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.
Goat Rib Stew with Pear, Beetroot and Carrot Salad

Ingredients
- 1/2 kg Goat ribs
- Garlic
- Oil
- Salt & Pepper
- Dhania
- 2 Pears
- 1 beetroot
- 1 large carrot
- Cooking oil
- 1 orange
- 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.

Tips 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.

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.