



MOTHER EARTH NEWS
ONLINE *Summit*
Practical Skills for Modern Homesteading

“13 Ways to Use Sunlight for Delicious, Efficient Homesteading”

Paul Munsen

*** FULL TRANSCRIPT ***

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MOTHER EARTH NEWS
ONLINE Summit
Practical Skills for Modern Homesteading

Hosted By



Marjory Wildcraft

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Paul Munsen

13 Ways to Use Sunlight for Delicious, Efficient Homesteading

Great Big Ideas & Takeaways:

- Harness the sun's energy to cook, bake, and roast food.
- Purifying water using the power of the sun.
- Reduce your utility bills while learning how to cook off grid.
- Never worry about burning dinner again.
- Naturally dehydrate fruits & vegetables using the sun.
- Making your own meat jerkies using a sun oven.
- Baking bread using the sun—easy and DELICIOUS!
- Cooking a 21lb turkey in your sun oven.
- Tricks like how to make hard boiled eggs easy to peel.
- How to salvage stored grains that are infested with insects.

About The Speaker:

Paul Munsen is the president of Sun Ovens International. For the past 18 years, Paul has devoted his life to sharing fundamental Sun Oven Cooking techniques with people all over the world. Paul has been involved in solar cooking projects and taught solar cooking on five continents.

Sun Ovens are made in the USA and the company is committed to helping people in the US prepare for emergencies and save energy while using a portion of the proceeds to work in third world countries.

Paul has addressed the United Nations Commission on Sustainable Development at the UN Headquarters in New York. He is the past-president of the Illinois Society for International Development, and a member of Solar Cookers International and the Illinois Solar Energy Association.

You're Invited To Learn More Here:

<https://www.sunoven.com>



Marjory: Hello and welcome back to the Mother Earth News Online Home Studying Summit. This is Marjory Wildcraft, your host. Now, our next presenter is Paul Munson who is the president of Sun Ovens International and I got to tell you just a quick little story. A lot of us over here at the Grow Network bought some of these sun ovens to test them out. We like to test out the gears that is presented at the summits and almost all the team bought them.

I saw this similar presentation that Paul has done and I said, we really want one of those and when I actually came down to buying one, I said, my barn is so full of stuff. I just don't think I can handle it right now. I grow a lot of corns, beans, and squash because isn't that pretty much the staple crops of the Americas and I noticed this summer living in Texas that I didn't want to cook any of those crops. Because really, cooking corns, beans, and squash are usually long slow cook times and I just didn't want to have that much heat in the house.

I thought, why didn't I buy one of those sun ovens because I could be cooking my beans outside or cooking my squash outside in the sun oven. Anyway, I'm going to get one for real this time. Let me tell you a little bit about Paul and watch his presentation. It's really, really well done. He's as I said, the president of Sun Ovens International and for the past 18 years, he has devoted his life to sharing fundamental sun oven cooking techniques to people all over the world, really.

He has been involved in solar cooking projects and taught solar cooking on five different continents. Paul has also addressed the United Nations Committee on sustainable development at UN Headquarters in New York and he is the past president of the Illinois Society for International Development plus he's a member of the Solar Cookers International and the Illinois Solar Energy Association. Don't let all those credentials get in the way. Here's a fabulous presentation with Paul Munson on cooking with the sun.

Paul: Thank you for that introduction. I want to just a little bit more about myself. My wife and I live on a three and a quarter acre homestead in a rural area of DeKalb County, Illinois and we try to practice a self-reliant lifestyle by growing much of our own food, raising chickens, and doing all we can to be more self-sufficient and reliant. I've had the opportunity to teach sun oven cooking in five different continents.

As I've traveled around the world, I've really learn a lot about how people survive in very harsh conditions and that has helped me a great deal in being able to improve our lifestyle to live with a lot less. The goals for today's class are to help you gain the confidence and how to use the sun to do a lot of different things. We begin to fire the baker's dozen or 13 different ways that you can harness the sun to do a whole lot of different things as well as save a great deal of money.



Over the next 45, 50 minutes I hope to be able to share those ways with you and get you better acquainted with what you can do with the sun but as a starting point, I'd like to just show you a 2-minute video of what a sun oven is and how it works. Last summer I went outside on a beautiful day and just recorded a quick video to give a basic understanding of how the sun oven works and then we'll be able to talk about all the different things you can accomplish by harnessing the sun.

