

Uganda Weekly Farm, Food, and Weather Report

03–09 August 2026

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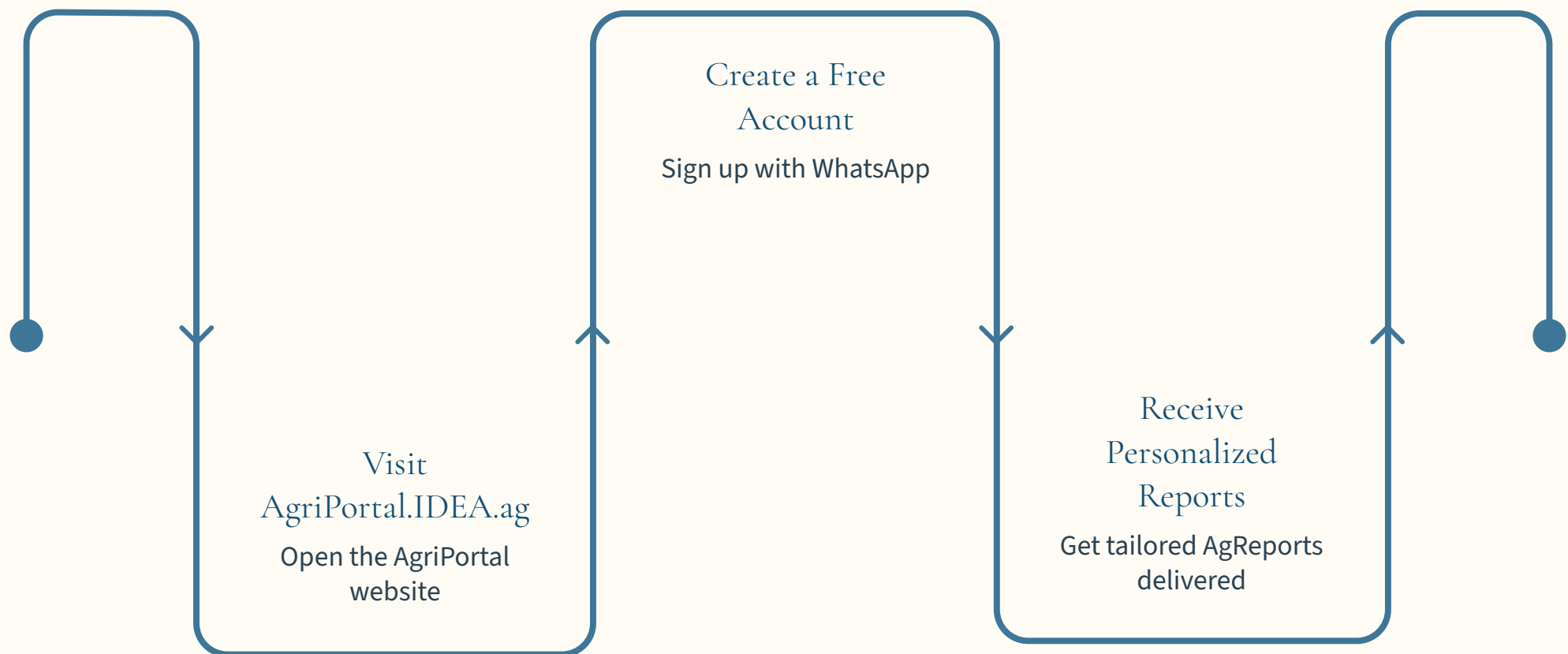
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Executive Summary

Uganda is now between the first harvest season and the start of the second planting season. **Maize prices are high.** Across five markets, the average price reached UGX 2,162 per kg in July 2026 — 20% higher than July 2025. Prices ranged from UGX 1,712/kg in Karamoja to UGX 2,173/kg in Central Uganda. Bean prices are steadier across the country, but in Central Uganda and around Lake Victoria they are above UGX 4,100/kg. In Western Uganda, beans average about UGX 3,174/kg. Sorghum prices vary the most by region — from UGX 1,695/kg in Karamoja to UGX 4,134/kg in Central Uganda. Maize prices may drop a little in August as harvested grain reaches markets, but we cannot be sure because some July prices are estimated, not measured directly.

Rainfall is uneven across Uganda. Gulu is expected to receive about 59.5 mm of rain with several days of thunderstorms. Mbale, Fort Portal, Kampala, and the Lake Victoria area will likely get less rain, coming in short bursts. Karamoja may get some scattered showers, but dry spells are still a risk. The national weather forecast for June to August points to near-normal or below-normal rainfall. The southwest may be drier than usual, and temperatures are likely to be warmer than average across the country.



Price Trend

Maize prices are high — the average across five markets is UGX 2,162/kg, which is 20% more than last year. Bean prices differ by region. Sorghum prices vary widely from place to place.



