

Cooking with Renewable Energy

For cooking you need natural gas or electric power, right? Well... not really. It's quite possible to put lip-smacking meals together without having to go back to fossil fuels, and this workshop shows you how. We'll learn the basics of cooking with a solar oven and a wood burning cook stove – plus a few more surprises! We'll see which electrical cooking appliances can work well in an off-grid home and how to minimize purchased fossil fuel use for cooking. We'll work with whatever mother Nature gives us this day and see what kind of yummy dishes we can concoct, sharing tips, recipes, ideas and lots of fabulous food. Be prepared to help with the preparations and to snack away on our creations all day long! Good food, good company - and green energy.

Co-ordinator: Jane Oldale

Jane lives off the grid in a solar and wind powered house in South Gillies, and has taught numerous courses in Renewable Energy with Frank of Frank's Alternate Energy. She works in environmental outreach/education for EcoSuperior Environmental Programs, and promotes conservation and energy efficiency as the cornerstone for all renewable energy projects. Jane spends her spare time cutting wood and growing a vegetable garden (organic of course!), and has three mottos to live by:

Live simply that others may simply live (Mahatma Gandhi)

Life is uncertain ... eat dessert first

Life's too short for a full-time job.