Burn-Jikokoa

Why you should buy one

- Saves 50% on charcoal.
- Reduces smoke by 65%.
- Cooks for 1-12 people.
- 2 year warranty.
- Repair stations across Kenya (47 Nationwide).
- Full time customer care team.

Where can I buy it?
The Jikokoa charcoal stove costs Ksh 3,990. Buy from Tuskys, Pamoja Life and Livelyhood. You can also buy it with a loan from KWFT Bank for only Ksh 412 per month. Contact BURN on 0700 667788 or send an SMS to 22876.

How to register your warranty for FREE!
1. SMS the word “BURN” and the serial number of your stove to 22876. The serial number is on the back of the stove. (Example: BURN 945297128)
2. You will receive an SMS asking for your name. Reply with your full name to 22876 (Example: John Ochieng)
3. You will receive an SMS asking which county you live in. Reply with the county name to 22876 (Example: Kisumu)

YOUR 2 YEAR WARRANTY WILL NOW BE VALID!
Vegetable fried rice with Red bean rice balls

**Ingredients**
- Rice
- Carrots
- Cow peas
- Garlic
- Onions

**Method**
- Slice the onions and fry them in a pan with a little oil.
- Add the garlic and cook until fragrant. Don’t let them brown.
- Add cooked cowpeas then simmer for a few minutes before adding diced carrots.
- Season with salt and pepper then cover.
- Add in the rice and water in the ratio of 1:2. Leave the rice to cook until it’s soft.

**Rice Balls**
- In a bowl, mix the cooked rice with two eggs. Add the onions, peas and red beans then mix together.
- Roll the mixture into small size balls, then dip in the beaten egg and coat the balls with some flour and set aside.
- Shallow fry the rice balls with some oil until they are evenly brown.

**Ingredients**
- Wheat flour
- Boiled peas
- Boiled beans
- Cooked rice
- 3 eggs

**Nutrition**
- **Butternut squash** is a delicious vegetable that is full of nutrients. It has a very thick skin so it can be stored for a long time.

**Steaming** is the best way of cooking butternut so that essential nutrients are not lost.

**How to grow pumpkin**
- Before planting the seeds, mix the soil with compost or organic manure.
- 3-4 seeds should be planted on a mound that’s 3 feet long and 1 foot high.
- Buy certified seeds from approved agrovets for high yields.

**How to maintain**
- Water pumpkin seeds gently before they germinate then heavily when the plants are fruiting.
- Watering is best done in the morning to avoid water logging since there is evaporation throughout the day.
- Common pests are aphids and cutworms while common diseases are Anthracnose and Powdery mildew. Before you use any chemical sprays, read the instructions on the label carefully.

**When to harvest**
- Depending on the variety, fruits will mature after 3-4 months.
- Pumpkin fruits should only be harvested if the skin has hardened and attained full colour.
- Mature pumpkins should be harvested by cutting the stem at the vine using a sharp knife.

**Tip of the week**
Steaming is the best way of cooking butternut so that essential nutrients are not lost.