

# Uganda Weekly Farm, Food Market, and Weather Report

June 22 – 29, 2026

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# IDEA

INTERNATIONAL DEVELOPMENT EXTENSION AGENCY

# Executive Summary

Uganda enters late June 2026 with different conditions across regions. In most farming areas, maize and beans planted in February and March are nearly ready to harvest. Millet and sorghum are also close to harvest in many places. Karamoja is behind — farmers there had to replant after early rains failed, so crops are still young and harvest will come later. FAO flags Karamoja and areas hosting refugees as the main places to watch for food shortages.

## Price Trend

Maize prices rose the most last month. The national average in May 2026 was UGX 1,782 per kg — about 11% higher than April. Beans, sorghum, and millet prices also went up. When the June–July harvest arrives, prices should start to fall, especially in eastern, central, western, and lakeside markets.

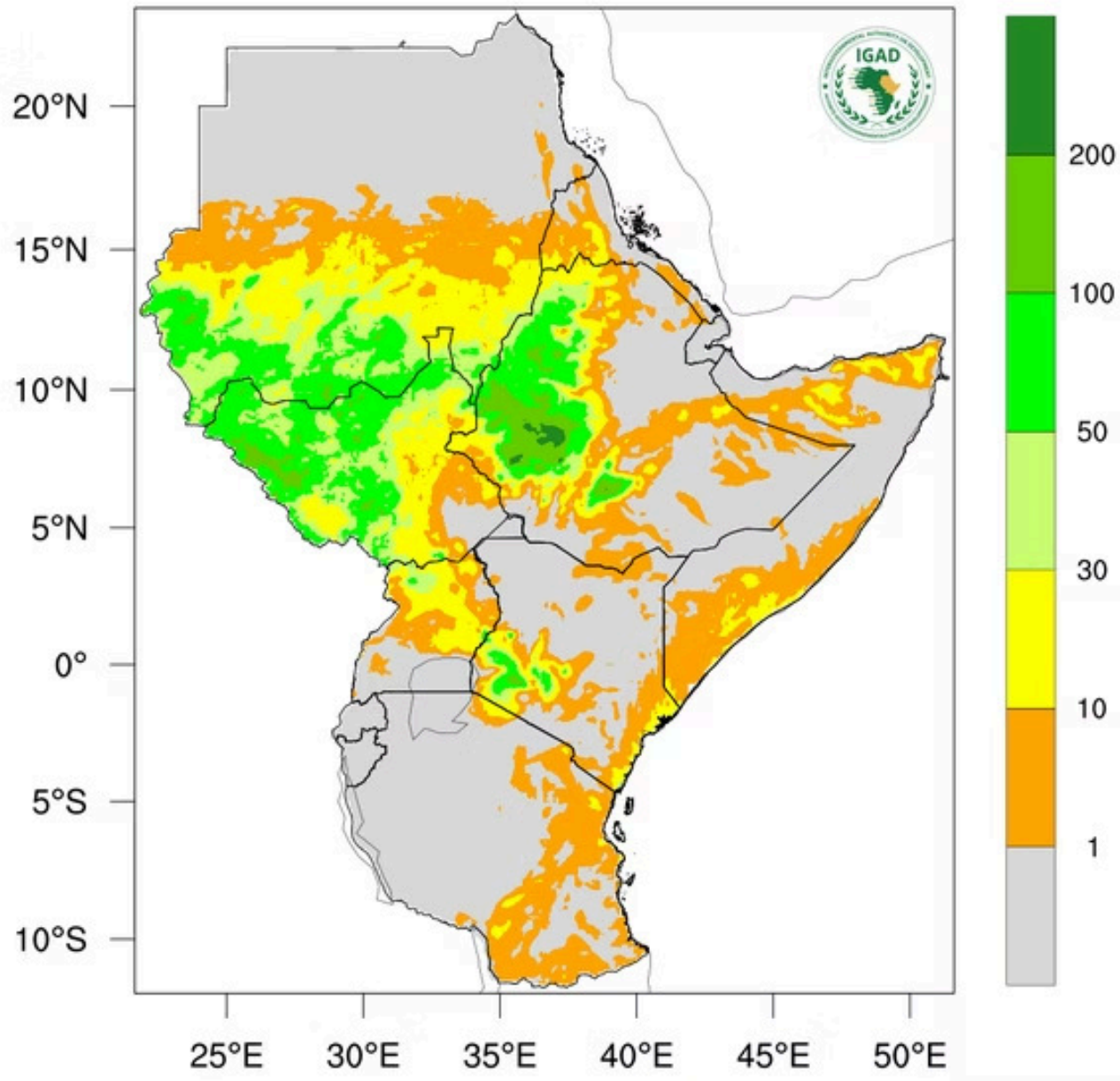
## Rainfall

Most of Uganda received less rain than usual this week. Light, scattered showers are good for harvesting and drying crops in most regions. However, in northeastern Uganda, low rainfall puts recently replanted crops at risk of drying out.

