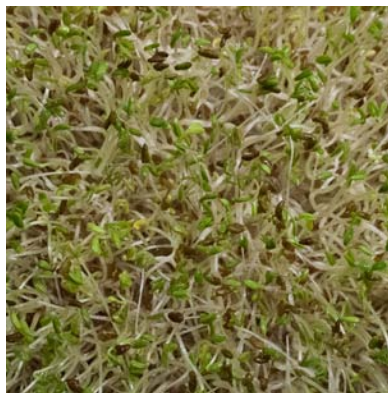


Sprouting 101

by Billie Nicholson



Seeds are dormant baby plants sleeping inside and connected to their food supply. To be classified as *living*, this dormancy must end in order for new life to begin. In nature, this seed will grow into a plant, which will make more seeds and the circle of life continues. In just a few days and in less than a square foot of counter space, you can grow tasty miniature plants - components of salads, snacks, sandwiches and stir-fries. Sprouting can be done year round, no need to wait for spring.

Ending seed dormancy is easy, just add water. Seeds absorb lots of water, usually 2-3 times the volume of seeds is enough. It is a good idea to clean seeds first to remove debris and dust. In addition to washing them, look through the seeds for small rocks, or mounds of dirt and any broken or odd looking seeds accumulated during the harvesting process. Due to the possibility of bacterial contamination, resulting in food-borne illness, be sure to keep your sprouting environment and the sprouts clean. Home-growers can wash seeds in a mixture of lime juice and vinegar, followed by a hot water rinse and then a cold soak to kill bacteria. Soaking time varies, but the norm is 8-12 hours.

Seeds use their stored food supply to get life started, until they get to sunlight and start making their own food through the process of photosynthesis. A primary ingredient in the raw food diet, sprouts are claimed to have higher concentrations of nutrients and enzymes than the grown plant. In addition to lots of anti-oxidants, vitamins and protein, they also boost your dietary fiber. Eat some ... they're good for you.

Buy sprouting seeds from trusted sources, preferably [Certified Organic Sprout Growers](#) whose certified organic seeds have never been blamed for a single illness.

Ask Billie

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

Mary Y. from Maryland asked: "What is this focusing the oven all about?"

Answer: Focusing the Sun Oven® means aligning the oven with the sun as it tracks through the sky during the day. It's easy, just watch the shadows created by the oven. When they are even on all sides, the cooker is directly focused. Plan to readjust every 30 minutes to maintain maximum heat. Cooking times will be similar to using a conventional oven.

focused
shadow



What is your Most Burning Question about Emergency Preparedness? Send your questions to editor@sunoven.com

Billie
Nicholson



Connect With Us

INSTANT SURVIVAL TIP: Unemployed? Try this!

by Lisa Bedford

More Americans are either unemployed or under-employed than ever before in our history. If you or someone you love falls into this category, I have a really crazy tip for you.

As long as you're staying at home doing nothing much, why not get in touch with professionals that you know and see if you can work for them as an unpaid apprentice, particularly if they are in the trades.

I'm serious!

Years ago when there was a work slow-down here in the Phoenix area, my husband began to get calls from men who had been laid off. Some had worked in technical fields and in all sorts of white-collar professions. More than one said to me, "I wish I had learned a trade way back when."

My husband is an electrical contractor, and although he's planning a career move, I'm so glad he has a skill that will always be needed. An old teacher colleague from my previous career once said, "Every woman should have a second or third way to earn an income," and I'd say that applies to men as well.

There are so many trade skills out there, such as:

- tile-work
- laying carpet
- carpentry
- installing cupboards, countertops, and more
- plumbing
- painting

- mechanic
- appliance repair and service
- HVAC
- masonry
- welders

You might have to start out by just keeping the job site neat and doing menial work, but you'll have the chance to watch experts do their job and it's inevitable that you'll pick up information and skills along the way.

Like I said, this may sound crazy, but I also understand Newton's First Law of Motion: "Every body continues in its state of rest... unless it is compelled to change that state by forces impressed upon it." In other words, the longer you sit and do nothing, the longer you will sit and do nothing! That's not good for anyone: man, woman or child.

So, consider tracking down a professional in one trade or another and asking if they would take you on as a temporary, unpaid apprentice. You'll pick up some new skills that might translate into a whole new career.

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Lisa Bedford is better known as The Survival Mom, a preparedness-minded writer, blogger, trainer, and mom who encourages other women to adopt a calm and common-sense approach to an uncertain future. She has been featured in *Newsweek* and *The Arizona Republic*, and on *The Glenn Beck Show*, CBS and Fox News affiliates, and via numerous print, Internet, and radio interviews around the world. She is the author of the book *Survival Mom: How to Prepare Your Family for Everyday Disasters and Worst-Case Scenarios*.

