THE SOLAR COOKER™

For people who want to save dollars.
Save approximately $4,790/yr using the tips in this issue.

A Monthly Newsletter — $1.25 June 1993 — No. 12

SAVE ON ENERGY COSTS WITH A SOLAR BOX COOKER

—*Serious cooking with just a box and sunshine? Hard to believe! Amazing! Also very easy.*

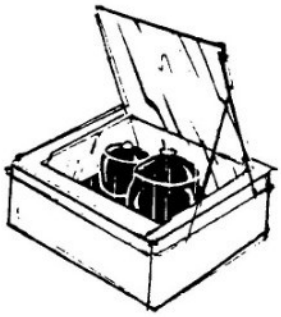
We have cooked for millennia with fire, having to protect food from burning or sticking to the pot. The gentle temperatures of a solar box free us from all that. Solar cooking takes a bit of getting used to, but the differences are nice. While cooking times are usually longer, it takes YOU just the time to 1) put food in and 2) take it out. No watching, stirring, worrying.

I had never heard of an SBC (solar box cooker) until one of my readers, Patricia Green, of Key West, FL, told me about them and recommended a book. The information in the book was so exciting, I couldn't wait to try cooking in the sun. I have had so much fun assembling my SBC and experimenting with it. It was amazing to see that I could actually cook food in a cardboard box in the back yard! It still seems like magic! As I write, we are "boiling" eggs without using any water!

An SBC works year-round in sunny tropics and from April through October in temperate zones. Using the regular stove at night and on cloudy days helps me appreciate my SBC even more on sunny days. While a solar cooker doesn't replace other cooking methods, it may become your favorite for its convenience.

ADVANTAGES OF A SOLAR COOKER

- **Uses abundant, FREE, non-polluting fuel**
- **Is safe for children to use without risk of fires or serious burns**
- **Keeps kitchens cooler**
- **Bakes, boils or lightly fries foods to be moist, tender and tasty. Handy for canning fruits**
- **Pasteurizes drinking water**
- **Is easy to build from a variety of materials**



There are several ways to build and use box-type solar cookers which are now enjoyed by many thousands in both rich and poor countries. These cookers adapt to a variety of needs and cooking habits. Use them daily in your back yard, on jaunts to the beach, when camping, for "canning" or drying foods, or pasteurizing potting soil.

See the resource list on page two for ordering free brochures, completed cookers, kits, plans for making your own, books and newsletters. I got a kit from Solar Box Cookers Northwest, and assembled it in a little more than an hour. SBC's are made of inexpensive materials that don't hurt the environment. For a total do-it-yourself cooker, instructions are available for making one almost free. The materials you would need include the following: window glass (20X24 inches), cardboard, aluminum foil, water-base glue, newspaper, a clothes hanger, and dark colored pots or containers with lids.

HOW DOES A SOLAR BOX COOKER WORK?

Using dark, covered pots and a dark tray turns sunlight into heat. A reflector lid held by a prop catches extra sunlight. A clear window lets in sunlight while a double-walled insulated box holds in heat to cook food.

My SBC has a black aluminum sheet in the bottom which absorbs heat. Aluminum foil lines the sides and the reflector, which is propped up to catch the sun's rays and reflect them into the box. A small mirror glued to the lid helps me