

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!

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



www.ecozoomstove.com
samora@ecozoom.co.ke
0700 426 555



www.hashienergy.com
customer.serve@hashienergy.com
020 221 5088



www.oshochem.com
marketing@oshochem.com
0711 045 000 or SMS 20560



www.mavunofertilizers.com
info@mavunofertilizers.com
0702 891 893



www.kwftbank.com
info@kwftbank.com
0703 067 700 or 0730 167 000



www.kuscco.com
020 273 0191 or 020 272 2927



www.burnstoves.com
communications@burnmfg.com
0700 667 788 or SMS 22876



www.envirofit.org/products/east-africa
customer@envirofit.org
0800 722 700 or SMS 40250



www.realipm.com
sales@realipm.com
0725 806 086



www.royalseed.biz
customerservice@khs.co.ke
0710 558 240



www.dlight.com
info.kenya@dlight.com
020 210 6793



www.hortiprolimited.com
info@hortiprolimited.com
020 239 3583



Series 1, Episode 11

Mama Edd, Kirinyaga.

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



COOKSTOVE

BURN, Jikokoa Charcoal Stove



RECIPE

Vegetable Fried Rice with Red Bean and Pea Rice Balls



KITCHEN GARDEN

Pumpkin



NUTRITION

Butternut

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.

Vitamin C

Promotes good vision



Vitamin A

Keeps our eyes healthy

Potassium

Helps reduce high blood pressure and keeps our hearts healthy



Manganese

Keeps our blood sugar levels stable

Vitamin B3

Improves our blood circulation



Vitamin B6

Keeps your nervous system healthy

Folates

Very important during pregnancy and during the first 1000 days for babies' brains and spinal cord development



Recipe

Vegetable fried rice with Red bean rice balls



Ingredients

- Rice
- Carrots
- Cow peas
- Garlic
- Onions
- Cooking oil
- Salt

Rice Balls

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

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.

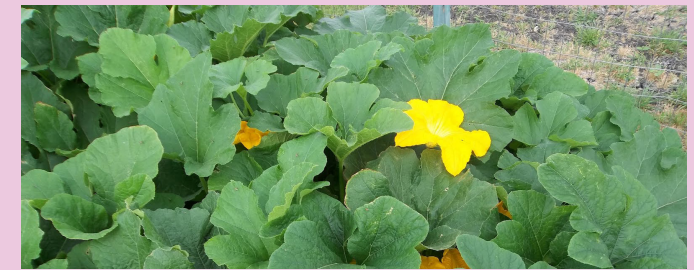
Rice Balls

- 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.

★ Tip of the week

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

Kitchen Garden



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.