# Uganda Weekly Farm, Food & Weather Report

## 20 – 27 July 2026

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# Executive Summary

This report covers 20 to 27 July 2026. Food supplies from the first season are improving, but conditions vary by region. The weather agency (DMS) expects sunny days with some local showers, mainly in central, northern, and western highlands. No major storms are expected this week.

Farmers in northern and eastern Uganda face risks from rain at harvest time — including wet grain, mould, and muddy roads. Western and central Uganda have better drying conditions. Most maize and bean crops are being harvested now. In Karamoja, crops are slightly behind and still ripening.

World Bank price data from 1 July 2026 shows that maize, beans, sorghum, and millet cost the most in Central Uganda. Western Uganda has the lowest maize and bean prices. In Kyegegwa, local matooke sells for about UGX 570–750 per kg. Food security is most serious in Karamoja, where 473,000 people are in Crisis or worse — including 41,000 in Emergency conditions.

### 📈 Price Trend

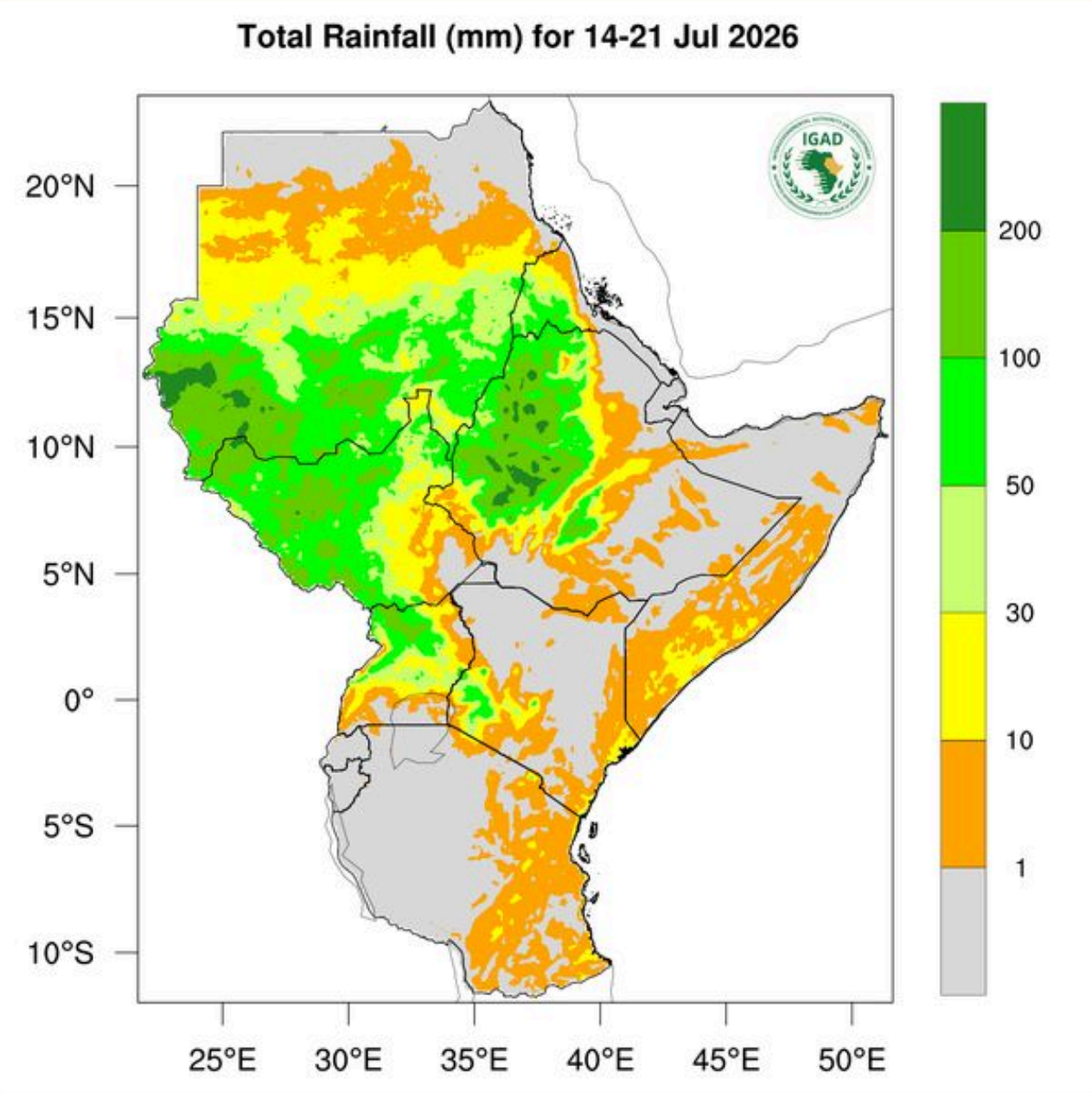
As harvests come in, maize and bean prices should slowly drop in surplus areas. Prices may stay higher in Central Uganda, food-deficit zones, and markets near refugee settlements.

