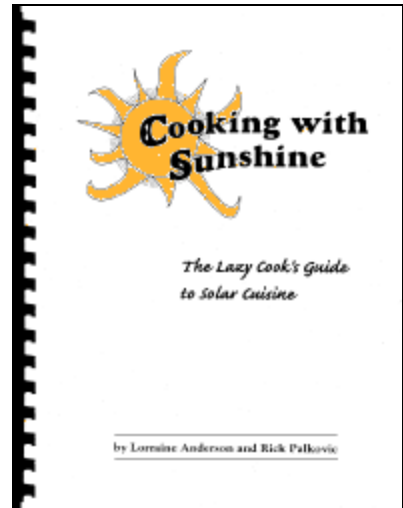


Books on Solar Cooking

Cooking with Sunshine: The Lazy Cook's Guide to Solar Cuisine

by Lorraine Anderson and Rick Palkovic

This highly readable 84-page book presents a month's worth of complete dinner menus, emphasizing a healthy diet of poultry, fish, and vegetarian dishes and using fresh fruits and vegetables from the summer garden or farmer's market. In addition, it contains a comprehensive introduction to solar cooking and simple step-by-step instructions for building a solar box oven using cardboard, foil, newspaper, and glass. A list of resources tells you where you can buy a ready-made solar cooker and where you can get more information about solar cooking.



Available for \$10 plus \$3 shipping from:

Our House Publishing
2431 Westnesse Road
Davis, CA 95616

(530) 753-1670

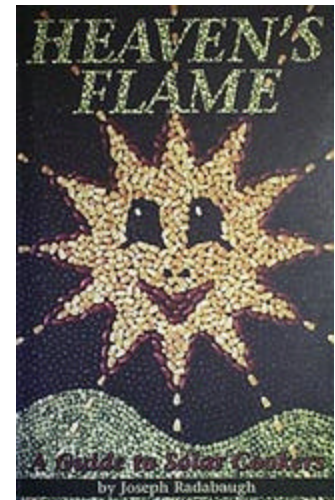
lorraine@davis.com

Heaven's Flame

by Joseph Radabaugh

This excellent 144-page book offers a great, comprehensive introduction to the world of solar cooking, including a large question and answer section, a long chapter detailing who's who, and detailed plans for a very high-performance cardboard cooker and detailed cooking instructions. You can see an example of this cooker [here](#).

Click [here](#) to order this book from Home Power Magazine.



Solar Cooking -- A Primer/Cookbook

by Harriet Kofalk

A 96-page book of natural vegetarian recipes. Contains 24 pages of background including construction plans and cooking tips. Barbara Kerr, the inventor of the cardboard solar box cooker writes of the book, "The combination of the enhanced flavor of solar-cooked foods and Harriet's lovely, carefully balanced recipes is a total win!"

Available for \$8.95 + \$2.50/shipping from:

The Book Publishing Company
P.O. Box 99



Summertown, Tennessee 38483
USA

Tel: (800) 695-2241



Solar Cooking Naturally by Virginia Heather Gurley

Experience sun cooked foods with the new 3rd edition of Solar Cooking Naturally. Everything you need to know about solar cooking is revealed by the author, a solar cooking specialist with 18 years of experience. Choose from over 100 recipes in this 92 page cookbook ranging from breads, soups, meat chicken and desserts. A special section of "Vegetarian Dishes" features a healthy selection for the solar chef.



ISBN: 0-9634694-4-4

Available for \$12.00 US plus \$2.50 shipping/handling from:

SunLightWorks, Inc.
2255 B Shelby Drive
Sedona, Arizona 86339
USA

Tel: (520) 282-1202
Fax: (520) 282-3549

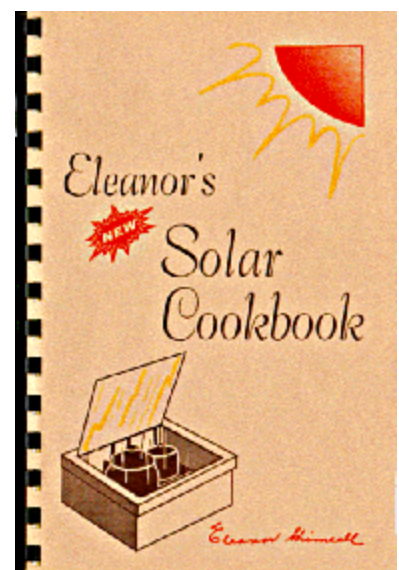
Email: blarson@sunlightworks.com
Website: www.sunlightworks.com

Eleanor's Solar Cookbook by Eleanor Shimeall

A 93-page book containing more traditional American dishes. Includes a section on canning in a solar box cooker.

