

20 Years of Solar and Green Cooking in Nepal - Allart Ligtenberg

[Much has happened since 1992](#) when Allart Ligtenberg introduced solar cooking and water pasteurization programs to the Nepalese people and founded the Centre for Rural Technology (CRT). In 2000 he installed a collapsible parabolic solar cooker of his design at Everest Base Camp for an environmental cleanup expedition (see the video at <http://tinyurl.com/ligtenberg>).



In 2008 Dawa Steven Sherpa deployed Allart's Backpack Solar Trekker's Cooker at the summit of Mt Everest, making a bold statement to



the world about the power of solar parabolic cookers.



[Ligtenberg's programs](#) have expanded dramatically since 1992. He has introduced include solar dryers that preserve high quality fruits and vegetables and produce income. In 2001 the [integrated cooking method](#) added fuelwood-efficient, smokeless "[Rocket stoves](#)" and the Heat-retaining box/basket to solar cooking.

Rocket stove and Heat-retaining box used in rural villages



Parabolic Solar cooker and Heat-retaining basket used in mountain villages

A FURTHER INTEGRATED APPROACH of "Green" solutions offered complete health, energy, environment-friendly solutions by adding solar space heating, photo-voltaics, efficient [WLED](#) lighting, composting, toilets, and biomass briquettes from

waste for fuel.

After joining the Rotary Club of Los Altos, California in 2002, Allart organized and

participated in 22 [Rotary Matching Grant programs](#) in 10 years (18 for Nepal, the others for Indonesia and Afghanistan). These programs include many of the above solar and other integrated "green" solutions resulting in awareness creation, training, fabrication and distribution of solar and sustainable devices, empowering women and the disabled, combating poverty through economic development, improving quality of life for 4,050 families (29,000 people) "One Village at a Time". For most Rotary projects, Allart selected the very capable Foundation of Sustainable Technologies (FoST) as the Nepalese "Cooperating Organization" to help implement these projects. The last 3 years Allart has also focused on the disabled by teaching them how to make bio-mass briquettes from waste. This project provides income for leprosy and AIDs patients and the handicapped.

Allart [visits Nepal each year for 2-3 months](#) to follow up on Rotary projects and other solar, green and humanitarian projects.

*In 2007 a conference paper on Allart's 15 years of Nepal projects in the World Renewable Energy Conference in Jakarta.
http://images2.wikia.nocookie.net/_cb20080129204628/solarcooking/images/7/75/Ligteberg-WRERCEconferencePaperFinalPDFreduced_2007.pdf

* July 2012: Allart's solar cooking projects are covered by the Rotarian Magazine: [The Sun Also Cooks](#) and [Harnessing the sun's power to cook](#)

THE END



Allart teaching how to make Cookits in schools and Rotaract groups

