

## What is Patriotism?



We celebrate the official birth of our nation this month, when in 1776, delegates to the Second Continental agreed to approve a resolution of independence from Great Britain's rule. The resolution later became known at the "Declaration of Independence." It includes the ideas that motivated our founding fathers to put their lives,

fortunes and honor at risk opposing a King and his huge army. Why did they do it? Because of ideas. Ideas like "all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness."

Our founding fathers were dedicated to building a community of individuals with equal opportunities to become the best persons they could be. They believed that when mankind lives together there needs to be an organization that secures the rights for life, liberty and the pursuit of happiness - a Government, which is instituted among those people and deriving its powers from the consent of the governed. The powers of Governments must be limited to protecting the peace and preserving liberties. Our founding fathers recognized that the existing Government had become destructive to those terms. It took an incredible act of courage to defy that government 239 years ago. To go against the king was a crime punishable by death, but our founders knew it was worth the fight to win the freedom to govern themselves.

We use that freedom every day. It is not short, frenzied outbursts of emotion, but is fulfillment of the responsibilities of citizenship - the tranquil and steady dedication of a lifetime. (Adlai Stevenson). That's patriotism.

## Ask Billie



**Elizabeth from FL Asks:**  
Can you use a Sun Oven® to cook vegetarian meals?

A. Vegetarian dishes come out sweet, nutritious, and delicious in a **SUN OVEN®**! Temperatures in a **SUN OVEN®** rise slowly and evenly. This makes **SUN OVENS®** perfect for cooking legume, grain and vegetable-based dishes. You can cook anything in a **SUN OVEN®** that you cook in a moderate oven (~225 to 350 degrees), or in a slow cooker. Your **SUN OVEN®** is perfect for baking whole-grain breads and cakes, roasting vegetables, and simmering casseroles. Try the sample recipes [here](#).

What is your Most Burning Question about Food Storage or Emergency Preparedness? Send your questions to [editor@sunoven.com](mailto:editor@sunoven.com)



Billie Nicholson



Order Your **Sun Oven®** Today

## Benefits of Aloe Vera

Billie Nicholson



Wikipedia

Studies of aloe have revealed many uses. Here is a list of uses and some things to avoid.

1. Aloe adds relief and promotes healing from burns. Smear some fresh juice on skin suffering from sunburn or cooking burns for instant relief. Keep a potted aloe plant growing near a window and you'll have instant burn relief at your fingertips.<sup>1</sup>
2. Use aloe topically to ease inflammation of joints, reducing arthritis pain. [Some studies](#) have shown that it can be taken internally for inflammatory relief as well. Be careful that the aloe you eat or drink does not have any aloe latex (found as a yellow material just under the plant skin). Aloe latex has powerful laxative properties that can keep you

visiting the toilet all day. All of the laxative producing companies that included aloe's latex in their mixtures were forced to take them off the market by the FDA in 2002 because they could not provide the necessary safety data. Some studies have shown that aloe latex required larger and larger doses for the same results. These larger doses were a top concern for the FDA because of kidney damage and cancer.<sup>2</sup>

3. Mix aloe and honey for an acne-fighting face mask. Mix one tablespoon of aloe vera gel (either from the aloe leaf or from a bottle purchased at a health food store - one with no chemical additives) with 1 tablespoon of raw honey. Combine these two ingredients in a bowl, mixing well. Externally apply to the affected area and let it work for 20-25 minutes. Rinse with warm water.<sup>3</sup>
4. The antibacterial and skin softening properties in aloe vera soothes and softens psoriasis and other skin conditions. Plus it makes a great shave cream.<sup>4</sup>
5. Aloe plus lemon helps clean the scalp of dead skin cells and balances the hair pH. Researchers have even noted improvements in hair growth.<sup>5</sup>
6. Add Aloe to your first aid kit. It treats cuts, scrapes, burns, bites, stings, punctures, sprains and even bruises. It works by simultaneously sealing a wound while attracting an increased flow of blood to the wound accelerating healing. It also kills bacteria, prevents infection and actually nourishes traumatized tissue.<sup>6</sup>
7. About half of the American population suffers from hemorrhoids. Simply apply aloe vera to the rectal area for relief of painful burning and itching.<sup>7</sup>
8. Taken internally, aloe has curative effects on numerous digestive disorders including IBS (irritable bowel syndrome), Crohn's disease and Celiac disease.<sup>6</sup>
9. There's research being done currently on the anti-cancer effects of acemannan, a phytonutrient found in aloe vera.<sup>8</sup>

Currently there are many other studies underway that suggest a plethora of benefits of aloe vera for improving the blood, cardiovascular performance and physical endurance. **Be sure to consult your physician before trying aloe internally.**

[References](#)

## Dry Your Own Herbs

Billie Nicholson



*Dried Basil*

© Billie Nicholson

One of the advantages of growing your own herbs is being able to harvest fresh plant parts when you need them. Also, when you grow your own, you can select plants that might not be readily available in the local market. Preserving some herbs will allow their use year round. Drying herbs is the most energy efficient way.

