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.

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

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!
**Recipe**

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

**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.

**nutrition**

- **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.

**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.

**Kitchen Garden**

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

*Spinach* helps us to fight diseases, keeps our blood healthy, and assists in clotting our blood when we have injured ourselves.


*Spinach* is particularly rich in Iron and Vitamin K.

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.