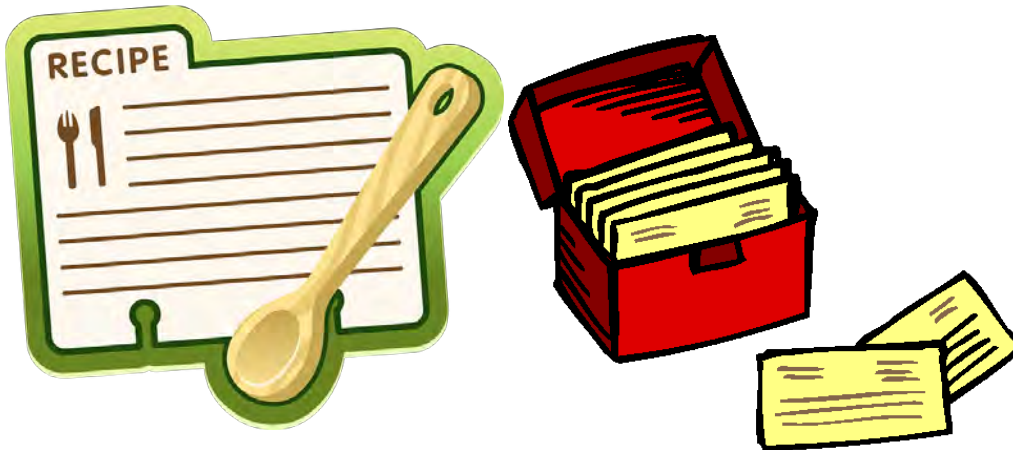


Recipe Contest Winners



We were thrilled at the response to our Recipe contest. We are pleased to announce the winner and some runners up, too. The Winner is: Barbara Donohue! Her recipe entry included two items cooked in the **Sun Oven**, “Sweet Baby Back Ribs” and “Gluten-free Blueberry Yogurt Coffeecake.”

Barbara wrote, “Hot to trot up here on the Modoc Plateau ... temps going out to the crispy high 90’s, phew! Thought I would put some of that free energy to use ...”

“This is what I call ‘double-fisted cooking.’ Both solar ovens fired up and cooking away at 350°.” Barbara’s recipes are featured on page 7 in this month’s newsletter.

Runners Up included: Oatmeal with Peacherines submitted by D., Apple Pie submitted by Paula Visconti, Easy Vegetarian Cajun Black Beans and Rice submitted by Rhonda Joiner, and Jalapeño Popper Casserole submitted by Angela Branson. All winners were awarded gift ecards for shopping on www.SunOven.com.

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We would love to hear your Sun Oven stories. Send your experiences to editor@sunoven.com
Billie Nicholson



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How to Make Fire Cider

Farmer's Almanac



Photo by Margaret Boyles

Fire cider boosts your health with herbs stewed in apple cider vinegar. See how to make this traditional tonic to help ward off cold-weather illnesses. It's not only super healthy, but also super delicious!

WHAT IS FIRE CIDER?

Fire cider. The very name sounds like something you might want to try. Essentially, the formula calls for grated fresh horseradish, ginger, garlic, onions, and hot pepper in apple cider vinegar for 3 to 4 weeks, then finishing with honey to balance the acidity. I like to add additional flavor-rich herbs and fruits for a great-tasting drink. This traditional tonic is renowned as a folk remedy to help ward off winter

colds, flus, and other infirmities, or, as some prefer, to mix into salad dressings or festive grogs.

Although one company has trademarked the name Fire Cider (setting off a storm of controversy), indigenous healers have been brewing herbal vinegars for millennia. In fact, humans began making vinegar as long as 10,000 years ago, using it in food and drinks, for food preservation, and for many medicinal and antiseptic purposes.

Back to the modern incarnation called fire cider. The traditional winter tonic made with healthful herbs stewed in apple cider vinegar is remarkably easy to make.

HOW TO MAKE FIRE CIDER

The idea behind this tonic: prepare a strong vinegar tincture that extracts healthful phyto-compounds from a variety of medicinal plant materials. Of the (probably) hundreds of favorite recipes, most begin with unfiltered apple cider vinegar and some combination of grated horseradish, ginger, and turmeric root; minced garlic, chopped onion, and hot peppers. Other recipes, including mine, include dried or fresh leafy herbs, a few whole spices, and dried fruits or sliced citrus fruits. Most of these ingredients contain phyto-chemicals known for their strong digestive, antiviral, antiseptic, and/or decongestant properties.