Rainfall & Hazard

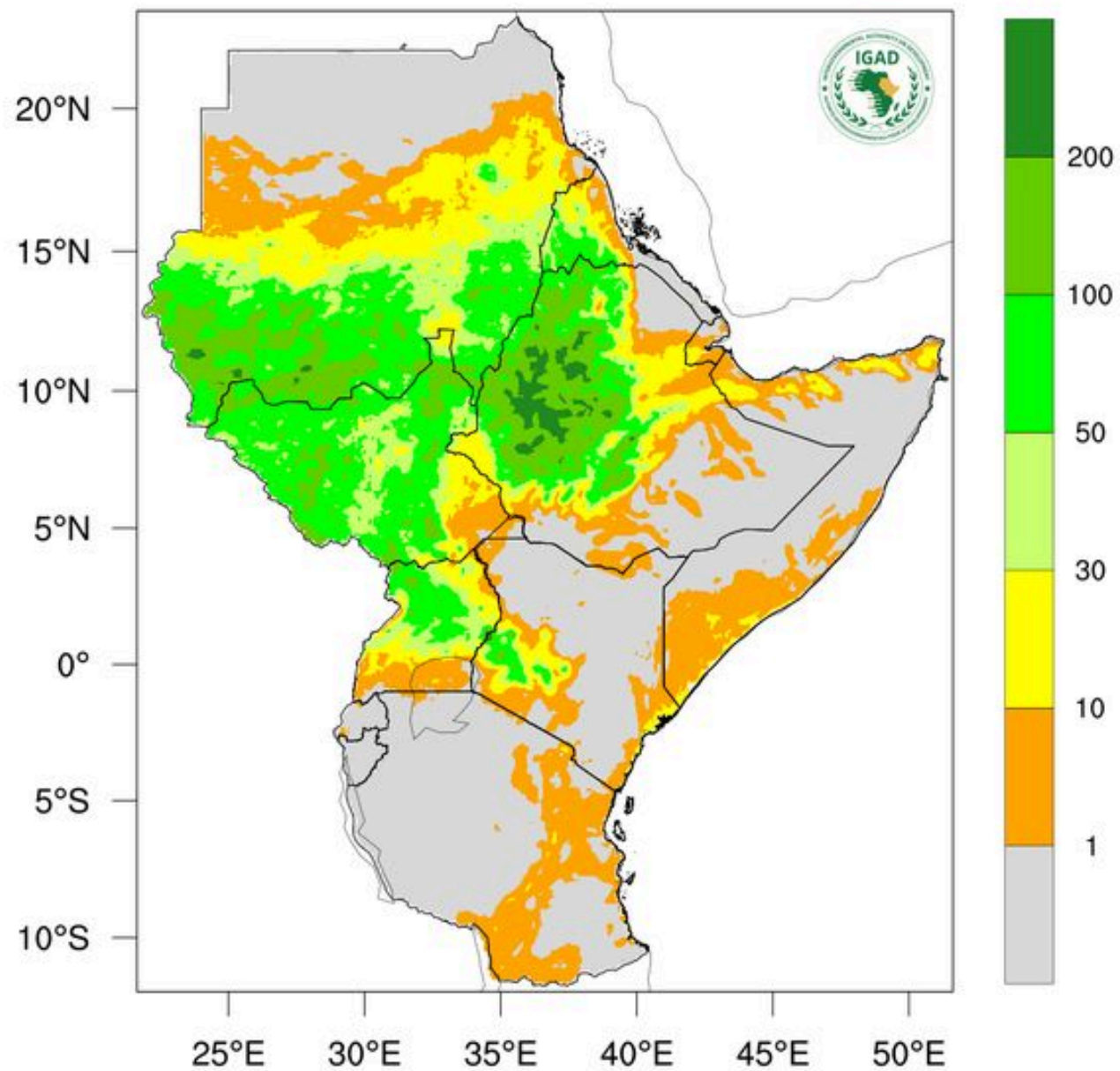
Northern districts face the biggest risk of thunderstorms and flooded fields in the short term. Parts of the southwest and central areas may not get enough rain.



Farmer Action

Harvest and dry your grain quickly. Protect what you have stored. Get your land ready for the second season. Only plant after steady, good rainfall — not after one light shower.

Total Rainfall (mm) for 28 Jul-04 Aug 2026



Weather Outlook: Karamoja

7-Day Forecast

Rain: About 3–10 mm

Temperature: 17–31 °C

Rain will fall in short, scattered showers. It will not be steady or heavy. Totals can differ a lot from one hill or valley to the next. Hot afternoons will make livestock thirstier and dry out topsoil quickly.



Alert & Warning: The forecast for June–August shows little rain and warmer weather than usual. In some parts of Karamoja, crops are already behind schedule because early rains stopped too soon.

What This Means for You

One shower does not mean the rainy season has truly started. Harvest your ripe millet, maize, and sorghum now. Keep a close eye on any crops that were planted late — they may still be growing and need more time.

Weather Outlook: Northern

7-Day Forecast

Rain: Approx. 59.5 mm

Temperature: 17–31 °C

This region will get the most rain this week. The heaviest rain is expected around August 5, 6, and 9. Expect a mix of cool, rainy periods and warm, humid afternoons.



Alert: Several heavy thunderstorm days are coming. These can cause flooding in low areas, soil erosion, wet grain, and make it hard to reach fields.

What This Means

Plan harvesting, threshing, and spraying for dry windows between the rain. Clear drainage ditches in low fields before the heavy rain days. Keep harvested grain covered and off the ground.

