

# EcoZoom-Zoom Dura

## Why you should buy one



- **Uses** 50% less firewood.
- **Reduces** smoke by 60%.
- **Strong** - the stove has a lifetime of 5 years.
- **Save time** - the stove cooks twice as fast.
- **One year warranty** - if there is a problem with your stove it will be repaired or replaced for free.

		<b>Kshs. 50</b>
		<b>50%</b>
		<b>Kshs. 25</b>
		<b>Kshs. 175</b>

## Where can you buy one?

The **EcoZoom** Zoom Dura stove costs Ksh 3,500. 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.

Produced by Mediae



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

For more information,  
SMS 20255  
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## Series 1, Episode 9

Mama Britney, Luanda.

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



### COOKSTOVE

EcoZoom, Zoom Dura Woodstove



### RECIPE

Sweet Potato Chapati



### KITCHEN GARDEN

Orange Flesh Sweet Potato



### NUTRITION

Orange Flesh Sweet Potato

# Nutrition



Orange Flesh Sweet Potatoes have more nutrients than the regular variety. They are easy to prepare. Just boil or steam them with a pinch of salt for 10 minutes. Since it stores food in the root, they can stay for a long period of time below the soil and still retain value.



## Vitamin A

Helps our eyes to see clearly

## Vitamin C

Helps our bodies to fight diseases



## Manganese

Helps maintain healthy blood sugar levels

## Vitamin B6

Keeps our nervous system healthy



## Copper

Helps to make healthy red blood cells

## Vitamin B5

Needed so your body can use the fats, carbohydrates and proteins we eat



# Recipe

## Sweet Potato Chapati



## Ingredients

- Brown Flour
- Sweet Potatoes
- Salt
- Ginger
- Onions
- Garlic
- Cooking Oil

## Method

- Mix the brown flour, oil and salt together. Cover with a damp cloth for 20-30 minutes.
- Once soft and elastic, cut the dough into small even chunks. Use a rolling pin to make circular-shaped chapatis.
- Peel and chop the sweet potatoes into small chunks then boil.
- Fry the garlic, ginger and onions in a pan. Once cooked, mix in the sweet potatoes.
- Mash the sweet potato mixture.
- Then place a spoonful of sweet potato in the middle of each rolled-out chapati.
- Enclose the chapati around the sweet potato and use the rolling pin again.
- Then fry the chapati in some oil ensuring all sides are brown.

## ★ Tip of the week

Eating sweet potatoes when pregnant provides natural dietary fibre. This prevents constipation that is common during this period.

# Kitchen Garden



## How to grow sweet potatoes

- Select clean, healthy vines that are 25-30cm long with 3 nodes, for planting.
- To preserve vines for later planting, keep vines near a water point or leave some tubers in the ground during the dry season.
- Plant 2-3 cuttings per mound or along ridges at a spacing of 75cm by 30cm.
- Cover two-thirds of the nodes with soil and leave a third of the vine above the soil.



## How to maintain

- Weed your sweet potatoes twice in the first two months.
- Weed by hand periodically until the crop is harvested.
- To support tall growing varieties, poles should be established around the plants.
- Mulch with dry grass to help conserve moisture.



## When to harvest

Sweet potatoes are ready within 3-5 months depending on the variety and environmental conditions. Some varieties are ready within 2-4 months.



## What to look out for

- To control pests and diseases, plant early, plant clean cuttings, do crop rotation and keep the field clean at all times.
- Check the soil's moisture to prevent over watering.