

2012: Integrated cooking method in Kenya - Ingelore reports that last summer she went to Kenya again for five weeks for the birthday of the newly founded *Mount Kenya Integrated Development Organization (MKICDO)*. "My Kenyan friends are very active over the past three years promoting environmental and improving the living standard of people in their area. The Mbaraka Energy Saving Group, which was founded after my first visit, is promoting the use of fuel-efficient stoves and basket cookers. They have also started a tree nursery and sold 1000 trees to a local school. The teachers of this school have established an environmental day on which the students take care of their trees and promote appropriate cooking technologies.

A local group has bought quality dairy goats for their members, saving money so that each one of them will get a 2000-litre milk can. The coordinator of MKICDO has given part of his land to start a pilot project: They planted different varieties of sorghum, maize and Irish and sweet potatoes to find the most suitable crop for the region (altitude 1600 m on the slopes of Mount Kenya). The criteria for selection is the drought tolerance of a crop because drought in the past years has increasingly affected farmers' livelihoods. During my stay I also observed a general trend back to eating traditional foods (e.g. yam, cassava, sweet potatoes) instead of white bread with margarine and jam.

With me a LAZOLA 3 solar box cooker which was approved by the members of MKICDO. We are planning to train artisans at a center near Chogoria on how to build the cooker. On September 15th, the LaZola 3, along with a basket cooker and a fuel-efficient stove, were taken for demonstration to a divisional show. The County Commissioner from Kitui, the Assistant Minister for Agriculture and many others were delighted to eat rice that was cooked with the sun."

If you like to read more about our activities, check my blog:

[http://www.plharch.com/2012/09/15/kenya-3-integrated-cooking-method-in-kenya.html](#)