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.

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.
Sweet Potato Chapati

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

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

**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.

**Nutrition**

- **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

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.