

Kuniokoa



Why you should buy one

- Saves 55% on kuni
- Reduces smoke by 72%
- Cooks for 1-12 people
- 2 year warranty
- Repair stations across Kenya (47 Nationwide)
- Full time customer care team.

		Kshs.1300
	55%	
		Kshs. 600
	SAVINGS	Kshs. 700

Where can you buy it?

Kuniokoa Wood Stove costs Ksh 3,890.
Buy it from Tuskys supermarkets, Pamoja Life and Livelyhoods across Kenya or contact **BURN** on 0700 667 788 or send an SMS to 22876.

How to register for free!

1. SMS the word "BURN" and the serial number of your stove to 22876. The serial number is on the back of the stove (*Example: Burn 945297128*).
2. You will receive an SMS asking for your name. Reply with your full name to 22876 (*Example: John Ochieng*)
3. You will receive an SMS asking which county you live in. Reply with your county name to 22876 (*Example: Kisumu*)

YOUR 2 YEAR WARRANTY WILL NOW BE VALID!

Produced by Mediae



Watch us on Citizen TV on:
Sunday 1.30pm (Kiswahili)
Thursday 1.30pm (English)

For more information,
SMS 20255
or call iChef
0711 082 303



Series 1, Episode 1

Mama George, Ndeiya, Kiambu.



www.ecozoomstove.com
samora@ecozoom.co.ke
0706 363 343



www.burnstoves.com
communications@burnmfg.com
0700 667 788 or SMS 22876



www.envirofit.org/products/east-africa
customercarekenya@envirofit.org
0800 722 700 or SMS 40250



www.hashienergy.com
customer.serve@hashienergy.com
020 221 5088



www.realipm.com
sales@realipm.com
0725 806 086



www.oshochem.com
marketing@oshochem.com
0711 045 000 or SMS 20560



www.royalseed.biz
customerservice@khs.co.ke
0710 558 240



www.mavunofertilizers.com
info@mavunofertilizers.com
0702 891 893



www.dlight.com
info.kenya@dlight.com
020 210 6793



www.kwftbank.com
info@kwftbank.com
0703 067 700 or 0730 167 000



www.hortiprolimited.com
info@hortiprolimited.com
020 239 3583



www.kuscco.com
020 273 0191 or 020 272 2927



If undelivered please return to the Mediae Company, P.O.Box 215-00502, Karen



COOKSTOVE
BURN, Kuniokoa



RECIPE
Beef Stew with Sukuma wiki

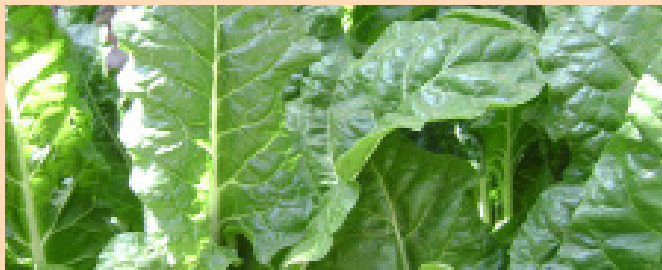


KITCHEN GARDEN
Planting Spinach



NUTRITION
Spinach

Nutrition



Spinach contains a lot of important nutrients that keep our bodies healthy and strong.

Vitamin A

For healthy eyes.



Vitamin C

Helps us fight diseases.

Vitamin K

Helps our blood to clot when we injure ourselves.



Iron

Keeps our blood healthy.

Folic Acid

Important when you are pregnant for the foetus to develop well.



Recipe

Beef marinated with pawpaw and sukuma wiki stew



Ingredients

- 1/2 kg beef
- 2 garlic cloves
- 1 pawpaw
- red beans (maharagwe)
- potatoes
- pumpkin
- sukuma wiki or spinach
- tomatoes

Method

- For the marinade, finely chop the pawpaw and garlic. Add a pinch of salt and one tablespoon of cooking oil. Mix together.
- Cut the beef into cubes, and mix into the pawpaw to tenderise the meat. Leave for at least half an hour.
- Once tender, fry the meat in a large pot until it is cooked thoroughly.
- In another pot, boil red beans, cubed potatoes and pumpkin until soft, then mash together.
- Finely chop sukuma wiki and tomatoes, fry quickly in saucepan.

★ Tip of the week

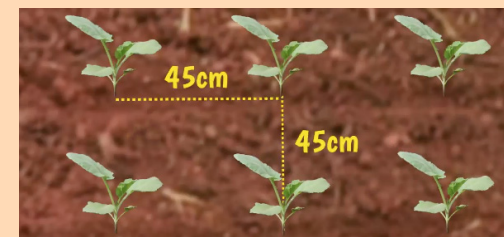
When cooking green vegetables like spinach or sukuma wiki, do not overcook them as this destroys all the goodness. Steam for 5 minutes, or lightly fry, so that they keep their nutritonal value.

Kitchen Garden



How to plant spinach

- Obtain seedlings from a **KEPHIS** registered nursery near you.
- Ensure a spacing of 45cm by 45cm at planting.
- Use manure or fertilizer at planting and mix well with the soil to avoid scorching the seedlings.



How to maintain

- Water the plants regularly.
- Plant new crops often to ensure continuous supply of spinach.
- Top-dress after 1 month (try **Mavuno**) and spray with **EASY GRO** vegetative after each harvest.
- Remove weeds as soon as they grow.



When to harvest

- Spinach leaves are ready to harvest after 60 days.
- If pesticides/herbicides are used, do not harvest the spinach until after the post harvest interval, as indicated on the label.



What to look out for

- Scout your field daily to detect diseases and pests early.
- Control plant damage early to increase yield.