## Farmer Actions

Weed your fields and keep the soil moist for late-growing crops. Only harvest crops that are fully ready. Dry your grain well before storing it. Keep storage areas clean to prevent pests and mold. Check crops before using pesticides. In Karamoja, focus on keeping soil moisture. In other regions, focus on protecting the harvest.

### Total Rainfall (mm) for 16-23 Jun 2026



# Weather: Karamoja

## 7-Day Forecast

**Rain:** About 0–5 mm

**Temperature:** About 18–31 °C

Some light showers may come, but most days will be dry. Lowland areas will be hottest. Nights will be cooler in higher areas. Bare soil dries out fast without cover.



**Alert:** ICPAC and FAO both expect less rain than usual in northeastern Uganda from May to July. Check open water pans and shallow water sources now.

## What This Means

Keep soil covered and weed early. Only apply fertilizer after rain has actually fallen — not just when rain is forecast. Check water points for livestock, as several dry days can reduce the water supply quickly.

# Weather: Northern

## 7-Day Forecast

**Rainfall:** About 14–32 mm expected

**Temperature:** About 16–32 °C

Rain is likely in the afternoons or evenings around Lira and Gulu. Hot afternoons mean crops and animals will need more water between rains.



**Alert:** Total rainfall this week is likely lower than usual. Some strong storms may still bring heavy rain, lightning, and muddy roads for short periods.

## What This Means for You

Plan weeding, harvesting, and drying for dry mornings. Cover grain and beans before afternoon storms arrive. Make sure water can drain away from animal shelters and chicken houses after rain.

\*From one of IDEA's partners



# petros network

Petros Network – Growing Food, Faith, and Futures in East Africa

In Uganda, South Sudan, and Ethiopia, Petros Network helps local church leaders fight hunger. Through the F.A.I.T.H. Gardens program ("Food Always In The Home"), these leaders get seeds, tools, and training. They then teach their communities how to grow food.

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Every garden makes a difference. Every donation changes lives. Join the effort to bring food, dignity, and hope to East Africa. Visit [www.petrosnetwork.org](http://www.petrosnetwork.org) to learn more.

# Weather: Eastern

## 7-Day Forecast

**Rain:** About 5–20 mm

**Temperature:** About 18–32 °C

Light rain and some thunderstorms are likely, mostly in the eastern lowlands, near Lake Kyoga, and in the Elgon hills. It will be cooler in the hills and hotter in the lower Teso and Busoga areas.



**Alert:** This week is drier than normal overall. But local storms can cause runoff, lightning, and short breaks in harvesting — especially on the steep slopes of Elgon.

## What This Means for You

Harvest and dry your crops during dry spells. Keep harvested produce off bare ground. Move it under cover quickly when clouds gather. Clean out drainage channels, but be careful not to disturb the soil and cause erosion.

# Weather: Western

## 7-Day Forecast

**Rainfall:** About 4–8 mm

**Temperature:** About 15–30 °C

Light rain expected across western lowlands. Higher areas near the Rwenzori mountains may get more rain. In the southwest highlands, it may stay cool — below 20 °C for much of the day.



**Alert:** Forecasts show a risk of below-normal rainfall in southwestern Uganda from May to July. In highland areas, rain may fall only in small patches.

## What This Means for You

Lowland farmers should have good conditions for drying harvested crops. Farmers in highland areas should keep drains clear and watch crops for disease — cool, damp spots can linger. In grazing areas, protect water sources and provide shade for livestock.

# Weather: Central

## 7-Day Forecast

**Rainfall:** About 8–15 mm

**Temperature:** About 15–31 °C

Expect short, scattered showers around Kampala and nearby areas. Afternoons will be warm. Nights will be mild.



**Alert:** Rainfall is likely lower than usual for this time of year. Short storms can still disrupt harvesting, drying crops, and getting to markets.

