



Solar Cookstoves Among Female Farmers in Malawi: Adoption Rates and Energy Savings Metrics,

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Abstract

Solar cookstoves have been promoted to female farmers in Malawi as a sustainable alternative to traditional open-fire cooking methods. A mixed-methods approach was employed, including surveys and focus group discussions with randomly selected female farmers in Malawi's rural areas. The study found that adoption rates of solar cookstoves among female farmers were moderate (35%), with significant energy savings ranging from 40% to 60% per meal compared to traditional cooking methods. While solar cookstoves showed promise in reducing fuel consumption, their wider uptake requires further incentives and community engagement strategies. Government policies should include subsidies for purchasing solar cookstoves and community-based initiatives to promote adoption among female farmers.

Keywords: *African Geography, Female Farmers, Sustainable Development, Mixed-Methods Approach, Energy Metrics, Adoption Rates, Renewable Technologies*

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