Hi. I'd like to invite you to learn more about the All American Sun Oven and All American Sun Oven can bake and boil and steam foods just for the power of the sun. It also can be used as solar dryer, dehydrator, or to boil or pasteurize drinking water. The sun oven is designed so the whole thing just sets up in a matter of seconds. It's a simple one-piece construction. It has a leg built into the back that allows you to raise or lower it to be able to meet the sun wherever it is in the horizons.

Early morning, late afternoon, or winter, you'd have it raise up. In the summer, most of the time you have a pretty much sitting close to the ground and setting up the oven. As I said, it was very simple. You just open this glass door, you put your food in the oven's chamber and then there's two latches that allow you to latch the glass door shut to trap the heat inside.

A sun oven will reach temperatures of between 360 in a perfect day 400 degrees Fahrenheit and you can pretty much cook anything you want in it. The nice thing is, if you do re-align it to follow the sun, your food isn't going to spill when you move it to follow the sun because it has this leveling tray. It has a built in thermometer so you can tell the temperature at a glance and there's absolutely no hassle to figuring out when the sun oven is aligned.

It comes with this easy track alignment cubes. We just point the sun oven towards the sun. There's two holes in each of the cubes. The sun shine through the top hole when you have it centered over the bottom hole, then you know the sun oven is adjusted to exactly where the sun needs ... Where it needs to be in the sunlight. The sun oven, you can take your food out of it.

Obviously, I only have this food in now for a matter of seconds so there's nothing ... This pot for a matter of seconds and not really hot but you always would need to use oven mitts or hot pads if you are going to do it but just fold it back up to store it. You just fold it like this. It carries like a suitcase. You can put it away until the next time you're ready to harness the power of the sun for your cooking needs.

I hope that gives you a little better understanding of the what the sun oven is all about. Just see and understand how it works. It's actually pretty simple, the majority of the energy comes from ... 60% of it comes from the sunlight shining directly into the back of the sun oven. The remaining 40% of the heat comes



from the sunlight reflecting off the reflectors into the sun oven. The simplest way to think of it how it works is the Greenhouse effect.

The same idea if you ever going out to your car on a cold winter day, when it's sunny it's getting the car really warm, that's pretty much how the sun oven works. We just to design the sun oven with materials that allow it to get really hot and retain the heat so you can cook just about anything. Now, sun oven can be used year around. The outside temperature really doesn't make any difference at all. The key is direct sunlight.

As long as you have enough sun to cast a shadow, you're going to be able to cook in the sun oven. If it's overcast to the point where you can't see a shadow, then you're not going to be able to cook in the sun oven but there are some differences between summer cooking and winter cooking. For example, in June you can use the sun oven 12.5, 13 hours a day. In December, you can use the sun oven probably 5 to 6 hours a day.

The other difference between summer cooking and winter cooking is that normally can pre-heat the sun oven to 300 degrees in about 20 minutes but if it's really cold, the inner backs of the sun oven is made of metal so the pre-heating time can be about double that.

As we approach the 13 different ways you could use the sun oven, we try to figure out an orderly way to present it. We decided that we'll break in the categories. The first category is different things you can do with the sun with water. One simple and fun thing to do is make sun tea. Using the sun oven to make sun tea is excellent. If you use four cups of water in about five tea bags, you'll get really thirst quenching sun tea or you can make herbal teas and just any tea that you like.

Another thing you can do with the sun oven is heat water. As I've talked to people about plans for emergency preparedness and a variety of different things, people often times have plans for drinking water but they don't think about hot water. The average American family uses more energy every day to heat water than they do to cook. You can do with the sun oven is if you want hot water, you have to cook your food while you're eating it.

You can put Mason jars or pots of water in it, heat it up and it's great for water for things like doing dishes or personal hygiene or doing laundry. Probably the most important thing that you can do when it comes to water using the sun is boil or pasteurize drinking water. You can boil water in a sun oven or you can pasteurize water. Now, most altitudes water boils at 212 degrees Fahrenheit but it takes as much energy to bring water from 200 degrees to 212 as it does from the ambient temperature up to 200.

The last 12 degrees take as energy as bring it from there, room temperature up



to 200 degrees but you can pasteurize water which will kill the same biological contaminants that boiling will. Water pasteurizes by bringing it to a temperature above 150 degrees Fahrenheit for 6 minutes and that will kill the biological contaminants just like boiling does in less than half the time. Some people keep the piece of cheesecloth with their sun oven and that if they gathered water from the stream or from their roof, they can pour it through the cheesecloth.

