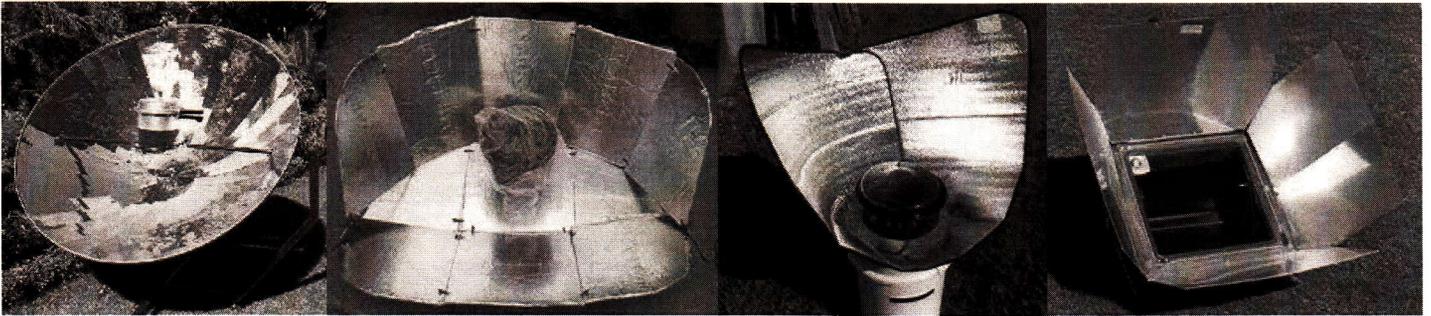




Butane Stove

These stoves are lightweight, convenient, and easy to use. They provide a nice hot flame and many come with an automatic piezo-electric ignition and provide excellent flame control. Butane stoves are lighter and more portable than liquid fuel stoves. Butane does not vaporize well at near-freezing temperatures. The stove may sputter and misfire in cold temperatures. It also does not do well in the wind. The fuel is fairly expensive. One 8 oz. butane canister will provide 1-2 hours of burn time at maximum output. The recommended shelf life for a butane canister is 8 years. Store with care as the fuel is highly flammable. Use caution when using indoors. Be sure to provide adequate ventilation. Good to use indoors when it is freezing outdoors.



Solar Cooking

All Solar Cooking works on the same 3 principles. Represented by C.A.R. 1) Collect the light: Use reflectors with an approximately 20" x 20" opening. Reflective surface materials include: aluminum, Mylar, aluminum or chromium paint. 2) Absorb the light: Paint the pot matte black or another dark color. Pots can be elevated by a base or posts, allowing the bottom of pots to collect sunlight 3) Retain the heat: Oven bags work best.

There are many different types of solar cookers. **Parabolic Cooker:** Highly focused light and high temperatures. It cooks nearly as fast as a conventional oven. Costly and complicated to make and use and potentially hazardous. **Panel Cooker:** Usually made from cardboard and foil. It is very inexpensive. **Solar Funnel Cooker:** Cheap and easy. A funnel concentrates sunlight onto a dark pot in a plastic bag. Anyone can make one for about \$5. **Box Cookers:** Most popular to build and use. Lid of a box reflects light onto food under glass. It can cook and bake large quantities of food. Can be expensive, up to \$300. Guidelines for Solar Cooking HINT: Get the food on early and don't worry about overcooking!

Most recipes take 25% less liquid when cooked in a solar oven. Use lightweight, dull, dark pans w/tight fitting lids. Glass too can be used. No shiny stuff. Best on cloudless days when sun is above 45° in sky (between 10-2 pm). Allow plenty of time. Foods hold well in solar ovens without scorching. Most recipes calling for a higher temperature will do fine with longer cook times. Rotate cooker every hour. Check food about every 60 minutes until you get the feel of it. If windy, weight down box/bucket or bury in ground. Use sun glasses and pot holders.