

# EcoZoom- Jiko Bora



## Why you should buy one

- **Uses** 70% less charcoal
- **Saves** up to Ksh 2,000 per month on charcoal
- **Reduces** smoke by 60%
- **Strong** - the stove has a lifetime 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 to buy one

Jiko Bora Charcoal Stove costs Ksh 3,900.  
Contact **EcoZoom** on +254 700 426 555 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. They are designed in USA and are high quality and long-lasting.

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  
0700 426 555



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@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 7

Mama Max, Kimende.

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



### COOKSTOVE

EcoZoom, Jiko Bora Charcoal Stove



### RECIPE

Goat Rib Stew with Pear, Beetroot and Carrot Salad



### KITCHEN GARDEN

Carrots



### NUTRITION

Carrots

# Nutrition



Carrots can be incorporated into a variety of dishes. They can be fried or stewed. Green beans, peas and potatoes complement most recipes where carrots are used.

## Vitamin B1

Helps our bodies use fats and proteins



## Vitamin B6

Keeps our nerves healthy

## Vitamin B8

Helps our bodies to work well



## Folates

Helps with healthy brain development of the foetus

## Vitamin A

Promotes clear vision



## Vitamin K

Helps in clotting blood

## Vitamin C

Promotes healthy looking skin and boosts immune system



# Recipe

## Goat Rib Stew with Pear, Beetroot and Carrot Salad



## Ingredients

- $\frac{1}{2}$  kg Goat ribs
- Garlic
- Oil
- Salt & Pepper
- Dhania
- 2 Pears
- 1 beetroot
- 1 large carrot
- Cooking oil
- 1 orange
- $\frac{1}{2}$  a lemon

## Method

### Garlic Goat Ribs

- Marinate the ribs in finely chopped garlic and oil. Leave for at least one hour.
- Heat oil in a heavy sufuria until it is very hot.
- Add in the ribs and brown each side for about 3 minutes. Cover and cook on high heat for ten minutes or until tender.
- Add salt and pepper.

### Pear Beetroot Carrot Salad

- Grate or finely chop the pears, beetroot and carrot. Mix them together in a bowl.
- In a separate bowl, squeeze the orange and lemon and mix the juice with oil. Add the dressing to the salad, as well as salt and pepper to taste.

## ★ Tip of the week

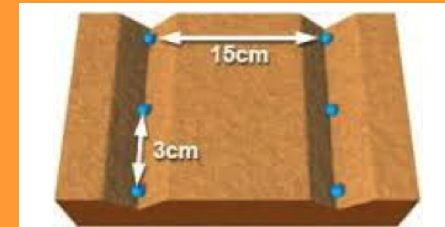
Carrots are a healthy addition to any diet. Boil them in water for few minutes to release nutrients or eat them raw as a snack.

# Kitchen Garden



## How to grow carrots

- Dip up your soil to a depth of about 20cm and make sure there are no lumps.
- Loosely compacted soil makes it easy for carrot roots to push through as they grow longer.
- Do not apply manure before or during planting as it will cause the carrot roots to be forked.
- For high yields, buy seeds from a certified agrovet.
- Mix carrot seeds with sand before planting. This will make it easier to plant as the seeds are very small.



## How to maintain

- Water the plants if it is not raining and mulch around the base to conserve moisture.
- Thin the carrots regularly to create a spacing of 10cm between plants and 30cm between rows.



## What to look out for

Monitor your crop on a daily basis to check if you have any pests and diseases. Spray when necessary to control any infestation.



## When to harvest

Harvest carrots 3-4 weeks after planting or when they are big enough to be eaten. For a continuous supply of carrots, sow new seeds every few weeks.