### 🌧️ Rainfall Hazard

Expect some local showers, lightning, and wet grain risks this week. There are no widespread severe weather warnings active in any region.

### 🌱 Farmer Action

Only harvest crops that are fully mature. Dry cereals to 13.5% moisture or less, and beans to 14% or less. Keep wet and dry lots separate. Start preparing second-season fields, but do not apply nitrogen fertiliser to crops that are already mature.


Total Rainfall (mm) for 14-21 Jul 2026
IGAD
20°N
15°N
10°N
5°N
0°
5°S
10°S
25°E
30°E
35°E
40°E
45°E
50°E
200
100
50
30
10
1

# Weather: Karamoja

## 7-Day Forecast

**Rain:** ~8 mm expected (range: 4–18 mm)

**Temperature:** 18°C – 31°C

Mostly sunny with some showers or thunderstorms. The northeast lowlands will be hottest during the day. Nights are cooler on higher ground. Rain will vary a lot from one area to the next.

⚠ **Alert & Implication:** No major weather warning is active. However, individual storms can bring lightning, strong winds, and fast runoff on dry, bare soil. This can cause crop lodging, erosion, and risk to livestock.

## What This Means

There is enough moisture to help late grain fill in some fields, but not enough to fix dry soil. Harvest during dry morning hours when conditions allow.

# Weather: Northern

## 7-Day Forecast

**Rain:** ~15 mm expected (range: 8–25 mm)

**Temperature:** 18°C – 31°C

Expect sunshine mixed with light showers. Gulu may hit 30°C–31°C on some afternoons. West Nile will likely get more rain than the driest parts of northern Uganda.

⚠ **Alert & Implication:** No major weather alert right now. But short thunderstorms can interrupt harvesting, make grain wet, and make dirt roads hard to use.

## Short Implication

Harvest beans and ripe cereals during the longest dry spells. Be ready to dry and store grain quickly when showers arrive.

# Weather: Eastern

## 7-Day Forecast

**Rain:** ~25 mm expected (range: 15–40 mm)

**Temperature:** 17°C – 31°C

Expect a mix of sun, light rain, and afternoon or evening storms. Mbale, Tororo, and areas near Mount Elgon will see the most showers. Lowland areas will be the hottest.

⚠ **Alert & Implication:** Heavy rain in some spots can cause soil erosion on slopes, flatten ripe crops, and wet harvested grain. No major regional weather warning is currently active.

## Short Implication

Harvest lowland cereals and beans between rain spells. Protect slopes from erosion and keep stored grain dry, especially near Mount Elgon and hilly areas.

# Weather: Western

## 7-Day Forecast

**Rain:** ~8 mm expected (range: 3–18 mm)

**Temperature:** 13°C – 30°C

Most days will be dry and good for drying crops. Light rain may fall on a few days. Kabale and high areas can drop to 13°C–14°C at night. Strong sun and low humidity may stress crops and livestock needing water.

**Alert & Implication:** No major weather warning is active. Watch out for soil drying out quickly, wind affecting newly transplanted crops, and some runoff near the Rwenzori slopes.

## Short Implication

Use the dry weather to finish harvesting maize and beans. Save water where you can and make sure springs and livestock water points are well protected.

# Weather: Central

## 7-Day Forecast

**Rain:** ~18 mm expected (range: 10–30 mm)

**Temperature:** 17°C – 31°C

Expect sunny spells with short showers, mostly in the afternoon and evening. Kampala will reach 28°C–31°C during the day. Dry periods in between give enough time for harvesting.

⚠ **Alert & Implication:** No major weather alert is active. Heavy showers may cause short-term waterlogging in low-lying and peri-urban fields.

## Short Implication

Harvest ripe maize and beans during dry spells. Cover your produce before afternoon rains. Clear drains around stores and low-lying fields now, before the rains come.