*From one of IDEA's partners



petros network

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

Petros Network works in Uganda, South Sudan, and Ethiopia. They help local church leaders fight hunger through the F.A.I.T.H. Gardens program. F.A.I.T.H. stands for "Food Always In The Home." These leaders get seeds, tools, and training. Then they teach their communities how to grow food.

In Uganda, pastors and church planters work with Petros Network to grow F.A.I.T.H. gardens. These gardens feed their families. They also help church members have enough food. And they help whole communities grow more crops. Churches teach others what they have learned. They sell extra food. And they help their communities grow stronger.

Petros Network combines faith with practical help. They start gardens, feed children, and support women. Families grow crops like maize and beans. This food feeds the family and can also be sold for income.

Every garden makes a difference. Every donation changes lives. Join us to bring food, dignity, and hope to East Africa. Visit www.petrosnetwork.org to learn more.

Weather Outlook: Eastern

7-Day Forecast

Rainfall: About 13.7 mm

Temperature: 16–30 °C

Most rain will fall later in the week. Afternoons will be warm with very strong sun between showers. Rain will come and go — it will not be wet all day.



Alert: On hilly slopes, short heavy showers can still cause water runoff and soil loss — even if total rainfall for the week is low. This week's rain is not enough to reliably start a second planting season.

What This Means for You

Use the rain to capture moisture in the soil. Wait to plant your second season crops until the soil stays wet and stable. On slopes, protect bare soil from washing away. Cover stored grain before afternoon showers arrive.

Weather Outlook: Western

7-Day Forecast

Precipitation: About 2.3 mm

Temperature: 15–29 °C

Light rain is expected early in the week. After that, conditions will be mostly dry. Mornings will be cool. Afternoons will be warm and drying. This is the driest forecast in the region this week.



Alert & Anomaly: The Ministry of Water and Environment warns that southwestern Uganda is likely to get less rain than normal from June to August. This is true even though some lakes and rivers still have high water levels.

Short Implication

Save as much moisture in the soil as you can. Prepare your fields and keep crop residue to hold moisture. Dry your harvest quickly. Do not add fertilizer to dry soil. Do not plant large areas after just one light shower.

Weather Outlook: Central

7-Day Forecast

Rainfall: About 5.8 mm (Aug 4–9)

Temperature: 17–30 °C

Light showers are expected on several days. Warm, breezy weather will dry out the soil quickly between showers. Rain that fell on August 3 is not counted in this total.



Alert: No major weather extreme is expected. But light, scattered rain can trick farmers into planting too early — then the soil dries out and seeds do not sprout evenly.

What This Means for You

Keep preparing your land and protecting soil moisture. Only plant second-season crops after a good, steady rain. Keep harvested crops dry and covered during transport — brief showers can damage them.

Weather Outlook: Lake Victoria Crescent

7-Day Forecast

Rainfall: About 5–11 mm expected

Temperature: 18–30 °C

Rainfall varies a lot from place to place. The lake causes short, sudden showers. These showers may not wet the soil deeply enough for planting.



Alert: Flooding or waterlogging may occur in low-lying fields, wetlands, and banana plots with poor drainage. Light showers can make it look like the soil is ready for planting — but it may not be.

What This Means for You

Keep drains clear and open. Do not drive heavy equipment on wet soil. Check that the soil is moist deep down before you plant. Keep banana gardens clean and protect harvested grain from sudden showers.

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What To Do Now: Karamoja

→ Harvest Ripe Cereals

Harvest ripe millet, maize, and early sorghum during dry days. Keep fields that were planted later separate — those crops may still be growing their grain.

→ Be Careful with Fertilizer

Do not add fertilizer to crops that are already forming grain or ripening. For young crops still growing, only add fertilizer if the soil is moist and your local farm advisor says it is needed.

→ Store Grain Safely

Dry harvested maize on a clean tarpaulin until it is dry enough to store safely. Keep grain off bare ground. Cover it at night to protect it.

→ Weed Carefully

Only do light, careful weeding in younger fields that were planted late. Do not damage roots. Do not disturb crops that are nearly ready to harvest.

→ Collect Rainwater

Use simple structures to collect and store runoff water in your fields. Make sure water has a safe place to drain so it does not wash away your soil.

→ Check Crops and Water

Walk your late-planted fields and look for caterpillars, birds, broken stalks, or fallen crops. Check your water points for people and animals every day — hot afternoons and uneven rain can quickly reduce your water supply.

Practical Implications: Northern



Harvest Around Storms

Harvest, thresh, and move ripe first-season grain in the dry morning hours. Stop all field work if lightning or heavy rain is coming.



Open Field Drains

Clear shallow drains and unblock outlets in low-lying maize, bean, and vegetable fields before the heaviest rain days. Do not let water run onto unprotected slopes.



Weeding & Cultivation

Weed second-season crops early while weeds are still small. Do not dig or hoe when the soil is very wet — this harms roots and hardens the soil.



Fertilizer Timing

Only top-dress maize when plants are at the right growth stage. Apply on moist but not flooded soil. Do not apply just before heavy rain is expected.



Grain Drying & Storage

Dry maize and beans in small batches. Cover them before evening when moisture rises. Store grain for market in clean, labeled sacks. Keep wet or damaged grain separate from dry grain.

