

Envirofit SuperSaver

Why you should buy one

- **Save money** - reduce your charcoal use by half.
- **Save time** - Envirofit SuperSaver cooks faster. Boiling time is 5 minutes and can cook traditional foods like rice and ugali in under 20 minutes.
- **Reduce smoke** - cooking is cleaner and safer.
- **Can cook** for up to 15 people and support different sized sufurias.
- **2 year warranty** - if there is a problem with your stove, it will be repaired or replaced for free.



Where can I buy it?

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

Envirofit jikos will reduce your charcoal use by half!

JIKO LA KAWAIDA



SUPERSAVER



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



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



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



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



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



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



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



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



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



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



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



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



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



Series 1, Episode 4

Mama Ivy, Machakos

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



COOKSTOVE

Envirofit, SuperSaver Charcoal Stove



RECIPE

Cassava and Goat Stew with Kunde



KITCHEN GARDEN

Drip Irrigation



NUTRITION

Cow Peas and Leaves (Kunde)

Nutrition



Cow peas are a good source of plant protein. The leaves, also known as kunde can be cooked or eaten raw.

Iron

Keeps our blood healthy



Phosphorus & Calcium

Good for our bones and teeth

Carbohydrates

Give us energy



Protein

Helps us to grow

Zinc

Helps our bodies fight diseases



Folates

Help the unborn baby to be healthy

Recipe

Cassava and Goat Stew with Kunde



Ingredients

- 1/2 kg cassava
- Kunde (cow pea leaves)
- Onions
- Garlic
- Ginger
- Milk
- Goat meat
- Whole chilies
- Lime juice
- Salt

Method

- Properly skin the cassava then boil it in water.
- Once boiled, drain the water and add milk, salt, and the chopped ginger and garlic. Cover and allow the milk to evaporate.
- Add a pinch of salt to the water. Add the washed kunde and cook for only a minute. Drain the water and cut the leaves into small pieces. Fry with onions for 2 minutes, ensuring that the leaves are crunchy and still green.
- Serve the cassava with goat meat and kunde. Lime juice and chilies are used to garnish the meat.

★ Tip of the week

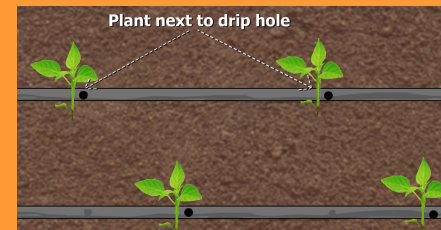
Eating leafy green vegetables during pregnancy provides folates that help the baby to grow well.

Kitchen Garden



How to water a kitchen garden

- For small vegetable gardens that are close to the kitchen or raised from the ground, watering by use of a bucket, watering can or furrows is fairly easy to do. Waste water from the kitchen can be used to reduce running costs.
- Drip irrigation is another watering option that is suitable for kitchen gardens in the urban area or fairly larger than 5m by 5m.



Benefits of drip irrigation

Drip irrigation can help you use water efficiently. There are several benefits:

- Uses less water as the water from the pipe goes directly to the plant roots. Water is not wasted on weeds.
- Plants do not get wet which will reduce fungal diseases.
- Once the drip lines are laid, you just have to turn on the tap when you want to water.