

CALLING ALL COOKS!

August Sun-sational Recipe Challenge

Have you made something in your **SUN OVEN** that is so delicious that it would be just plain wrong to not share it?

Would you be willing to help others discover the taste of the sun by revealing your favorite sun-savvy recipe?

Would you like to help those who are just getting acquainted with the sun-cooking cooking world?

If you answered yes to any of the above questions we want to invite you to share your best **SUN OVEN** recipe and photo. Our goal is to provide a format for **SUN OVENS** friends and family to exchange recipes and cooking tips with each other.

During August, please share your favorite recipes w/photos with us via email. We will post them on our website and Facebook. One winner will be randomly selected to win a \$100 eCard to shop on www.sunoven.com. Each entry (recipe w/ photo) submitted will be entered in the drawing, so submitting multiple entries increases your chances of winning.

Please email your recipes w/photos to info@sunoven.com and put "Recipe Challenge" in the subject line.

We're looking forward to your scrumptious recipes!

Sun Oven Testimonial

I love my SunOven!! I've used it to roast meats, bake casseroles, and simmer soups. I've also baked beer bread in my SunOven. It has done an excellent job with these items, and the flavor of the meals has been excellent. SunOven's website is easy to navigate and provides many useful tips and recipes for solar cooking using the SunOven, and it covers other disaster preparedness information as well. Customer service is excellent—Mr. Munsen provides excellent and informative videos and webinars for the product. Shipping was very speedy. Some may consider the SunOven to be a tad pricey, but this is a quality product designed to reach and maintain normal baking/cooking temperatures with proper alignment by the user to keep the most direct solar rays, or with less attention, it can be used similarly to a slow-cooker. With proper care, this SunOven should last a lifetime. The versatile SunOven can be used to dry out wood for campfires, to purify water, to heat water for cleaning, dehydrating fruits and vegetables, making jerky, and oh yeah, for cooking, too! I highly recommend this product!
— Jenny S.



Order Your Sun Oven® Today

Cleaning Up Mold

moldpedia.com



Photo Billie Nicholson

We thought we would be saving money on our electric bill while we were traveling out of town by raising the thermostat on our air conditioning system. Little did we know, until we returned home, that this was a big mistake. The first clue was some blue, fuzzy dust clinging to the edge of our bathroom pocket door. On further examination, we discovered that all our bedroom furniture had a white, patchy film over it. Guess what - it was mold! All the humidity built up inside our warm house was the perfect growing environment for mold. As we explored from room to room, we discovered mold was growing on lots of surfaces. So much for going through the mail. Our first project was to begin a room by

room mold eradication process. We used gloves and masks during the cleaning process.

There are several products you can use to kill and remove mold. The most effective products include:

- **Bleach** - will kill virtually every species of indoor mold that it comes in contact with along with its spores, leaving a surface sanitized and resistant to mold growth. Unfortunately, it is only effective on non-porous materials. Bleach cannot penetrate materials like wood and drywall to kill the organism within. The mold will soon return if the environment remains the same.
To kill mold with bleach, use a ratio of one cup bleach per gallon of water. Apply with a spray bottle or using a bucket of solution and a sponge or cloth. Rinse surface if it will be used for food preparation or may be touched by small children. Bleach is not the best product to choose, especially in light of the recent published toxicity reports, and its harsh corrosive nature.
- **Borax** - is a natural cleaning product, and although it is toxic if you swallow it, borax, does not emit chemicals or dangerous fumes. You can buy borax in supermarkets for a few dollars in the laundry section. It can also be used as an insecticide, herbicide and fungicide.
To kill mold with borax, mix 1 cup borax per gallon of water. Vacuum up any loose mold with a HEPA filtered vacuum cleaner to lessen the number of spores that can be stirred into the air during the cleaning process. Use a scrubbing brush with the borax-water solution and wipe up any extra moisture and excess mold particles. No rinsing required. Allow surfaces to dry completely.
- **Vinegar** - is a mild acid that can kill 82% of mold species and is also natural and non-toxic.
To kill mold with vinegar, use white distilled vinegar, also available in the supermarket. Pour it into a spray bottle without watering it down. Spray the vinegar onto the moldy surface and leave it to sit for an hour. Wipe the area clean with a damp rag. Allow the surface to dry. Any vinegary smell will clear within a few hours. To prevent mold from growing on surfaces, spray it and leave it. Repeat every few days to ensure the surface will stay mold free.
- **Ammonia** - is another harsh chemical that can kill mold on non-porous surfaces, but it will not penetrate wood or drywall. Never mix it with bleach because together they create a toxic gas.
To kill mold with ammonia, create a 50% clear ammonia and 50% water solution in a spray bottle. Spray on the moldy area and leave it for a few hours before wiping and rinsing.
- **Hydrogen Peroxide** - kills molds, viruses and bacteria. It is a good alternative and doesn't damage the environment. It is available at the drug store or grocery in a 3% solution. **Continued**