## What This Means for You

Harvest and move crops early in the day. Use tarpaulins or raised surfaces to dry crops. Keep covers ready in case of sudden rain. Warm days and humid nights can spread leaf disease in banana plants, especially where they grow close together.

# Weather: Lake Victoria Crescent

## 7-Day Forecast

**Rainfall:** About 0–12 mm

**Temperature:** About 19–31 °C

Weather can vary a lot between areas near the lake and areas further inland. Even during a dry week, sudden storms can happen near the lakeshore.

⊗ **Alert:** Rainfall around Lake Victoria is uneven and unpredictable. One farm may get rain while a nearby farm gets none. Short but heavy showers near the lake can cause damage.

## What This Means for You

Check your own field before making watering or drainage decisions — don't rely on what neighbors report. Keep drying grain and beans off the ground on clean raised surfaces, and make sure you can move them quickly to dry storage if rain comes.

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# What Farmers in Karamoja Should Do Now

## → Timing

Early in the week, check your plants. Thin overcrowded ones, fill gaps, and count your stands while the soil still has some moisture. Only replant if there is still enough time for the crop to grow and produce a good harvest.

## → Top-Dressing

Only add fertilizer to healthy maize or sorghum, and only when rain is coming soon or the soil is already wet. Use small amounts at a time instead of one large dose.

## → Storage & Post-Harvest

Clean your store, sacks, and containers now — even if harvest is still weeks away. Remove any old or damaged grain so it does not spread pests to new produce.

## → Weeding

Weed your fields before weeds grow taller than 10–15 cm. Keep weeding shallow — digging too deep can damage roots and dry out the soil faster.

## → Water Management

Use ridges, basins, mulch, or crop remains to hold water in the soil. Fix any barriers that stop runoff before the next rain.

## → Pest & Disease Checking

Check maize plants twice this week for fall armyworm. Also check beans for bean fly, aphids, and leaf disease. Count affected plants before deciding what to do.

# Practical Implications: Northern

## → Timing

Work in the field during dry mornings. Finish weeding before maize flowers and before bean plants spread and cover the ground.

## → Top-Dressing

Only add fertilizer to maize that has not yet flowered and has enough soil moisture. Do not fertilize crops that are dry or already mature.

## → Storage & Post-Harvest

Get drying sheets and storage spaces ready for the first bean and millet harvests. Keep old grain separate from new. Check maize for pests, beans for disease spots, and flowering sorghum for insects.

## → Weeding

When beans are flowering or cereals are forming grain, weed gently and shallowly. Avoid heavy digging that can damage roots or flowers.

## → Water Management

Clear blocked drainage channels after rain. Between rains, keep soil covered with crop leftovers and avoid disturbing the soil too much.

# Practical Implications: Eastern

## → Timing

Harvest maize, beans, millet, and sorghum during dry spells. Stop field work if thunder starts, especially on open plains or near Mount Elgon slopes.

## → Top-Dressing

Do not add fertilizer to crops that are filling grain or ready to harvest. Only apply a final dose to later-planted maize that has not yet flowered and has enough soil moisture.

## → Storage & Post-Harvest

Dry maize well before storing — aim for moisture below 13.5%. Dry beans, sorghum, and millet to below 13%. Only store in sealed containers once dry enough.

## → Weeding

Only weed fields where crops are still young. Be careful not to pull up or damage pods or stems in fields that are ready to harvest.

## → Water & Drainage

Clear blocked drains on heavy soils. Protect channels on slopes and keep soil ridges in place to reduce damage from heavy, patchy rains.

## → Pest & Disease Scouting

Check flowering sorghum for small insects (midge). Watch ripe cereals for birds. Look at beans for pod damage. Inspect banana plants for wilting or leaf spots.

# Practical Implications: Western

## → Timing

Keep lowland harvesting separate from highland crop care. Lowland crops may be ready to harvest while highland crops are still young.

## → Top-Dressing

Do not add fertilizer to lowland crops that are filling grain or ready to harvest. Only add a final dose to highland maize if it is still young, healthy, and the soil has enough moisture.

## → Storage & Post-Harvest

Dry harvested grain on raised surfaces. Remove damaged grains. Store bags on pallets at least 15 cm off the floor and 50 cm away from walls.

## → Weeding

Weed highland maize and beans while they are still growing. In lowland plots that are ready to harvest, only remove weeds that block harvesting or hide pests.

## → Water & Drainage

Save water in dry lowland and rangeland areas. In the cool highlands, keep drainage channels clear around beans, bananas, and livestock shelters.

