



Homesteading Life Conference

Don't Miss the Boat!



Off Grid with Doug & Stacy have organized a [Homesteading Life Conference](#) in Hannibal, Missouri, August 12 & 13, 2018. Two info packed days filled with homesteading skills that will help you return to your family survival roots. This conference will teach you the skills for self-sufficiency and self-reliance and how you can break free from the chains of unhealthy living and processed foods.

They have assembled some of the best teachers in the areas of FERMENTING, SOAP MAKING, ELDERBERRY HARVESTING AND USES, GMO AND GLYPHOSATE, BEE KEEPING, SOLAR SYSTEMS, KOMBUCHA MAKING, MARKET GARDENING, SOLAR OVEN COOKING and MORE. In addition to learning from leaders in these fields, there will be opportunities to learn by doing with hands-on classes in fermenting, bread making, making your own ceramic pots and more. Bring your most burning questions about homesteading and be prepared to get the answers. Plan to share time with like-minded individuals.

Don't miss this opportunity to visit [historic Hannibal, Missouri](#) - boyhood home of Mark Twain. A river boat dinner cruise on the Mississippi River is an option for Sunday night. See you there!

Register Today



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Ask Billie

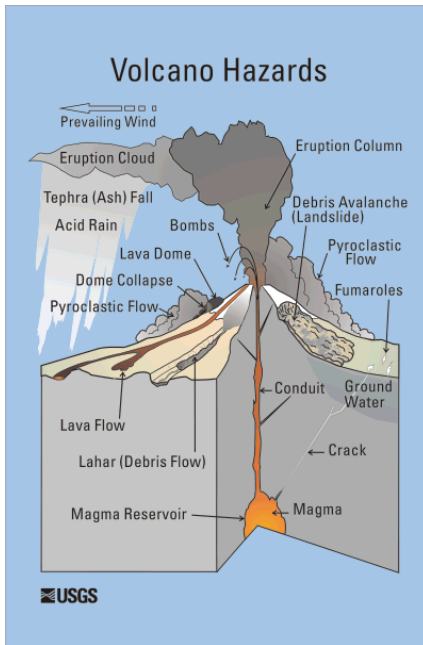
Q. Will you be at the homesteading life conference?

A. Yes, Paul Munsen will be part of the Q & A panel in the air-conditioned comfort of the Star Theater. In addition, we will have a display and be cooking with the sun in beautiful downtown Hannibal' across the street from the Star Theater both days. Come with your questions and sample sun cooked foods. You will be delighted.

Send your questions to
editor@sunoven.com
Billie Nicholson



What to Do When a Volcano Erupts



Ready.gov & USGS

A volcano is an opening in the Earth's crust that allows molten rock, gases, and debris to escape to the surface. Alaska, Hawaii, California, and Oregon have the most active volcanoes, but other states and territories have active volcanoes, too. A volcanic eruption may involve lava and other debris that can flow up to 100 mph, destroying everything in their path. Volcanic ash can travel 100s of miles and cause severe health problems. A volcanic eruption can:

- Contaminate water supplies.
- Damage machinery.
- Reduce visibility through smog and harmful gases that may threaten low-lying areas.
- Make it hard to breathe and irritate the skin, eyes, nose, and throat.

IF YOU ARE UNDER A VOLCANO WARNING:

- Listen for emergency information and alerts.
- Follow evacuation or shelter orders. If advised to evacuate, then do so early.
- Avoid areas downstream of the eruption.
- Protect yourself from falling ash.
- Do not drive in heavy ash fall.

VOLCANO PARTS TO RESPECT:

- Ash and gases - Volcanic ash consists of rock, mineral, and volcanic glass fragments smaller than a tenth of an inch in diameter—or slightly larger than a pinhead. Volcanic ash is quite different from the soft, fluffy ash that results from burning wood, leaves, or paper. It is hard, does not dissolve in water, and can be extremely small—ash particles less than 1/1,000th of an inch in diameter are common. It is also extremely abrasive (similar to finely crushed window glass), mildly corrosive, and electrically conductive, especially when wet. Freshly fallen ash grains commonly have surface coatings of soluble components (salts) and/or moisture. These components can make ash mildly corrosive and potentially conductive. The soluble coatings are derived from the interactions in an eruption column between ash particles and volcanic-gas aerosols, which may be composed of sulphuric and hydrochloric acid droplets with absorbed halide salts. The amount of available aerosols varies greatly between eruptions of similar size and volume.
- Lava Flow - Lava is the word for magma when it erupts onto the Earth's surface. Lava flows are masses of magma that pour onto the Earth's surface during an effusive eruption; they include both moving lava and the resulting solidified deposits. Lava flows come in a great variety of shapes and sizes. This is due to the wide range in lava discharge during eruptions, characteristics of the erupting vent and topography over which lava travels, and viscosity of the different lava types.
- Tephra - Tephra is a general term for fragments of volcanic rock and lava that are blasted into the air by explosions or carried upward by hot gases in eruption columns or lava fountains. Tephra includes large, dense blocks and bombs, and small, light rock debris such as scoria, pumice, reticulite, and ash.
- Lahar - Lahar is an Indonesian word for a rapidly flowing mixture of rock debris and water that originates on the slopes of a volcano. Lahars are also referred to as volcanic mudflows or debris flows. They form in a variety of ways, chiefly from the rapid melting of snow and ice by pyroclastic flows, intense rainfall on loose volcanic rock deposits, the breakout of a lake dammed by volcanic deposits, and as a consequence of debris avalanches.