Practical Implications: Eastern

→ Harvest Before Late-Week Rain

Harvest and dry your maize, beans, sorghum, and millet before the rains arrive later in the week. Use raised tarpaulins. Keep sacks under cover and out of the rain.

→ Weed and Protect Slopes

Weed your second-season crops early, while weeds are still small. On slopes, work across the hill — not up and down. Leave crop residue on the soil to protect it. Clear blocked drains in low areas to stop erosion.

→ Check Crops and Grain Dryness

Check maize for pest damage, beans for disease after rain, and banana plants for wilt or storm damage. Before storing grain, make sure it is truly dry inside — a short spell of sun can dry the surface while the inside is still too wet.

→ Second-Season Planting

Get your fields ready for the second season. But only plant after rain has soaked the soil deep enough for seeds, and more rain is likely to follow.

→ Be Careful with Top-Dressing

Only top-dress maize that is at the right growth stage. Apply fertilizer on moist soil. Do not apply it just before heavy rain, as it will wash away.

Practical Implications: Western

→ Finish Harvesting and Drying

Harvest any remaining ripe first-season grain. Use the dry weather to finish drying, cleaning, sorting, and storing your grain.

→ Keep Crop Remains and Mulch on the Soil

Leave old crop material or mulch on soil that loses water quickly or washes away easily. Keep thick mulch away from the base of crop stems and banana plants.

→ Care for Banana Plants

Remove extra banana shoots and cut off badly damaged leaves. Use clean tools. Do not move dirty tools from one banana plant to another.

→ Prepare Land — Don't Plant Too Early

Keep preparing your fields for the second season. But don't plant yet. Wait until rain has soaked deep enough to wet where the seeds will sit.

→ Don't Add Fertilizer to Dry Soil

Do not put fertilizer on dry or dusty soil. Wait until the soil has enough moisture. Also make sure the crop is still young enough to benefit from it.

→ Check Stored Grain Twice This Week

Look at your stored grain two times this week. Check for wetness, heat, insects, bad smells, and mold. If you see any of these signs, dry or sort the grain right away.

Practical Implications: Central

→ Prepare Land, But Wait to Plant

Keep preparing your land and getting seeds ready. But don't plant just because you see a light shower. Check that the soil is wet below the surface first.

→ Weed at the Right Time

Weed your crops early. After light rain is a good time — weeds come out easily. Don't dig in the soil when it is too wet.

→ Check Bananas and Stored Grain

Keep banana drainage channels clear. Cut off badly damaged leaves with clean tools. Check stored grain and market stock for moisture, insects, mold, and mixed quality.

→ Harvest Under Cover

Finish harvesting and drying your first-season crops. Use covers to protect them from brief showers, which can interrupt dry days.

→ Top-Dress Maize at the Right Stage

Only add fertilizer to maize when the plant is 30–40 days to 10 weeks old. The soil must be moist. Use the amount recommended for your area.

→ Compare Prices Before You Sell

Before selling, check prices from different buyers. Look at the crop type, quality, unit, and market level. A price in Kampala is not the same as a price at your farm gate.

Practical Implications: Lake Victoria Crescent

→ Keep Drainage Channels Clear

Make sure water can flow freely around banana plots, low-lying crop fields, and farm roads. Do not drain protected wetlands.

→ Dry and Store Your Harvest Safely

Finish drying and storing ripe first-season maize and beans. Use covers you can move quickly when rain comes. Plan your transport around local showers.

→ Apply Fertilizer at the Right Time

Only apply fertilizer when the crop is at the right growth stage and the soil is moist but not waterlogged. Keep fertilizer away from direct contact with seeds.

→ Wait for Good Rainfall Before Planting

Get your seedbeds ready, but do not plant after just one light shower from the lake. Wait until you get a proper, steady rainfall.

→ Weed Early

Weed young crops and banana plots before weeds flower and set seed. Use methods that protect plant roots and keep soil covered.

→ Check Bananas and Crops for Problems

Look at banana plants for signs of bacterial wilt, storm damage, and weevils. Check other crops for new insect damage and fast-spreading disease spots.

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Crop Calendar & Growth Stages: Karamoja

The FAO calendar shows overlapping field stages because some fields were replanted after a false start. Check the actual stage in each field before acting.



Stage: Late maturity to harvest (most fields); grain still filling in some replanted fields

- Harvest only when cobs and grain are fully mature. Dry on a clean tarpaulin and remove any wet or damaged ears.
- In late fields, remove weeds and watch for dry spells. Do not add fertilizer at this stage.



Stage: Harvest and post-harvest for the main crop

- Pull or pick plants when most pods are ready. Do not wait too long or the pods will split open. Keep harvested plants off wet ground.
- Dry, thresh, sort, and store only clean, healthy seeds. Keep seeds separate from beans meant for sale or eating.



Stage: Grain filling to early harvest, depending on when it was planted and the variety

- Check the heads every day for ripeness and birds. Harvest ripe heads before they fall over or get damaged by rain.
- Dry the heads well before threshing. Store clean grain in dry, sealed containers.



Stage: Harvest and post-harvest

- Harvest ripe heads quickly and spread them on clean, dry surfaces.
- Thresh only after the heads are fully dry. Winnow the grain, then protect it from insects, rats, and moisture.