## → Pest & Disease Scouting

Check highland beans for rust, leaf spots, and rot. Check banana plants for bacterial wilt, weevils, root damage, and yellowing or browning leaves.

# Practical Implications: Central

## → Timing

Harvest maize and beans early in the morning. Move your produce before afternoon rains or busy traffic slow you down.

## → Top-Dressing

Do not add fertilizer to crops that are already forming grain or pods, or are ready to harvest. Save it for late-growing fields or the next planting season.

## → Storage & Post-Harvest

Use clean tarpaulins to dry grain. Check moisture levels if you can. Store in sealed bags or metal silos. Check your store every week for insects, rats, leaks, and dampness.

## → Weeding

Stop weeding in fields that are nearly ready to harvest. Only pull weeds near younger crops or banana plants. Be careful not to disturb shallow roots.

## → Water & Drainage

Keep water draining freely around low-lying fields and farm paths. On drier higher ground, keep the soil covered with mulch to hold moisture.

## → Pest & Disease Scouting

Check banana plants every week for disease and leaf damage. Look at stored or drying maize for mold, insects, and rotting grain.

# Practical Implications: Lake Victoria Crescent

## → Timing

Rain can vary from field to field. Check that your field is dry before harvesting. Be ready to work quickly during short dry spells.

## → Top-Dressing

Do not add fertilizer to maize or beans that are nearly ready to harvest. For bananas, only apply fertilizer when the soil is moist and keep it away from the base of the plant.

## → Storage & Post-Harvest

Dry produce on raised, clean surfaces. Move it under cover quickly if clouds roll in from the lake. Never let grain touch bare soil.

## → Weeding

Only remove weeds where they are still harming your crops. Keep the area around banana plants clear but covered with mulch.

## → Irrigation & Drainage

Before watering young vegetables or late crops, check that the soil actually needs it. Clear blocked drains in wet areas, but avoid letting water rush onto roads or into wetlands.

## → Pest & Disease Scouting

Check banana plants often for wilt, weevils, and leaf disease. Look at beans for signs of disease caused by damp conditions. Remove sick plants using clean tools.

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# Crop Calendar & Growth Stages: Karamoja



## Maize

**Stage:** Seedlings are sprouting and growing their first leaves; some replanted fields are younger

- Remove extra plants to give each one enough space. Don't replant late using slow-maturing seed.
- Pull weeds carefully without digging too deep. Check 100 plants per field for fall armyworm before using any pesticide.



## Beans

**Stage:** Seedlings are sprouting and growing; the earliest fields are starting to flower

- Weed before the plants spread and shade the ground. Mound soil gently around plants where bean fly has caused damage.
- Don't disturb the roots once flowering starts. Watch for aphids, bean fly, and leaf spots.



## Sorghum

**Stage:** Plants are sending up new shoots and growing taller; the earliest fields are close to forming seed heads

- Thin crowded plants, finish weeding, and add a small amount of fertilizer before seed heads form — only if the soil is moist enough.
- Check for shoot fly, armyworm, and stem borer. Only replace missing plants if there is still enough time left in the season.



## Millet

**Stage:** Plants are sending up new shoots and starting to form seed heads

- Finish thinning and weeding before the stems get tall.
- Add a small amount of fertilizer only if the soil is dry and lacking nutrients. Plan with neighbors to chase birds away before seeds form.



## Bananas

**Stage:** Found in wetter areas — plants are growing, bunches are filling out, and harvesting is ongoing

- Keep mulch in place, remove extra side shoots, and keep the base of the plant clear of wet leaves and debris.
- Check every plant for wilt and leaf disease. Clean your tools between plants and prop up heavy bunches so they don't break.

# Crop Calendar & Growth Stages: Northern



## Maize

**Stage:** Growing tall, producing tassels and silks; earliest crops starting to form grain

- Apply the last round of fertilizer before tasseling, but only if the soil is moist enough.
- Avoid spraying pesticides when the silks are out, as this can harm pollination.



## Beans

**Stage:** Flowering, forming pods, filling pods, and first harvests

- Stop digging near roots. Check plants for aphids, rust, and pod damage.
- Pick dry, mature pods in batches. Dry the seeds quickly to keep them in good condition.



## Sorghum

**Stage:** Stems growing tall, plants starting to flower

- Do not apply heavy fertilizer late — it can delay harvest and cause plants to fall over.
- Check flowering heads for small insects. Start organized bird-scaring in the field.



