**EcoZoom-Jiko Bora**

**Why you should buy one**
- **Uses** 70% less charcoal, saving you up to Ksh 2,000 per month on charcoal.
- **Reduces smoke** by 60%
- **Strong** - the stove has a lifespan of 5 years.
- **Cooks fast** - twice as fast as traditional stoves.
- **2 year warranty** - if there is a problem with your stove it will be repaired or replaced for free.

**Where can I buy it?**
The Jiko Bora charcoal stove costs Ksh 3,900
Contact **EcoZoom** on +254706 363 343 for more information.

- Always cook in a well-ventilated place, or outside.
- All stoves have a serial number on the back. This proves they are authentic stoves.
**Nutrition**

Matoke should be bought when green and firm. It can be cooked in water or steamed in banana leaves. Cook matoke unpeeled so the nutrients are not lost.

**Carbohydrates**
- Provide our bodies with energy to work

**Potassium**
- Helps to control blood pressure

**Vitamin A**
- Helps our eyes to see clearly

**Vitamin B6**
- Keeps our nervous system healthy

**Vitamin C**
- Helps our bodies to fight diseases

**Tip of the week**
Eating matoke during pregnancy provides folates for the growing baby. Folates help in spinal cord and brain development.

**Recipe**

### Chicken with Green Peas and Matoke Ugali

**Ingredients**
- Chicken cubes
- Matoke 6 pieces
- Green peas
- Onions
- Tomatoes
- Garlic
- Turmeric
- Paprika

**Method**
- Boil the green peas in salted water for a few minutes. Drain and put aside.
- In a pan, put a little oil and let it heat. Apply paprika on the chicken cubes and fry each side for 2 minutes until brown. Put aside.
- In the same pan, add chopped onions, and garlic. Fry them and add carrots and tomatoes, and cook until they are tender. Add a pinch of salt and the yoghurt. Once mixed, add the chicken and peas. Simmer for 5 minutes.
- Peel and chop the matoke then boil in salted water for 10-15 minutes until soft. Drain the water into a bowl and mash them.
- Return the mashed matoke to the stove. Add some hot water and some flour to make ugali with the mash.
- Serve the chicken stew and matoke ugali with steamed spinach.

**Kitchen Garden**

**How to grow coriander (dhania)**
- To make the soil light for planting, pour well composted manure then plough the soil to a depth of 2-3 inches. Level the ground in preparation for planting.
- Seeds should be planted 1-2 inches apart and watered regularly during their germination.

**How to maintain**
- Coriander plants need to stay watered when they are growing. Water them gently twice a day for 3 months then once they start flowering you can water once a day. They require at least 1 inch of water.

**When to harvest**
- Leaves can be harvested after 4 weeks.
- Harvest the seeds when most of them have turned colour from green to a grayish tan.

**What to look out for**
- Remove any debris and dead plants from the garden regularly to keep off wilt and mildew.