

Envirofit SuperSaver

Why you should buy one

- **Save money** - reduce your charcoal use by half.
- **Save time** - Envirofit SuperSaver cooks faster. Boiling time is 5 minutes and can cook traditional foods like rice and ugali in under 20 minutes.
- **Reduce smoke** - cooking is cleaner and safer.
- **Can cook** for up to 15 people and support different sized sufurias.
- **2 year warranty** - if there is a problem with your stove, it will be repaired or replaced for free.



Where can I buy it?

Call Envirofit on 0800 722 700 (free call) or SMS 40250 (Safaricom only).

Envirofit jikos will reduce your charcoal use by half!

JIKO LA KAWAIDA



SUPERSAVER



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



Series 1, Episode 12

Mama Lillian, Muranga.

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

- COOKSTOVE**
Envirofit, SuperSaver Charcoal Stove
- RECIPE**
Fried Liver and Kidney stew with Avocado and Banana Smoothie
- KITCHEN GARDEN**
Avocado
- NUTRITION**
Avocado

Nutrition



Avocados contain essential minerals such as folates, which are very important when you are pregnant to help stop birth defects and reduce the risk of a miscarriage.



Healthy Fats

Keep our hearts healthy and help lower cholesterol

Vitamin K

Helps our bodies absorb more calcium to keep our bones and teeth strong and healthy



Vitamin B6

Keeps our nervous system healthy

Folates

Make healthy red blood cells



★ Tip of the week

Avocados are best to eat as soon as they are ripe; this is when the fruit feels soft when squeezed very gently.

Recipe

Liver and Kidney Stew with Avocado and Banana Smoothie



Ingredients

- 1/2 kg liver
 - 1/2 kg kidney
 - 1 onion
 - 1 tomato
 - 1 tablespoon of lime juice
 - 1 teaspoon turmeric powder
 - 1 teaspoon minced garlic
 - 1 teaspoon ginger
 - Green chili, optional
 - 1 green pepper, diced
- ### Smoothie
- 2 ripe avocados
 - 500ml milk
 - 3 bananas

Method

Liver and Kidney Stew

- Chop the liver and kidney into cubes.
- Cook the kidney first. Add some oil to a pan and fry the garlic and onions until golden in colour.
- Add the liver to the pan and cook until brown. Then squeeze in some lemon juice.
- Dice the tomato and green peppers and then add the chopped ginger and green chili (optional). Stir it all together.
- Cover and simmer for about 10-15 minutes. Add some salt and pepper to taste.

Avocado and Banana smoothie

- Mash the avocados and bananas in two separate bowls.
- Add the milk to the avocado mash and mix it up into a smooth puree. Then pour the mixture into the bowl of banana mash.
- Blend or crush the macadamia nuts and sprinkle on top. Serve in a glass.

Kitchen Garden



How to plant avocado

- Seedlings should be sourced from **KALRO** centres and other registered tree nurseries.
- Dig holes 2ft by 2ft by 2ft. Spacing may range from 6m by 7m to 8m by 10m. Separate the topsoil and the subsoil.
- Mix topsoil with 2 buckets (20kg) of well-rotted manure and 120g of **TSP/DAP5**.
- Firm the soil around the seedling and water well.



How to maintain

- Apply mulch to reduce moisture loss and control the growth of weeds.
- Water seedlings with 5 to 20 litres of water depending on the size of the seedling.
- Apply one wheelbarrow of well-decomposed manure twice a year.
- Remove some of the already formed fruits in order to reduce competition for nutrients, therefore ensuring high-quality fruits.
- Proper management, sanitation, and maintenance of the trees will control diseases in your orchard.
- Uproot and destroy disease ridden trees.



When to harvest

Avocados should only be harvested when they are mature. Signs of maturity are:

- The fruit stems turn yellow, the skin may appear less shiny, or the end develops rust-like spots on green varieties.
- Fruits float on the surface when immersed into water.