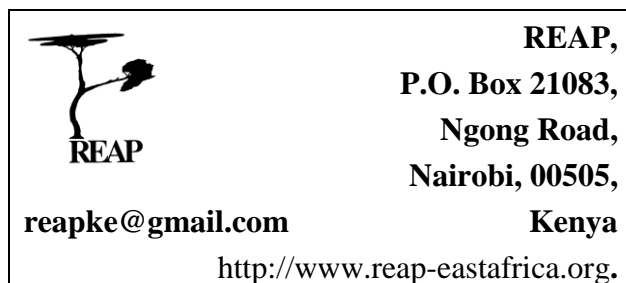
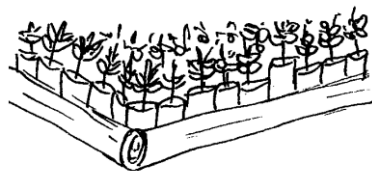


## PRODUCE MORE FIREWOOD BY PLANTING TREES.

- Trees can be planted specially for producing firewood.
- In places where men do not like women to cut trees for firewood, special women's trees can be planted.
- They may either be planted in a wood lot in a corner of the farm, on land that is not very good for anything else.
- They may also be planted in a hedge. Productive trees can replace non productive plants in a hedge and make good use of otherwise unused land.
- Some species may also be planted amongst crops as they do not interfere with them. This is called agroforestry.



## EFFICIENT USE OF FIREWOOD

Firewood is still the main fuel in rural areas. The amount of wood that is consumed is a concern:

- Women have to spend more and more time collecting firewood.
- The cutting of trees for firewood is destroying the environment. The trees are very important for bringing rain and for maintaining the climate.



### WAYS OF REDUCING FIREWOOD USE

- **Storing Firewood.** Store your firewood so that it is dry by the time you use it. Stack it so that it dries evenly and takes up less space.
- **Use dry wood.** Dry wood will burn better and more efficiently. Wet wood produces a lot of smoke that is bad for the lungs and eyes and it also makes kitchens dirty and uncomfortable to work in.

- **Use more efficient Stoves.** A stove like the Maendeleo Jiko can greatly reduce firewood consumption.



- **Cutting firewood.** Short and thin pieces dry more quickly. Cut and split firewood for faster drying. They also burn better producing more energy than larger pieces.

- **Hang the firewood above the stove.** The heat from the stove helps to dry the firewood ready for use.

- **Soaking Food.** Pre-soak maize and beans. This softens the food and reduces the time it takes to cook. To retain the flavour and nutrients of the food it should be cooked in the same water it is soaked in.

- **Cutting Food.** Cutting solid foods like potatoes and meat into smaller pieces will make them cook faster. It shortens the distance the heat penetrates from the outside to the inside of the food.



stone on top.

- **Use lids.** Covering food while it cooks saves fuel, and reduces the amount of water needed to cook it. Always use a lid and shield your fire. The effectiveness of a lid can be improved by putting a

- **Simmering.** Simmering is cooking gently or slowly in a liquid which is just boiling. Once water is boiling it is as hot as it will get, and the food will not cook any faster. By reducing the size of the fire so that the water is just boiling and not boiling hard the amount of firewood used can be reduced very considerably.

- **Fireless Cooking.** It is easy to cook without fire. It will make hard food tender and will keep food warm for hours. (See REAP leaflet No. 1.)



- **Putting out Fire.** Put out the fire when you have finished cooking, and save the half burnt wood for another time. When using a Maendeleo Jiko, pull the sticks out of the hearth.