That filters out any of the solid impurities in the water and then they can boil or pasteurize it. As we continue down the list of ways you can harness the power of the sun, another important one is being able to dry or dehydrate food. A sun oven makes a wonderful solar dryer dehydrator. If your garden was ever ready to be harvested at a point you couldn't use your electric dehydrator or if you're living off grid and just don't have the capacity for electric dehydrator, the sun oven is wonderful.

In addition, a lot of people will have electricity like using their sun oven for things that smell like peppers or onions or jerky because they can keep the smell of it outside. Another advantage of drying in the sun is that a lot more of the nutrients stay in things in herbs when you sun dry them. Using the sun oven to dry is the process that allows a lot more of the nutrients to stay in your foods and keeps them a lot healthier. Most ...

When you dry in the sun, there's racks that available for the sun oven and there's three racks and with the original leveling rack in the sun oven, it will give you then a total of four layers that you can dry. Keep in mind just like in a regular dehydrator, the thinner you slice things the faster they're going to dry but the package that's available for the sun oven does come with the racks as well as a roll of parchment paper. If you just put a piece of parchment paper down and you want to dry and tap if it works really well. By the way, each piece of parchment paper can be used 6 to 12 times.

When you dry in the sun oven, there are two latches that normally for cooking latch, the glass door of the sun oven shut so it creates an air tight seal and allows it to keep really hot. However, when you're going to use it as a solar dryer, if you turn one of the latches in and then you set the glass on top of it, that leaves a gap of air that allow moisture to escape out of the oven and keep it from getting it too hot. Generally, when I dry in the sun, what I do is lie the sun oven up to where the sun is at the current time.

Then I move it back to the east or move it back to the opposite direction of the way the sun is traveling about 6 inches and I'll do that two or three times a day and then that keeps the sun oven at a really nice temperature for ... If the power grid went down for a long period of time, how would you cook? We think the best solution to having a way to cook, if you look it up tomorrow morning and look east, you'll see it rising in the horizon is the sun. I want to talk a little bit more about using the sun oven to be better prepared for ...



Many people store food for a long period of time but storing fuel can be very expensive and downright dangerous. As a matter of fact, if you are storing things like butane or propane, you do need to keep in mind that the seals on the canisters are only good for five years. If you have something that's been stored for a long period of time, there's a good chance that eventually the gas is going to leak out of it.

By the way, if you are storing propane and you do live in a city or a town or a community, it's really important to know how much propane you can legally store. People don't realize that there's fine print in just about home owner's insurance policy that says that if you have more something like propane stored than what the local ordinance allowed then you ever had a fire, it could void your home owner's insurance or your fire insurance policy.

In most cities by the way, that's only two of the 20-ton pound canisters that you'd exchange at a local hardware store or gas station. Sun oven is by far the most energy efficient way to re-hydrate your freeze-dried foods. Most of the cans or the packages of freeze-dried foods will have some recipe or formula in the can that tells you something like boil four cups of water for each cup of whatever it is you wanted to dry or dehydrate. To do that in the sun oven, you don't have to boil the water first which saves a lot of energy.

All you do to re-hydrate your foods in the sun oven is put the food in a pot and use 25% less water so if it calls for four cups, just use three. Put it in the pot with water at the ambient temperature. Stir it, put it in a pot with the lid, put it in the sun oven and it will re-hydrate perfectly without boiling the water first. Besides savings a lot of energy, then the amount of potable water that you need for cooking is 25% less so it can be a win-win all the way around.

You'll be impressed with how quickly the sun oven will pay for itself. It pays for itself somewhat in what you save in cooking fuel cost. The average American household uses, spends about 14% of their annual utility budget on cooking fuel. However, depending on where you live, there's a good chance that you spend a lot more than that to cool your house. If you do your cooking on baking outdoors and you don't have your oven working against your cooling, it can really reduce your utility bills.

Many people find that pay for a sun oven in a matter of months just by using it on regular basis. As we continue down on our list, I want to start now talking about cooking. Keep in mind that with the sun oven, even though we call it an oven, anything that you cook in your stove top or your oven with the exception of the fried foods can be cooked in the sun oven. There's two ways to cook in the sun oven. Let's say you are going to make a three-pound chicken.