# Weather: Lake Victoria Crescent

## 7-Day Forecast

**Rain:** ~12 mm expected (range: 6–22 mm)

**Temperature:** 19°C – 29°C

Expect light showers and some thundershowers, with dry periods in between. Temperatures stay fairly steady due to the lake nearby. Air will stay humid, which slows drying — even in shade or inside stores.

**Alert & Implication:** No severe marine warning. Winds are light to moderate with small waves. Fishers and shoreline farmers should avoid travelling at night during storms and protect produce from wind-driven rain.

## Short Implication

Don't judge grain dryness by how it looks — use a moisture meter. High humidity means grain dries slowly, even on rain-free days. Keep banana drainage clear and stores clean.

*From one of IDEA's partners

# petros network

## Petros Network – Growing Food, Faith & Futures in East Africa

In Uganda, South Sudan, and Ethiopia, Petros Network helps local church planters fight hunger. Their F.A.I.T.H. Gardens program stands for "Food Always In The Home." Leaders receive seeds, tools, and training. They then teach proven farming methods to their communities.

In Uganda, pastors and church planters grow F.A.I.T.H. gardens. These gardens feed their families, help their churches, and strengthen their communities. They train others, sell extra produce, and build stronger neighborhoods.

Petros Network combines faith with practical help. They start gardens, feed children, and support women. Families grow maize, beans, and more — food for the home and goods to sell at market.

Every garden grows into more. Every donation changes lives. Join the movement to bring food, dignity, and hope to East Africa. Visit **www.petrosnetwork.org** to learn more.

# Practical Implications: Karamoja

### Harvest Timing

Only harvest maize, sorghum, and millet that are fully ripe. Start after the morning dew dries. Move harvested heads and cobs under cover before afternoon storms arrive.

### Top-Dressing

Do not add nitrogen fertilizer to crops that are already ripe. Only apply fertilizer to late-planted maize that has not yet reached the tasseling stage and has enough soil moisture.

### Post-Harvest Handling

Dry grain on clean tarpaulins or raised mats — never on bare soil. Bring moisture down to 13.5% or less before storing in hermetic bags. Keep grain from different harvest dates separate.

### Weeding

Pull weeds around sorghum and millet that are still growing. Do not dig deep — it can damage roots and dry out the soil. Remove Striga weeds before they produce seeds.

### Water Management

Fix contour barriers, tied ridges, and water-harvesting structures before the rains come. Keep livestock away from newly repaired channels until the soil is firm.

### Pest & Disease Scouting

Check late maize for Fall Armyworm (FAW). Look at sorghum and millet heads for grain mould and bird damage. Check stores for weevils. If you find one problem spot, act right away.

# Practical Implications: Northern

## Harvest Timing

Harvest beans and ripe cereals during the driest part of the day. Pick beans before the pods split open. Never thresh or bag beans when pods or seeds are still wet.

## Weeding & Pest Control

Weed maize, beans, and sorghum while weeds are still small. Stop hoeing once roots fill the rows or the soil is waterlogged. Check maize whorls regularly for Fall Armyworm (FAW).

## Top-Dressing

Only top-dress late maize that is still before tasseling. Apply nitrogen when the soil is moist but no heavy rain is coming soon. Do not top-dress fields already filling grain or being harvested.

## Drainage

Dig shallow drains in fields that flood easily. Keep waterways grassed and outlets stable to stop gullies forming. Focus first on bean fields and low-lying maize plots.

## Post-Harvest Handling

Turn grain often while it dries. Test moisture before putting grain in storage. Stack bags at least 15 cm off the floor and away from walls to stop condensation and mould.

# Practical Implications: Eastern

## Harvest Timing

In lowlands, harvest maize, beans, sorghum, and millet between rain showers. In highlands and late-planted fields, protect crops that are still flowering or filling grain from lodging and soil wash.

## Top-Dressing

Only top-dress maize or sorghum that is still growing, not yet flowering. On sandy or sloped soils, split the fertilizer into smaller amounts rather than applying it all before heavy rain.

## Post-Harvest Handling

Keep tarpaulins nearby so you can cover grain quickly when it rains. Dry beans separately from cereals. Remove any mouldy grain before storing — do not use it for food or feed.

## Weeding & Erosion Control

Weed late plantings by hand before the crop covers the ground. On slopes, weed along the contour and leave crop residue on the soil — do not leave bare soil exposed.

## Drainage & Runoff

Clear blocked contour drains and strengthen grass strips. Lay crop residues across slopes to slow water flow. Do not direct runoff onto neighbouring fields or roads.