Stage: Ongoing care for established plants

- Use mulch to keep the soil moist, but do not let mulch touch the base of the plant.
- Cut off damaged leaves with clean tools. Make sure water drains well. Report any signs of wilt right away.

Crop Calendar & Growth Stages: Northern

The FAO calendar shows the shift from first-season harvest into second-season planting. Fields in Northern and West Nile regions are at different stages, so check your own fields.



Stage: First season: harvesting. Second season: planting or early growth

- Harvest and dry ripe first-season grain before rains come. Aim for about 13% moisture before sealing grain in storage.
- Only plant second-season maize after good rain. Check seedlings once they emerge and fill only the gaps where plants clearly failed.



Stage: First season: harvesting. Second season: planting or early growth

- Dry harvested beans quickly. Remove cracked or diseased seeds and keep stored seed away from moisture.
- Keep new fields clear of weeds. After wet weather, check for even germination and signs of disease on leaves or stems.



Stage: First season: ripening or harvesting. Second season: planting or early growth

- Harvest ripe heads and keep different types or grades separate before threshing.
- Thin out overcrowded young plants, remove weeds early, and water carefully without burying young seedlings.



Stage: Harvesting and post-harvest

- Harvest ripe heads during dry periods. Cover them quickly if rain is coming.
- Dry, thresh, and store grain in clean containers. Keep only healthy, full grains for use as seed.



Stage: Ongoing harvest and plant management in West Nile and other suitable areas

- Keep a healthy set of plants: one mature plant, one younger plant, and one new shoot growing together.
- Keep the base of plants clean, ensure good drainage, clean your tools, and remove badly damaged leaves. Do not cut healthy leaves.

Crop Calendar & Growth Stages: Eastern

The FAO calendar shows that the first season is ending and the second season is starting. Farmers in Eastern Savanna, Busoga, and nearby areas are harvesting old crops and planting new ones.



Maize

Stage: First-season harvest; second-season planting to early growth

- Dry your first-season grain well, sort it, and store it off the floor in a clean, dry place.
- Check new plants for good sprouting, weeds, and pest damage. Only add fertilizer at the right growth stage.



Beans

Stage: First-season harvest; second-season planting to early growth

- Harvest before the pods split open and dry the seeds on a clean surface.
- Remove weeds early, avoid waterlogged soil, and watch for leaf disease after rain.



Sorghum

Stage: First-season harvest; second-season planting or early growth

- Guard ripe heads from birds and harvest before the plants fall over or get too wet.
- Thin out crowded young plants, remove weeds, and protect the soil from erosion on sloped fields.



Millet

Stage: Late harvest and post-harvest

- Finish harvesting ripe heads and do not mix wet grain with dry grain.
- Clean, sort, and store your grain only after it is fully dry.



Bananas

Stage: Ongoing harvest, bunch growth, and plant care

- Remove extra side shoots and support heavy bunches if wind or weak stems could cause them to fall.
- Keep the area clean and well-drained. If you see signs of bacterial wilt, report it right away.

Crop Calendar & Growth Stages: Western

Western farms range from Lake Albert and Western Rangelands to the Southwestern Highlands. Most farms are finishing the first season and getting ready to plant again around mid-August.



Maize

Stage: Finishing first harvest in some areas; preparing land and planting in later western areas

- Finish drying and storing mature grain. Keep wet grain separate from dry grain.
- Prepare your fields for planting. Only sow seeds after good rainfall, and use seeds that work well in your area.



Beans

Stage: Preparing land, sowing, or early growth — depends on height and local rainfall

- Use clean seed. Keep fertilizer away from direct contact with seeds. Plant into moist soil.
- Check that seeds sprout well. Remove weeds early. Do not add extra nitrogen if the plants are nodulating well.



Sorghum

Stage: Preparing land or planting in drier western areas

- Check that sorghum suits your area and that your timing and variety are right before using the land.
- Plant into a firm, smooth seedbed. Thin out extra plants after they sprout to get an even stand.



Millet

Stage: Preparing land; planting starting in some western areas around mid-August

- Use clean seed. Avoid turning the soil too much so you keep early rain in the ground.
- Only plant when there is enough moisture for seeds to sprout. Check for gaps in the stand and remove weeds early.



Bananas

Stage: Continuous harvest, bunch filling, and mat care

- Keep mulch in place, clear drainage channels, remove extra suckers, and choose the best follower shoot based on moisture and slope.
- Support heavy bunches. Clean your tools between plants. Remove diseased or badly damaged material and follow advice from your extension worker.

Crop Calendar & Growth Stages: Central

Central Uganda is moving from the first harvest season to planting for the second season. Bananas grow and are harvested all year round.



Maize

Stage: First-season harvest; getting ready to plant the second season

- Dry and store your harvested grain safely. Compare prices and selling options before selling.
- Only plant after good rainfall. Check that seeds have sprouted and remove weeds early.



Beans

Stage: First-season harvest; second-season planting or early growth

- Keep only clean, healthy seeds. Store them in a dry place away from insects.
- Remove weeds early. Check that plants are healthy and do not put fertilizer directly on the seeds.



Sorghum

Stage: Preparing land or planting where sorghum is already grown locally

- Check that there is local demand and that the variety suits your field before you plant.
- Thin out crowded seedlings to get an even stand. Keep weeds under control early.