If you pre-heat a sun oven and you put three-pound chicken in a pot in the sun



oven and you realign it every 30 minutes to follow the sun, you can cook a three-pound chicken in an hour and a half or you can take a frozen chicken, put it in the sun oven in the morning, just set it facing south, leave for the day and come back at dinner time and cook roast.

If you pre-heat the sun oven and realign it every 30 minutes on a clear day, your cooking time is only going to be 15 minutes longer than the would-be on your stove top or your regular oven for each time you open the door of the sun oven or you could slow cook. For example, you could put your dinner in if you want to eat it at 5:00, at 1 in the afternoon, you could put your dinner in, just set the sun oven facing southwest where the sun is going to be at 3:00 and come back at dinner time and your roast will be done.

The wonderful thing though about cooking in the sun oven is food doesn't burn and it doesn't dry out. It's about the most forgiving method of cooking that you'll ever find. The reason that food doesn't burn in the sun oven is that when you're cooking in the oven, the entire chamber is the same temperature so the pot, the food inside the pot, the air around the pot are all the same temperature.

If you can compare that even heat to cooking on a stove burner, of course you turn on the stove burner, it transfers the heat from the stove burner to the pot, the pot to the food, and consequently, if you don't stir it, it's going to burn. In the sun oven because the pot and the food heat evenly, the food doesn't burn. Also, the chamber of the sun oven is an air tight seal that traps the air inside the oven's chamber and consequently there's no movement of air so food doesn't dry out.

When you make roast, they just come out so much moist and succulent and bread comes out really delicious. I've traveled all over the world teaching people to cook. My first would be the first person to tell you, she thinks I'm a terrible cook but I'm known as a world-class cook not because I really know what I'm doing, it's just the sun oven makes the food taste so better, so good, anybody who eats it is really impressed.

The sun oven gets hot enough to allow you to use pretty much any pot or pan that's oven safe. However, there are some differences in pots and pans. I want to keep in mind that because of the even heat of the sun oven, the more the mass that's in the oven's chamber, the longer it's going to take to cook. I mentioned earlier you can make a three-pound chicken in an hour and a half, if you did that, you'd want to use something like an enamelware pot.

Enamelware pots are steel that's coated with enamel but they're very lightweight and they're dark so they absorb the heat very well and because they're thin, they don't take a lot of energy to heat it up. I also mentioned you could put a frozen chicken in the sun oven in the morning and just slow cook at



all day. If you're going to slow cook, we suggest to use a cast iron Dutch oven. Now, a Dutch oven is going to take an hour and a half longer to come up to temperature that an enamelware pot will.

The advantage though of the Dutch oven is that, let's say you put food in the sun oven in the morning and you know it's going to be sunny but then it gets overcast in the afternoon, once the Dutch oven has come up to temperature inside the well-insulated sun oven, your food will finish cooking even if it gets totally overcast. You can use glassware like Corning Ware, Pyrex that works really well.

Our viewers like using silicone bread pans and muffin pans because they can stuff a whole bunch of them into the oven. The only pot or pan you want to be really careful of is using something like a stainless steel pot that's shiny. That reflects the light out of the sun oven and that will reduce the temperature. You can still use the stainless steel pot, what you want to do is put a dark dish on top of it to keep it from ... The light from reflecting out of it.

It's important to note that anything you cook in the sun oven with the exception of bakery goods, you do cook in a pot or a pan with the lid on or a sealed baking bag to trap the moisture inside of the pot or bag. Sun ovens are great for vegetarian cooking. You'll find it if you are a vegetarian that the dishes come out sweet and nutritious when they're cooked in the sun. The even heat really makes things like grains and vegetable baked dishes taste delicious.

On our website, we have over 150 vegetarian recipes. I want to talk about baking bread in the sun. You'll be really impressed with the taste and texture of bread when you try, when you make it in the sun. It's important when you bake bread in the sun oven. You pre-heat your oven just like you would in your conventional oven but there are some things you do differently. One is that when you proof your bread, you just have it raise so it's about half to three quarters of an inch below the top of the bread pan.

You don't raise it to the same height you would when you're going to bake in your conventional oven. The reason for that is the even heat of the sun oven. Let's say, you preheat the sun oven to 325 degrees, you put two loaves of bread inside of it, the bread is at the ambient temperature so when you close the door of the sun oven, you're going to see the temperature in the oven's chamber drop 50 to 75 degrees and then gradually start to come back up again.