Pickle Juice - A Power Player?

Billie Nicholson

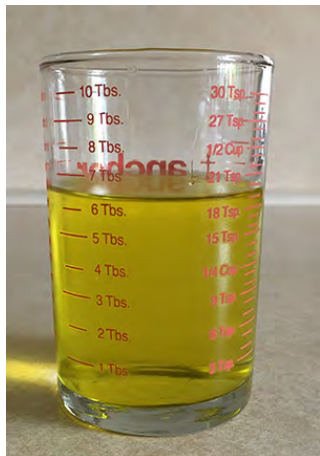


Photo: Billie Nicholson

Do you have a jar of pickle juice sitting in your refrigerator with one last pickle in it or just plain empty? Wondering what to do with it? Don't just pour it down the drain. Pickle juice has a multitude of uses, the first being to make more refrigerator pickles. Have some small okra pods that will fit in a pint jar? Jam them in and cover with the leftover pickle juice. Let them sit for a few days. They will make a zesty addition to a salad. Yes, eat them raw. How about boiled eggs? We put them in leftover beet pickle juice and get purple pickled eggs! Add onions, carrots, peppers into the pickle juice. Let sit for a few days. You will have pickled everything.

Use it to replace vinegar in your homemade salad dressings, too. Add it to a pot of boiled potatoes. You will not need to add anything else. Use it in potato salad for a flavorful variation. Chicken salad, hummus, Mac 'n cheese, the list goes on and on. Be brave and give it a try.

Need a meat tenderizer/marinade? For pork or a steak, mix pickle juice, minced garlic, pepper, and mustard together. Meat can marinate for an hour or even overnight. Roast or grill for a tasty meal. This works for chicken, too. You may want to add a little milk to reduce the pickle flavor. Poaching fish? Add some pickle juice for a refreshing change. Want a great dill pickle juice [rye bread recipe](#)?

Have you heard of using pickle juice as a health drink? There are a lot of good reasons to drink it.

- Drink it after a hard workout to prevent muscle cramps. Its got electrolytes!
- Drink it if you have an upset stomach or heart burn. It will help with digestion.
- Drink a small glass of pickle juice if you need a gentle laxative.
- Some people use it as a cure for hiccups.
- Pickle juice can reduce cramping related to menstrual issues.
- Have you seen a cocktail called a "Pickleback Shot" on a bar menu? Bartenders claim it is the perfect complement to sooth the taste buds and the aftershock of a strong whiskey drink.
- Pickle juice is a known folk remedy for helping get over a hangover. It replenishes depleted sodium levels and helps assist rehydration.
- How about a pickle popsicle? Pour some pickle juice into pop molds, paper cups, or ice cube trays for a savory summer snack.

Can't be convinced to drink it? No worries, just use it to clean the tarnish off copper pans. It can also be used to clean your grill.

Use it in your garden as a weed killer. The high vinegar and salt content in pickle juice will be fatal to dandelions, thistle and any common weeds around your house. And it's pet friendly.

