

# Kuniokoa



## Why to buy?

- Saves 55% on kuni
- Reduce 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

## How to buy

Kuniokoa Wood Stove costs Ksh. 3,890.

Buy from **Tuskys** supermarkets, Pamoja Life and Livelyhoods across Kenya or contact **BURN** on 0700 667 788 or SMS 22876.

## How to register for free!

1. SMS the word "BURN" and the serial number of your stove to 22876. (Example: Burn 945297128)  
The serial number is on the back of the stove.

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 the county name to 22876 (Example: Kisumu)

**YOUR 2 YEAR WARRANTY WILL NOW BE VALID!**



Watch us on Citizen TV on:  
Sunday 1.30pm (Kiswahili)  
Thursday 1.30pm (English)

For another leaflet  
or more information,  
SMS 20255  
or call iChef  
0711 082 303



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



www.envirofit.org/products/east-africa  
0800 722 700 or SMS 40250  
(safaricom only)  
customer-carekenya@envirofit.org



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



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



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



www.ecozoomstove.com  
samora@ecozoom.co.ke  
0706 363 343



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



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



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



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



# Series 1, Episode 1

Mama George, Ndeiya, Kiambu.

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



**COOKSTOVES**  
BURN, Kuniokoa



**RECIPE**  
Beef Stew with Sukumawiki

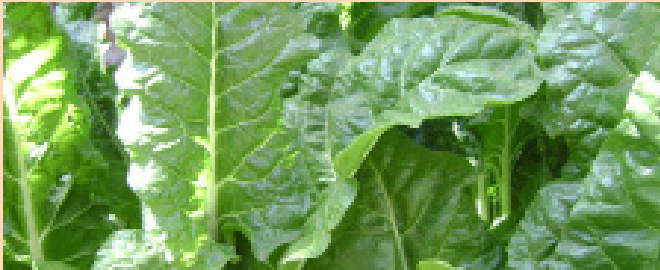


**KITCHEN GARDEN**  
Planting Spinach



**NUTRITION**  
Spinach

# Nutrition



Spinach contains a lot of important nutrients that keep our bodies healthy and strong.

## Vitamin A

For healthy eyes.



## Vitamin C

Helps us to fight diseases.

## Vitamin K

Helps our blood to clot when we have injured ourselves.



## Iron

Keeps our blood healthy.

## Folic Acid

Folic Acid is very important when you are pregnant for the foetus to develop well.



# Recipe



Beef marinated with pawpaw and sukumawiki stew

## Ingredients

- 1/2 kg beef
- 2 cloves garlic
- 1 papaya
- red beans (maharagwe)
- potatoes
- pumpkin
- sukumawiki/spinach
- tomatoes

## Method

- For the marinade finely chop one papaya, 2 cloves garlic, a pinch of salt, one tablespoon cooking oil.
- Cut the beef into cubes, and mix into the papaya to tenderise the meat, leave for at least half an hour.
- Once tender cook up in a large pot until the meat is cooked through thoroughly.
- In one pot boil red beans, cubed potatoes and pumpkin until soft, then mash all together.
- Finely chop sukumawiki and tomatoes, fry quickly in saucepan.

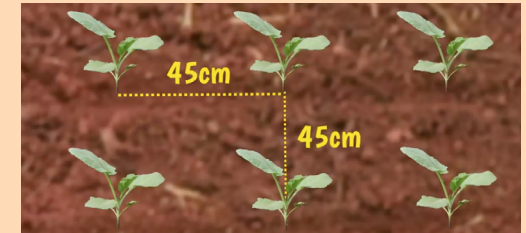
When cooking green vegetables like spinach or sukumawiki, do not overcook them as this destroys all the goodness. Steam for 5 minutes, or lightly fry, so that they keep their nutritional value.

# Kitchen Garden



## How to plant spinach

- Obtain seedlings from a **KEPHIS** registered nursery near you.
- Ensure a spacing of 45cm by 45cm at planting.
- Use manure or fertilizer at planting and mix well with the soil to avoid scorching.



## How to maintain

- Water the plants regularly.
- Plant new crops often to ensure continuous supply of spinach.
- Top-dress after 1 month (try **Mavuno**) and spray with **EASY GRO** vegetative after each harvest.
- Remove weeds as soon as they grow.



## When to harvest

- Spinach leaves are ready to harvest after 60 days.
- If pesticides/herbicides are used, do not harvest the spinach until after post harvest interval, as indicated on the label.



## What to look out for

- Monitor/Scout your field daily to detect diseases and pests early.
- Control plant damage early to increase yield.