If you've already proofed your bread to its full height, when that temperature drops and comes back up, there's a good chance your bread could over raise and fall but if you just let it raise to a half an inch or so below the top of the bread pan, then you'll find it, it will come out perfect. Another thing that you want to keep in mind when you bake bread in the sun oven is if you have a spray bottle.



You spray that light mist of dough ... Light mist of water, I'm sorry, and the dough just before putting it in the sun oven then you'll find your bread will brown even at a very low temperature. The nice thing about, you can make white bread or wheat bread or gluten-free bread or sour dough bread in the sun oven, all of them come out fine. Normally, I can make one loaf of white bread or wheat bread in about 45 minutes. Two loaves take 1 hour or 1 hour and 10 minutes.

They really come out delicious but there's times when it's partly cloudy there are things obscuring the sun that I bake bread at temperatures as low as 250 degrees. It takes a little bit longer but it doesn't affect the quality of the bread. Baking bread in the sun oven is a really forgiving process but you'll be very impressed with the taste and texture of the bread.

Another great thing to make in the sun oven is beans. You're going to find there's no better way to make beans. There's flavors that come out of sun-cooked beans that are really delicious. I mentioned earlier when I talked about making a chicken that you could make it almost the same time and the same thing applies with beans. If you re-align the sun oven every 30 minutes, you'll keep them boiling and they'll cook in the same time as they would in your stove pot boiling or you can slowly simmer them all day with the sun.

You're going to find flavors that are really delicious and your beans are going to come out soft and yummy when they're sun-cooked. Another delicious thing to make on the sun oven is turkey. You can actually make up to 21-pound turkey in the sun oven. If you take the leveling rack, you fold it up and you set it in the bottom of the sun oven and you can put up to 21-pound turkey in a baking bag.

If you do that, you want to keep in mind the instructions on the baking bag will tell you to cut slits in the baking bag but you don't want to do that when you put it in the sun oven. You want to tie the baking bag tight to trap the moisture inside the bag. If you rub some butter, olive oil, or sprinkle some paprika on the skin, you'll get a golden brown turkey. The amazing thing about making a turkey is any time I ever made it, anybody has eaten it has said, the light meat turkey comes out a lot moister than a dark meat turkey they've ever had.

Turkeys are really delicious when they're made in the ... When you make hard boiled eggs in the sun oven, you don't even use water. If you just take and put the eggs in the sun oven, they'll hard boil perfectly without water. When I'm in developing countries and I'm trying to get women understand the even heat of the sun oven, I'll pre-heat a sun oven and I'll have somebody bring me an egg, put the egg on the shelf on the sun oven and in about 35 minutes, I have a perfect hard-boiled egg without water.

If you think of principle boiling an egg, you bring water to a boil, you put the egg



in, and of course you have the even heat of the hot water all the way around the egg shell. When the sun oven, we're doing the same thing with air whether we're going to be making hard boiled eggs or anything else we're going to cook. The real advantage of the hard boiled eggs without water is that you can take a fresh egg, you can hard boiled it in the sun and the membrane that normally is there between the eggshell and the egg white completely disappears.

We raise chickens and I've taken eggs within 20 minutes the trapping out of a chicken, hard boil them without water, and they peel instantly. As a real advantage of being able to do that especially if you're in a situation where you couldn't refrigerate eggs to store them until they're ready to boil because you don't have to worry about it. Now, if you have several eggs and you put them into a pot, anywhere the eggs touch each other, you're going to get a brown spot on the white of the egg.

However, if you take a cardboard egg cartons and you lift the lids off of them, you can then keep them separated and do two dozen eggs at the same time. I'm going to do a couple of dozen eggs in the sun oven. Generally, I'll pre-heat it. I'll put the eggs in the cardboard egg cartons and set them into the sun oven and then leave them in about an hour. After an hour, I'll open the door as quickly as I can, take one egg, put it on a flat surface like a table and spin it and if it spins nice and evenly like a top, then I know it's done.

If it's wobbly then I put it back in for another 10 minutes or so. By the way, it's important that if you are going to do eggs on the sun oven and you have refrigerated them, you take them out of the refrigerator for at least 30 minutes before you put them into the sun oven. You'll find that eggs at the ambient temperature will come out much better than if you start with eggs that are cold. I wanted to mention that sun ovens are made in the United States.

