

Jikokoa

Why you should buy one



- **Saves 50%** on makaa
- **Reduces** smoke by 65%
- **Cooks** for 1-12 people
- **2 year** warranty
- **Repair** stations across Kenya (47 Nationwide)
- **Full time** customer care team



Where can I buy it?

Jikokoa Charcoal Stove costs Ksh 3,990.

Buy from Naivas, Tuskys and Livelyhood super-markets. You can also buy it with a loan from **KWFT Bank** for only Ksh 412 per month. Contact **BURN** on 0700 667788 or send an SMS to 22876

How to register your warranty 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 the 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 6

Mama Ian, Mwea.



www.ecozoomstove.com
samora@ecozoom.co.ke
0700 426 555



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



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



www.hashienergy.com
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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, Jikokoa Charcoal Stove



RECIPE

Pumpkin and Split Pea Stew with Rice and Spinach



KITCHEN GARDEN

Vertical Bag Garden



NUTRITION

Red Beans

Nutrition



Red beans are very nutritious. They help to lower cholesterol levels, keep our hearts healthy and keep our blood sugar at a good level.



Carbohydrates

Give us lots of energy

Protein

Helps to build muscle



Fibre

Helps with digestion and lowers your cholesterol

Folates

Very important during pregnancy and during the first 1000 days for babies' brains and spinal cord development



Iron

Helps to make healthy red blood cells

Phosphorus & Calcium

Good for our bones and teeth



Manganese

Good for the nervous system

Recipe

Pumpkin and split pea stew with rice and spinach



Ingredients

- Pumpkin cubes
- Split peas
- Carrots
- Goat milk
- Green onions
- Garlic
- Garam masala powder
- Salt & pepper
- Oil

Method

- Heat a pan of oil and add some green onions. Add in the garlic and cook until it is fragrant.
- Add a teaspoon of garam masala and stir.
- Add in the pumpkin cubes. Make sure they are evenly coated with the spice mix and cover the pan.
- Leave the pumpkin to cook for 5 minutes, until they are soft and brown.
- Add the split peas, carrots and, a pinch of salt and black pepper.
- Then add the milk and water, cover the pan, and let it simmer for about 15 minutes.
- Serve with boiled rice and steamed spinach.

★ Tip of the week

Eating red beans at 4-6 months of pregnancy provides the baby with essential nutrients to promote rapid growth.

Vertical Bag Garden



What you need

- a sack
- 4 wooden stakes
- ballast/kokoto
- a hollow tin
- manure and soil



How to make the garden

- Mix manure and soil in the ratio of 1:1 near the site of the sack garden.
- Space the holes 2 feet by 2 feet and dig holes 1 foot deep in each corner.
- Put the 4 wooden stakes into the holes.
- Insert the sack over the 4 stakes then fold to allow easy filling. The sack and stakes should make a square.
- Place a hollow tin at the bottom of the bag and centre it.
- Fill the hollow tin with ballast. Fill the space between the tin and the vertical bag with a mix of manure and soil.
- Unfold the sack as you fill the soil and ballast. Continue to the top. Do not put any soil in the tin!
- Make holes in the sack the size of a coin and 15 cm apart. Ensure the holes are not in the same vertical line to prevent blocking some from getting direct sunlight.
- If planting different types of crops, plant root crops (e.g. bulb onions) at the top and leafy vegetables (spinach or kales) on the sides.
- Pour water down the ballast tunnel. You will need to use 20 litres (1 jerry can) of water for 2 days.