## Pest & Disease Scouting

Check beans for leaf diseases after wet weather. Look for FAW and stalk rot in maize. On bananas, watch for BXW, black Sigatoka, and weevil damage. Clean tools between banana plants.

# Practical Implications: Western

### Harvest Timing

Conditions are relatively dry — use this time to finish harvesting maize and beans in lower fields. Don't leave ripe crops standing just to wait for better prices.

### Fertility Timing

Don't top-dress crops that are already mature. Now is a good time to collect soil samples, gather manure and compost, and work out how much fertilizer you'll need for the second season.

### Post-Harvest Handling

Use the dry spell to dry grain quickly. Only store grain that is clean and cool. Write down each bag's weight, moisture level, grade, and storage date to help with selling decisions.

### Weeding & Land Preparation

Pull out perennial weeds and keep useful crop residues on the soil. Prepare second-season fields with minimal digging. Wait until planting rains are near before making the final seedbed.

### Water Conservation

Keep mulch in banana fields, fix infiltration trenches, and protect springs and livestock water points. Keep mulch at least 30 cm away from the banana stem to reduce weevils and rot.

### Pest & Disease Scouting

Check banana mats every week for BXW, black Sigatoka, nematodes, weevils, and wind damage. Also check stored maize and beans for insects and signs of moisture buildup.

# Practical Implications: Central

### Harvest Timing

Harvest ripe maize and beans during dry spells. Cover your produce before afternoon rains. Never mix freshly harvested grain with grain that is already dry.

### Top-Dressing

Do not add nitrogen to maize that is already filling grain or ready to harvest. For younger, late-planted maize, apply a split dose only if the crop still has time to respond.

### Post-Harvest Handling

Dry grain on clean surfaces. Let it cool before sealing in hermetic bags. Check stores every week for roof leaks, rodents, and insects.

### Weeding & Field Hygiene

Remove weeds from late-planted crops and around banana mats. Keep surface cover in place. Pull out volunteer maize plants — they can spread FAW and disease into your next crop.

### Drainage

Clear blocked farm drains before afternoon showers arrive. Protect low-lying vegetable and bean plots. Keep runoff from roads and rooftops away from storage areas.

### Pest & Disease Scouting

Check beans for pod rot, bananas for BXW and Sigatoka, and maize for ear rots. If you spot one BXW-infected banana mat, act immediately — remove it and disinfect all tools.

# Practical Implications: Lake Victoria Crescent

## Harvest Timing

Harvest in the morning or midday when it is dry. High humidity can keep grain wet even without rain. Always check moisture — do not judge by how the grain looks.

## Top-Dressing

Do not add nitrogen to mature maize or beans. For young crops near the lake, split the dose and do not apply just before expected rain.

## Post-Harvest Handling

Dry grain in the sun or in a well-ventilated space. Keep it off damp floors. Only store grain after it has cooled and dried fully.

## Weeding

Do shallow weeding in late maize and bean fields. Keep banana basins clean but covered with mulch. Do not cut banana roots near the soil surface.

## Drainage & Shoreline Protection

Keep drains clear around banana mats and stores. Protect wetland areas and do not let runoff flow into the lake or fish-landing sites.

## Tool Sanitation & Disease

Watch for BXW, black Sigatoka, banana weevils, bean leaf disease, and storage mould. Clean cutting tools between banana mats. Remove infected male buds using a forked stick — not a shared knife.

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# Crop Calendar & Growth Stages: Karamoja

## 🌽 Maize

**Stage:** Ripening to early harvest

- Check that the black layer has formed and husks are dry before harvesting. Harvest on time.
- Dry cobs off the ground under cover. Never leave them on bare soil.

## 🫘 Beans

**Stage:** Late or completed harvest

- Pick dry pods before they split open. Dry seed to 14% moisture or less.
- Remove any stained, damaged, or diseased seeds before storing.

## 🌾 Sorghum

**Stage:** Grain filling, ripening, early harvest

- Guard heads from birds and falling. Harvest when the grain is hard.
- Dry on raised mats before threshing to avoid mould and quality loss.

## 🌿 Millet

**Stage:** Ripening and harvest

- Cut mature heads early to reduce losses from birds and shattering.
- Dry and thresh on a clean surface. Store grain at 13.5% moisture or less.

## 🍌 Bananas

**Stage:** Growing and bunch filling in wetter areas

- Keep mulch and drainage good. Do not bury the pseudostem.
- Remove diseased plants and clean tools between mats.