Millet

Stage: Preparing land or planting in suitable areas

- Use clean seeds and prepare the soil well to hold moisture.
- Check that seeds have sprouted. Only re-plant where gaps are clear. Weed while plants are still young.



Bananas

Stage: Ongoing harvest, bunch filling, and mat care

- Choose which shoots to keep, remove extra ones, and prop up heavy bunches.
- Keep drains clear and add mulch without touching the base of the plant. Clean your tools between plants. Report any signs of wilt right away.

Crop Calendar & Growth Stages: Lake Victoria Crescent

The FAO calendar shows a long planting window for maize and beans in the Lake Victoria Crescent. But light, scattered rain right now may not be enough to get seeds growing well. Bananas keep producing all year when they are well cared for.



Maize

Stage: Harvesting first season; preparing land, planting, or early growth for second season

- Finish drying and sorting your first-season grain. Keep it safe when moving or selling it.
- Check that the soil has enough moisture before planting. Once seeds are in, watch for even sprouting and signs of pest damage early on.



Beans

Stage: Harvesting first season; planting to early growth for second season

- Sort your harvested beans. Only keep seeds that are healthy and that you know the variety of.
- Keep water draining well, remove weeds early, and check plants after rain for signs of disease on roots, stems, and leaves.



Sorghum

Stage: Preparing land or planting in areas where sorghum grows well

- Choose a variety and planting time that fits your local area and where you plan to sell.
- Aim for an even stand of plants, thin out crowded ones, and keep weeds away from young plants.



Millet

Stage: Preparing land or planting in areas where conditions are right

- Use clean seed. Do not plant just because of one light shower — wait until the soil is properly moist.
- Check that seeds have sprouted evenly. Weed gently and early so you do not damage roots or dry out the soil.



Bananas

Stage: Harvesting and managing plants all year round

- Keep water draining, remove extra shoots, choose the best young shoots to keep, hold up heavy bunches, and harvest cleanly.
- Clean your tools between plants. Remove any storm-damaged leaves carefully. If you think a plant has bacterial wilt, report it right away — do not wait.



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Input & Technical Advice

Fertility Recommendations

Maize

Before planting, add 4–6 tons of well-rotted compost or manure per acre if you can. On poor soils, add about 50 kg of DAP fertilizer per acre at planting. Top-dress with nitrogen 30–40 days after germination and again up to 10 weeks. Only do this when the soil is moist but not flooded.

Beans

Add 2–4 tons of well-rotted compost or manure per acre when preparing the land. On poor soils, use about 50 kg of DAP per acre at planting. Do not add extra nitrogen as a routine — beans with healthy roots usually make their own and do not need much extra.

Sorghum, Millet & Bananas

Do not use the same fertilizer amounts you use for maize. Each crop has different needs. Base your decisions on the crop type, soil condition, moisture, and local advice. For bananas, focus on adding mulch and organic matter around the base of the plant.

Integrated Pest Management

Maize Scouting

Check 10 plants in a row at five spots in the field. Act if you find fresh damage and live pests at two or more spots, or if the problem is getting worse between checks. Before using any pesticide, check more carefully and talk to your local extension officer.

Bean Disease Scouting

Act if you see disease symptoms in two separate parts of the field, or if the problem spreads within 48 hours. Get a clear diagnosis before treating. Remove or separate badly affected plants only if your local guide says to do so.

Banana Health (BXW)

If you suspect even one plant has bacterial wilt, separate it from the others right away and report it. Do not move tools between plants without cleaning them first.

Stored Grain

If you notice moisture, heat, a bad smell, insects, or mold in your stored grain, act immediately. Open the storage, sort the grain, and dry the affected lot. Do not mix it with good grain and seal it away.

Soil Amendments

Only add agricultural lime if a soil test shows your soil is too acidic. Use the rate recommended locally. Protect your soil by managing erosion, keeping crop residue, adding organic matter, improving drainage, and collecting rainwater based on your field's slope and moisture.

**Tech Tip of the Week:** Set up a simple harvest station. You need a clean tarpaulin, a moisture meter or a trusted local moisture test, labeled containers, and a covered area to hold your crop. Test moisture in several spots within each batch — not just on the surface. Write down the crop type, field, harvest date, moisture level, grade, and buyer price. This helps you make better decisions about drying and selling.

Livestock & Ranching



Water & Heat Stress

Always give animals clean water. Check water troughs at least twice a day. Add shade where afternoons get hot (above 30°C). Do not move animals for long distances in the middle of the day. Take extra care in Karamoja, Central, and drier western areas.



Vaccination & Disease Watch

Check vaccination records for cattle, goats, sheep, and poultry. Confirm current vaccination schedules with your district for diseases like FMD, PPR, and Newcastle disease. Report sudden deaths, fever, sores on mouth or hooves, heavy drooling, bad diarrhea, or breathing problems right away.



Wet Northern Conditions

Move animals away from flooded pens. Drain night pens and keep bedding dry. After long wet periods, check hooves, skin, udders, and lower legs for sores or wounds.



