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.

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!
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.

**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.

**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.

**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 nutritional value.