2012: Integrated cooking method in Kenya - Ingelore 

ports that last summer she went to Kenya again for five weeks 
the birthday of the newly founded Mount Kenya Integrated 
Development Organization (MKICDO). “My Kenyan friends 
very active over the past three years promoting environmental 
proving the living standard of people in their area. The 
ra Energy Saving Group, which was founded after my first 
is promoting the use of fuel-efficient stoves and basket 
y have also started a tree nursery and sold 1000 tree 
a local school. The teachers of this school have established 
vironmental day on which the students take care of their trees 
out appropriate cooking technologies. 

a group has bought quality dairy goats for their members 
aving money so that each one of them will get a 2000-litre 
he coordinator of MKICDO has given part of his land to 

a pilot project. They planted different varieties of sorghum, 
ava and Irish and sweet potatoes to find the most suitable 
region (altitude 1600 m on the slopes of Mount Kenya). 
ria for selection is the drought tolerance of a crop because 
ge in the past years has increasingly affected farmers’ 
ring my stay I also observed a general trend back to eating 
ditional foods (e.g. yam, cassava, sweet potatoes) instead of 
white bread with margarine and jam. 

it with me a LAZOLA 3 solar box cooker which was approved 
members of MKICDO. We are planning to train artisans at a 
Chogoria on how to build the cooker. On September 
ola 3, along with a basket cooker and a fuel-efficient 
aken for demonstration to a divisional show. The County 
er from Kitui, the Assistant Minister for Agriculture and many 
were delighted to eat rice that was cooked with the sun.” 

I’d like to read more about our activities, check my blog: 

Kenya energy project blogspot.com”