Poultry Hygiene & Medicine Use

Keep litter dry and clean drinkers every day. Let fresh air in but avoid cold drafts. Keep new birds separate for at least 14 days. Only trained animal health workers should decide when to use antibiotics. Always follow the waiting period before selling animals or products after treatment.

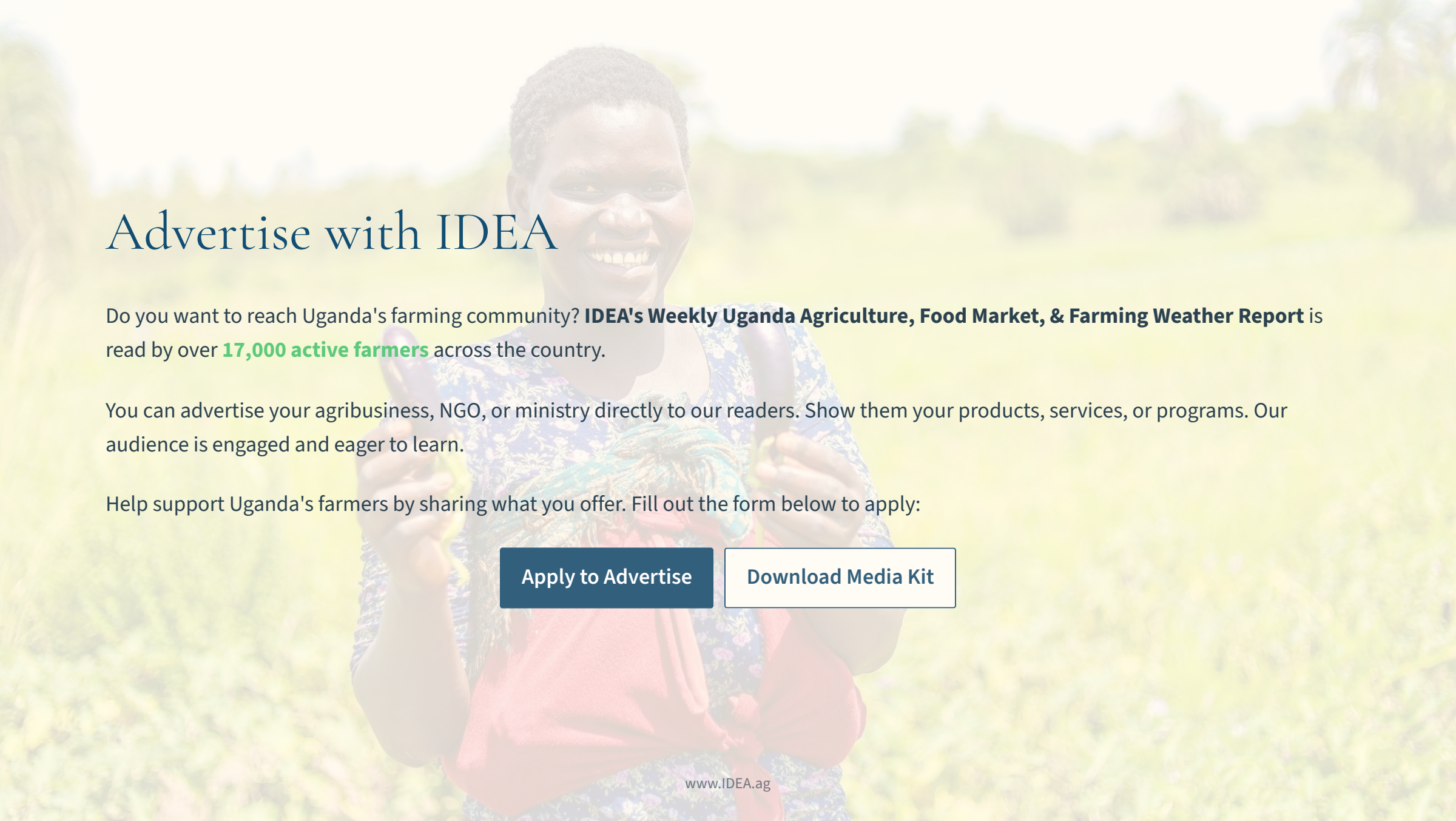
Regional Livestock Notes

Region	Key Actions
Karamoja	Check water points for people and animals every day. Warm afternoons and patchy rain can reduce water supply quickly. Protect pasture and do not let animals overgraze land that is recovering.
Northern	Move animals away from flooded pens. Keep bedding dry. After wet periods, check hooves, skin, and udders. Protect feed from rain and wet ground.
Eastern	Keep feed dry and under cover. Plan deworming and vaccination checks before the second planting season gets busy. Watch zero-grazing units on highlands for wet bedding problems.
Western	Protect hay, crop leftovers, and other feed from dry-season conditions. Do not feed animals anything that looks or smells moldy. Get local advice on balanced feeding where low-protein leftovers are all that is available.
Central	Keep dairy sheds free from dust and excessive heat. Check market rules and movement papers before loading animals for sale. Keep up strong mastitis control practices.
Lake Victoria Crescent	Keep chicken houses dry and well-ventilated. Limit visitors moving between flocks. Clean boots, tools, trailers, and handling areas between different groups of birds.

