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.

Where can you buy it?
The Kuniokoa Wood Stove costs Ksh 3,890. Buy it from Tusks, 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!

Cookstove
BURN, Kuniokoa Wood Stove

Recipe
Lentil Curry with Mango Dessert

Kitchen Garden
Irish Potatoes

Nutrition
Mango
**Lentil curry with Mango dessert**

**Ingredients**
- Lentils
- Carrots
- Tomatoes
- Onions
- Ginger
- Garlic
- Curry powder
- Tomato paste
- Coconut milk
- Turmeric
- Salt

**Mango Dessert**
- 2 Mangoes
- Peanuts
- Honey
- 1 Lemon

**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.