# Crop Calendar & Growth Stages: Northern

## 🌽 Maize

**Stage:** Mixed — growing, flowering, filling, and early harvest

- Check each field's stage before applying fertilizer.
- Harvest only mature cobs. Keep scouting for FAW in younger fields.

## 🫘 Beans

**Stage:** Flowering, pod filling, and harvest

- Weed carefully — avoid disturbing roots during flowering and pod filling.
- Pick pods when ready. Don't wait — rain can stain and rot them.

## 🌾 Sorghum

**Stage:** Growing through grain filling; early harvest in some fields

- Check for stem borers and head pests. Ensure good drainage.
- Harvest mature heads quickly — wet weather lowers grain quality.

## 🌿 Millet

**Stage:** Main harvest

- Harvest when most panicles have hard grain. Dry quickly after cutting.
- Use bird-deterrent methods that leave no harmful residues near harvest.

## 🍌 Bananas

**Stage:** Growing, bunch filling, and staggered harvest in West Nile and wetter areas

- Support plants carrying heavy bunches with props.
- Remove any plants showing BXW symptoms. Clean tools between mats.

# Crop Calendar & Growth Stages: Eastern

## 🌽 Maize

**Stage:** Harvest in Busoga and eastern lowlands; younger and highland fields still growing or filling grain

- Dry harvested grain quickly. Only top-dress younger fields before tasseling.
- Control erosion on slopes near maturing fields.

## 🫘 Beans

**Stage:** Harvest in early lowland fields; highland and later fields still flowering or filling pods

- Harvest dry pods in stages. Check wet fields for anthracnose, leaf spot, and pod rot.
- Do not walk through wet plants — this spreads disease.

## 🌾 Sorghum

**Stage:** Grain filling to harvest

- Check heads for mould, insects, and bird damage.
- Harvest mature heads before more rain lowers quality.

## 🌿 Millet

**Stage:** Harvest in eastern savanna and lowland areas

- Cut heads when grain is firm. Thresh and winnow on clean tarpaulins.
- Dry grain fully before sealing in bags or containers.

## 🍌 Bananas

**Stage:** Bunch filling and ongoing harvest

- Remove dry and diseased leaves. Do not damage healthy green leaves.
- De-bud correctly and clean cutting tools between plants to stop BXW spread.

# Crop Calendar & Growth Stages: Western

## 🌽 Maize

**Stage:** Early harvest near Lake Albert; land prep for August planting in western highlands

- Dry and store harvested grain well. Keep records of moisture levels.
- Test your soil and gather inputs now. Wait for reliable rains before planting.

## 🫘 Beans

**Stage:** Harvesting and handling; getting ready for the second season

- Save seed only from healthy plants.
- Plan your inoculant and phosphorus now. Don't fertilize fields that are already mature.

## 🌾 Sorghum

**Stage:** Preparing land before planting in southwestern highlands

- Pick clean seed and test it for germination before the August window.
- Keep crop residues on the soil and prepare beds to reduce erosion.

## 🌿 Millet

**Stage:** Land preparation near Lake Albert and western rangelands

- Keep soil covered and remove perennial weeds now.
- Get your seed and small nutrient doses ready before rains return.

## 🍌 Bananas

**Stage:** Bunch filling and ongoing harvest

- Keep mulch around plants to hold moisture. Support heavy bunches with props.
- Remove any BXW-infected plants right away. Control weevils, nematodes, and Sigatoka by keeping fields clean.

# Crop Calendar & Growth Stages: Central

## 🌽 Maize

**Stage:** Main harvest. A few late fields still filling grain.

- Harvest ripe cobs. Dry grain to 13.5% moisture or lower.
- Keep late fields standing. Don't add nitrogen now.

## 🫘 Beans

**Stage:** Harvest and storage.

- Pick pods in stages to avoid losses from splitting.
- Save seed only from healthy plants. Store dry in sealed, labelled containers.

## 🌾 Sorghum

**Stage:** Harvest or field cleanup.

- Dry heads fully before threshing to prevent mould.
- Remove stray plants and diseased crop waste from the field.

## 🌿 Millet

**Stage:** Harvest and early prep for next season.

- Guard ripe heads from birds before cutting.
- Store clean grain in airtight containers. Keep only the best seed for next planting.

## 🍌 Bananas

**Stage:** Bunch filling and ongoing harvest.

- Keep drainage clear and mulch in place. Check each mat for BXW, Sigatoka, weevils, and falling risk.
- Act fast on any signs of BXW — even one mat is enough to take action.

