

The Morning Hill Solar Cookery Book is your source for recipes, cooking techniques, and tips of all kinds for solar and conventional kitchen cookery. No matter what kind of cooker you have, you will be able to use the recipes in this book to produce hearty, healthy vegetarian food which will please all tastes.

"This woman really knows how to cook!" Kathleen Jarschke-Schultze, **Home Power Magazine**.

"I've been using a friend's cookbook and I haven't wanted to give it back. I've been looking for this book forever! Thanks." Jani Whitacre, Rhododendron, Oregon.

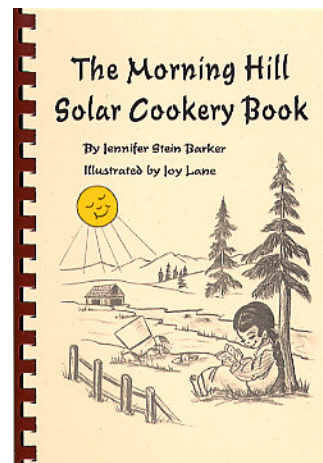
"The recipes...are scrumptious!" Richard Richardson, Deering, Alaska.

"I first met Jennifer at one of her cooking classes. I was concerned about eating healthier, more natural foods. I have kept coming back because of the great food, and Jennifer's enthusiastic concern for others and our environment. Her recipes are easy to follow, always turn out perfect, and are delicious!" Cindy Waldo, cooking class student.

"As a source of flavorful, easy to prepare recipes that are in tune with the seasons and the spirit of the gardener...I highly recommend **The Morning Hill Cookbook**." Sandra Kocher in **The Natural Farmer**.

"Barker's recipes reflect her eating-in-harmony-with-the-season philosophy. ...There's an endearingly personal feel to Barker's work.Morning Hill serves up a liberal helping of tips for the chef. ...This isn't haute cuisine. Barker emphasizes ingredients that for the most part are readily available and easy to find. ...Barker's recipes appeal to the eye as well as the taste buds." Suzanne Johnson in **The Capital Press Agriculture Weekly**, Salem, Oregon.

The Morning Hill Solar Cookery Book contains more prize-winning recipes from the solar homestead in eastern Oregon where Jennifer and Lance Barker live. Jennifer has been cooking professionally for 10 years, and cooking with the sun for the last five. "The sun calls out the creativity in me! I have to cook new things! I can't stop!"



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