

## What You Have is NOT Nearly as Important as What You Can Do

by [Survivor Jane](#)

Contrary to what you and many others may think, those living within their means, may just very well, be better off than those who have the means to buy those specialized survival things such as solar panels, vintage coins and rural retreats. What I mean by this is, those of us who make our soaps to soups know what it takes to use what we have (and don't have) in order to survive. What is survival after all? To remain alive or in existence ... To carry on despite hardships or trauma ... To remain functional or usable... We do this every day. As the saying goes 'when dealt lemons make lemonade'. Did you hear that? **'MAKE'** lemonade – it doesn't say if you have a hankering for lemonade go out and buy some. This is a survival skill. **Making, doing.**

There are far more of us (living on a tight budget), due to the economy who have had to cut way back and be creative with our resources. Think of the person who has the storage room full of food, security set in place and elaborate items in their BOB (Bug Out Bag). These are the same people who can afford to sit in front of their big screen HDTVs and wait for the next disaster to happen. Resting comfortably knowing they have everything set in place. But ... can they really say they are any more prepared for a disaster than we who may not be so fortunate to have all those supplies? After all, we are the ones who deal with small disasters every day - like washing our clothes by hand because the washer died, or doing our dishes by hand because the dish washer is broken. Is doing any of this really so bad? I think it's an advantage myself. In everything I've read about survival I can't recall there ever being a dish washer or washing machine in the picture. But I do find lots of information on how to hand wash clothes or clean your dishes in a survival situation. If the truth be known, because of what we are doing today, some things in a survival situation will come natural to us simply because we do it every day. Survival is about improvising. Making it happen. Sure it's easy to buy something if you need it. But have you ever tried making it instead? Just about everything you need in life can be made in some way, shape or form. **Learn by Doing.**

Use your creativity not your money and begin learning to really survive. Bake a cake from scratch. Make a loaf of bread. Make a candle. Yes, even make your own soaps and soups. **Survive to live and live to survive.** Don't be like the person who has a room full of flour but hasn't a clue how to make a loaf of bread.

Author: [Survivor Jane](#)

Visit her website: [www.SurvivorJane.com](http://www.SurvivorJane.com)

Survival Tips for Girlie-Girls

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### Ask Billie

Our Question and Answer column, covering topics of interest to our readers.

**Sherry R. from VA asks:** What do we do for toothpaste if our regular stores are out?

**Answer:** Use baking soda and water. [Available in 4 lb. boxes, soda has many household uses.]

It is your teeth brushing technique that removes bacteria. Brush from back teeth to front and pull lips aside to see where you're brushing. Cover all surfaces. Brush your tongue and gums next as bacteria lives there, too. Eating healthful foods like apples, carrots and celery actually help clean teeth and chewing a few fennel seeds will freshen breath.

What is your Most Burning Question about Food Storage or Emergency Preparedness?

Send your questions to [editor@sunoven.com](mailto:editor@sunoven.com)



Billie  
Nicholson



Get Details about the New  
**All American Sun Oven®**

## The One That Got Away

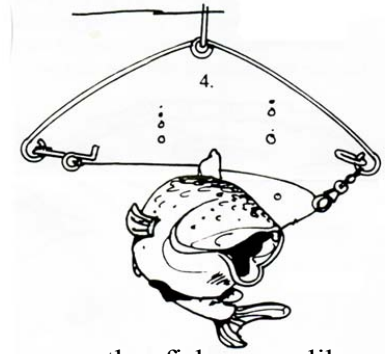
by Robert Nicholson

When I go fishing, I always remember the story that my father used to tell. It was about “the one that got away”. Now is the time to prepare when there may not be enough food to go around by honing fishing and trapping skills. But how exactly can you do that? There is no one single magic step to prepare, but many small steps may give you the advantage you need to provide for your family. Fishing from a number of lakes and streams may not be an original idea, but there are still some things which may give you the edge over other fishermen, like fishing after dark with a light, etc., if you prepare in advance. When fishing a lake, stick to the windward side, where wave action stirs up more morsels of food, hence more fish are found there. If nothing bites, whack the water once or twice with a stick. Sometimes this really works because it wakes sleeping fish. Fish early morning or late afternoon, and don’t forget the mosquito repellent.

I discovered a company that markets a “Speedhook”. The Regular Speedhook is specifically designed for survival applications and is so effective, it is outlawed for non-survival use in some areas like Minnesota. This small device can be used for fishing and trapping. The Speedhook works like a spring-loaded trap and when a fish, or other small animal, “takes the bait”, it automatically springs open setting the hook. This is the same great Speedhook device as the one included in the military fishing and trapping kit. This is a perfect supplement to the emergency fishing kit required by Alaskan and Canadian Aviation Regulations. No fishing pole is required as fishing line is included.