# Crop Calendar & Growth Stages: Lake Victoria Crescent

## 🌽 Maize

**Stage:** Early fields being harvested; later fields still growing

- Manage each field by when it was planted. Dry harvested grain quickly.
- Check younger maize for FAW before tasseling. Act fast while affected patches are still small.

## 🫘 Beans

**Stage:** Harvest, pod filling, and some late vegetative growth

- Harvest mature pods before rain comes. Protect later fields from leaf diseases.
- Don't walk through wet plants — this spreads disease from plant to plant.

## 🌾 Sorghum

**Stage:** Grain filling or harvest in minor fields

- Watch for birds and head mould. Harvest mature heads during dry spells.
- Dry grain under cover when rain threatens to keep quality high.

## 🌿 Millet

**Stage:** Harvest and getting ready for the next planting

- Dry and store grain properly before sealing containers.
- Test saved seed for germination before the next sowing to avoid poor crop establishment.

## 🍌 Bananas

**Stage:** Bunches filling and continuous harvest

- Prop up heavy bunches and keep drainage clear around mats.
- Remove any BXW-infected tissue, de-bud safely, and clean tools between every mat.

# Input & Technical Advisory

## Fertility & Timing

### Mature Crops

Do not add nitrogen to maize, sorghum, millet, or beans that are already filling grain, ripening, or ready to harvest. It delays drying, increases lodging, and won't pay off.

### Late Maize & Sorghum

If a soil test and your extension officer both say it's needed, apply 40–60 kg N/ha before tasseling or panicle formation. Split into two applications (≈87–130 kg urea/ha). Apply into moist soil — never before heavy rain.

### Beans

Don't top-dress beans with nitrogen. For your next planting, use ~15–25 kg $P_2O_5$/ha, apply rhizobium inoculant, and keep fertilizer away from the seed.

### Sorghum & Millet Microdosing

On dry, low-input fields next season, place ~2–4 g of compound fertilizer per planting station, 5 cm from the seed — only if local guidance supports it.

### Bananas

Add 10–20 kg of well-rotted manure or compost per mat every 3–4 months, spread in a ring away from the stem. If using mineral fertilizer, split it into small quarterly doses based on a soil test.

## Integrated Pest Management & Action Thresholds

### Fall Armyworm

Scout using a W-pattern — check 20 plants at 5 stops. Act when fresh whorl damage and live larvae appear on ~20% or more of young to mid-whorl plants. Start with hand removal or biopesticides before using registered products.

### Stem Borers & Shoot Flies

Act when dead hearts or boring damage reach ~10% of young cereal plants. Remove badly damaged plants. Don't use the same insecticide mode of action repeatedly.

### Bean Aphids & Fungal Disease

Treat aphids when colonies appear on ~20% or more of plants and few natural enemies are present. For fungal disease, one spreading patch in wet weather means: diagnose, remove heavily infected plants, and open up row spacing for airflow.

### Banana Xanthomonas Wilt

One sick mat is enough reason to act. Remove infected material following extension guidance, clean tools between mats, and never move infected suckers to new fields.

### Storage Protection

Dry maize, sorghum, and millet to 13.5% moisture or less. Dry beans to 14% or less. Throw out mouldy grain, clean the store, and use hermetic bags or sealed containers.

## Soil Amendments

### Agricultural Lime

Only lime fields where the soil pH is below ~5.5 and a soil test recommends it. A typical rate is 1–2 tonnes/ha, worked in 6–8 weeks before planting. Never guess the lime rate from crop symptoms alone.

### Manure & Compost

Where you have enough supply, add 2–5 tonnes/ha of well-rotted compost or manure during second-season land preparation. Keep fresh manure away from seed and water sources.

### Residue & Mulch Management

Leave crop residues as surface mulch where disease risk is low. Keep contour strips on slopes and avoid burning. This cuts evaporation, erosion, and nutrient loss.

**Tech Tip of the Week:** Label every drying batch with a simple tag: field name, harvest date, crop, starting moisture, final moisture, and bag count. Never mix wet and dry grain — wet grain raises moisture across the whole stack and causes hidden mould. A five-line paper tag or phone note keeps quality traceable and helps you negotiate a better price with buyers.

# Livestock & Ranching

### Vaccination Windows

Talk to your district vet before moving or vaccinating animals. In Karamoja and border areas, focus on FMD, CBPP, PPR, and Newcastle disease. Only vaccinate healthy animals. Keep vaccines cold and record the batch number and date.