[Continued](#)

10 Things to Remember if You're Forced to Shoot

CCW Safe

Stan Campbell, Co-Founder and COO of CCW Safe, talks about 10 things to remember if you are involved in a self defense shooting. Stan is a retired police lieutenant, and has trained over 4000 police officers and citizens as an instructor in self-defense, use of force and de-escalation techniques.

- 1. MAKE SURE YOU ARE SAFE:** Make sure you are safe from any threat before doing anything. Verify that the suspect no longer poses a threat. Visually scan for other suspects and visually verify that the suspect no longer has access to a weapon. Do not approach the suspect or move evidence.
- 2. BE THE FIRST TO CALL 911:** Be the first one to call 911. Even if you do not pull the trigger. If the incident was serious enough for you to deploy your firearm, make a report. Always remember police officers commonly identify the first person who calls as the victim.
- 3. INITIATE EMERGENCY RESPONSE:** From a position of safety call 911. Request emergency medical services if needed for you, the suspect, or others. Describe what you are wearing and let the dispatcher know you will not have your weapon in your hand when the officers arrive. Tell the 911 Operator something similar to, "I HAD TO USE THE WEAPON IN SELF DEFENSE" " I was forced to defend myself", "I was in fear for my life", or "I was attacked". Do not elaborate or give a detailed account of the incident. This is not the time.
- 4. PREPARE FOR RESPONDING OFFICERS:** As you hear or see police cars or officers getting close, holster your weapon. Officers responding to a shooting incident often have a heightened level of concern for their safety so be prepared to follow their directions. Raise your empty hands above your head with palms facing officers and listen to their commands. They will disarm you and may handcuff you. Do not hand them your CCW Safe card nor mention you have a service for self-defense shootings.
- 5. YOUR INITIAL RESPONSE MATTERS:** Remember your defense begins with you... What you say and do can make or break your case. Provide initial information to the responding officers. This is still not the time to give a detailed statement. You could say, "I WAS FORCED TO DEFEND MY LIFE", "THAT IS THE SUSPECT, HE ATTACKED ME". If asked to give a detailed statement acknowledge your intent to Cooperate "I WANT TO GIVE A FULL STATEMENT BUT IN THE PRESENCE OF MY ATTORNEY."
- 6. IDENTIFY CASE ELEMENTS TO OFFICERS:** What you don't say could also hurt your case. Officers need a few case elements to present to the investigators. A basic case element statement might include the following: "THAT IS THE SUSPECT AND THE WEAPON HE PULLED ON ME IS THERE." Basic case elements might include the following: "THAT PERSON IS A WITNESS." Just remember this is still not the time for a detailed statement.
- 7. INFORM OFFICERS OF INJURIES:** Let officers know of any injuries you may have sustained and make sure that they are documented before you are cleaned up. If you are injured in any way, request to be taken to the hospital for evaluation. This is not the time to be macho because your injuries can be presented to support your decision to use deadly force. Remember just because you are not bleeding doesn't mean you should not be checked for internal injuries that you may not realize you have due to the adrenaline overload associated with facing a traumatic occurrence.
- 8. CONTROL THE INFORMATION ABOUT THE INCIDENT:** Do not post anything on social media, or share through any device, information to family or friends. Do not exchange stories with witnesses or news personnel on the scene. Do not make off color comments or laugh at the jokes of others. [READ MORE](#)

[Emergency Preparedness for People with Disabilities](#)

The likelihood that you and your family will recover from an emergency tomorrow often depends on the planning and preparation done today. While each person's abilities and needs are unique, every individual can take steps to prepare for all kinds of emergencies from fires and floods to potential terrorist attacks. By evaluating your own personal needs and making an emergency plan that fits those needs, you and your loved ones can be better prepared. For people with special needs disabilities, being prepared is a matter of life or death. If you are on your own, you need to have a plan.

The first step is to consider how an emergency might affect your individual needs.

