

# Envirofit SuperSaver

## Why you should buy one

- **Save money and fuel** - reduce your firewood use by half.
- **Save time** - Envirofit SuperSaver woodstove cooks twice as fast as an open fire.
- **Reduce smoke** - cooking is cleaner and safer.
- **Can cook** for up to 15 people and support different size sufurias.
- **2 year warranty** - if there is a problem with your stove it will be repaired or replaced for free.



- **Supports** for different size sufurias
- **Strong** heat resistant handles
- **Long** lasting metal body
- **Easy** to light
- **Stable** foot supported base

## Where can I buy it?

Call Envirofit 0800722700 (free call) or SMS 40250 (Safaricom only).

Envirofit Jikos will reduce your firewood use by half



With the Envirofit SuperSaver, you will not only save your money, but you will save your time and health.

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  
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## Series 1, Episode 2

Mama Kigen, Iten, Uasin Gishu.

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



### COOKSTOVE

Envirofit, SuperSaver Woodstove



### RECIPE

Milk with Avocado and Banana Smoothie



### KITCHEN GARDEN

Planting Tree Tomatoes



### NUTRITION

Milk

# Nutrition



Milk is full of nutrients to keep our bodies healthy. Try to drink 3 to 4 glasses of milk every day!

## Phosphorus & Calcium

Good for our bones and teeth



## Vitamin B2

Stops us from feeling tired

## Protein

Helps to build muscle



## Iodine & Potassium

Iodine helps our brains to work well. Potassium keeps our nervous system healthy

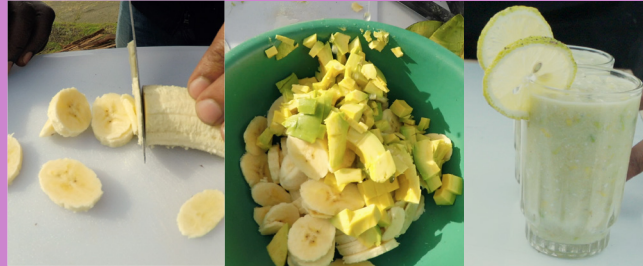
## Vitamin B12

Helps us fight diseases



# Recipe

## Milk with Avocado and Banana Smoothie



## Ingredients

- 1 ripe banana
- 1 medium-size ripe avocado
- 1 cup milk (either fresh or fermented)
- 1 tablespoon lemon juice
- 1 tablespoon honey

## Method

- Peel and cut the avocado and banana and then mash together.
- Squeeze in the lemon juice and add the honey to the mixture.
- Mix in the milk and mash with a fork until it becomes smooth in consistency.

## ★ Tip of the week



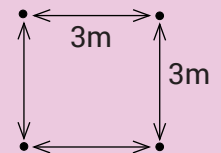
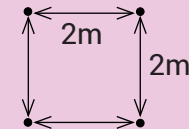
Drink more milk when you are pregnant. Expectant women require extra Calcium. Taking milk regularly helps the mother and baby to be strong.

# Kitchen Garden



## How to plant tree tomatoes

- Obtain planting materials from a **KEPHIS** registered nursery near you.
- From seedlings:  
Spacing of 2×2 metres.
- From cuttings:  
Spacing of 3×3 metres.



## How to maintain

- Mulch heavily to prevent the growth of weeds.
- De-bud trees when they are 1.5-2m (3-4ft) tall to promote multiple branching.
- De-flower if trees flower before 1 year, in order to build strength in the trees.



## When to harvest

The first fruits appear within 15-18 months of planting. They should be left on the tree to turn colour to yellow or red depending on the variety.



## What to look out for

- Chillies, garlic and neem act as good companion plants that can be grown together with tree tomato. This helps reduce the use of pesticides and chemicals.
- Plucking of weeds is discouraged because the roots of the tree tomato plant are delicate and cutting any fibrous strands may dry the plant.