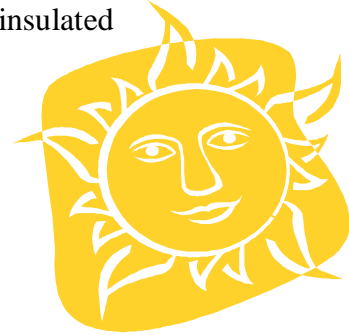


A Quick Guide to the World of **Solar Cooking**

You can use the free energy of the sun to bake and cook meals in a Sun Oven. The Sun Oven uses mirrored reflectors to concentrate heat in an insulated box with temperatures reaching up to 350 degrees.

On a sunny summer day in Arizona, you can cook your lunch, a loaf of bread, and dinner in your solar cooker. Best cooking times are between 9 am and 6 pm (summer) and 10 am to 3 pm (winter).



What can I cook in a Sun Oven?

Anything you would cook in a regular oven and many things you cook on the stovetop: vegetables, beans, grains, meat, bread, muffins, cookies, lasagna, quiche, casserole, potatoes, soups, and chili, and heating water for drinks. Some things cook faster than others, but many dishes can be cooked in 1 - 2 hours in the summer.

What types of solar cookers can I get?

You can buy a Sun Oven or solar cooker, or make one yourself.

- Tulsi Hybrid Sun Oven (Retail \$250)*
- Global Sun Oven (Retail \$225)*
- Others (\$100+)*
- Handmade Cookers (Plans available at <http://solarcooking.org/plans/> & in books)

What do I need to cook with the sun?

1. A solar cooker
2. A spot receiving several continuous hours of sun between 9 am and 5 pm (summer) and 10 am to 3 pm (winter)
3. Oven gloves and sunglasses
4. Dark colored pots or pans with dark-colored lids, preferably of thin metal



What are the advantages of Solar Cooking?

1. Uses no fossil fuels or wood fuel
2. Doesn't pollute or contribute to global warming
3. Keeps your house cooler in the summer
4. Works during power outages and "off the grid"
5. Portable
6. Reduces your energy bills

***Special Offer until August 11, 2009: Get a 10% off coupon at**
<http://chilechews.blogspot.com/2008/08/coupon-for-solar-oven-more.html>

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~ More information at <http://chilechews.blogspot.com> ~

What can I cook in my Solar Cooker?

Here are foods from CSA shares that can be cooked in a Solar Cooker. Recipes marked with an asterisk can be found in the CSA recipe database online.

Bake/roast:

Beets
Carrots
Corn on the cob
Eggplant
Garlic
Onions (whole)*
Potatoes
Sweet potatoes
Winter squash (halved & seeded)

Boil:

Dried beans
Oats groats
Wheat berries, whole or cracked

Steam:

Artichokes
Butternut squash*
Cabbage
Carrots
Cauliflower
Corn on the cob
Fennel
Greens (braising, collards, kale, etc.)
Green beans
Parsnips
Potatoes
Rutabaga
Summer squash & zucchini
Sweet potatoes
Turnips

Toast:

Pecans
Pistachios
Pumpkin seeds*

(Sauté onions/garlic on the stovetop first when recipe directs. Finish baking or simmering dish in preheated solar oven.)

Sample of Dishes:

Baked Apples or Pears
Briam*
Cauliflower w/ Lemon Mustard Butter*
Chocolate Chip Cookies (wheat, pecans)
Cornbread w/ Corn kernels & Chiles
Creamy Stuffed Red Potatoes*
CSA Memorable Lasagna*
Eggplant Parmesan
Escarole & Goat Cheese Pizza*
Fresh Black-eyed Peas & Rice*
Green Chile Enchilada Sauce*
Greens & Potato Casserole*
Grapefruit Halves w/ Brown Sugar
Herb Bread*
Mustard Greens Gratin*
Oat Groats or Wheat Berries Pilaf*
Peach Cobbler
Pumpkin Cookies*
Pumpkin Gratin*
Roasted Winter Vegetables*
Sara's Stuffed Squash*
Scalloped Potatoes & Greens*
Smoky Summer Ranch Beans*
Soups & Stews*
Stewed Apples
Stewed Spring Vegetables*
Stewed Summer Vegetables*
Stewed Tomatoes or Tomatillos
Stuffed Cabbage Rolls*
Summer Squash Onion Casserole*
Sweet Potato Bread*
Sweet Potato Casserole*
Sweet Potato Enchiladas*
Tia's Beans*
Turnips Baked in Dijon Mustard*
Vegan Broccoli Rice Bake*
Whole Wheat Bread
Winter Greens Lasagna*
Zucchini and Chile Cornbread*
Zucchini Bread*

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