Harvest herbs when the plant has enough foliage to sustain growth. With

annual herbs like basil, you can cut 50-75% of the plant and it will recover. Cutting off flower heads will encourage more leaf growth. For perennial herbs like parsley, remove no more than one-third of the plant growth at any one time. Use pruners or a sharp knife to make clean cuts that will heal easily.

Harvest early in the day after plants have dried from the morning dew and before it gets too hot. Make sure that the plants have not been sprayed with pesticides.

The traditional way to preserve herbs is by air drying or by using low heat. Drying concentrates the flavor of herbs so you can use less dried herb than the amount of fresh ones in recipes.

After harvesting, gently wash and dry them thoroughly on paper towels. Pick over them to remove any dead or damaged material. They can be tied in loose bunches and placed in small paper bags with the stems sticking out the top of the bag. Punch ventilation holes in the bag. The bags help protect the drying herbs from dust and other contamination while drying. Place the herb bunches in a warm, dry, well ventilated area out of the sun. It may take up to a month for them to dry completely.

For quicker completion of drying, we utilize a home food dehydrator or our Sun Oven®. We strip the leaves from the stems and spread the leaves on drying trays. Maintain a 95° F temperature for a day. Check the herbs for crunchy dryness and pack carefully into glass jars. Clear glass jars store best in a cool, dark place. Crush the herbs just prior to using them. Most herbs retain their flavor for about a year.

Freezing herbs is easy, but herbs preserved this way are most useful in the cooking process. Frozen herbs often thaw out limp and are not suitable for garnish, but the flavor quality is not altered.

### [Reference](#)

## Solar Veggie Chips from Our Solar Chef



Baked Zucchini Chips

### Ingredients

2 medium zucchini, sliced into 1/8-inch rounds

2 tablespoons olive oil

1/2 teaspoon kosher salt

1/2 teaspoon herbs de Provence

### Preparation

In a large bowl, toss the zucchini slices with the oil, salt, and herbs. Spread the slices out in single layers on the prepared baking racks. Stack the racks in the Sun Oven. Keep the Sun Oven focused to keep the temperature between 200 and

*This is the time of year that zucchini are abundant; sometimes too abundant. These chips make a great, healthy snack and, in addition to using up some of the zucchini from your garden, they can be made on a partly cloudy day when the Sun Oven might not reach the highest temperatures.*

250F. If condensation begins to build up unlatch the door to allow steam to escape. As the zucchini cook and shrink they can be consolidated onto few racks. Continue cooking until browned, removing any that may brown faster as they cook, about 2 hours total.

## Time for Roasting Corn

Billie Nicholson



*Roastin' Ears*

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### Let's Cook Corn in a Sun Oven®

Cooking corn in a Sun Oven® is tasty, quick and easy and is sure to have your family and friends saying “lend me your ears.” Just leave the corn in the husk, rinse it, and put it in the Sun Oven® while it is moist. If the Sun Oven® is preheated, leave the corn in for 30 minutes. If it is cold, leave the corn in for around 50 minutes. You can leave corn in the Sun Oven® for twice as long and it will not make any difference because the unique sealed cooking area in the Sun Oven® preserves all the flavor and moisture of the corn.

### Corn Doesn't have to go solo

You can cook the corn by itself or place it on the side and or on the top of a cooking pot, cook one ear or several at a time, it will be tender and moist. Just shuck when it's done, add salt and butter, and be prepared for the compliments. We baked ours in the early afternoon, folded the reflectors to kept it warm until dinner.

## Mark Your Calendars

### ***Sun Ovens International will be participating in two upcoming preparedness events!***

Learn how to harness the sun's power to cook, dehydrate and purify water, and be better prepared for emergencies. See how practical and easy it is to use the sun to bake, boil and steam foods. Hear about the many economic, health and environmental benefits of cooking with the sun. The benefits of solar cooking include cost, taste and nutritional benefits. You can hard-boil eggs without water, and you'll never burn dinner again! Also, hear about solar cooking around the world. Also don't heat up your house and kitchen this summer by cooking outdoors with free sun energy!

### [Mother Earth News Fair in West Bend WI](#) - August 8-9, 2015



### [NW Indiana Prepares Expo](#), Schererville, Indiana - August 29, 2015

The children and grandchildren of today must be reoriented from passive dependence to active self-reliance through preparedness training and the acquisition of basic survival skills.

