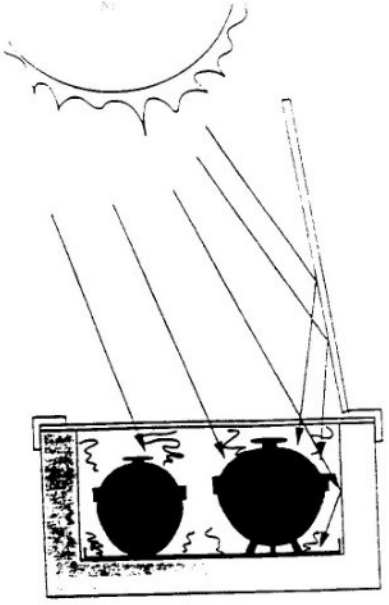
be certain it lights up the bottom of the SBC. An oven thermometer should be placed in the direct sunlight next to the pots , so as to register the heat that the pots (and hence the food) is feeling. Some of the foods I have cooked for our family include potatoes and carrots, brussels sprouts, rice, 15 bean soup, German chocolate cake and my own original recipe for "Alabama Bar-B-Q Vegetable Soup".



THE BASICS OF SOLAR COOKING

Put the cooker outside in a place that's sunny for at least several hours — on the ground, a table, balcony, or rooftop. Put food in dark pots with tight lids. There is no need to add water to fresh vegetables and meats; for dry grains, start with the regular amount of water, then adjust to taste. Aim the shiny lid towards the sun adjusting it so the most extra sunlight shines into the cooker.

Put food in the cooker early, then forget until mealtime. No need to watch, stir or move, but it's OK to peek a few times. I enjoy checking my SBC, and I usually rotate the box to face the sun as it moves across the sky, though this isn't absolutely necessary.

Most foods take approximately twice as long to cook as usual. Meats become very tender.

Cooking time depends on the time of day. Most foods need some time in the cooker while the sun is high in the sky. The shorter the shadows, the better the cooking. For example, rice put in between 6 am and 10 am will be ready about noon. The higher the sun, the higher the cooking temperatures, so food for the evening meal should go in at least by early afternoon. Foods cook faster in several small, dark, thin metal pots, and slower in large, heavy and/or light-colored pots.

On cool or windy days, raise the temperature about 25° by placing another piece of glass on top and wrapping the SBC in a sleeping bag or blanket.

COOKING TIMES

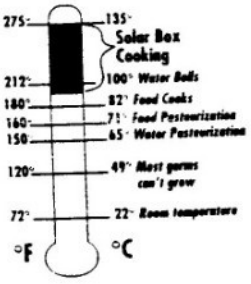
Foods cook more slowly with a large amount of liquid added (soups) and when food is in large pieces. You can even start with frozen food. Foods cook faster when cut into smaller pieces. Also you can preheat food on another stove before putting into the solar cooker.

Cooking is slower when shadows are longer, as in wintertime or early or late in the day, when you can do some heating but not full cooking. If it is partly cloudy, the sun needs to shine at least half of each hour brightly enough to see clear shadows.

After it is cooked, food can be left in the cooker several hours and will NOT spoil or burn. Pots stay hot, so be sure to use a potholder.

The cooker is especially good for saving you time and fuel with foods that cook a long time or need lots of stirring on a regular stove.

COOKING TEMPERATURES



HOW HOT does a solar box get? Most reach 200 - 275°F — ideal for cooking food. Crock-pots cook at 190°F. The cooker is designed to focus heat on the cooking pots, so after 1-2 hours they will be hotter than the air temperatures in the box.

Will foods spoil? No. When the solar box is in the sun, temperatures quickly pass 120°F where germs stop growing. At 150°F pasteurization kills all disease organisms except heat-resistant spores. Foods cook at 180 - 200°F so any food that is thoroughly cooked is also pasteurized. Store any leftovers the same as any other foods, using refrigeration to avoid spoilage.

FOODS EASY TO COOK — 1-2 Hours

Eggs • Rice • Fruit
Vegetables (above ground)
Fish • Chicken

MEDIUM — 3-4 Hours

Potatoes and other root veggies
Some beans, like Lentils
Most meat • Bread

HARD TO COOK — 5-8 Hours

Soup and stew • Large roasts
Most dried beans

The first solar cooker was designe by French/Swiss Horace de Saussure 1767. The first American to use one was Samuel P. Langley, while climbi Mt. Whitney in 1881. In the 1970's, fuel shortages prompted new researc by the governments of India and China. Projects by nongovernment r lief organizations have brought solar cooking to thousands of Afghan refugees in Pakistan.

The following three organizations were extremely helpful to me in my r search. We highly recommend them

— For Additional Information

order forms, etc., for completed cookers, kits and plans, write to KERR-COLE SOLAR BOX COO AKA Kerr Enterprises, Inc.:

KERR ENTERPRISES
PO BOX 27417, TEMPE AZ, 85285
Phone 480-966-3068

Book: *The Expanding World of Solar Box Cookers* — $10.00.

Kit for their portable cookers: $55.00 (if y put the foil on). Prefoiled: $69.00.

Plans for cardboard SBC's: $2.85 (simple Elaborate design: $3.85 ("Scroungers Special"

Plans for wooden cookers: $5.10 (ppd)

OR:

Sustainable Living Center
PO Box 576
Taylor AZ USA 85939

OR:

Solar Cookers International
1919 21st Street, #10i
Sacramento CA USA 95814