FIRE CIDER RECIPE:

Start with a quart of organic unfiltered apple cider vinegar (5 percent acetic acid) that still contains the "mother", and pour it into a clean, wide-mouth quart canning jar.

- Add one-third cup each of grated horseradish and ginger roots
- Two tablespoons dried, powdered turmeric
- Half a dozen cloves of minced garlic
- A small chopped onion
- Two dried, seeded hot peppers (or, use cayenne pepper)
- One large lemon, sliced rind and all (optional)
- A small handful of dried oregano, rosemary, sage, and parsley (optional)
- A cinnamon stick, a few allspice berries, and a few whole cloves (optional)

The apple cider vinegar should cover the herbs by an inch or two. Seal your cap tightly. If you cap your jar with a lid containing metal parts, screw the lid on over a piece of cooking parchment or a small plastic bag to keep the lid from corroding.

Let sit for a few weeks to soak. Then strain off the plant materials from the vinegar. Sweeten with honey to taste. Honey not only adds sweetness, but also blends all the flavors in fire cider nicely.

[READ MORE](#)

Helping a Community Recover from Hurricane Michael



Billie Nicholson

On October 10th, following Hurricane Michael’s Rampage through Panama City, Florida, the call went out for Helping Hands volunteers from The Church of Jesus Christ of Latter-day Saints to provide relief. As a result, that first weekend approximately 3,000 volunteers headed to the Florida panhandle to remove fallen tree limbs and clean out and remove sheetrock from homes hit by recent flooding and put a tarp on nearly every house in the area.

For the next six weeks workers traveled from Alabama, Louisiana, Mississippi, Georgia, and all parts of Florida to lend a helping hand. They came prepared to be self-sufficient as there were no hotels or restaurants open. As a matter of fact, most of the power lines were on the ground, meaning there was no electricity or running water either. Nearly every home had some damage and more trees were down than those left standing. Utility companies had to replace over 6,600 electric/telephone poles.

The first Friday night, three semi-trucks arrived at the storm damaged Panama City Stake Center, to deliver chain saws, carts, tarps, water and food supplies. Because of the wide swath of damage, 6 command centers were set up across the region. Saturday morning saw vehicle after vehicle of volunteers work their way through the debris and carnage strewn streets. Many volunteers began the work of clearing out the debris from the damaged command center while others set up generator to provide power for computers and phones so others could begin the process of contacting people who might need assistance. That first weekend Helping Hands volunteers worked over 34,000 hours. They completed 2,692 work orders. Hundreds of volunteers continued to work for six weeks. Their assistance was welcomed by local government officials. First responders were directing people in need to the command centers. The Church Welfare Department sent many truckloads of supplies and volunteers packed food boxes to provide meals for those in need.

Many of the women’s groups who were unable to do the heavy clean up labor, contributed needed items like cleaning products, diapers, and water. Some groups made hundreds of chocolate chip cookies.

By the end of six weeks, Helping Hands volunteers had completed 251,378 hours of work, completing over 9,000 work orders and applying over 2,500 tarps to roofs in the region. Untold numbers of damaged trees were removed from driveways, yards and roofs.

“They were angels,” one resident commented.

Hurricane Michael – Florida Panhandle – Thru Weekend #6 of Nov 16/18

Command Center County	Total Workers	Total Hours	Total Work Order	Total Member Assisted	Total Roofs	Total Tarps
Panama SC Bay County	3,870	59,180	2,202	281	397	647
Callaway Gulf County	3,735	56,428	1,786	169	222	348
Marianna Jackson County	5,118	85,360	3,054	219	488	816
Wewa/Bristol Liberty County	2,192	33,000	1,394	66	398	586
Thomasville Thomas County	305	3,892	210	10	34	57
Tallahassee Leon County	1,005	13,518	609	127	79	101
Totals	16,225	251,378	9,255	872	1,618	2,555

Identity Theft

Federal Trade Commission



Photo by: www.commdiginews.com

What is Identity Theft? - Identity theft is a serious crime that can disrupt your finances, credit history, and reputation. It will take lots of time, money, and patience to resolve. It happens when someone steals your personal information and uses it without permission.