## Millet

**Stage:** Heads forming, grain filling, first harvests beginning

- Protect the crop from birds using safe, non-harmful methods.
- Harvest mature, dry heads. Dry them off the ground and keep seed grain clean and separate.



## Bananas

**Stage:** Growing, filling bunches, and harvesting at different times

- Remove dead or very diseased leaves, but keep healthy ones. Support heavy bunches so they don't break.
- Keep the base of plants clean, remove extra shoots, and check for disease, weevils, and root damage.

# Crop Calendar & Growth Stages: Eastern



## Maize

**Stage:** Grain filling to early harvest in Eastern Savanna and Busoga; highland fields are behind

- Only harvest when the grain is fully mature. Dry it on a clean raised surface until moisture is 13.5% or less.
- Do not add fertilizer at this stage. Check ears for rot or pest damage before storing.



## Beans

**Stage:** Pods filling to harvest; later and highland fields still flowering

- Harvest dry pods in several rounds. Remove any diseased or damaged seeds.
- Dry quickly to 13% moisture or less. Store separately from old stock.



## Sorghum

**Stage:** Heading, flowering, grain filling, and early harvest in Eastern Savanna

- Check plants at flowering for midge. Only spray if pest numbers are high enough to cause real damage.
- Chase away birds regularly. Harvest heads when the grain is hard and dry.



## Millet

**Stage:** Grain filling to harvest in Eastern Savanna; timing may vary in Busoga

- Protect grain from birds and falling over. Cut mature heads during dry weather.
- Dry well, thresh on a clean surface, and save seed only from healthy plants.



## Bananas

**Stage:** Bunches filling, staggered harvest, and new plant growth in Busoga and lower Elgon areas

- Support heavy bunches with props, remove extra side shoots, and keep mulch away from the base of the plant.
- Remove male flower buds where advised. If you see signs of bacterial wilt, act immediately — remove and destroy affected plants.

# Crop Calendar & Growth Stages: Western



## Maize

**Stage:** Filling grain and harvesting in lower areas; still growing in some highland fields

- Plan your work and fertilizer separately for mature and immature fields. Do not add fertilizer to lowland crops already filling grain.
- Harvest ready ears quickly. Only feed highland crops one last time before flowering, and only if the soil has enough moisture.



## Beans

**Stage:** Pods filling and ready to harvest in lower areas; flowering and setting pods in cooler highlands

- Pick ready pods during dry weather. Dry the seeds until they contain no more than 13% moisture.
- In highland fields that are still flowering, stop deep digging and watch closely for rust, anthracnose, and leaf spot diseases.



## Sorghum

**Stage:** Mostly not growing now; a few small crops remain in western and highland areas

- Harvest any ready heads cleanly and protect them from birds and rain.
- Choose good seed and prepare your fields for planting in August. Do not plant early if the soil is too dry.



## Millet

**Stage:** Mostly not growing now; getting ready for the August planting season

- Keep clean, healthy seed and test it to make sure it will sprout before planting.
- Prepare your seedbed to hold water. Control weeds before the rains come, but do not leave bare soil that can wash away.



## Bananas

**Stage:** Growing well, bunches filling, harvesting in stages, and renewing old plants

- Support heavy bunches with props. Remove extra suckers and add 10–20 kg of well-rotted manure per plant cluster where needed.
- Check for bacterial wilt, weevils, nematodes, and leaf disease. Clean your cutting tools between plants.

# Crop Calendar & Growth Stages: Central



## Maize

**Stage:** Grain filling to harvest; late-planted fields still catching up

- Harvest when grain is fully mature. Dry it to below 13.5% moisture before storing in sealed containers.
- Do not add fertilizer once the crop is in grain stage. Guard standing ears from birds, rats, and rot.



## Beans

**Stage:** Pods filling and ready for harvest

- Pick pods during dry weather. Do not leave cut plants in wet piles overnight.
- Sort, dry to below 13% moisture, and store in clean, airtight containers.



## Sorghum

**Stage:** Some fields harvesting; others between seasons

- Harvest mature heads early to avoid losses from birds and bad weather.
- Keep good seed, note the variety and where it came from, and get ready for the next planting.



## Millet

**Stage:** Some fields harvesting; others preparing for next season

- Dry harvested heads well. Thresh on clean sheets and keep seed types separate.
- Test stored seed to check it will germinate. Plan how to control weeds next season.



