



Cooking with Sunshine

**How to cook simple summer meals outdoors using
only the sun's energy.**

**Saturday, August 12, 9am to 1pm
Corvallis Farmers' Market**

Lorraine Anderson, co-author of *Cooking with Sunshine*, will demonstrate how to harness solar energy to cook root vegetables and grains that can provide the base for a variety of soups and salads; no hot kitchen required! Visit with Lorraine as she cooks potatoes, beets, and quinoa using only the sun as an energy source. These provide the major ingredients for Adobo Potato Salad, Chilled Beet and Cucumber Soup, Beet Salad with Walnuts and Goat Cheese, and Quinoa Tabouli.

Lorraine will share her recipes for these, all delicious ways to prepare the produce you buy at the Market.

WHAT: Solar cooking demonstration

WHEN: Saturday, August 12, 9 am to 1 pm

WHERE: Corvallis Farmers' Market ([map](#))

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