Market Analysis: Regional Average Price Matrix

The table below shows commodity prices across Uganda's six regions in July 2026. Maize prices are 20.1% higher than in July 2025. Sorghum prices vary the most between regions.

Commodity	Karamoja	Northern	Eastern	Western	Central	Lake Victoria Crescent
Maize	UGX 1,712/kg	UGX 1,791/kg	UGX 1,771/kg	UGX 1,789/kg	UGX 2,173/kg	UGX 2,153/kg
Beans	UGX 3,915/kg	UGX 3,687/kg	UGX 3,580/kg	UGX 3,174/kg	UGX 4,105/kg	UGX 4,125/kg
Sorghum	UGX 1,695/kg	UGX 1,729/kg	UGX 2,003/kg	UGX 2,916/kg	UGX 4,134/kg	UGX 3,765/kg
Millet	UGX 2,595/kg	UGX 3,023/kg	UGX 2,826/kg	UGX 3,837/kg	UGX 3,868/kg	UGX 3,718/kg
Bananas*	UGX 4,739/kg*	UGX 4,739/kg*	UGX 4,739/kg*	UGX 4,739/kg*	UGX 4,739/kg*	UGX 4,739/kg*

A smiling woman with short dark hair, wearing a blue patterned top and a red cloth tied around her waist, stands in a lush green field. She is holding several purple eggplants and a green pepper. The background is a soft-focus view of a rural landscape with trees and a bright sky.

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Looking Ahead & Reminders

National Priorities

Second-Season Rainfall Wait for steady rainfall before planting large areas. One light shower is not enough. Make sure the rain has truly started before you plant.	Maize Price Watch Watch maize prices as this season's grain reaches markets. Check prices at the farm, wholesale, retail, and export levels. Prices may drop to around UGX 1,877/kg by August.
Grain & Seed Protection Keep dry seed and grain safe from rain, dampness, insects, and mold. Store them carefully during harvest time.	September–December Season Ahead Keep watching your crops, livestock, water, and food supplies. Uganda's stronger rainy season runs from September to December.

Regional Action Reminders

Karamoja	Finish harvesting millet, maize, and sorghum. Store grain and seed separately. Check that water is available. Do not add fertilizer to crops that are already mature. Wait for steady rain before planting again.
Northern	Plan your harvest around heavy storms. Dry and store grain safely. Keep wet or damaged grain separate. After heavy rain, check young crops for gaps, weeds, root damage, and pest feeding.
Eastern	Finish first-season harvest before late-week rains arrive. Protect slopes from runoff and keep soil covered. Only plant where the soil has enough moisture. Weed early and check for pests.
Western	Use dry days to dry your harvest, prepare land, manage crop waste, and fix storage. Wait until the soil has enough moisture before planting large areas. For bananas, keep mulch, drainage, and bunch support in good order.
Central	Prepare land and check that the soil is moist enough at seed depth before planting. When selling, compare prices from different buyers carefully. Keep banana plots, grain stores, and packaging clean, dry, and checked often.
Lake Victoria Crescent	Keep drains clear in low fields and banana plots. Base planting and transport decisions on local rainfall, not general forecasts. Keep banana plots clean, check crops early for pests, and dry harvested produce in a protected place.

Government & NGO Updates



MWE Seasonal Outlook — July 16, 2026

Rainfall across most of Uganda will be average or below average from June to August. The southwest will be drier than normal. Temperatures will be warmer than usual.

What this means: Do not plant after just one or two showers. Wait for steady rain. Expect heavier rains from September to December, which may cause flooding in some areas.



WFP/EU Cash Assistance — June 19, 2026

The EU gave EUR 3 million to WFP. This money will go to 336,000 vulnerable refugees in Uganda through digital cash transfers.

What this means: More cash in communities near refugee settlements means people can buy more food. This can boost demand at local markets.



UBOS CPI June 2026 — June 30, 2026

The cost of goods in Uganda rose by 3.7% in June, up from 3.2% in May. This is the national average.

What this means: Prices are rising slowly overall. But some food items and remote markets may see much bigger price changes.



FAO Karamoja Food Update — July 2026

About 474,000 people in Karamoja — roughly 1 in 3 — are in a food crisis or worse. This covers April to July 2026.

What this means: Harvests came late, food stocks are low, and prices are high. Farmers and markets in Karamoja need close watching and continued support.

Recent Publications & Links



Seasonal Water and Rainfall Report — MWE (July 16, 2026)

Covers recent water conditions and what rainfall to expect from June to August. Also looks ahead to heavier rains in September to December.

[Read more](#)



Uganda Monthly Food Price Data — World Bank (July 6, 2026)

Shows the latest food prices across 43 markets in Uganda. Includes estimated prices where data was missing. [Read more](#)



Crop and Food Update — FAO GIEWS (July 3, 2026)

Gives an overview of crop harvests, food supplies, and food security in Uganda and other countries. [Read more](#)



MAAIF Agriculture Facts and Figures (February–April 2026)

Brings together official numbers on crops, livestock, and farming inputs in Uganda. Useful for planning and comparisons. [Read more](#)



EU and WFP Cash Support for Uganda's Refugees — WFP (June 19, 2026)

Explains a new EUR 3 million grant that will give cash support to 336,000 of Uganda's most vulnerable refugees. [Read more](#)

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