## Bananas

**Stage:** Mixed stages — growing, flowering, bunch filling, and harvesting

- Support heavy bunches with props. Keep mulch and drainage in good shape. Remove extra side shoots, keeping one young plant and one very young plant per main stem.
- Be strict about hygiene to prevent bacterial wilt. Where advised locally, remove the male flower bud by hand instead of cutting, and clean tools between plants.

# Crop Calendar & Growth Stages: Lake Victoria Crescent



## Maize

**Stage:** Grain filling to harvest; crops maturing at different times due to uneven planting and rainfall

- Harvest ready fields during dry weather. Dry ears or grain on raised sheets, not bare ground.
- Remove moldy or pest-damaged ears before storing. Stop adding fertilizer once cobs are forming.



## Beans

**Stage:** Pods filling to harvest; humid conditions raising disease risk in later fields

- Pick only dry, ripe pods. Remove diseased plants from the drying area.
- Dry beans to below 13% moisture. Store in clean, sealed containers only after checking they are dry enough.



## Sorghum

**Stage:** Flowering to grain filling in some areas; early harvest in others

- Check flowering heads for insects and watch ripening grain for bird damage.
- Harvest hard, ripe grain during dry weather. Dry it well before storing.



## Millet

**Stage:** Grain filling to harvest in some areas; between seasons in others

- Work with neighbors to scare birds. Harvest ripe seed heads before they break apart or get wet.
- Keep seed only from healthy, normal-looking plants. Store it separately from grain.



## Bananas

**Stage:** Plants growing, flowering, filling, and being harvested across the region all year

- Improve drainage in waterlogged spots, keep mulch on dry areas, and support heavy bunches with props.
- Check every plant for signs of disease, weevils, or pests. Clean your tools between plants and remove any infected material following local advice.



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# Input & Technical Advice

## Fertility Recommendations

### Maize

Add 40–60 kg of nitrogen per hectare in two rounds. Apply half at 3–4 weeks after planting, and the rest at 6–8 weeks, while the soil is moist. On soils low in phosphorus, add 20–30 kg  $P_2O_5$ /ha at planting. Do not add fertilizer once the crop is near harvest.

### Beans

Focus on phosphorus rather than nitrogen. Add 15–25 kg  $P_2O_5$ /ha at planting if needed. Treat seeds with a rhizobium product to help fix nitrogen naturally. Only add 10–15 kg nitrogen/ha as a starter if plants are not forming nodules.

### Sorghum

Add 18–34 kg of nitrogen per hectare on good soils. Apply before the crop flowers, and split into two rounds if rain is unreliable. Avoid late applications — they can delay harvest and weaken stems.

### Millet

On poor soils, add 20–30 kg nitrogen and 15–25 kg  $P_2O_5$ /ha. Or place a small amount (about 2–4 g) of compound fertilizer near each planting hole. Keep fertilizer about 5 cm away from seeds or stems.

### Bananas

Add 10–20 kg of well-rotted manure or compost around each plant, about 30–50 cm from the base. Apply in stages. Keep 5–10 cm of mulch on the ground, but leave the stem base clear.

## Integrated Pest Management

### Fall Armyworm

Check 20 maize plants in a row at five spots in the field. Take action if damage and live worms are found on 20% of young plants, or 40% of older plants, before flowering. Destroy egg masses and worms by hand first. Only use registered sprays when damage reaches these levels.

### Bean Fly & Aphids

Act if about 10% of seedlings are wilting due to bean fly, or if aphids are on 20% of plants and no natural enemies are present. Pull out badly damaged seedlings, mound soil around healthy ones, and spray only if necessary.

### Sorghum Midge

Check crop heads daily during flowering. Act if you find about one adult midge on 20% of heads. Plant at the same time as neighbors, harvest early, and use registered sprays during the flowering stage if needed.

### Banana Xanthomonas Wilt

Do not wait — act immediately if any plant shows symptoms. Report it, clean all tools, and remove the affected plant following local guidelines. Remove male flower buds with a forked stick if advised. Disinfect cutting tools after each plant.

### Storage Moisture Levels

Before storing grain in airtight bags, make sure maize is no more than 13.5% moisture. Beans, sorghum, and millet should be no more than 13%. Store bags on pallets at least 15 cm off the floor and 50 cm from walls.

## Soil Amendments

### Agricultural Lime

Only apply lime if a soil test shows the pH is below 5.5. Use 1–2 tonnes per hectare depending on your soil type. Mix it into the soil before the next planting season — do not apply to growing crops.