The Speedhook comes in two versions, a basic setup and a military version complete with artificial dehydrated bait. Both versions include full instructions. Either version can also be used to snare small animals like birds, squirrels and chipmunks. If you are lost in the woods a diet made up of these small animals may just save your life.

The kit is available at [www.SpeedHook.com](http://www.SpeedHook.com) and the company also offers other small emergency items not easily found. Don’t let your fishing story be about “the one that got away.”



## Use Your Sun Oven® as a Food Wonder Box

Sometimes the best laid plans, like cooking in your Sun Oven®, get messed up. We were all set to bake pork chops in our Sun Oven®. The oven had been preheated to 250 degrees on a partly sunny day. Previously skillet-browned chops, placed in a granite-ware pan over sliced, raw sweet potatoes, were on their way to the oven when we noticed that our partly sunny day had become a much less sunny day. We put the chops in the Sun Oven®, left it for about an hour, checking from time to time. The weather deteriorated, so we closed the oven reflector and took it inside, leaving it closed until dinner time. When opened, the potatoes were soft and the chops were “melt-in-your-mouth” tender. What a concept - use your SunOven® as a wonder box.

A Wonder Box is a heat retention cooker. Once you heat your food to boiling, place it in the insulated cooker. It will keep your food at cooking temperature for hours. This can be done with gas cookers outside as well as starting food on your stovetop. The other night, we prepared old fashioned oatmeal and cracked barley in coconut milk for breakfast, just bringing it to a boil. Into the Sun Oven® it went. Next morning all we had to do was add some warm milk, stir and eat.

## Sprouted Lentil Slaw

by Billie Nicholson

Testing a 2002 can of sprouting seeds, we opened the bag of lentils. After soaking them overnight Sunday, we spread the seeds in a stackable sprout container and placed them in our SunOven®, with the door raised by the open latch, and setup in our 80+ degree temperature garage.

Monday, we rinsed them with two cups of water both morning and evening and returned them to the oven. Tuesday, they were sprouted and ready to eat. We found several recipes for [sprouted lentils](#). This is our favorite. The raw seeds have a nutty flavor and add a pleasant crunch. Try it ... you'll like it.

Combine chopped tomatoes, shredded carrots and green peas with the sprouted lentils. Drizzle with a mixture of Balsamic Vinegar and Extra Virgin Olive Oil. Garnish with alfalfa sprouts and snow pea pods. What a refreshing lunch salad!

Lentils are one of the first domesticated crops in the Near East. Archeological evidence shows they were eaten 9,500 to 13,000 years ago. Sprouted lentils contain sufficient levels of all essential amino acids needed to make protein and are a good source of iron 50% RDA in a 100gram serving.



*Lentils Sprouted in All American Sun Oven®*

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*Sprouted Lentil Slaw*

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## All American Sun Oven® Includes Preparedness for Life

Prospering Families' **Preparedness for Life** Emergency Preparation Series is included on the Sun Oven® CD. There is a Family Emergency Manual interactive PDF you can fill out, save to your computer and also print the document as needed. This manual is a reference for personal information on each family member as well as an evacuation checklist containing the location of critical items to remember in case of emergency evacuation. In it you can store emergency contact information for every service from accountant to veterinarian. Once updated, you can print this 26 page manual and store it with your emergency evacuation packs.



## All American Sun Oven® Tested In Middle School Solar Energy Unit

excerpts from [SurvivalSherpa](#)

The Sun Oven® arrived in the middle of a unit we were teaching on solar energy. Perfect! I was immediately impressed at its quality construction, simplicity, portability, and general idiot-proof-ness (the one-piece reflector was genius). The shipping box contained the basic get-started paperwork plus an instructional CD with hundreds of suggested recipes and advice.

Being the frugal teacher I am, I talked my co-teacher into bringing the food for our first test. He brought hotdogs. Turns out he's ~~cheap~~ frugal too.

We set up just outside the classroom on a partly cloudy day. Focusing the oven to collect the most solar energy was easy. The Sun Oven® has two alignment holes on the top of the oven to help you focus the sun's energy for the best cooking temp. There is an adjustable alignment leg (self-contained in the unit) in the back to give the proper vertical angling of your cooker. Aligning the sun with the 'focus' holes on top and the up or down of the back leg, we were ready to cook in no time. For windy days, the cooker comes with two stakes to anchor the alignment leg to the ground.