References

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<https://www.bonappetit.com/test-kitchen/cooking-tips/article/15-ways-to-use-leftover-pickle-juice>

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[Keeping Bees in Horizontal Hives](#)



Photos by www.HorizontalHives.com

Dr. Leo Sharashkin
www.HorizontalHive.com

Did you know that insect pollination, mostly from honeybees, is critical to a third of the world's food supply? Did you know that honeybees were not present in North America when the first European settlers arrived? When they did arrive with settlers, they were quick to naturalize. Researchers have recently discovered bees wax on pottery that was made between 7500 and 2000 BC. This means that humans have been working with bees for over 9000 years.[1] Dr. Leo Sharashkin shared his beekeeping wisdom at the Homesteading Life Conference.

Honey production was thought to be endless in the 1800's. Bees lived in trees in the forest, but with settlement, the trees were cut down and the flower laden meadows were converted to agriculture, and honey began to be in short supply. This led to beekeeping becoming an agricultural product. Beekeeping can be profitable with the right information.

Why is it that up to the present, beekeeping is not widely spread on sustainable farms and in conservation programs around the country? Most of the current bee keeping practices focus on honey production at the expense of and welfare of the bees. This is unsustainable. It requires skill and the use of many chemicals.

“Keeping bees requires little effort, and barely any capital to get started,” wrote Georges da Layens in *Keeping Bees in Horizontal Hives: A Complete Guide to Apiculture*. Europe's leading beekeeping authority lived in the 1800's. Following his methods with my 40 hives, I witnessed that keeping bees can be indeed simpler than growing tomatoes, but most beekeepers' experiences are quite different.[2] If you want to add a few hives of bees to an agroforestry system, you need to practice the kind of bee keeping that focuses on bees and their sustainability. You need to develop the kind of hive bees live in in nature and you need to get locally adapted bees.

20 years ago the Varroa mite arrived from Asia. It altered beekeeping and resulted in the commercial beekeepers needing to treat bees with insecticides to kill the mites. This process removed the opportunity for bees to adapt. We have since learned the local bees have adapted, so the best bees to have in your hive are local wild bees. You can catch them in swarm bait boxes, which are [easy to make](#). You should put the box up in a tree at the edge of a forest. Pick one that stands out.

Once you have a swarm, what kind of hive should we use? In Europe they use horizontal hives. [MORE](#)





Photo: Billie Nicholson

MATERIA MEDICA - CHIVES

Botanical name: *Allium schoenoprasum*

Common name: Chives

Family: Liliaceae

Parts used: Leaves and flowers

Native Region: The Chive is the smallest, though one of the finest-flavored of the Onion tribe, belonging to the botanical group of plants that goes under the name of *Allium*, which includes also the Garlic, Leek and Shallot. It is found all over Europe from Corsica and Greece to the south of Sweden, in Siberia as far as Kamschatka and also in North America.

Botanical Description: The plant is a hardy perennial. The bulbs grow very close together in dense tufts or clusters, elongated in form with white, rather firm sheaths. The outer sheath is sometimes grey. The slender leaves appear early in the spring and are long, cylindrical and hollow, tapering to a point and about the thickness of a bird feather quill. They grow 6 to 10 inches high. The flowering stem is hollow and either has no leaf or one leaf sheathing it below the middle. It supports a close globular head, or umbel, of purple flowers; the flowers are closely packed together on separate, very slender little flower-stalks, shorter than the flowers themselves, which lengthen slightly as the fruit ripens, causing the heads to assume a conical instead of a round shape. The petals of the flowers are nearly ½". The seed capsule is a little larger than a hemp seed and is completely concealed within the petals, which are about twice its length. The small seed are black when ripe and similar to onion seeds. The flowers are in bloom in June and July. [1]

Growing: This perennial will grow in any ordinary garden soil. It can be grown from seeds or by dividing clumps in spring or fall. Beyond weeding, no further care is needed. Beds should be replanted at least once every three or four years. They like full sun or partial shade and well drained soil with moderate watering. They are frost tolerant and can over-winter in some climates.