Available for \$10 + \$2/shipping from:

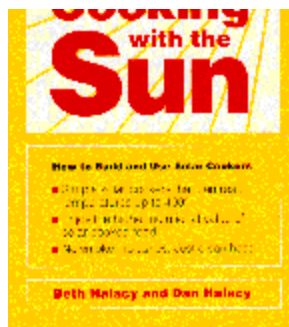
Cemese Publishers
POB 1022
Borrego Springs, California 92004
USA



Cooking with the Sun: How to Build and Use Solar Cookers by Beth and Dan Halacy



A 115-page book with plans for building a plywood multi-reflector box cooker, a cardboard single-reflector box cooker, and a cardboard parabolic cooker. Contains 62 pages of American and international recipes.



*Morning Sun Press
P.O. Box 413
Lafayette, California 94549
USA*

Chancen solarer Kochkisten als angepasste Technologie in Entwicklungsländern

(The Opportunities for Solar Box Cookers as an Appropriate Technology in Developing Countries)

by Ursula Bremm-Gerhards

A 140-page book (in German) showing the designs of various types of solar cookers, including box-type and parabolic. Gives a detailed description of major on-going solar cookers projects around the world and an in-depth discussion of the successes and stumbling blocks of each project. Includes a very complete bibliography of books of interest to the solar cooking community.

*Breitenbach Publishers
Memeler Strasse 50
6600 Saarbrücken
Germany*

or

*Breitenbach Publishers
P.O. Box 16243
Fort Lauderdale, Florida 33318-6243
USA*

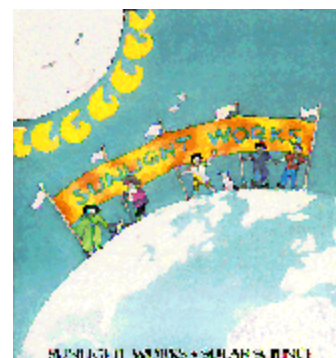


Sunlight Works -- Solar Science Educational Activities for Children

by Heather Gurley and Bob Larson

A 32-page large-format book aimed at using solar cooking as a learning activity for children ages 8 to 12. This well-illustrated book contains a variety of activities illustrating solar concepts. Includes plans for building a solar box cooker.

ISBN: 0-9634694-2-8

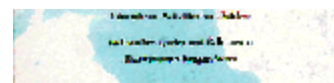


Available for \$10 + \$2.00/shipping from:

SunLightWorks, Inc.
2255 H Shelby Drive
Sedona, Arizona 86339
USA

Tel: (520) 282-1202

email: blarson@sedona.net



Solar Cookers Experts and Advocates

Solar Cookers International (SCI) has published a directory of 500+ solar cooking experts and advocates in 63 countries. Along with contact information, other pertinent info is provided such as activities, funding, and number of cookers in the local area.

Available for \$9.20 (includes postage) from:

Solar Cookers International
1724 11th St.
Sacramento, California 95814
USA.

Tel: (916) 444-6616
Fax: (916) 444-5379

sbci@igc.apc.org



Technology Handbook: Mud Solar Cooker

by the Energy Environment Group (New Delhi)

The Energy Environment Group in New Delhi has published a bilingual Hindi/English construction manual for a mud solar cooker made from bricks, mud, and dung. The cooking chamber is made from a kerosine tin and is insulated with straw. This design is presented as an alternative to the government subsidized cookers, which they believe were ill-designed for rural energy requirements and traditions.



Available for \$10 from:

Energy Environment Group
PO Bag #4
New Delhi 110024
India.

Das Solarkocher-Buch

Angefangen bei einfachsten Kochkisten bis zu solaren Großküchen bietet dieses Buch einen ausführlichen Einblick in die Welt des solaren Kochens.

Neben den Erfahrungsberichten kommt aber auch die Praxis nicht zu kurz: außer einer ausführlichen und gut illustrierten Bauanleitung werden zahlreiche, in Deutschland erfolgreich erprobte Rezepte mit Farbfotos vorgestellt und mit Tips ergänzt.

Außerdem bietet das Buch eine umfangreiche, illustrierte Marktübersicht sowie eine internationale Adressen und Literatursammlung.

1995, Format: 21 x 21 cm, 98 S., 45 Abb., teilweise vierfarbig, 32 DM.



[Bestellformular](#)