Think about a given day, what do you do, what do you need and who can help you? Work on a plan to make it on your own for at least three to five days. It is possible in an emergency that you will not have ready access to a medical facility or pharmacy. Basic supplies for survival include food, water and clean air. Consider assembling two kits. One to use at home and one to take with you if you have to leave home. If you need a care giver, it is imperative that you discuss your needs in an emergency situation with the care-giver or his employer so that you can co-ordinate plans.

Recommended basic emergency preparedness supplies include:

- Water, one gallon of water per person per day for at least three days, for drinking and sanitation
- Food, at least a three-day supply of non-perishable food and a can opener if kit contains canned food and where possible, extra medication.
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries for any necessary electronic equipment
- First aid kit; a week's supply of any prescription medicines; include copies of all prescriptions and dosage instructions; copies of medical insurance, Medicare and Medicaid cards; instruction for operating any equipment or life-saving devices you rely on
- Whistle to signal for help Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Local maps
and the locations of local shelters that can handle your disability needs
- Pet food, extra water, collar with ID tag and supplies for your pet or service animal

Make a Plan

Make a plan for what you will do in an emergency. Write it down and keep it with your emergency supply kit. For every aspect of your daily routine, plan an alternative procedure. Create a personal support network. Share your plans with them and make sure that someone in your support network has a key to your home and knows where you keep your emergency supplies. Practice it. Keep a list of network contact information in your wallet. If you need to evacuate, select a shelter that can accommodate your needs.

- Create a support network. Keep a contact list in a watertight container in your **emergency kit**.
- Be ready to explain to first responders that you need to evacuate and choose to go to a shelter with your family, service animal, caregiver, personal assistant, and your assistive technology devices and supplies.

[READ MORE](#)



Photo: wikipedia.org

MATERIA MEDICA - DILL

Botanical name: *Anethum graveolens*

Common name: Dill

Family: Apiaceae

Parts used: Young leaves, flowers and seeds

Native Region: Found in the Mediterranean region and southern Russia, and as a weed growing in corn fields of Spain and Portugal

Botanical Description: The plant grows ordinarily from 2 to 2 1/2 feet high and is very like fennel, though smaller, having the same feathery leaves, which stand on

sheathing foot-stalks, with linear and pointed leaflets. Unlike fennel, however, it has seldom more than one stalk and its long, spindle-shaped root is only annual. It is of very upright growth, its stems smooth, shiny and hollow, and in midsummer bearing flat terminal umbels with numerous yellow flowers, whose small petals are rolled inwards. The flat fruits, the so-called seeds, are produced in great quantities. They are very pungent and bitter in taste and very light, an ounce containing over 25,000 seeds. Their germinating capacity lasts for three years. The whole plant is aromatic.[1]

Growing: Annual. Sow seeds in spring, summer (in a mild climate) or autumn. Dill requires a cooler soil temperature to germinate. Save seeds and replant every year. Prefers a well-drained compost-rich soil in a sunny location. It has moderate water needs, as the leaves are very fine. In hot weather dill needs regular watering particularly when mature. You can conserve moisture in the soil by mulching well. Dill does not like being moved once planted or after seeds have germinated, so choose the location carefully. Dill prefers a sheltered spot rather than being exposed to wind which can snap its long hollow stems. You may need to stake it to prevent damage.

Harvesting: If you want to prevent the seeds from self-sowing, cover the flower heads with small organza bags or sew your own and attach with a tie. You can then snip the stem off when the seeds are dry and process them for storing. Simply shake the seeds into the bag and discard any dead plant material. Or you can snip each flower head off as it turns brown and place in a paper bag to save the seeds. Freezing the seeds overnight as with coriander and other herbs you want to save, kills any insects present.[3] To harvest, use a pair of scissors and snip the leaf sprigs above the stem where new leaves are forming. The leaves can be dried on low dehydrator temperature (~95°F) and stored in dark, dry place. Leaves should be used soon because they do not retain flavor very long. Snip flower heads when seeds turn brown. Store in a brown paper bag or on trays until completely dry. Shake bag vigorously or use your hands to pull seeds from the umbils. Dill fruits are oval, compressed, winged about one-tenth inch wide, with three longitudinal ridges on the back and three dark lines or oil cells (*vittae*) between them and two on the flat surface. The taste of the fruits somewhat resembles caraway. The seeds are smaller, flatter and lighter than caraway and have a pleasant aromatic odor. They contain a volatile oil (obtained by distillation) on which the action of the fruit depends. The bruised seeds impart their virtues to alcohol and to boiling water. Seeds store well for up to 10 years in a dark, dry, refrigerated place. Flowers can be used in floral arrangements.

Culinary Uses:

Continued

Alzheimer's Natural Treatment: Are Essential Oils Effective?

