

Hashi Gas-6kg Meko

Why you should buy one



- Cook indoors without smoke. Cooking is cleaner and healthier for the family.
- Gas stoves are portable and easy to use.
- Flames can be adjusted - cooking is quicker, and fuel costs lower.
- Easy to use switch to turn on/off gas and adjust flame.



Where can I buy it?

Gas cookers and cylinders are available countrywide at petrol stations and supermarkets. **HASHI** gas has 2000 outlets and many of them also do home deliveries.

Contact **HASHI** gas for more information

Tel: 020 2215 088 or 020 229 9000

Mobile: 0724 256 948 or 0734 256 987

Is gas safe to cook with?

Gas cylinders are certified as safe. If gas leaks it smells like rotten cabbage.

- Always strike the match first before turning on gas
- Place the cylinder upright on a level surface in a well ventilated area, out of direct sunlight
- Do not let children play with gas. Never leave the stove unattended whilst cooking.

How much does it cost?

A 6kg gas cylinder + the burner + grill costs around **Ksh 4,000.**

Re-fill for a 6kg cylinder costs Ksh **750-1000.**

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 10

Mama Njoki, Limuru.

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



COOKSTOVE

Hashi, LPG Gas-6kg Meko



RECIPE

Vegetable Stew with Potatoes and Pumpkin



KITCHEN GARDEN

Tomatoes



NUTRITION

Irish Potatoes

Nutrition



Potatoes can be stored for a long time if kept in a brown paper bag in a cool dry place. Boil or bake the potatoes with the skins left on. They are more nutritious this way than if you peel them.

Carbohydrates

Provide our bodies with energy to work



Folates

Help our bodies to function and grow well



Vitamin C

Helps our bodies fight diseases



Vitamin B6

Keeps our nervous system healthy



Potassium

Helps to control blood pressure



★ Tip of the week

Irish potatoes provide lots of energy and keep you satisfied for long periods. They are great for children and adults who have to work in the shamba or who carry out physical work.

Recipe

Vegetable Stew with Potatoes and Pumpkin



Ingredients

- Potatoes
- Pumpkin
- Tomato paste
- Tomatoes
- Spring onions
- Carrots
- Garlic
- Ginger
- Yoghurt
- Garden peas
- Lemon grass
- Eggs
- Coriander
- Salt

Method

- Fry the onions in a pan of oil, and add the garlic and ginger. Once fragrant, add the tomatoes. Stir for a few minutes.
- Chop the potatoes and pumpkin into cubes and add them to the pan.
- In a separate pan, boil the garden peas. Once boiled add them to the potatoes and pumpkin stew.
- Add tomato paste and some water. Boil for 10 minutes.
- Add a bit of lemon grass and a cup of yoghurt. Simmer for 2-3 minutes.
- Boil the eggs and slice them into quarters. Add them to the stew and sprinkle some chopped coriander on top.
- Season with some salt to taste.

Kitchen Garden



How to plant tomato seedlings

- Make holes ½ foot deep with a spacing of around 1 ½ feet between holes and 2 feet between rows.
- Mix the soil with a handful of manure and 5 grams of planting fertilizer before placing the seedling.



How to maintain

- Water the plants immediately after planting and mulch around the base to conserve moisture.
- Weed after every 3 to 4 weeks to prevent competition of nutrients with the plants.



When to harvest

Depending on the variety, tomatoes will mature after 3-4 months after transplanting. Only harvest mature tomato fruits as green ones do not ripen well.