6 Steps to Drinkable Water

Need drinking water and have no **SUN OVEN**® or water filter? Remember these six steps to more drinkable water.

1. Locate a clear plastic beverage bottle.
2. Look for the recycle symbol with the number 1 inside it, marked PET. This type bottle can be used for water purification.
3. Collect clear water with low sediment, pour into the plastic bottle.
4. Cap the bottle and shake it well.
5. Leave the bottle in direct sunlight for at least six hours; longer if weather is overcast or water is cloudy.
6. After six hours in sunlight, you will have bacteria free water - UV rays kill all harmful bacteria. Depending on your water source, this water should be drinkable.

Remember that this method of water filtering doesn't remove chemicals or viruses, but in many cases those aren't the top concern in an emergency water situation.

Multi-Level Dehydrating & Baking - The Possibilities are Endless

Use Your Sun Oven® To Preserve Fruits, Vegetables, Dry Fish and Meats

Sun drying is an economical method of food preservation. Anything you see dried on your grocer's shelves, you can dry. If you grow it, you can be assured of maximum freshness and food value. Dried items require no additional energy to store and can be kept for extended periods.

Dried fruit can be mixed with cereal or granola, or with nuts and seeds to make energy bars, if you can stop eating them when the drying process is complete. Dip fruit like peaches or apples in Fruit-Fresh® to preserve the color. Most dried vegetables can be easily rehydrated in soups or by soaking them in water for 10 minutes to an hour.

Drying meat or fish may take up to two days. Sun drying will keep the odor out of your house. Leave meat in the oven and seal the latches, this will suspend the drying process and keep bugs from getting into the oven. Finish the drying process the next day. This is a great way to make deer jerky.

Place your **SUN OVEN**® outdoors in a sunny place, facing south. The multi-level racks can be covered with parchment paper, filled with sliced items (the thinner the slice, the quicker the drying), and stacked inside the **SUN OVEN**® on the leveling tray. Turn one of the latches inward and set the glass on top leaving a gap between the glass and gasket allowing moisture to escape. The ideal temperature for drying is between 110 and 150 degrees F. Keep the temperature low to avoid cooking the food.

FRESH TOMATOES



BEFORE Sun Drying

SUNDRIED TOMATOES



AFTER Sun Drying

Solar Salmon from the [Solar Oven Chef](#)



Solar Salmon and Potato Casserole

Ingredients

- 2 tablespoons olive oil, divided
- 2 cups onions, chopped
- 2 tablespoons fresh flat-leaf parsley, chopped
- Kosher salt
- pepper
- 2 pounds russet potatoes, very thinly sliced
- 1 can (15 oz.) salmon, drained, skin removed and discarded
- 8 tablespoons grated pecorino Romano cheese, divided
- 2 tablespoons capers, drained and rinsed
- 1/2 cup chicken broth

Canned wild salmon should be a staple in every pantry. It's high in omega-3s and, if you leave the bones in it, calcium. Most of the recipes I've found tell you to remove the bones; don't do it. Just smash them up with a fork or your fingers. Nobody will know.

Preparation

Set Global Sun Oven out to preheat.

Spray a an 11x7x2-inch baking dish or an oval lidded roasting pan with cooking spray.

Heat 1 tablespoon oil in a heavy large skillet over medium heat. Add onions, sprinkle with kosher salt, and sauté until soft and beginning to brown, stirring frequently, about 10 minutes. Remove from heat and stir in parsley.

Using hands or a fork break salmon into small pieces and smash bones. Arrange 1/3 of the potatoes, overlapping them, in prepared baking dish. Sprinkle with kosher salt and pepper. Scatter half of the onion mixture and half of the salmon over the potatoes. Sprinkle with 2 tablespoons pecorino Romano and 1 tablespoon capers. Repeat layering with half of the remaining potatoes, salt, pepper, remaining onions, salmon, capers, and 2 tablespoons pecorino Romano. Cover with remaining potato slices. Sprinkle with salt and pepper. Pour broth over. Press down firmly on potatoes to compact casserole. Drizzle with remaining 1 tablespoon of oil.

Cover with aluminum foil and a tea towel, or lid. Bake in Sun Oven until potatoes are tender, about 1 hour 30 minutes. About 10 minutes before removing from Sun Oven uncover and sprinkle with remaining 4 tablespoons pecorino Romano. Let stand 10 minutes before serving.

Makes 4 servings.