I placed the oven out around 30 minutes before our class began. This brought the temperature up to 250 degrees with the sun peaking in and out of the clouds. When the sun cooperated, the temp would reach 300 plus with no problem.

We placed the cheap hotdogs in a Pyrex dish with a lid, set it on the Dual-Purpose Leveling Rack, shut the lid, and realigned the oven every 30 minutes. I was afraid that even a simple meal like hot dogs would not cook on a partly cloudy day.

I was wrong. We cooked the meal for an hour and a half with sporadic sunshine. The hotdogs were too hot to eat as steam rushed around the Pyrex lid when we brought the dish inside.

Most of the students were really impressed – as impressed as microwavable middle schoolers can be at the end of a school year.

The performance task for the solar energy unit was to build their own solar cooker. We had some creative and interesting units built. One, I was particularly proud of, was modeled after the All American Sun Oven®. It turned a chocolate candy bar into mush. That's all they brought to cook.

To test the Sun Oven® at home, I prepared my chicken wings as I do anytime I grill hot wings. They marinate 24 hours in the special sauce before going on the Big Green Egg. I pulled six wings out to cook in the Sun Oven. As the Sun Oven® worked its solar magic, I cooked the larger batch of wings on my BGE. Dirt Road Girl and I enjoyed the meal and washed the dishes when I remembered the Sun Hot Wings outside.

One of the benefits of the All American Sun Oven® is that you can't burn your meal. The oven is designed to heat evenly and hold the moisture in the food. Good thing, because I forgot about my Sun Hot Wings. They'd been cooking for two hours.

Here's the thing I hate to admit. The Sun Hot Wings were better than my standardly amazing grilled hot wings! The only drawback to the Sun Oven® wings was they didn't have the grill marks. Other than that, they were 'fall off the bone' tender and full of juicy flavor.

Author: Todd Walker Website: [SurvivalSherpa](#)  
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## Sun Ovens® Have Arrived In Mauritania

In our [January issue](#) of **Every Needful Thing**, we announced a shipping container of tooling and parts to establish a **GLOBAL SUN OVEN®** assembly plant in the West African country of Mauritania was on it's way.

We are happy to report that the contents arrived in Elmina, Mauritania, a suburb of Nouakchott. Sponsored in part by the Small Grants Program of the Global Environmental Facility, it is supervised by two resource personnel.

Our contact in Mauritania, Naim, tells us that they have about 250 households included in the project and 40 are members of the Community Based Organization (CBO) using technologies to improve health, household economy and the environment.

Most of the work is currently being done by volunteers. A coordinator is the only salaried person (\$100/month). He is busy teaching selected CBO members how to build the Sun Ovens®.

The Villager Oven bakery has four people working with a local baker to learn how to bake whole wheat bread. In addition to learning how to bake bread, the group is also learning marketing techniques that will create a demand for their bakery items.

Sun Oven International is proud to be a part of a program in which integrated solar and fuel efficient technologies are being taught in communities to help save valuable natural resources.



Assembling the Sun Oven



The Villager: All set up      Baking the first lot of bread



Baguettes      Sour dough whole wheat bread      Swiss Milk loaf



Bakery team with bread made in the Villager Sun Oven and SGP director trying out the bread

# Sun Oven® African Squash and Lima Bean Soup

from [The Solar Chef](#)

*This African inspired soup can be made with fresh squash, onions, and dry beans that have been soaked overnight. Using frozen, precut vegetables makes it super easy to toss in the Sun Oven® on those days that turn unexpectedly sunny. For a heartier meal, serve over brown rice.*



## Sun Oven® African Squash & Lima Bean Soup

### Ingredients

1 TBS olive oil  
3 cloves garlic, minced  
1 TBS, grated, peeled fresh ginger  
1 tsp paprika  
1/4 tsp crushed red pepper  
3 cups vegetable broth  
1 (20 oz. bag) frozen butternut squash  
1/2 (16 oz bag) frozen small onions  
1 (10 oz bag) frozen baby lima beans  
1 can diced tomatoes  
1/2 tsp salt

### Preparation

Set Sun Oven® out to preheat.

Heat the oil in a large pot over medium heat. Add the garlic, ginger, paprika, and red pepper. Cook, stirring frequently, until fragrant, about 2 minutes. Add the broth, squash, onions, lima beans, tomatoes, and salt. Cover and transfer to the Sun Oven and cook until the vegetables are tender, about 40 minutes.

Makes 4 servings.