

Solar Cooking In Sierra Leone and Guinea

West Africa 2010

Living in the bush and still able to enjoy fresh bread and baked cakes!!!!



We experimented with cooking palm kernels, sweet potatoes, peanuts and even the local chicken with a fajita sauce.



We met many different people along the way and cooked for them as well. In the country of Guinea we were blessed to stay with some



American families and cooked some brownies with them. The ladies were quite pleased with the results. Most of the people had never experienced solar cooking so it was a novelty to try new recipes. It was especially fun when they were able to taste the results! In the lush tropical rural area there is little apparent need for saving the trees. But in the cities there has become a growing need for an



alternative source of cooking fuel. Solar box cookers like the Sun Scoop are an ideal cooking tool to conserve the rapidly decreasing forest and protect the environment as well as the health of the African women and children.

