

EVERY NEEDFUL THING

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The Resource for
Emergency Preparedness
and Food Storage
Specialists, and their
family, friends
and neighbors

5 Tips to Grow a Successful Garden

Let's start by pointing out that if you haven't planted your peas yet, you might not get a bountiful harvest of them later in the year - at least in most places of the country. But don't fret. Here are five important tips to growing a successful garden.

1. Plan what you plant

Start by thinking about what types of fruits and vegetables you and your family like to eat. There's no sense in planting eggplant if no one in your family will eat it, right?

Start by drawing out an overhead view of your garden area. Then pencil in what you want to plant and where you want to plant it. This will help you better organize your garden and purchase the seeds or seedling the first time you go to the store.



2. Fertilize your garden

Is your garden raised, or do you plant directly in the ground soil? If you've got a raised garden, be sure to mix up the soil and add more compost before you level it off, mark it out, and plant your seedlings. The garden will need a refresher from any nutrients it lost in last years planting.

If you have a more traditional garden, place compost on top of the soil, then till it into the dirt. Tilling not only helps stir in the compost, but it also loosens up the soil to allow the roots a place to go when it grows.

3. Keep your garden watered

Plants need water to grow, so make sure you have some sort of watering system in place so you can keep the soil moist. Your system can either be a simple sprinkler system, or your 9-year-old with a watering can.

If you've used the grow boxes, it might be better to water for shorter periods, but more often - the water seems to evaporate or drain more quickly.

4. Keep it weed free

Unwanted plants, aka weeds, can compete with your plants for light and water. So be sure to pluck them early and often so your plants get what they need, without competing. This is when a raised garden works best, because the soil is so loose, the weeds just come right out.

5. Thin as things grow

Carrots are the biggest culprit. The packet tells you to sprinkle the seeds into the row, and thin as they grow. Remember to thin, because if you don't, you end up with teeny-tiny carrots that aren't as useable.

If you see that some of your plants are struggling, pluck them to allow room for the ones that are doing well. It doesn't hurt to overplant a little at the start to increase your chances of good seeds, but don't hesitate to thin things out as they grow. **E**

From the Editor

Later this month, the State of Utah is conducting the Great Utah Shakeout. You may have read a short article about it in last month's issue, or even watched the video linked to that article. But if not, here are a few details and what I am planning to try during the Shakeout.

On April 17 at 10:15 a.m., all Utah residents are being asked to Drop! Cover! Hold On! for 90 seconds as an apparent 7.0 earthquake strikes northern Utah.

I work at a hospital and we are also conducting a disaster drill that day, so I will be busy "acting" like we are responding to a mass casualty event and will try to best communicate to the public what they need to know about our facility in order to receive treatment.

Beyond that, I thought it would be fun to see if I really can get by for three days using no more than what I have in my 72-hour kit when it comes to food and water. After looking at the "menu" of my kit, I am almost assured that I will be pretty hungry for the three days, and if I am, then I will need to find other things to add to my kit to keep me from "starving" in a disaster. Wish me luck. **E**



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Do you have something you would like to share in an upcoming issue? Email it to us at newsletter@sunoven.com

How does your home measure up against a burglary?

When you hear “Emergency Preparedness,” you probably think of major disasters like earthquakes, tornadoes or floods. But burglary of your home, pre- or post-emergency is something you should take into consideration.

Here are some questions you should review in order to see where you may be vulnerable or unprotected:

DOORS

1. Are all outside doors made of solid core wood or metal and at least 1/4” in thickness?
2. Are the locks on all your outside doors either the “deadbolt” or “jimmy-proof” type?



3. Are your door locks at least 40” from a window or a thin wood panel that may be broken out by a burglar?
4. Do you have a wide angle viewer (peep hole) on all exterior doors so you can identify the person at the door?
5. Do the exterior doors have heavy duty strike plates securely mounted with screws long enough to go through the door frame and into the wall?
6. Can all of your doors (main, basement, porch, French balcony, patio, etc.) be securely locked?
7. Is your sliding glass door secure? (Place a strong piece of wood in the

track, drill a hole through the inside frame and insert a nail to prevent sliding, or install locks designed to prevent sliding or lifting)

8. Do the doors to your basement have exterior locks?
9. Are all your locks in good repair?
10. Do you know everyone that has a key to your house?
11. Did you get all the keys from the previous owner of your house?