Get started here!

# 2015 NW Indiana Prepares!

## Self Reliance and Preparedness Expo

Fun and informative for the whole family!

Alternative Energy Exhibits, Hands On Projects,  
Food Storage & Preservation Workshops,  
Raising Poultry & Small Game Forum,  
Home Defense Presentations,  
Herbal Health Alternatives,  
Aquaponics, and More!

**FREE  
ADMISSION &  
PARKING**

**Saturday  
August 29, 2015  
9:00 Am to 4:00 Pm**

**Banquets at St. George**  
528 W 77th Avenue  
Schererville, IN 46375

**AmericanSurvivor.org/events**  
219-226-3400

## **30+ Ways to Prepare for an Economic Collapse**

Today I asked several people what would they do in the event of an economic collapse. The blank stares I received in response were not funny. After a moment one person said, "Without banks and money, people would lose their homes." Then he said, "I think I should go ask my dad, he remembers what happened to his parents during the Great Depression. I think they had to start a shoe repair business to make ends meet." Just in case you haven't thought much about the economic impact of nations verging on the brink of economic collapse, here are some tips on how to prepare should that collapse impact your community.

1. Store food – how long could your family survive on what you have right now?
2. Clean water – do you have a plan or some stored around your property plus get some water purification tablets or use your Sun Oven® to pasteurize the water?
3. Shelter – where can you stay, do you have a tent and sleeping bag
4. Warm clothing – blankets, sweaters, rain ponchos
5. Ax – may help with gathering wood for fuel
6. Lighters or waterproof matches
7. Comfortable shoes
8. Flash light or lantern with batteries
9. Radio
10. Communication equipment; walkie - talkies etc. Have an emergency meeting place
11. Swiss army knife
12. Personal hygiene products
13. First-aid kit and other medical supplies; pain meds; extra prescription meds
14. Extra gasoline with Stay-Bil® added for long term storage
15. Sewing kit – for sutures and buttons
16. Self defense equipment – pepper spray and more, plus ammo
17. Compass and printed maps to help find your way
18. Hiking backpack for a bug-out-bag filled with food, water & clothing
19. Community – some way to get together with others
20. A back up plan – how will you provide for your family without centralized services like water, sewer and electricity?
21. Special needs of babies and pets
22. Card games, etc. for entertainment
23. Stock up on vitamins – survival food may not be very nutritious
24. It could get to be too late to grow some of your own food
25. Move away from the big cities
26. Start a side business – look for a community need and prepare to fill it
27. What expenses can you reduce?
28. Acquire some silver and gold
29. Get out of debt
30. Keep some cash at home/ in your vehicle and coins
31. Have money in more than one financial institution
32. Build up an emergency fund to cover all your expenses for at least six months
33. What small items can you use for trade/barter? Learn the art of trade and barter
34. Keep your plans a secret
35. Physical fitness
36. Spiritual preparations – prayer and scriptures

[Learn More](#)



### Pie Filling

5-6 medium sized apples  
 1 cup granulated white sugar  
 ¼ cup brown sugar well packed  
 ¼ cup all-purpose flour  
 ½ teaspoon ground cinnamon  
 ¼ teaspoon ground nutmeg  
 dash of salt  
 2 teaspoons fresh lemon juice  
 ¼ cup golden raisins  
 ¼ cup chopped walnuts

### Crust

½ BisQuick recipe (1 cup)  
 2 teaspoons granulated sugar  
 decorative granulated sugar (red, white, and blue)



### Method

Pre-heat your All American Sun Oven®

In a large bowl mix white sugar, brown sugar, flour, cinnamon, nutmeg, and salt. Mix until well blended.

Wash, core and slice apples thin (about 16 slices per apple) place in large bowl and toss dry sugar mixture over apples, mixing well.

Pour apple mixture into a greased 9"x12" glass baking dish. Drizzle top of apples with 2 teaspoons of lemon juice. Evenly sprinkle walnuts and raisins over top of pie.

Make crust mix as directed and roll out onto a clean dry surface, rolling to an even ¼ inch thickness. Cut pastry into star shapes using cookie cutters or by hand (we cut 2 sizes of stars). Cut stars as desired. Place star dough on a cookie sheet (to keep things cleaner) and lightly mist with water to make sugar stick. Then decorate stars with red, white and blue granulated sugar. Place decorated stars onto your pie mixing colors as you choose.

Place the "about to be a masterpiece" into your All American Sun Oven® till done about 45 – 60 minutes @ 350 degrees F. Adjust baking time according to oven temperature.

### Presentation

Using star cookie cutter, cut a slice of your favorite cheese to serve on top.