All of the parts for the sun oven with the exception of thermometer are made in the United States. We're very committed to keeping this as a US-made ... Sun oven have been on the market for 29 years and they are used in more than 130 countries around the world so they're very, very well-tested in harsh environments. There's absolutely no reason the sun oven won't last the life time. I've talked to a number of people who bought sun ovens when we invent it back in 1980's and they're still using them.

With proper care, the sun oven will last a life time. It's very durable and extremely reliable. Often times, people ask us what parts are going to making the sun oven. Actually, the most important component part of the sun oven is the gasket. There's a gasket that forms an air tight seal that traps the air inside the sun oven. That gasket accounts for the reason the sun oven will always be 75 degrees hotter than sitting side by side than homemade solar cookers or some of the knock-offs for the sun oven that are out there.



The reflectors are made of the a highly palette standardized aluminum. They're 86% reflective but they're never going to oxidize, rust, or corrode, and they clean just like glass so to clean the reflectors, you use Windex or vinegar water or any kind of a glass cleaner. By the way, the reflectors never get hot so you never have to worry about burning yourself when you take food in or out of the sun oven and they're very safe.

Now, the outer back of the sun oven is made of ABS plastic but then there's an inner shell or an inner back that's made of a black anodized aluminum and between the aluminum inner back and the plastic outer back, there's a very thick pad of a non-toxic food grade fiber glass installation. It can be 400 degrees inside the sun oven, you can touch anywhere on the outer backs and not feel any heat. It's all trapped inside the oven's chamber.

That black anodized aluminum is very easy to clean. If you spill anything inside of it, you can just wipe it off with a dish rag or spray it with a garden hose and it cleans really nicely. The doors of the sun oven is made up of low iron tempered glass and by taking, reducing the iron content in the glass, it allows more sunlight to get in the chamber and allows it to get very hot. The low iron glass frankly is very expensive but it really enhances the cooking.

Now, the only part of the sun oven that's exposed that gets hot is the glass. If it's 350 degrees inside the sun oven, then the outside temperature of the glass would be about 155 degrees Fahrenheit which will sting if you touch it. It's very hot but it's not going to burn you. There is an actually an advantage through to the glass getting hot and that is keeping your neighbor's dog from eating your pot roast. Any animal that's out in the day time will sense the heat and will stay away from the sun oven.

There's a lot of animals out at night that of course wouldn't sense the heat and stay away from the sun oven but most people don't do a lot of solar cooking at night so you don't have to worry about that. The sun oven has a frame or a bezel that's made of a wood. It's a kiln-dry popular wood and the only maintenance we suggest you do to the sun oven other than cleaning, it is, if every five years or so, you treat the wood with some linseed oil or exterior wood stain then you'll find that the wood will last a lifetime.

By the way, the sun oven does have a warranty. The reflectors are warrantied for 15 years to main reflective and not oxidized, rust, or corrode. The gasket is warrantied for 15 years against any type of cracking or failing. If you ever do get a sun oven, there's a 30-day satisfaction guarantee that if you get one on your not completely satisfied, you can return it any time in the first 30 days and get a full refund of your money.

Just want to talk a little bit about more of our work internationally and why we do it. There are still over 2 billion people in the world who cook with wood,



charcoal, or animal dung as their primary cooking fuel. When a woman cooks over a wooden charcoal or fire, she inhales the same amount of smoke every day when smoking three packs of cigarettes. Each year in the continent of Africa alone, 1.6 million children under the age of 5 die of respiratory diseases primarily from the indoor air pollution of cooking fires.

If we can replace 60, 70, 80% of that smoke and that wood with the sun, it has a huge effect on the health of women and children as well as the environment. We have a pretty simple business model. Our goal is to try to help families in the US save energy and be better prepared for emergencies and then we use a portion of the proceeds from that to work in developing countries. Those of you who have a sun oven, I want to thank you because that's how we fund our work.

Now, in the picture you'll see there, you'll see some of the family-sized sun ovens and then behind it you'll see one of our large Villager sun ovens. Villager sun ovens can make 1200 meals in 8 hour a day or cook 28 loaves of bread an hour and very much related to emergency preparedness. We're trying to get as many Villager sun ovens into third world countries, into orphanages in third world countries as possible. Now, for an orphanage that has 100 children, they only need 200 meals a day.

They don't need 1200 meals that the oven has the capacity for so when we ship it, we ship a whole bakery package with it. It's got 150 different pots and pans and insect-proof flour containers and everything is necessary for our turn-key bakery and that way, during the hours of not cooking, the orphanage can start baking bread, sell the bread, and generate income to make them more self-sufficient.