### Disease Surveillance

Report these signs right away: sudden deaths, mouth sores, lameness, heavy breathing, abortions, or fast-spreading diarrhoea. Do not move sick or suspected animals to markets or shared grazing until a vet checks them.

### Tick & Vector Control

Check cattle, goats, and sheep at least twice a week. Look around ears, tail, udder, and between the legs. Use acaricides at the correct rate and interval. Only switch chemical type when your vet advises — this helps slow resistance.

### Poultry Biosecurity

Limit visitors to your poultry area. Keep new birds separate for at least 14 days. Clean drinkers every day. Isolate sick birds quickly. Follow your district's schedule for Newcastle and other vaccines.

## Regional Livestock Notes

| Region | Key Actions |
|---|---|
| Karamoja | Give adult cattle 30–50 litres of water per day. Lactating or heat-stressed animals need 50–70 litres or more. Protect remaining pasture. Give weak animals good forage and minerals. Never feed mouldy grain or forage. |
| Northern | Provide shade, good airflow, and dry bedding. Remove standing water around kraals and poultry houses. Work with your district vet on vaccinations, animal movement, and disease reporting. |
| Eastern | Make sure animals have water at all times. Reduce crowding in wet conditions. Give goats and sheep about 3–6 litres per day; poultry need 0.2–0.5 litres per bird per day. Cut and store forage from field edges. Deworm at the right time. |
| Western | Save hay and silage during dry spells. Check movement permits and local disease notices before going to market. Keep good records to help with disease tracing. |
| Central | Keep dairy sheds free of mud and standing water. Stay on top of mastitis control during wet weather. Keep chopping fodder and balancing rations for dairy farms near towns. |
| Lake Victoria Crescent | Keep poultry houses dry and raised above runoff. Control flies near homes and manure piles. Follow DMS marine guidance for fishing and island transport. Always wear life jackets and avoid travelling at night during storms. |

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# Market Analysis: Regional Average Price Matrix

These prices come from World Bank food price data dated 1 July 2026. We used simple averages across each region. WFP field prices from 15 May 2026 are also included where they differ noticeably — especially in Western Uganda. Where two sources give very different numbers, we show a range instead of one figure. Central Uganda has the highest prices for maize, beans, sorghum, and millet. Western Uganda has the biggest gap between the two data sources. Matooke prices use current Kyegegwa market listings and do not include export prices.

| Commodity | Karamoja | Northern | Eastern | Western | Central | Lake Victoria Crescent |
|---|---|---|---|---|---|---|
| **Maize** | UGX 1,760 | UGX 1,910 | UGX 1,790 | UGX 1,530–1,760 | UGX 2,180 | UGX 2,040 |
| **Beans** | UGX 3,890 | UGX 3,590 | UGX 3,550 | UGX 2,630–3,030 | UGX 4,040 | UGX 3,880 |
| **Sorghum** | UGX 1,730 | UGX 1,780 | UGX 1,990 | UGX 2,550–2,970 | UGX 4,110 | UGX 3,230 |
| **Millet** | UGX 2,580 | UGX 3,040 | UGX 2,830 | UGX 3,860 | UGX 3,870 | UGX 3,460 |
| **Bananas** | UGX 900–1,200/kg | UGX 800–1,050/kg | UGX 650–900/kg | UGX 570–750/kg | UGX 650–950/kg | UGX 600–850/kg |

## Market Insights

### Central Uganda Has the Highest Prices

Central Uganda is the most expensive region for maize, beans, sorghum, and millet. High demand in Kampala, transport costs, and little local farming push prices up — even during harvest time.

### Northern Maize Prices Are Rising

Northern maize prices went up about 3.9% from June to July. This is likely due to uneven harvests, recent rains, and steady demand from both local and refugee-linked markets.

### Western Prices Vary by Source

Western Uganda has the biggest difference between WFP and World Bank price data. For some crops, WFP prices are more than 10% lower. That is why this region shows a price range instead of one number.

### Matooke: Local vs. Export Prices

At current Kyegegwa market rates, matooke sells for about UGX 570–750/kg. The UGX 4,739/kg figure from Selina Wamucii is an export price — it does not reflect what buyers pay at local markets.

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# Government & NGO Updates

## MAAIF Farm Access Roads

On 19 June 2026, MAAIF announced plans to repair damaged farm roads in Acholi, Lango, Ankole, Kigezi, Bunyoro, and Rwenzori. This is part of the Uganda Climate-Smart Agricultural Transformation Project.

