

The Solar Food Dryer

How to Make and Use Your Own High-Performance, Sun-Powered Food Dehydrator

by Eben Fodor

The Solar Food Dryer describes how to efficiently harness solar energy to preserve food quickly and easily. With your own solar-powered food dehydrator, you can conveniently make all the high-quality dried foods you want - with free sunshine! Eat local and eat healthier by preserving the goodness of your favorite seasonal foods, garden veggies, fruits and herbs to enjoy all year long.

A good solar food dryer will perform amazingly well under a wide range of conditions, working effectively in almost any climate where you can grow fruits and vegetables. This is not "sun drying," its solar drying - a major step forward in applying solar technology to food preservation.

The solar dryer has distinct advantages over conventional electric food dryers and doesn't require the energy or storage space needed for canning or freezing. And solar food drying is a great way to learn about solar energy and to experience the incredible power of the sun - as well as being a great deal of fun!

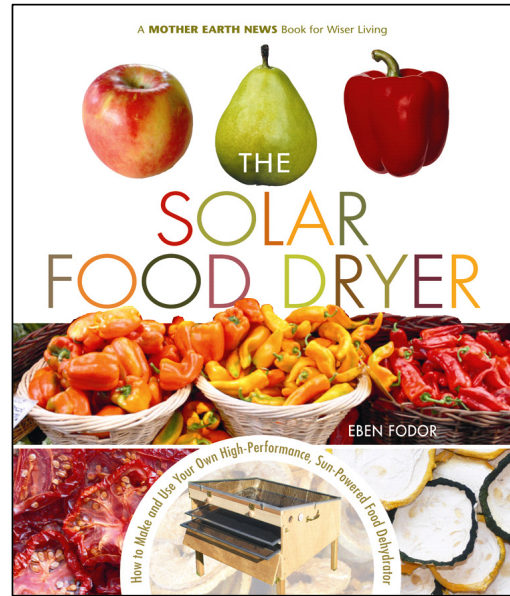
The Solar Food Dryer includes everything you need to get started:

- complete step-by step plans for building a high-performance, low-cost solar food dryer from readily-available materials
- a review of the best solar dryer designs and features
- solar energy design concepts
- food drying tips and healthy recipes
- resources, references, solar charts, and more.

Thoroughly illustrated with photographs, charts, and helpful design and construction plans, this book will appeal to gardeners everywhere, to solar energy enthusiasts, and to everyone interested in healthy, nutritious foods, sustainable lifestyles, self-reliance and preserving more locally-grown seasonal produce for year-around enjoyment.

Eben Fodor is an avid organic gardener with a background in solar energy and engineering. He's always looking for opportunities to enjoy nature, sunshine, and the outdoors - like solar food drying! He even invented a super-efficient solar-heated sauna at one time. He works as a community planning consultant in Eugene, Oregon. See the author's web site at www.SolarFoodDryer.com.

A Mother Earth News Wisser Living Series book



* The only book in print devoted to solar food drying *

Available in bookstores or directly from
the publisher at www.newsociety.com or
1-800-567-6772

Copyright 2006, 121 pages 7.5 x 9"
Cookbooks & Cookery / Gardening
ISBN 0-86571-544-0
US\$14.95 / Can\$17.95

Reviews:

"The Solar Food Dryer is a practical and handy guide -- a step-by-step, easy-to-follow manual to help North American readers design, build and operate a solar food dryer. In a time when people are increasingly concerned about the quality of food they're eating, this book is an excellent guide, allowing readers to learn and improve upon many age-old techniques to preserve and store summer's bounty."
- **Tom Lawand**, Solargetics Ltd.

"Simple. Easy to operate. The fuel is free. The product is tasty. What's not to like? Read it."
- **David Morris**, Institute for Local Self-Reliance

"Here is an important do-it-yourself book. Because so much petroleum is used in the commercial growing and transport of food, we can expect that the rising cost of petroleum will speed the rise of food prices. As a result, more and more people will want to turn to solar drying of locally-grown foods in order to reduce family food costs. I recommend this book as a valuable introduction to this ancient but modern development in the preservation of food."
- **Albert A. Bartlett**, Professor Emeritus of Physics, University of Colorado at Boulder



Solar food cookers use an arrangement of reflectors to concentrate solar energy on a cooking vessel. A number of innovative designs have been developed. Many of the solar cooker designs are inexpensive and easy to build. This page also covers solar food dryers, solar stills to purify water, and root cellars for storing food. Directory for this Page: [Solar Cooking](#). [Food Drying](#). [Solar Stills](#). [Root Cellar](#).