

Home & Heart



Kathleen Jarschke-Schultze

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I get a lot from my readers. I am sure *Home & Heart* is being read, since I receive feedback regularly. This is a good thing. I don't know everything (don't tell Bob-O). I believe I am practical, and that accounts for a lot. Having people send me information and corrections from around the globe is swell. I really appreciate it.

Bleach Plus Water

In *HP69* I mentioned using chlorine bleach to purify water. I did not mention specific amounts or instructions. I would expect that anyone trying this would research the method first. I received the following note:

Please, next time you should specify that it must be plain bleach, not "scented" or "perfumed." These additives cause stomach distress, in other words, diarrhea. If you don't believe this, make a pot of tea with "Lemon Fresh" or "Fresh Mint" bleach added to your water. Caution: stay close to the bathroom. Some people may have stored water with the incorrect bleach!

Yikes! If you've stored water using the wrong bleach, throw it out and start fresh. The American Red Cross has excellent instructions and disaster preparedness lists available. I was so clueless I didn't even know there were scented bleaches. I only get the plain old kind and it lasts a long time since I don't use it for laundry.

East and West

In *HP65 & 66*, I gave some instructions on solar cookers. I said that focusing "is done by standing behind your cooker and pointing it so that there is a slight shadow on the *left* hand side of the cooking area. This way the sun will always be coming into focus, keeping the food at maximum temperature, rather than unfocusing and lowering the temperature."

A. J. Oxtan sent me this via email:

When you talk about which way to orient a solar cooker using terms like "left" and "right," keep in mind that the "handedness" of the sun is reversed in the southern hemisphere. Think about it. When you're in California, look at the sun—it moves from left to right; but if you were to set up your solar cooker in New Zealand where the sun moves from right to left, your instructions would produce undesirable results. Using east and west instead of right and left would relieve that ambiguity.

Thanks, A.J. I never consciously realized that. I knew that water spiraled down drains opposite of ours in the southern hemisphere, but my brain took it no further. So, here is my final word on the subject of focusing solar cookers:

Focusing is done by standing behind your cooker and pointing it so that there is a slight shadow on the *west* side of the interior cooking area. This way the sun will always be coming into focus, keeping the food at maximum temperature, rather than unfocusing and lowering the temperature.

Solar Cookbook

Jennifer Stein Barker has done it again. First she published an excellent whole foods cookbook, *The Morning Hill Cookbook*. I always recommend this book in my solar cooking workshops. She has many solar recipes in the book. They are designated with a little sun by the recipe title. All are great.

Now she has published *The Morning Hill Solar Cookery Book*. I am excited. As I've said before, Jennifer knows how to cook. This is a whole foods cookbook and totally vegetarian. However, as she states in the beginning of the book, meat can be added to any dish. Bob-O and I are omnivores and eat meat three to four times a week, but who could resist Tamale Pie or Pesto Roly-Poly.

One aspect of the book I really like is that each recipe comes with instructions for conventional cooking. Jennifer says this is because you might want to eat a certain dish on a rainy day. How practical—I love that.

There is a whole section on yeast breads. This is a food that can give new solar cooks problems. Jennifer has wonderful, exciting recipes and full technique explanations. From Pain Rustique to Onion Herb Rolls, it's covered here. With a solar cooker and this book, you will be ready for the coming summer with easy, efficient, fuel-free food.

This book is entirely a community-made project. By utilizing local talent and businesses, Jennifer is able to keep all the book proceeds in her small county (pop. 8,000). Jennifer is also a renewable energy activist.

She's organizing SolWest, a major RE fair for the western U.S. happening this July.

Bee Good

I have started a new adventure—keeping bees. Bob-O kept bees before I knew him, but I have never had the experience. I have been reading voraciously on the subject. My favorite book is *The Art and Adventure of Bee Keeping*, by Ormand and Harry Aebi, published by Rodale Press in 1975. It is very inspiring and easy to read. Unfortunately, it is now out of print, so you'll have to look for it in used bookstores.

I ordered hives and supers. These come unassembled, so I have been gluing and hammering a lot on the dining room table. My bee equipment now covers any level space. It is very cool. There is a whole uniform complete with hat and veil. Betty Davis has nothing on me for style.

There has been a dearth of wild bees, not only in our area but nationwide. Last year when our apple and peach trees were blooming, there were hardly any honey bees on them. Back when Bob-O had bees, he captured swarms. I will be using packaged bees. By the time this goes to print, I will have driven two and a half hours south to a bee ranch and picked up my bees.

I am excited and somewhat apprehensive. Bob-O will be gone that weekend to help teach a solar workshop in Arcata, California. By the time he gets back, the bees will be in their new homes, feeding on sugar syrup so they can get some brood going. At least that is the scenario I am aiming for.

Apparently, when you have hives close together, it is a good idea to paint one a different color. That way, it is easier for the bees to identify their particular hive. I think a large colorful design would work, so I am thinking of a large, dark blue Celtic knot on the front of one. This is going to be fun.

Access

Kathleen Jarschke-Schultze is preparing for her friends, the bees, at her home in Northernmost California, c/o Home Power Magazine, PO Box 520, Ashland, OR 97520 • 530-475-0830

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The Morning Hill Solar Cookery Book, US\$14.95 postpaid and *The Morning Hill Cookbook*, US\$13.95 postpaid from Jennifer Stein Barker, Morning Hill Associates, HC 84 Box 632, Canyon City, OR 97820 541-542-2525 • solwest@eoni.com

Make check payable to Jennifer Stein Barker.

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