### Manure & Compost

Use 2–5 tonnes per hectare of well-rotted compost or manure. Focus on fields with poor soil or erosion problems. Do not let fresh manure touch seeds directly.

### Banana Mulch

Keep a 5–10 cm layer of mulch around banana plants. Leave the area right at the base of the stem clear to reduce rot and pests. Combine with well-rotted organic matter near the roots.

🟢 **Tech Tip of the Week:** Set up a simple scouting routine — check 20 plants at five fixed spots in each field every week. Write down the crop stage, damaged plants, live pests, disease signs, and helpful insects. Keeping records helps you make smarter decisions about when to spray, and gives you useful information to share with extension workers.

# Livestock & Ranching



## Disease Watch

No major livestock disease outbreak has been reported as of June 22. Check cattle, goats, sheep, and poultry every day for signs of illness — fever, sores on the mouth or feet, lumps, coughing, diarrhea, sudden deaths, abortions, limping, or poor appetite. If several animals show these signs at once, report it to your local vet office right away.



## Water & Feed

Give cattle about 30–50 litres of water per day. Nursing or milking cows in hot weather need up to 50–70 litres. Make sure animals eat enough dry feed — about 2–3% of their body weight for cattle, and 3–4% for goats and sheep. Store crop leftovers like maize stalks and bean vines dry and off the ground.



## Vaccines & Tick Control

Check your vaccination records this week. Make sure cattle, goats, and sheep are up to date on key vaccines. Check animals at least twice a week for ticks — look at ears, tails, udders, and inner legs. Use only approved tick treatments and follow the label instructions.



## Chickens & Shelter

Keep chicken houses clean and dry. Clean water containers regularly. Control rats and limit who enters the chicken area. Remove sick birds straight away. Check Newcastle disease vaccination schedules with your local animal health worker. In cooler highland areas, protect young animals from wet bedding and cold nights.

## Regional Livestock Notes

Region	Key Actions
Karamoja	Keep an eye on water sources and where animals can move to graze. Water improved after April rains, but shallow ponds and open water points can dry up quickly during dry spells — check them often.
Northern	Watch for disease spread in busy market areas. Feed animals crop leftovers with clean water and minerals. Keep animal shelters well-drained after heavy rain.
Eastern	Keep housing clean and water draining well before storms arrive. Watch dairy animals kept in small spaces for wet bedding and udder infections during humid weather.
Western	Make sure animals have enough clean water and shade in grazing areas. Keep bedding dry in cooler dairy zones. Watch busy market areas for signs of disease spread.
Central	Keep shelters clean and well-drained. Prevent udder infections during wet, humid weather. Make sure dairy cows near towns are getting balanced feed.
Lake Victoria Crescent	Make sure chicken houses have good airflow and stay dry. Raise floors above runoff. Control flies around homes and manure piles.

# Market Prices by Region

This table shows current crop prices across Uganda's six regions. Central and Lake Victoria Crescent have the highest prices for maize and beans. Karamoja has the lowest prices for maize, sorghum, and millet. Compared to April, national average prices in May went up: maize by about 11%, beans by about 5%, sorghum by about 2%, and millet by about 1%. Western region maize and sorghum prices show a range because two data sources gave different figures.

Crop	Karamoja	Northern	Eastern	Western	Central	Lake Victoria Crescent
<b>Maize</b>	UGX 1,475	UGX 1,916	UGX 1,738	UGX 1,508–1,820	UGX 2,033	UGX 2,054
<b>Beans</b>	UGX 3,783	UGX 4,059	UGX 3,579	UGX 3,259	UGX 4,129	UGX 4,122
<b>Sorghum</b>	UGX 1,366	UGX 1,758	UGX 1,842	UGX 2,279–2,890	UGX 3,691	UGX 3,216
<b>Millet</b>	UGX 2,745	UGX 3,223	UGX 3,025	UGX 4,034	UGX 4,050	UGX 3,805
<b>Bananas</b>	UGX 4,551–4,754	UGX 4,551–4,754	UGX 4,551–4,754	UGX 4,551–4,754	UGX 4,551–4,754	UGX 4,551–4,754