**Why it matters:** Better roads mean farmers can move goods more easily during the rainy season, losing less produce and spending less on transport.

## Uganda Climate-Smart Agricultural Transformation Project

This project works in 69 districts across 13 farming zones, including seven areas that host refugees. It supports better harvests, market access, and climate resilience.

**Why it matters:** Farmers and farmer groups in these districts should find out which activities — such as seeds, irrigation, storage, or roads — are running in their area.

## WFP & EU Cash Assistance

On 19 June 2026, the EU gave EUR 3 million to WFP. This money will provide digital cash payments to 336,000 vulnerable refugees.

**Why it matters:** Cash support helps people buy food and boosts local market activity. However, prices in refugee settlements may differ from town markets.

## Karamoja Food Crisis & Disease Surveillance

As of 18 June 2026, 473,000 people in Karamoja are in a food crisis, including 41,000 in an emergency. By February 2027, over 122,000 children may face severe malnutrition. FAO has also provided eight vehicles to monitor animal diseases in the Greater Virunga Landscape.

**Why it matters:** Communities in the worst-affected districts need urgent food, nutrition, and livestock support. Report sick animals early and work with vaccination and movement control teams.

# Recent Publications & Links

### Uganda Weather Forecasts & Seasonal Outlook — Department of Meteorological Services

Get daily weather updates, five-day city forecasts, and a Lake Victoria marine forecast. The June–August outlook shows warmer-than-usual conditions. Includes tips for farmers and livestock keepers. **Visit WIDS**

### Karamoja Food Crisis Report — IPC (18 June 2026)

Shows that 473,000 people in Karamoja are in a food crisis, including 41,000 in emergency. Up to 122,100 children may suffer acute malnutrition by February 2027. **Read more**

### Cash Support for Refugees from EU & WFP — WFP (19 June 2026)

The EU and WFP are giving digital cash to 336,000 vulnerable refugees in Uganda. This helps them buy food and supports local markets. **Read more**

### Uganda Food Price Data by Market — World Bank (July 2026)

The latest national price estimates for maize, beans, sorghum, and millet. This data is used for the regional price figures in this report. **Access data**

### Uganda Agricultural Market Report, June 2026 — Farmgain Africa

Matooke supply is high in major towns, keeping prices low. Some buyers are switching away from maize flour as a result. **Read more**

# Looking Ahead & Reminders

## National Outlook

### First-Season Supply

More food should reach markets through July and August. Maize and bean prices may drop in areas with surplus. But quality and transport still matter — benefits may not reach all consumers.

### Post-Harvest Risk

Rain in the north and east is the biggest risk right now. Focus on drying grain, using tarpaulins and sealed storage, and fixing feeder roads — not on new crop inputs.

### Second-Season Preparation

Farmers in Western, Central, and Lake Victoria Crescent should test soils, budget for inputs, and check seeds now. Do not plant until rains are steady.

### Karamoja Priority

Karamoja needs help with harvesting, livestock health, food access, and malnutrition — all at once. Better markets alone will not help families who have no money to buy food.

## Regional Action Reminders

| | |
|---|---|
| **Karamoja** | Harvest millet, sorghum, and maize during dry spells. Dry all grain off the ground. Fix water points and rainwater structures before storms return. Work with district vets on livestock vaccinations and disease reporting. |
| **Northern** | Know which fields are ready to harvest before sending labour or inputs. Keep beans and grain dry. Move bags away from damp walls and floors. Clear drainage and check road bottlenecks before moving large loads. |
| **Eastern** | Strengthen soil bunds and grassed channels, especially on slopes near Mount Elgon. Harvest lowland crops between showers. Keep caring for later highland fields. Watch beans, maize, and bananas for wet-weather diseases and act early. |
| **Western** | Finish drying and storing grain while weather is still good. Test soils and gather seeds, fertilizer, and manure ready for the August–September planting window. Keep banana mulch, drainage, and props in good shape. Save hay and silage for livestock. |
| **Central** | Harvest and dry first-season maize and beans. Do not mix wet and dry grain. Clear drains around stores and low-lying fields before afternoon rain. Check farmgate, wholesale, and retail prices before selling — the highest market price is rarely what farmers receive. |
| **Lake Victoria Crescent** | Test grain moisture — high humidity slows drying even when it is not raining. Keep banana drainage clean and protect stores from wind-driven rain. Follow DMS marine forecasts for fishing and travel. Always wear life jackets and avoid travelling at night during storms. |

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