WINDOWS

12. Are your window locks properly and securely mounted?
13. Do you keep your windows locked when they are shut?
14. Do you use locks that allow you to lock a window that is partially open?
15. Are you as careful about locking basement windows as you are about main floor windows?
16. Have you made it more difficult for the burglar by locking up ladders, avoiding placement of trellises that can be used as a ladder or similar aids for climbing?

GARAGE AND STORAGE SHED

17. Do you lock your garage and/or storage shed at night?
18. Do you lock your garage and/or storage shed when you are away from home?
19. Do you have good, secure locks on all garage and/or storage-shed doors and windows?
20. Do you lock your car and take the keys out, even when parked in your garage?

WHEN YOU GO ON A TRIP

21. Do you stop all deliveries or arrange for neighbors to pick up mail, packages, etc.?
22. Do you notify a neighbor when you are leaving and how long you will be gone?
23. Do you contact the police department to see if they provide

extra protection for a vacant home?

24. Do you leave some shades up and set 2 or more lights on timers so your home doesn't look deserted? Use timers daily, not just when you are away.
25. Do you arrange to have your lawn mowed or snow shoveled off walks and driveways?

SAFE PRACTICES

26. Do you plan so that you don't need to hide a key under the doormat?
27. Do you keep most cash and other valuables in the bank?
28. Do you keep a list of all valuable property?
29. Do you keep a list of the serial numbers for your TVs, DVD/BR/CD players, cameras, iPods, etc.?
30. Do you have a description or a picture of other valuables that do not have serial numbers?
31. Do you have all your valuables marked with your own personal ID number? Jewelry should have an Authenticity Certificate.
32. Have you told your family what to do if they should discover a burglar breaking in or already inside the house?
33. Have you told your family to leave the house undisturbed and to call the police if they discover a burglary has been committed?
34. Do you know the telephone number of the law enforcement agency in the area your home is located?
35. Do you have outdoor lighting that properly lights the outside of your home (motion detection activated, flood, or regular lighting)?



April's Solar Cooking Recipe: Arlecchino Split Pea Soup

This soup's multicolored vegetable base is reminiscent of the famous Italian clown-like character, Arlecchino (Harlequin).

INGREDIENTS

- 1 tablespoon olive oil
- 1 medium onion, finely chopped
- 1 turnip, peeled, quartered, and thinly sliced
- 1 carrot, peeled, quartered, and thinly sliced
- 2 celery stalks, halved and thinly sliced
- 2 teaspoons dried marjoram
- 1 pound dried split peas, picked over and rinsed
- 6 cups water
- salt and pepper to taste
- 1 teaspoon liquid smoke (optional)

PREPARATION

Set Global Sun Oven out to preheat.

Combine oil and vegetables in a large pot, cover and cook in the Sun Oven until softened, about 20 minutes (alternately sauté the vegetables stovetop). Stir in the marjoram, peas, and water. Replace the lid and continue cooking until the peas soft and falling apart, 1 1/2 to 2 hours. Season to taste with salt and pepper. Stir in liquid smoke.

Makes 4 to 6 servings. **E**



FEMA Blog - Being Prepared: Makes Good Business Sense

Posted to the FEMA Blog by: Dan Stoneking, Director, Private Sector Division

With historic numbers of disasters over the last eighteen months, the concept of private sector preparedness has proven to be a continued indicator of good business sense. With the DHS announcement last week that AT&T Inc. is the first company certified to PS-Prep™ standards, we have reached another important milestone in this journey.

PS-Prep is a voluntary program that encourages private sector organizations to prepare against all-hazards, and recognizes organizations that adopt a DHS-selected voluntary preparedness standard.

