

Kuniokoa



Why you should buy one

- Saves 55% on firewood
- Reduces smoke by 72%
- Cooks for 1-12 people
- 2 year warranty
- Repair stations across Kenya (47 Nationwide)
- Full time customer care team.

		Kshs.1300
	55%	
		Kshs. 600
	SAVINGS	Kshs. 700

Where can you buy it?

The Kuniokoa Wood Stove costs Ksh 3,890.
Buy it from Tusksys, Pamoja Life and Livelyhood across Kenya or contact **BURN** on 0700 667 788 or send an SMS to 22876.

How to register 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 your 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 13

Mama George, Ndeiya.

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



COOKSTOVE

BURN, Kuniokoa Wood Stove



RECIPE

Lentil Curry with Mango Dessert



KITCHEN GARDEN

Irish Potatoes



NUTRITION

Mango

Nutrition



Mangoes contain over 20 vitamins and minerals! They have been shown to help protect against some cancers such as prostate and bowel cancers.

Vitamin C

Helps our bodies fight diseases



Fibre

Keeps our digestive system healthy and helps to lower cholesterol

Vitamin A

Keeps our eyes healthy



Magnesium & Potassium

Help in controlling blood pressure, keeping our hearts in good condition

Folates

Very important when you are pregnant so the baby's brain and spinal chord develop well



★ Tip of the week

Mangoes should be eaten when they are not very hard, but just a little bit soft when squeezed. They can be eaten fresh or they can be added to salsas and fruit salads.

Recipe

Lentil curry with Mango dessert



Ingredients

- | | | |
|------------|----------------|----------------------|
| • Lentils | • Curry powder | Mango Dessert |
| • Carrots | • Tomato paste | • 2 Mangoes |
| • Tomatoes | • Coconut milk | • Peanuts |
| • Onions | • Turmeric | • Honey |
| • Ginger | • Salt | • 1 Lemon |
| • Garlic | | |

Method

- Fry the onions in a pan of oil. Once they begin to soften, add the chopped garlic and ginger. Cook until fragrant but do not let the garlic brown.
- Add a teaspoon of curry powder and a teaspoon of turmeric. Stir for a few minutes then add some tomato paste. The sauce should be thick
- Add the lentils and then the coconut milk. Stir well so that the lentils are well coated in the sauce.
- Add some boiling water and a pinch of salt to season. Cover the pan and let it simmer for about 5 minutes.
- Chop the carrots into small pieces and add them to the curry. Leave to boil for 10 minutes.
- Service with rice and spinach.

Mango Dessert

- Cut the mangoes in half, and remove the seeds.
- Crush some peanuts and sprinkle over the mango halves.
- Drizzle with honey and lemon juice.

Kitchen Garden



How to plant Irish potatoes

- Potato seeds should have 4-5 small shoots growing out. Get clean potato seeds from **KALRO** centres.
- Plant potatoes in ridges, 25cm high and 75cm apart, so that they can become big. This also makes harvesting easier. Pests attack ridged potatoes less.



How to maintain

- Start weeding potatoes 6 weeks after planting or when the weeds grow. Only weed the plot 3 times.
- Put soil along the rows when weeding potatoes to allow deeper rooting.
- As you weed through your potato farm, bury the weeds in the ridges to enrich the soil.
- Walk through the plot from time to time looking for insects and the damage they cause so as to deal with it early.
- Rotate potatoes with legumes, cereals (like maize), or vegetables and rest each plot for 4 years from potatoes. This helps to control diseases.



When to harvest

Harvest your potatoes when the leaves start to turn yellow. This is a sign that the crop is ready.