Harvesting: The green leaves from the clumps can be cut three or four times in the season. By rotating cuttings between multiple clumps, greens can last until late in the season. Snip leaves with scissors near the base of the stem. Move around the clump when cutting to allow plant a chance to recover. Chives can be chopped, dried and stored in an air-tight container. Volatile oils leave quickly.[3] If you are not growing your own, purchase uniform, deep green fresh bunches from your grocer. Choose young leaves for mild flavor and older, larger ones for sharp, strong onion-like flavor. Store fresh leaves in a plastic bag and keep in the refrigerator. Dried leaves may be placed in an air-sealed container and stored in a cool, dark place.[5]

Culinary Uses: The chive contains a pungent volatile oil, rich in sulphur. This oil is present in all the onion family and causes their distinctive smell and taste. It works to improve salads, cut fresh and chopped fine, into green salads, cucumbers, sliced tomatoes and is the crowning touch to baked potatoes smothered in butter and sour cream. Keep a dish of chopped chives on your dinner table to add pizzaz to any dish.[2]

Medicinal Uses: Like garlic, chives boast some of the healing properties of stimulating ...

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What Will Your Fall Garden Grow?

Most of us are sick and tired of working our gardens at just about the time we should get a second wind and start our fall gardens. Many veggies, particularly root crops and leafy greens will make great eating into the winter. There is nothing more satisfying than stepping out into the brisk morning air to harvest fresh food from your fall garden. There are a couple of things to do first.

Each region has an ideal planting time for fall crops. First, they need enough growing time (with temperature and sunlight) to get to nearly mature. Just as you refer to a planning chart for the last frost in spring, you should refer to a chart that gives the average first frost dates in the fall. Check those dates on [Daves Garden](#). Look up by zip codes.

Then check the seed packet and determine how many “days to maturity.” Do the calendar math. Will that variety be ready to eat before the frost date? If you have a short window between too hot to grow (cool weather crops like daytime temperatures in the 70°F to low 80° F), you may need to start these seedlings in partially shaded trays. Adding a canopy of shade cloth over a bed will allow you to plant them where they will grow. Make sure the beds remain evenly moist so seeds will sprout.

Another option is to plant small seedlings at the base of taller summer crops that may still be bearing. The seedlings benefit from the shade in hotter weather. Cut out the summer plants once the temperatures start to fall. There is no need to till the bed, just use a trowel and loosen the soil where you place the seedlings to a depth of 4 or 5 inches. You can spread a layer of compost on top of the soil to give them a little boost.

Green leafy vegetables and many root crops taste better in the fall and don't have the tendency to “bolt” (go to bloom) in the fall like they do in the spring as the daytime temperatures rise. Some plants in southern states will continue to grow most of the winter. When the temperatures get below freezing, most growth will stop. Crops can be harvested until temperatures dip into the teens. Then you must protect them or they will die.

What greens do you like? They are the ones to plant. Here are some suggestions:

1. Lettuce - there are many varieties of leaf lettuce that will grow large enough to pick leaves from in about 45-60 days. So plant them 4-8 weeks before your first estimated frost. Lettuce can grow through the winter in a cold frame or row cover.

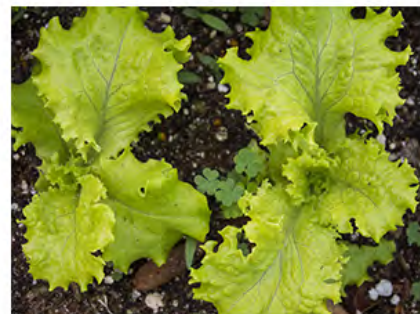
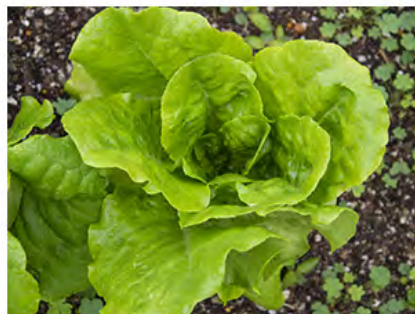
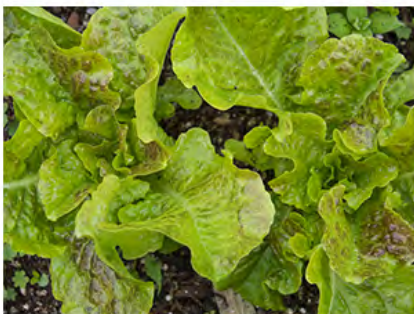