Identity thieves might:

- Go through trash cans and dumpsters, stealing bills and documents that have sensitive information.
- Work for businesses, medical offices, or government agencies, and steal personal information on the job.
- Misuse the name of a legitimate business, and call or send emails that trick you into revealing personal information.
- Pretend to offer a job, a loan, or an apartment, and ask you to send personal information to “qualify.”
- Pretend to be a utility company on the verge of cutting off your service and demanding payment be sent immediately.
- Steal your wallet, purse, backpack, or mail. They remove your credit cards, driver’s license, passport, health insurance card or other items that show personal information.

Red Flags of Identity Theft -

- Mistakes on your bank account, credit card, or other account statement
- Mistakes on the explanation of medical benefits from your health plan
- Your regular bills and account statements don’t arrive on time
- Bills or collection notices for products or services you never received
- Calls from debt collectors about debts that don’t belong to you
- A notice from IRS that someone used your Social Security number
- Mail, email, or calls about accounts or jobs in your minor child’s name

Continued

Materia Medica - Mullein



Botanical name: *Verbascum thapsus*

Common name: Mullein

Family: Scrophulariaceae

Parts used: Flowers, roots, leaves

Native Region: Originally from Europe and Asia, mullein species have spread all over North America. They love disturbed soil and full sun. They can grow in rich garden soil as well as gravelly roadsides.[1]

Photo: <http://luirig.altervista.org>

Botanical Description: In the first season of the plant's growth, there appears only a rosette of large leaves, 6 to 15 inches long, thick, whitish with a soft, dense mass of hairs on both sides, which make them very thick to the touch. In the following spring, a solitary, stout, pale stem, with tough, strong fibers enclosing a thin rod of white pith, arises from the midst of the felted leaves. The leaves near the base of the stem are large and numerous, 6 to 8 inches long and 2 to 2 1/2 inches broad, but become smaller as they ascend the stem, on which they are arranged not opposite to one another, but on alternate sides. They are broad and simple in form, the outline rather waved, stalkless, their bases being continued some distance down the stem, as in the Comfrey and a few other plants, the midrib from a quarter to half-way up the blade being actually joined to the stem. The stellately-branched hairs which cover the leaves so thickly act as a protective coat, checking plant's moisture loss, and also are a defensive weapon of the plant, for not only do they prevent the attacks of creeping insects, but they set up an intense irritation in the mucous membrane of any grazing animals that may attempt to browse upon them, so that the plants are usually left severely alone by them. The hairs are not confined to the leaves alone, but are also on every part of the stem, on the calyces and on the outside of the corollas, so that the whole plant appears whitish or grey. Towards the top of the stalk, which grows frequently 4 or even 5 feet high, and in gardens has been known to attain a height of 7 or 8 feet, the much-diminished woolly leaves merge into the thick, densely crowded flower-spike, usually a foot long, the flowers opening here and there on the spike. The flowers are stalkless, the sulphur-yellow corolla, a somewhat irregular cup, nearly an inch across, formed of five rounded petals, united at the base to form a very short tube, being enclosed in a woolly calyx, deeply cut into five lobes. The five stamens stand on the corolla; three of them are shorter than the other two and have a large number of tiny white hairs on their filaments. These hairs are full of sap, and it has been suggested that they form additional bait to the insect visitors, supplementing the allurements of the nectar that lies round the base of the ovary. The three short hairy stamens have only short, one-celled anthers - the two longer, smooth ones have larger anthers. The pollen sacs have an orange-red inner surface, disclosed as the anthers open. The rounded ovary is hairy and also the lower part of the style. The stigma is mature before the anthers and the style projects at the moment the flower opens, so that any insect approaching it from another blossom where it has got brushed by pollen, must needs strike it on alighting and thus insure cross fertilization, though, failing this, the flower is also able to fertilize itself. The ripened seed capsule is very hard and contains many seeds, which eventually escape through two valves and are scattered round the parent plant.[2]

Growing: If you choose to plant with seeds, scatter them in early spring or in late summer or fall. [Continued](#)

Meet Our Sun Oven® Recipe Winner



Barbara Donohue

Thank you for this opportunity to share my enthusiasm for the Sun Oven! I have been supporting Sun Ovens International, Inc. (SOI) since its inception in 1998. I have purchased multiple solar ovens over the decades from them.

1. How long have you been using your Sun Ovens? What stimulated you to buy them?

Joe I have been cooking with it for 20 years now.

I am an ecologist and I love hiking, camping and fishing. I purchased the Sun Oven to save cooking time when I was working. There is nothing more disheartening than coming home from working in the field and having think about dinner for myself and my family... With the Sun Oven, I could put my dinner ingredients together early in the morning, position it to optimize the midday solar energy and walk away. That's it. Period. No more effort. Even if I returned home after dark, I would still have a fully cooked meal all ready to serve.

