Watch us on Citizen TV on:
Sunday 1.30pm (Kiswahili)
Thursday 1.30pm (English)

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 supermarkets. 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!
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.

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**Nutrition**

- **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**

**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.

**Tip of the week**

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