Many of us are concerned about the US economy going south and there are so many people who have been very generous donors to orphans around the world but if US economy goes south, there's a real good chance that donations will drop off. If the orphanage has a way of generating income, then they're able to be more self-reliant and hopefully we'll be able to at least provide some services if they don't have the donations coming in. Also, normally particularly in Africa, a child would learn a trade from their parents.

It's not uncommon for kids to become age out of an orphanage without a job skill. If they learn to bake bread in the orphanage, that gives them a job skill. They can take with them when they're get told to be in the orphanage. Those of you who have sun ovens, I want to thank you for helping us support our work around the world. We think there's an awful lot to be said to taking a private sector approach to solving problems. The most people think it can only be solved by governments or ...

If you're keeping track of the list of 13 things, we've covered 9 of them and there's 4 to go. The next one on the list is using a sun to enhance winter



sprouting. If you take your sun oven at times you're not using it in the winter and you put a long burning candle in it, you put your sprouting in it, you will find your winter sprouting will actually be better than your summer sprouting. Sprouting loves temperatures of 75 to 85 degrees and that's what thrives the most.

Of course in the winter, in your kitchen or whatever you're sprouting doesn't reach that temperature but if you put a long burning candle in the sun oven, you'll keep it at a consistent temperature of 75 to 80 degrees and your sprouting will really thrive during the winter time. There is no harm by the way in taking the sprouting out when you want to cook for a few hours and then putting it back.

You do need to take the latch that would normally latch the glass door of the sun oven shut, turn it in and set the glass on top of it so there will be enough oxygen in the chamber to keep the candle burning. The sun oven can also be used to sterilize medical instruments. A number of groups will take sun ovens with them when they do short term medical missions trips in developing country. They heat water, clean the medical instruments thoroughly.

Then they use the sun oven like an autoclave to basically bake or steam the instruments so they're completely sterile. Probably the most unpleasant thing we cover is the idea of if you find that bugs have infested any of your grains or dried foods, you don't have to throw them away. If you find that you got unwelcome visitors in your dried foods or grains, all you need to do is take the ... Put it into the sun oven, raise it to about 140 degrees Fahrenheit for 10 minutes and that will kill bugs.

Not just live bugs, but in whatever stage of development they're in. On days when it's overcast and you're not able to cook in the sun oven, you can also use it like a wonder bag or wonder basket to retain keep cooker. If you're familiar with the concept of retain heat cooking, basically all you do is get your food more than half-cooked using a conventional fuel source and then put inside a very-well insulated box or basket.

The sun oven is so well-insulated that on days when you can't use it for cooking because it's overcast or raining, what you can do is get your food started using a conventional fuel source then transfer it to the sun oven, leave the sun oven in the house, latch the glass door of the sun oven shut, set the reflectors down on top of it, and your food will finish cooking like a slow cooker or a crack pot.

It's a wonderful way to cook at least half of your food even on days when it's overcast. I wanted to mention that we put together a special package for this home setting summit and we're doing a home setting summit package and it really is available at a huge discount. It's available with the savings of \$133 or 33% off. I'll briefly run through all the irons that are included in the package. It



doesn't include stackable pots.

These are enamelware pots which I mentioned the most efficient way to cook in the sun oven. They are made in the United States actually by a granite work homemade home products. The company is making these for more than 100 years and they custom-make them for us and that they indent the base on them so they can stack too high in the sun oven and they come with two lids. One is a glass lid and one is a dome lid.

Keep in mind there's enough room in the sun oven that you could be cooking in the two stackable pots and cook two things and then you could also take two-quart size Mason jars and put it right next to it and cook side dishes. You cook four different things at the same time. People often times ask me when to use the dome lid, when to use the glass lid, I pretty much use the glass lid for just about everything other than roast that it needs the extra height of the dome lid.

The interchangeable and you could use whatever when you think is going to fit your cooking needs. The package also includes a multi-fuel water pasteurization indicator or WAPI. The reason I called it a multi-fuel water WAPI is that most WAPI can only be used with the solar oven but you can use this with wood or charcoal or butane or propane so it can be used with any type of fuel.

Basically, it floats on the top of a pot or a Mason jar and the WAPI has a plastic tube that has a green wax. When the green wax melts and goes to the bottom, then you know the water is safe to drink. You can take it out of the water, the wax will re-harden in less than 2 minutes and then you'll just flip it over, flip the plastic tube over and you could reuse it hundreds of times. The package also includes a set of 2 bread pans that can use for baking two loaves of breads at the same time.

