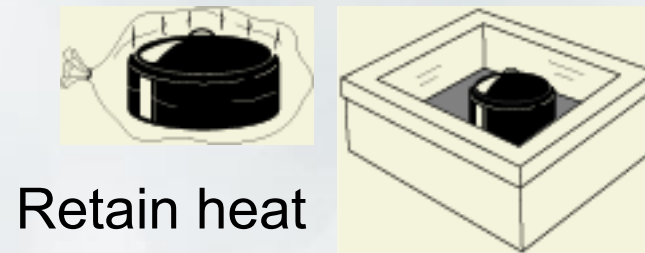


# Solar Ovens

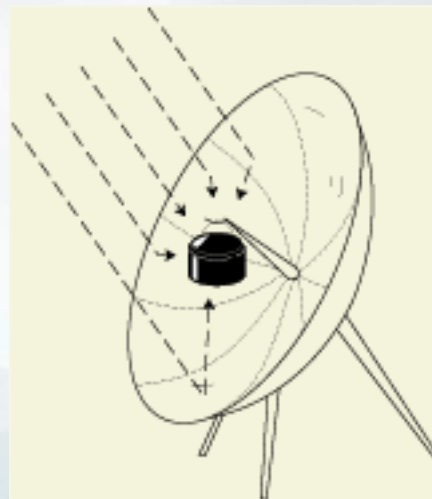
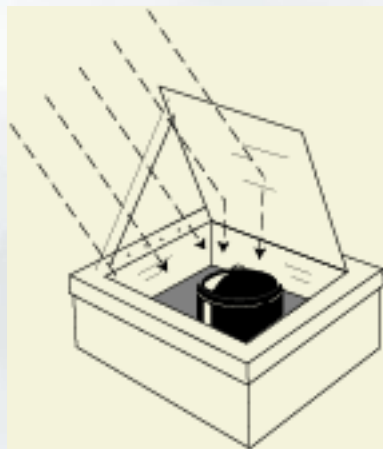
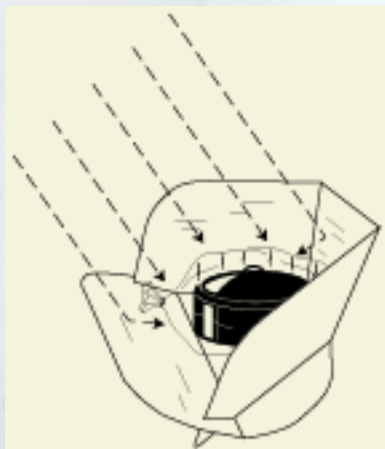
Making, buying, and cooking

# How solar cookers work

<http://www.solarcookers.org/basics/how.html>



Capture extra sunlight



# Why solar cook

<http://www.solarcookers.org/basics/why.html>

No gas, electric or wood needed.

Cleaner than any of the above.

Safer lower temperatures

Moderate cooking temperatures preserve nutrients

Resilience, an alternative way to cook when needed

Easier to clean pots

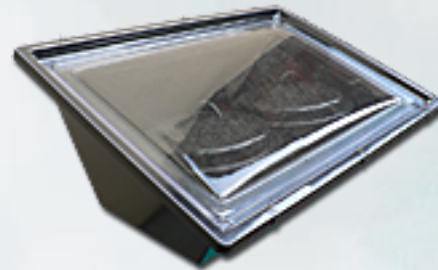
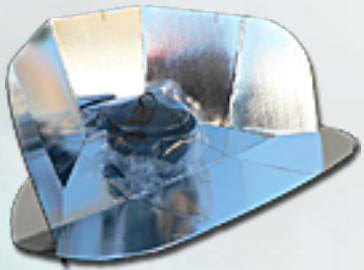
Most are portable

Cooler kitchens in summertime

No fire hazard when camping or picnicing

# Commercially available solar ovens

<http://www.solarcookers.org/catalog/solarcookerskits-c-1.html>



# Build your own (books)

Heaven's Flame: A Guide to Solar Cookers (\$2.91 amazon.com) Lots of designs

Solar Cooking (\$2.91 amazon.com & more library) Lots of recipes

Solar energy projects for the evil genius (library)



# Build Your own (plans on-line)

## Heaven's Flame plans

<http://www.backwoodshome.com/articles/radabaugh30.html>

<http://solarcooking.org/plans/funnel.htm>

## Picture Comparison of Ovens

<http://solarcooking.org/plans/>

## Lots of other plans

[http://solarcooking.wikia.com/wiki/Category:Solar\\_cooker\\_plans](http://solarcooking.wikia.com/wiki/Category:Solar_cooker_plans)