It is a bit heavy for me to use when camping. I call my Sun Ovens my "home girls" and use them primarily at my residence. I revert to using a more lightweight model when I spend days outside camping and hiking (The HotPot) for cooking needs. I also purchased from SOI back in the day...

2. What do you like about the oven and do you have any suggestions for improvements?

What I like about the oven is that it can reach a temperature of 350 degrees readily and sustain it for cooking. The alignment leg in the back of the stove allows me to use the oven even during the winter months when the Sun sits lower on the zenith. I use my Sun Oven consistently for 8 to 9 months In any given year.

I would like to recommend an improvement. The Sun Oven has a laminate wooden face board that supports the oven door. Mine began to split apart under the high summer temperatures here on the Modoc Plateau in Northeastern California. I modified my own oven by sanding the board face and applying white exterior acrylic paint to reflect the heat off of its surface. I also sealed the edges of it with a silicon sealer to prevent the wood from splitting any further. I believe these minor modifications have extended the life of my Sun Oven substantially. It is in "very good" condition after 20 years!

Double-fisted Cooking



Recipes submitted by Barbara Donohoe from Adin, California

Sweet Baby Back Ribs

Ingredients

½ rack of baby back ribs
 Salt
 Pepper
 Onion powder
 Garlic powder
 Paprika
 Sweet Baby Rays Honey Barbeque sauce

Directions

Sprinkle ribs with salt, pepper, onion, garlic and paprika on both sides. Rub it in with your hand. Brush on barbeque sauce enough to lightly coat both sides. Place ribs in cooking pot, cover. Place the pot in a preheated 350 degree solar oven. Cook for 1 hour 20 minutes or until done.

Gluten-free Blueberry Yoghurt Coffeecake

Ingredients

2 Cups Pamela's Baking and Pancake mix
 1 cup sugar
 ½ cup oil
 2 eggs
 1 teaspoon vanilla
 1 cup plain or vanilla yoghurt
 1 cup frozen or fresh blueberries

Directions

Mix the baking mix with the sugar. Add the oil, eggs and vanilla. Beat thoroughly until smooth. Add the yoghurt and blueberries. Stir to mix. Pour the batter into a greased baking dish. Sprinkle a little bit of sugar on the top. Bake in solar oven at 350 degrees for 1 hour or until inserted toothpick comes out clean. While warm, run a knife around the edges. Remove from pan when cool.

Do You Stay or Do You Go?



Joe Marshall - SurvivalLife.com

Stay or go? That is the question after a disaster or during a crisis. Sometimes it is clear that it's time to bug-out. The decision to bug-in or bug-out ultimately lies with you and will depend on a number of factors. The time to consider these factors is before a disaster or crisis occurs. In that way, you can know by given conditions what the decision should be for that event. Here are some questions to help you assess situations that you might encounter during a disaster.

BUG-IN

- Are you able to remain in home without endangering family?
- Do you have enough supplies stored to last through the expected timeline?
- Will any family member's health be threatened by power outage?
- Do you have alternative heating sources for power outages in winter?
- Do you have alternatives for sheltering within easy reach?
- Are you prepared to protect your home from looters?
- What if there is no evacuation route?
- Would leaving expose family to contaminated air, terrorism or radiation?
- Are you willing to live under martial law, should it be implemented?
- Are you able to leave quickly and efficiently?
- If looting is underway, would leaving force contact with participants?
- Will you have the opportunity to leave in a few days, if power is not restored?
- Are you able to walk a great distance if necessary?

BUG-OUT

- Is the situation getting worse than anticipated, putting family in danger?
- Do you not have enough food stored for the event duration?
- What if evacuating later, if necessary, would not be possible?
- Do you have infants, elderly or sick that can not live in a home without power?
- Are conditions life threatening? I.e. fire, mudslides, flooding
- What if your home is not habitable after the disaster and it is not feasible to setup outside shelter?
- Is needed access to medical treatment and medications available?
- Are you unable to defend yourself against potential intruders?

Each event must be evaluated on its own merits. The decision to stay or go ultimately rests on a family's ability to stay safe, secure, and healthy throughout the event.

Review these questions and think through your family's needs and your ability to meet those needs with the preparations you have made. Some of these questions may present points you need to address in your preparedness plan. Careful review will bring the right decisions into focus.