Photo Credit: Billie Nicholson

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SUN OVEN® RATATOUILLE



When you have more summer veggies than you know what to do with, this simple recipe will solve your problem and give you a pot full of deliciousness, hot or cold, on its own, or accompanied.

Ingredients

- 3 Tbs coconut oil
- 1 onion, thinly sliced
- 4 garlic cloves, peeled and sliced
- 2 small red peppers, deseeded and sliced
- 2 small bay leaves
- 3 Ichiban-style eggplants, cut into 1/2" pieces
- 1 zucchini, sliced
- 5 okra pods, sliced
- 1/4 cup diced tomatoes
- Kosher salt to taste
- Two sprigs of basil leaves off stem
- Dash of unsalted Greek Seasoning (we use Cavender's)
- Freshly ground black pepper to taste

Directions

Preheat Sun Oven to 300°F

Heat oil in graniteware pan, add onions, garlic, bayleaves and red pepper to oil and sauté until soft. Stir in other vegetables and top with basil. Transfer to Sun Oven® and adjust for optimum sun.

Bake until all veggies are soft. Check every 30 minutes and readjust or face the oven to the southern sky and come back when you can.

Originating from the South of France, this is a great dish served hot or cold, on its own, or accompanied with eggs, over toast, or tossed with your favorite pasta. Great idea for a meatless Monday.

This recipe is modified from RealSimple.com

Situational Awareness - Local Iconography



Have you ever given any thought to the symbols, graffiti or the clothing worn by people around you? These items are considered icons and are used to communicate beliefs and affiliations. Gangs, insurgents, terrorist groups, and individuals use iconography as a symbol of group unity, for rapid recognition by other members, and to communicate their beliefs to the larger populace. Observing the presence or absence of icons can be a key to situational awareness.[1]

In their book, *Left of Bang*, Patrick Van Horne and Jason Riley define an icon as any symbol used to convey a person's or group's presence, beliefs or affiliations. These are used to draw allies, get new converts, intimidate or repel enemies and to further an agenda. They often communicate complex messages with simple images in an environment. Citizens can use iconography to understand what things are important in an area to individuals and groups.[2]

Iconography can be divided into two parts: icons that appear on people and in the environment. Geographically, iconography can tell us the intent or beliefs of those who imprinted it, whether the groups in the area are in conflict and the relationship between the people living there and the people who left the iconography. There is a significant difference between allowing these icons to remain in place and taking action to remove them. Is there tolerance and acceptance or one of resistance or dissociation from the "artists?" The iconography on an individual provides important information - their beliefs, associations, and their perceived status. Icons are important to the individual, but even more so to the criminal.[3]

There are three main categories of iconography to be aware of: graffiti, tattoos, and clothing and other artifacts.

- Graffiti-any writing or drawing on a public space without permission of the owner. There are three types of graffiti
 - Territorial-tagging done by groups to define a territory
 - Political and ideological-expressing some political or belief statement
 - Threatening-menacing or intimidating[4]
 - Flags and colors have meaning and send messages
- Tattoos-are permanent and often possess significant meaning to the wearer. They are meant to gain attention and send a message.[5]
- Clothing and other artifacts-branding for group identity, providing a sense of unity and solidarity and are used to communicate messages.[6]

Spend a little time as you walk or ride around a community studying the iconography. You will learn some interesting things.

References