Dr. Eric Z
Living the Abundant Life



Photo: [wikimedia.org](https://commons.wikimedia.org/wiki/File:Lavender)

According to researcher & Harvard Medical School fellow Dr. Rebecca Erwin Wells, "We know that approximately 50 % of people diagnosed with mild cognitive impairment – the intermediate stage between the expected declines of normal aging and the more serious cognitive deterioration associated with dementia – may develop dementia within five years. And unfortunately, we know there are currently no FDA approved medications that can stop that progression."

It is important to recognize that medicine is not the end-all solution to our healthcare problems, and that there are proven Alzheimer's natural treatment options like essential oils! The problem is that approximately 80% of people who have dementia will exhibit non-cognitive symptoms and what's known as behavioral and psychological symptoms of dementia. The consideration must be made that the person with dementia may be exhibiting these behaviors as a way of communicating distress or frustration at not being able to properly communicate. Remember this: anti-psychocotics are not the answer. Alzheimer's natural treatment options like essential oils [frankincense](#), [lavender](#), [chamomile](#), [vetiver](#), and especially the [citrus oils](#) can help!

There have been many anecdotal studies that have shown consistent mood improvement when essential oils have been used in aromatherapy. Unfortunately, many Alzheimer patients have lost their sense of smell. Research on trans-dermal treatment is underway. Application as a skin lotion and lavender hand massages worked wonderfully to reduce aggression. Anyone looking to prevent slow down or reverse the onset of Alzheimer's and dementia should focus on movement, exercise, calming the brain and maintaining a proper microfloral balance To help calm an over-stimulated brain and to put ruminating thoughts to rest, frankincense, lavender, chamomile, & vetiver are the popular go-to oils.in their body.

[Read More by Dr Z](#)

Sun Oven® Baked Carrots with Mint



Have you ever tried baking carrots? Baked in the Sun Oven® they are tender and juicy.

Mint adds a refreshing twist.

Ingredients

6-8 carrots scrubbed and cut into chunks
1/2 cup olive oil, divided
Zest and juice of 2 lemons
1/8 to 1/2 teaspoon red pepper flakes
1/2 teaspoon salt
4 ounces feta cheese, crumbled
1/4 cup fresh mint leaves, chopped

Directions

Preheat Sun Oven out 300°F

Wash carrots and cut into chunks of similar thickness. In a large bowl, toss the carrots with 1/4 cup of the olive oil, the lemon zest (save the juice for later), the red pepper flakes, and the salt. Spread the carrots out in a baking pan. Cover the pan with a second baking pan or aluminum foil and a dark tea towel. Transfer to the Sun Oven and bake until the carrots are tender, 1 to 1 1/2 hours. Remove the cover and sprinkle the cheese over the carrots. Continue cooking, uncovered until the cheese blends in, 15 to 20 more minutes. In a small bowl, whisk together the remaining 1/4 cup oil, lemon juice, and mint leaves. Toss with the carrots and serve.

Serves 4-6

Kitchen Remedies for Garden Pests

homesteading.com

Remedy	Pest	Process
Cinnamon	Fungus	Sprinkle on seedlings affected by damping-off disease
Garlic	all insect pests	Make a garlic plant spray by pureeing two bulbs of garlic Pour ½ cup boiling water over garlic, cover, and steep overnight. Strain, put in spray bottle and spray bottoms of leaves as needed.
Orange & Banana peels	Ants & aphids	Orange peels contain d-Limonene, which breaks down the waxy coating on ants & aphids and kills them. Cut up peels and bury one to two inches in soil or scatter around stems or hang from branches.
Milk	Powdery Mildew	Mix with equal parts water and apply to tomatoes, cucumbers, lettuce and other plants to control.
Apple Cider Vinegar	Aphids and fruit flies	Put a small amount of apple cider vinegar in a jar next to plants. They will be attracted, fall in and drown.
Hot Peppers or Ginger	All insect pests	Both contain capsaicin, which burns insects. Combine 1 quart of water, 1 squirt of Castile soap, and 1 Tbs of cayenne pepper or ginger. Try on small part of plant first and dilute if it causes leaf damage.
Baking Soda	Fungus	Mix 3 Tbs in quart of water and put in spray bottle. Spray plants every few days until fungus is gone.
Beer	Slugs and snails	Put a little beer in a shallow container and place it in the garden. Slugs & snails crawl in but can't crawl out.
Egg Shells	slugs, cutworms, etc.	Crush shells and sprinkle on top of soil around stems. Slugs, cutworms and other crawling insects are repelled by the sharp edges.
Castile Soap	Aphids, spider mites & white flies	Mix 5 Tbs soap to 1 gallon water. Test on plant for damage; dilute further if damage occurs.