost growth and seedlings vigor.



**Grafting:** Rootstock seedlings ready for grafting are skillfully selected for grafting. The stalks must have a pencil thickness and actively growing to ensure the xylem is able to support the graft union and rootstock. The grafting operation is done by skilled employees who have been well trained and have mastered the skill over time, to achieve a recovery of at least 80% shoots take off.

The resultant product from grafting is put in tunnels to heal the graft union for a period of three (3) months with checking taking place every 21 days. The checking is a physical process aimed at identifying pest attack and the graft union healing process. During the 3 months the critical temperature of below 25<sup>0</sup>C is to be maintained. Where the temperature is noted going above cooling by sprinkling of water is done on the polythene sheeting cover.

A recovery (this is to determine the number of successful shoots percentage) is carried out on the seedlings and the hardening process for the great seedlings begins for the next four (4) months.



Seedlings in a tunnel

After recovery

business by diversifying and growing our product offering from what we have been traditionally recognized for as the 'Macadamia People'. It is our plan to keep pushing the envelope and growing to new heights and strengths. I believe we will all rise to these new challenges as they come.

We have to be strategically disruptive in whatever spaces we are in, to survive and succeed. We have to change thinking and open up our minds to new possibilities, new risks, new lessons so as to gain new successes.

## Did you know?



Kenya Nut Company is now a player in the retail sector through its Morendat Meatery outlets. The first store was opened in Buffalo Mall Naivasha on February, 2016. We are now in the process of opening the second outlet in Cedar Mall Nanyuki in August 2018. Pass by the outlets on your next visit out of town...

After hardening the seedlings for four months they are ready for sale to the farmers and dispatch to our farms



The journey ends after twenty-four months when the seedling is ready to move to the farm.

### **Product Watch: Morendat, Premium Aged Beef**



*Image courtesy of Morendat Beef Filet Medallion served at Intercontinental Hotel*

Dry-aged beef is beef that has been **hung** or **placed** on a rack to dry for several weeks. After the animal is slaughtered and cleaned, it is hung as a full or half carcass. Primal (large distinct sections) or sub primal cuts, such as (strip loins, rib eyes, sirloin etc.) are placed in a refrigerator unit.

This process involves considerable expense, as the beef must be stored near freezing temperatures. Only the higher grades of meat can be dry aged, as the process requires meat with a large, evenly distributed fat content. Because of this, dry-aged beef is seldom available outside of steak restaurants, hotels and upscale butcher shops.

The key effect of dry aging is the concentration and saturation of the natural flavour, as well as the tenderization of the meat texture. Dry-aging can take from 15 to 28 days, and typically

up to a third or more of the weight is lost as moisture. Morendat Beef is dry aged for a minimum of 21 days.

To get the most out of your Morendat Premium Aged Beef use this simple recipe;

Cooking Options: Grill/Panfry/Dry Fry

Preparation time: 10-15 MINUTES

### **Ingredients**

- Morendat steak
- Out of Africa macadamia oil
- Ground black pepper and sea salt
- Sprig of thyme or rosemary
- Leleshwa Merlot Shiraz (optional) 100ml-200ml per kg

### **Cooking Instructions**

- Remove the steaks from the pack and rest in a plate for at least 8-10 minutes, to bring to room temperature, for frozen meat defrost overnight
- Brush the steak with macadamia oil and season with ground pepper and sea salt.
- Heat the griddle/pan and ensure its sizzling hot, throw in a few sprigs of herbs and place the steaks and cook approximately four to six minutes on each side turning to your desired temperature.
- Glaze with Leleshwa Merlot-Shiraz for 2-3minutes and ensure sauce is thick.
- If optioned to dry fry apply as above omit wine and add seasonal vegetables with a little water to make a sauce

Serving

Place your steak on a plate and sprinkle your sauce on top or serve on a sauce pot

Serve with your desired Starch and side of pan-fried vegetables or a garden green salad.

CORE TEMPERATURES /DEGREES

RARE – 54, MEDIUM RARE – 58, MEDIUM – 61, MEDIUM WELL – 65, WELL DONE – 72

**Health & Fitness Watch: *Body,Mind,Soul***



Three elements that constitute our mental, physical and spiritual wellbeing. There has been greater focus on wellness activities within the Company with a general objective of increased productivity.

But why all the fuss?? Why the focus on check ups and walks and better eating habits?

It's actually very simple: as long as we're not well, we will never be productive. We will spend more money moving from doctor to doctor; hospital to herbalist seeking cures for ailments that we would have otherwise prevented had we first taken care of ourselves. The timeless adage that prevention is better than cure has never been more real in this case. All one has to do is look at today's statistics: sharp rises in lifestyle diseases; more deaths as a result of cancer; lifetime medication for high blood pressure and diabetes....the list goes on... Today, it's a complete stranger; tomorrow, a close relative, or, even *you*.

My wake-up call was a persistent backache....at my tender age (!). I had moved from a relatively active lifestyle to a more sedentary one and my body started complaining. My diet at the time did not help in any way. So I chose to change things up a bit- I set just one goal: to be healthier at the end of the year than I was at the time. Have I achieved this? Yes...in more ways

than I could have imagined; my diet and eating habits have improved greatly; I exercise more, I am more energetic, I sleep better and, in short, I am definitely healthier than I was before!

Wellness is not just about losing weight. It's about taking control of your mind, body and soul, and ensuring that your future is not spent staring up at a hospital ceiling. So I encourage you to take your wellness a notch higher...walk to the supermarket, eat less junk and more vegetables, check your vitals regularly and laugh more!



From Left to Right: *Ruo, Mwaniki, Anne, Stanley*

## **Our People: The KNC Executive**

### **Stanley Maina – Operations Director**

**Fun fact:** The drive behind any success is hard work and power of prayers

**Guilty pleasure:** Oops falling asleep watching a football or badminton game.

**Something I love about KNC:** The talents within the organization are awesome, surely the beautiful ones are not yet born they say there is much talent to snatch from the KNC family

### **Maina Ruo- Technical Director**

**Fun fact:** I have problems getting sleep past 4:30am.

**Guilty pleasure:** I enjoy retiring to bed early by 10am for the defiant love of my sleep.

**Something I love about KNC:** The potential knc holds in becoming a much bigger operation locally, regionally and globally.

### **Michael Mwaniki- Chief Finance Officer**

**Fun fact:** I enjoy reading, exercising, travelling and getting to see new places and also enjoy a good laugh. I can be cheeky at times.

**Guilty pleasure:** I looove death by chocolate cake, chocolate ice creams and honey.

**Something I love about KNC:** KNC affords us the opportunity to explore, innovate and grow.

### **Anne Kariuki – Chief Human Resource Officer**

**Fun fact:** I can race; unlike many golden agers.

**Guilty pleasure:** I love reality shows; sometimes I find myself keeping up with the Kardashians; though not for more than 30 seconds.

Something I love about KNC: KNC Family warmth.

## Family Album



Jeff (Senior Accountant), Mr Thakrar (Distributor) and Anne (HR) share a light moment during the MDs Roundtable- Distributors Lunch.



VAD team building fun.



FINTE CSR initiative at the Ark childrens home, Thika



Syngenta team (One of Kenya Nuts largest suppliers) during Morendat Farm Tour.



Managers team building at Naivasha



Staff enjoying wellness walk warm up at macadamia factory.