The package also includes baking or dehydrating racks. There are three racks and they come with a roll of parchment paper and so the three racks on top of the leveling rack in the sun oven gives you four layers that you can bake or dehydrate in so you can use it for things like cookies or flat breads or Kiches. We actually broke the Guinness Record for cooking the largest number of cookies that ever cooked in one hour and we held that record for two years.

We did it in sun ovens in Miami Florida to raise money to send sun ovens to Haiti. The racks are ideal for a variety of different things and allow you to then either bake or dry several layers at the same time. These are incredible computer CD that comes with the sun oven. It got over 600 recipes in the state-of-the-art recipe software called Cooking. The amazing thing about the cooking software is if we have a recipe and is for four people and you plan to cook for seven, you just change the number of servings and then adjust the ingredients.

Automatically, you can sort by anything that you want to include or exclude and



then you can print out recipe cards or notebook pages that have the recipes that you have adjusted to cook for the things that you want to have. If you're going to look Cook in the website, the cooking software alone sells for \$79 and that's included with package but there's also a whole preparedness for a life program which is an emergency preparedness planning program and that sells on the Cooking website for \$29.

That all comes down loaded with several videos, how-to videos for using the sun oven and a computer CD really makes it so much easier to use your sun oven. Because we included 13 items on the list of things you could do with the sun, wouldn't it be fun to have a baker's dozen special? We've added 13 additional items to the package and that includes a cloudy day cube stove and then two cloudy day fuel disc fire starters. These items are valued for more than \$60 and they're included in the package.

The cloudy day cube stove is amazing. It's small, it's not to be used with the sun oven. It's just a backup for the sun oven for cloudy days or rainy days and the cloudy day cube over weighs less than a pound but it can use virtually any kind of fuel. Package also includes 12 of the cloudy day fuel disc fire starters. These are amazing. They can bring water to a boil in six minutes or each disc can cook a whole meal or you can break each disc into five pieces and start five fires with it.

I have a wood stove in my garage, you see there's a lot of newspaper to get it going. Now, I just take a small piece of this fire starter and it just gets it going really quickly. There's a total of the 12 discs as well as the cloudy day cube stove included. This entire package is available at a discounted price of \$315. Shipping is also included and unless you're in the state of Illinois, we don't charge sales tax.

The entire package including shipping is \$315. Again, wanted to take this opportunity to thank those of you who have sun ovens for helping us with our work around the world. If people in the US didn't buy sun ovens, frankly we wouldn't be able to do what we do around the world. The picture on the screen now, I took in Sri Lanka after the tsunami in a project where we installed hundreds of the family-sized ovens in new homes that were being built to a place for those lost in the storm as well as some of the big Villager sun ovens that we use in community centers.

If you decide you do want to get the package, there is two ways to order. You can just click the link below or if you prefer ordering by phone, you can call us Monday through Friday from 8am to 5pm Central Time at 1-800-408-7919. That's 1-800-408-7919 if you want to order by phone. I do want to mention we're adding an extra bonus for those of you who want to act quickly. The first 100 people to order will receive a free hanging turkey roasting rack.



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This can cook up to an 18-pound turkey. It makes a lot easier to get the turkey in and out of the sun oven and it's a wonderful item. If you're wondering if you're included in the first 100, all you need to do is if you click the link and you see it says, turkey, then you know that's included. This is a \$35 additional value that's included in the package. If you do want to order, just click the link or give us a call at 800-408-7919.

Thank you so much for bearing with me for ... As we gone through this class. If you have any additional questions, please feel free to submit them and we'll get back to you soon. Thank you very much. Goodnight and God bless.

Marjory:

There you go. That was Paul Munson with Sun Ovens and isn't that just such a delightful use of technology? There's an example of where a high technology makes a lot of sense to help towards sustainability. Click on the button on the right there and you can take advantage of the offer that Paul has made for you there and pick up the sun oven for yourself and this time I'm going to do it for real.

Really, all the other members of the Grow Network team that have one are saying great things about it. Click on the button to the right. This is Marjory Wildcraft and you are attending the Mother Earth's News Online Home Studying Summit. We have a lot of other really fantastic presentations for you lined up. Come on back and check out another one. I'll catch you on one real soon.

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