<http://www.builditsolar.com/Projects/Cooking/cooking.htm>

<http://www.permaculturecairns.com/solaroven.html>

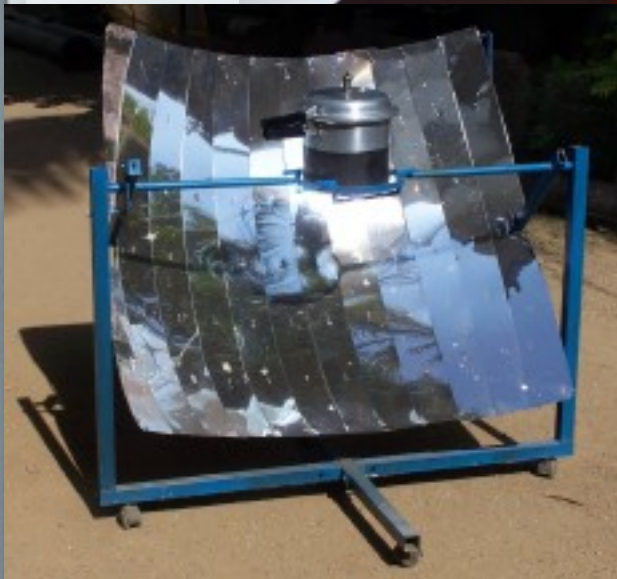
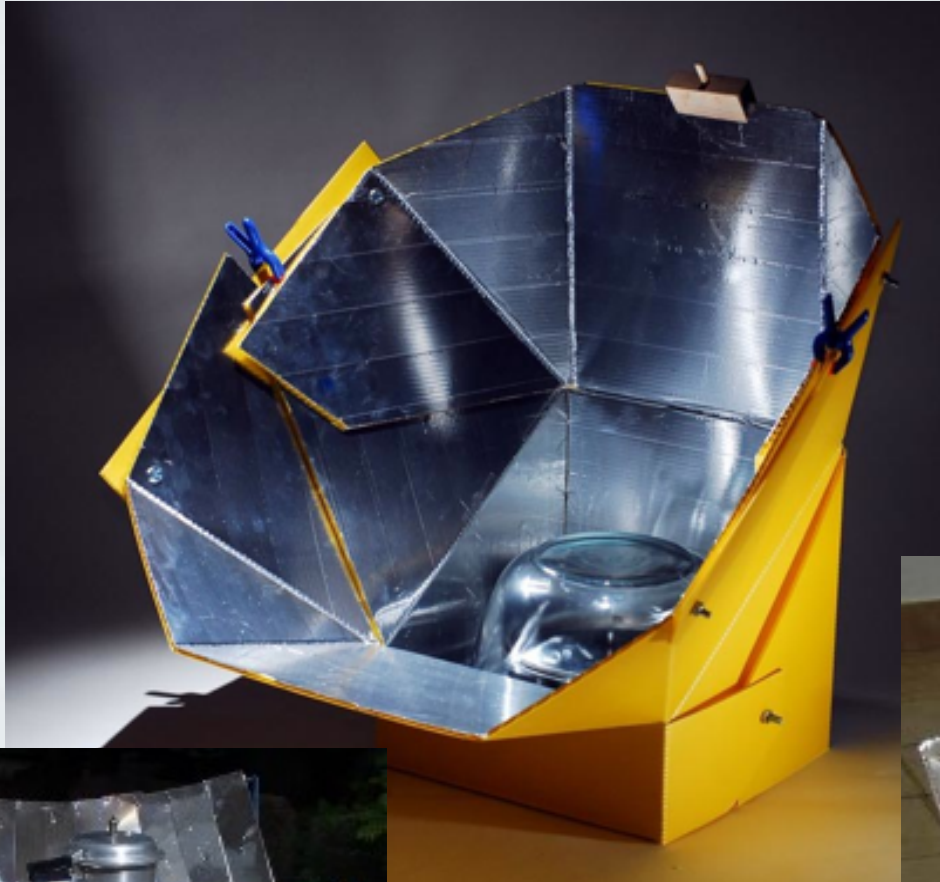
## All Season Solar Cooker plans

[http://solarcooking.wikia.com/wiki/All\\_Season\\_Solar\\_Cooker](http://solarcooking.wikia.com/wiki/All_Season_Solar_Cooker)

## All Season Jumbo

[http://www.allseasoncooker.com/All\\_Season\\_Solar\\_Cooker/Jumbo\\_Solar\\_Cooker.html](http://www.allseasoncooker.com/All_Season_Solar_Cooker/Jumbo_Solar_Cooker.html)

# Build your own examples



Most are made of cardboard with foil or aluminum tape







# What can you cook?

Rice and/or rice dishes

winter squash

cookies

quick breads

baked potatoes (place them in a black sock or wrap in other black cloth)

short cakes

baked beans

roast chicken

soups, stews, casseroles

Yeast breads work well if there is full sun.

Any slow cooker recipe works well.

# When to cook

The fastest cooking between 10:00 AM and 2:00 PM.

In May-June-July it is easy to use cooker as early as 8:00 AM and as late as 6:00 PM

Slow cook meal can be placed in the cooker in the early morning with the cooker facing south. It can cook during the day and be ready after work.

# Pots and pans

Glass casseroles with lids and cover them with a black cloth. This keeps the food from losing color and the glass holds heat longer if there are short periods of clouds.

A dark sock for potatoes.

Dark enameled pots.

Mason Jars painted black.

A small cookie sheet for cookies.

A pie plate for pies (make sure it stays level)

For foods that give off moisture enclosing the pot or item in an oven bag will keep moisture from fogging up the glass and cutting down on the heat gain.