

## SOLAR COOKING

### A Bright Idea!

Solar cooking can work in most populated parts of the world, at least seasonally (a good cooker can push the season). Solar cookers can be purchased or can be built from materials as simple as cardboard, glue, aluminum foil, scrap-metal, and cheap black spray paint labeled (often on the back) "non-toxic when dry." Suncooking in a homemade cooker is fun, clean, convenient, economical, non-polluting, and safe with reasonable precautions (use spray paint in a **ventilated** area, **wear sunglasses** when the foil is bright, use **potholders** when food is hot, **use sharp blades with care**). The energy is free and your kitchen stays cool in the summer heat.

Almost anything you can bake, steam, roast, or simmer can be cooked in a relatively simple box or panel cooker.\* The slow, gentle cooking retains more nutrients, and the food, though fully cooked, has a wonderful fresh flavor. For fascinating information on solar cooking throughout the world, as well as comprehensive instructions and advice on building and using homemade cookers, visit:

<http://solarcooking.org/>

\*There are more sophisticated cookers that are capable of grilling and frying.

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