

Envirofit Supersaver

Why you should buy one

- **Save money** - reduce your charcoal use by half.
- **Save time** - Envirofit SuperSaver cooks faster. Boiling time is 5 minutes and can cook traditional foods like rice and ugali in under 20 minutes.
- **Reduce smoke** - cooking is cleaner and safer.
- **Can cook** for up to 15 people and support different sized sufurias.
- **2 year warranty** - if there is a problem with your stove, it will be repaired or replaced for free.



Where can I buy it?

Call Envirofit on 0800 722 700 (free call) or SMS 40250 (Safaricom only).

Envirofit jikos will reduce your charcoal use by half!

JIKO LA KAWAIDA



SUPERSAVER



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 8

Mama Naisula, Kajiado.

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



COOKSTOVE

Envirofit, SuperSaver Charcoal Stove



RECIPE

Potato and Pea Cutlets and Butternut Dessert



KITCHEN GARDEN

Green Peas



NUTRITION

Green Peas

Nutrition



When buying or cooking green peas, always use fresh ones. The sugar content in aged ones transforms into starch.

Proteins

Helps to grow and repair our bodies



Vitamin B3

Improves blood circulation

Vitamin K

Helps blood to clot



Vitamin B2

Helps to release energy from our food

Vitamin B1

Helps the body process fats and proteins



Vitamin C

Helps our bodies to fight diseases

★ Tip of the week

If you suffer from kidney disorder or gout, reduce consumption of green peas to prevent overproduction of uric acid.

Recipe

Potato and Pea Cutlets with Butternut Dessert



Ingredients

- Peas
- Potatoes
- 2 Eggs
- Flour
- Salt & Pepper
- Butternut
- Milk
- Cardamon

Method

Potato Pea Cutlets:

- Boil the peas for a few minutes.
- Add the potatoes and boil until tender.
- Mash together in a bowl and season with salt and pepper.
- Roll into balls and then flatten with your fingers.
- In a bowl, beat the eggs with a fork.
- Dip the potatoes and pea patties into the beaten eggs.
- Coat with flour and lightly pan fry until brown on both sides.

Butternut Dessert:

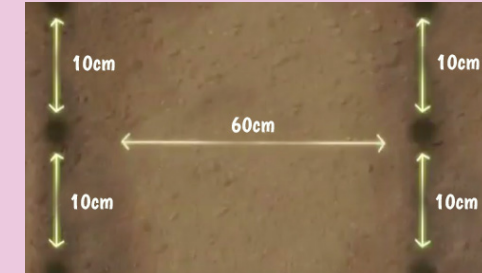
- Peel, chop and boil the butternut until soft.
- Drain the water and break in a few cardamon seeds.
- Add a glass of milk and bring back to boil.
- Optional: Add a little sugar or tablespoon of honey to sweeten.

Kitchen Garden



How to grow green peas

- Plant green peas in soil enriched with well-composted manure or Nitrogen enhancing fertilizer.
- Spacing between plants should be 2 inches and seeds should be placed 1 inch below the soil.



How to maintain

- Soak the soil to a depth of 3-6 inches every time you water.
- To support tall growing varieties, poles should be established around the plants.
- Mulch often to reduce the growth of weeds.



When to harvest

- Peas are ready to harvest 60-70 days after planting.
- Mature pods have swollen forms visible from the outside.
- Picking mature peas regularly promotes the growth of more pods on a plant.



What to look out for

Avoid walking in and out of the garden when the plants are wet to avoid introduction of waterborne fungi and bacteria. If green peas become infected with disease, use appropriate fungicide.