

# What's GROWING ON at



## Let the SUN DO THE COOKING

Feeling the heat? Why not let the power of the Sun do the work on these hot summer days? Solar power is free, and by cooking outdoors, it leaves your kitchen nice and cool. You can build a simple solar oven with inexpensive household materials:

- ◆ Cardboard box (Pizza boxes work great!)
- ◆ Aluminum foil
- ◆ Newspaper
- ◆ Black construction paper
- ◆ Plastic Wrap
- ◆ Clear tape
- ◆ A ruler or wooden spoon
- ◆ Aluminum pie pan or glass dish
- ◆ Thermometer



Step 1: Cut a large 3-sided flap in the box lid.

Step 2: Cover the inside of the flap with aluminum foil to reflect the Sun's rays downward.

Step 3: Line the bottom of the box with black paper to absorb heat.



Step 4: Line the inside edges of the box with newspaper for insulation.

Step 5: Create a window in the box lid using clear tape and plastic wrap to cover and seal the hole left by the flap.



Step 6: Place your food on an aluminum pie pan or in a glass dish inside the solar oven.

Step 7: Use a ruler or wooden spoon to prop the flap open. Orient your box so that it receives maximum direct sunlight.

Be sure to place your box away from animals. Your solar oven can reach about 200° F on a sunny day.



Jake the Turkey

Jake is a very talkative and friendly turkey. He loves to spread his tail feathers like a peacock and strut around while gobbling and shaking his feathers in an effort to find a mate.



## SUN S'MORES

- Graham crackers
- Large marshmallows
- Plain chocolate bars
- Aluminum pie pan

Break graham crackers in half to make squares. Place four squares in the pie pan. Place a marshmallow on each. Place the pan in the preheated solar oven.

Close the oven lid (the part with the plastic wrap on it) tightly, and prop up the flap to reflect the sunlight into the box. Wait 30-60 minutes for marshmallows to soften.

Then, open the oven lid and place a piece of chocolate on top of each marshmallow. Place another graham cracker square on top of the chocolate and press down gently to squash the marshmallow.

Close the lid of the solar oven and let the Sun heat it up for a few minutes more, just to melt the chocolate a bit. Enjoy!