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# Looking Ahead & Reminders

## National Priorities

<p><b>Harvest Flows</b></p> <p>First-season harvests will increase through June and July in two-season farming areas. Watch whether more supply actually brings down prices, especially where transport or road problems make it hard to move goods.</p>	<p><b>Rainfall Signal</b></p> <p>Overall, the country is expected to be drier than normal. But local rain is still possible. Check your own rain gauge and field soil instead of relying on a single national forecast.</p>
<p><b>Input Budgeting</b></p> <p>Start planning your second-season inputs now. Compare fertilizer prices by nutrient value, buy tested seed, fix your storage, and write down your first-season results before spending money.</p>	<p><b>Karamoja Watch</b></p> <p>Karamoja and areas hosting refugees remain the biggest food security concerns. Crops that were replanted face more risk from dry conditions and will be harvested later than other regions.</p>

## Regional Action Reminders

<b>Karamoja</b>	Finish weeding and thinning your replanted maize, sorghum, millet, and beans. Only apply fertilizer before flowering, and only if the soil has enough moisture. Check crops for water stress, watch for pests like fall armyworm and bean fly, and check livestock water and pasture twice next week.
<b>Northern</b>	Finish weeding late crops and protect fields that are flowering or forming grain and pods. Get your drying sheets, storage, and containers ready for early harvests. Track market prices in settlement areas separately from wider district prices.
<b>Eastern</b>	Harvest ripe maize, beans, millet, and sorghum during dry spells and dry them well before storing. Fix drainage and prevent soil erosion on heavy soils and Elgon hillsides. Watch closely for sorghum midge, birds, bean diseases, and banana wilt.
<b>Western</b>	Treat lowland crops that are ready to harvest differently from younger highland crops. Protect water and feed for livestock on grazing land, and keep highland animal shelters dry. Get good sorghum and millet seed ready for August planting where that schedule applies.
<b>Central</b>	Harvest and sell your produce early, before rain or traffic slows you down. Do not apply more fertilizer at this stage — focus on drying, sorting, and storing instead. Check banana plants and stored maize every week for disease, pests, mold, and moisture.
<b>Lake Victoria Crescent</b>	Check moisture conditions in each field because rainfall varies a lot across this area. Keep raised drying surfaces and covers ready for sudden showers near the lake. Maintain banana drainage and mulching, support heavy bunches, and act quickly to stop bacterial wilt from spreading.

# Government & NGO Updates



## WFP Uganda Country Plan 2026–2030

WFP approved a new Uganda plan in June 2026. It focuses on three things: helping people access food during crises, building stronger food systems and livelihoods, and improving government services for social protection, school meals, nutrition, and disaster response.

**Why it matters this week:** Programs in farming, markets, and livelihoods can align their work with these three focus areas.



## Refugee Livelihoods — WFP (June 18, 2026)

A WFP report from June 18, 2026 shows that refugees in Uganda and across Africa are shifting from receiving food aid to growing their own food.

**Why it matters this week:** Programs supporting refugee farmers should also connect them to markets, good nutrition, and benefits for local communities.



## Refugee Funding Cuts — WFP (March 23, 2026)

WFP reports that funding shortages are increasing hunger among refugees in Uganda.

**Why it matters this week:** Markets near refugee settlements in the north and west need close monitoring. Less aid can change how people buy food, manage debt, sell assets, and find work.



## African Pastoral Markets Forum — AU-IBAR (June 15, 2026)

The African Union announced the first African Pastoral Markets Forum, taking place July 14–17, 2026.

**Why it matters this week:** People working in Karamoja should connect livestock health, animal movement, water access, and market information. Livestock sales work better when linked to these other activities.

# Recent Publications & Links



## FAO Uganda Food Report (May 8, 2026)

Covers the June–July harvest season, late planting in Karamoja, some crop concerns near Lake Victoria, and serious food shortages for refugees. [Read more](#)



## ICPAC Weekly Weather Forecast, June 16–23, 2026

Shows less rainfall than usual across Uganda, warmer temperatures, and some differences between regions. [Read more](#)



## World Bank Commodity Prices Update (June 2, 2026)

Food prices went up in May. Energy prices dropped. Fertilizer prices fell by 4.3%, but are still high overall in 2026. [Read more](#)



## World Bank Uganda Food Prices, May 2026

Shows the latest prices for maize, beans, sorghum, and millet at markets across Uganda. Used to track price changes and spot unusual highs or lows. [Read more](#)



## WFP Uganda Country Plan 2026–2030 (June 2026)

Sets out WFP's main goals in Uganda: helping people get food in a crisis, building stronger farming and livelihoods, and supporting government services like school meals and nutrition. [Read more](#)

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