Why spend the time, energy and cost to become certified? Certification to a preparedness standard helps businesses develop a culture of preparedness into routine operations and management processes. A culture of preparedness can safeguard organizational investments, enhance employee confidence, and demonstrate

a high level of commitment to suppliers and customers, which contributes to the organization's bottom line and reinforces the organization's ability to provide services in the event of a disruption.

Certification will enable businesses to:

- develop a plan of action
- minimize potential impact to essential operations
- protect data and information
- increase reliability
- protect market share and minimize financial losses
- gain industry recognition by promoting preparedness with suppliers and clients alike....

The question quickly becomes – why not become certified?

Whether a company, academic institution, or other non-governmental organization, you play a critical role in our nation's disaster preparedness and response capabilities.

AT&T is the first company to work towards industry preparedness best

practice by taking the additional step of becoming certified. I encourage your organization to be the next. For more information on the program, visit www.fema.gov/privatesectorpreparedness.

Certification to a preparedness standard is a great tool and is one of many available to help organizations be prepared for all hazards. For general resources on private sector preparedness, visit **E**

- <http://www.ready.gov/>
- <http://www.readyrating.org/>

If you're interested in reading the original blog post on FEMA's blog, click on the graphic below.



FEMA

FEMA Blog

Boy Scout Merit Badges Meets "Be Prepared"

Chances are, you know a Boy Scout. They often have the reputation, at least on TV, of being the ones who help old ladies cross the street. But in an emergency, the scouts who have earned the **Emergency Preparedness Merit Badge**, may be equipped to do more than cross the street.

For starters, the scout must first earn the **First Aid Merit Badge**. Some of the seven requirements for the badge include knowing the symptoms, treatment methods and prevention for a variety of injuries, such as:

- Hypothermia
- Convulsions/seizures
- Frostbite
- Dehydration
- Bruises, strains, sprains
- Burns
- Abdominal pain
- Broken, chipped, or loosened tooth
- Muscle cramps

In an emergency, these are great skills for anyone to have.

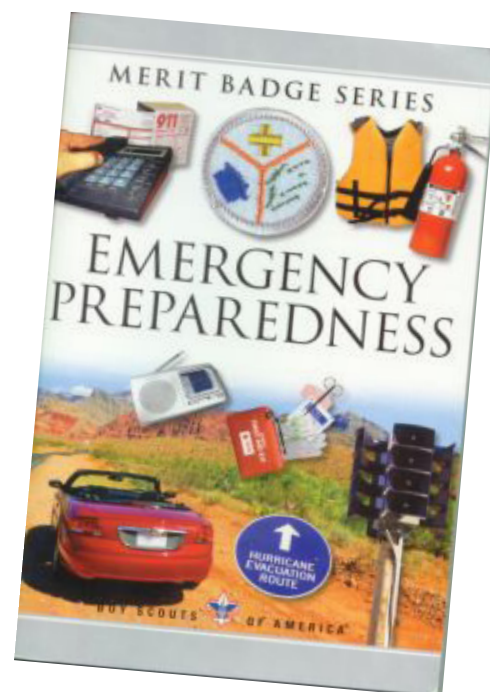


Another requirement for the Emergency Preparedness Merit Badge is to discuss four principles:

1. **Prepare** for emergency situations
2. **Respond** to emergency situations
3. **Recover** from emergency situations
4. **Mitigate** and prevent emergency situations

Once they understand how these principles operate, they are put to the test. The scout is required to put together a plan, using those four principles, for a fire in the home, an auto accident, food poisoning, flash flood, boating accident, avalanche, and tornado, among other scenarios, for a total of seventeen "emergencies."

One of the most vital elements of the entire badge is taking all the discussion and learning points from the eight other requirements and do a mock drill of mobilizing the Boy Scout troop to respond to a pre-determined scenario. Mock drills are one of the best learning experiences.



If you know some boy scouts in your neighborhood, encourage them to work on this merit badge sooner, rather than later. In order for the scout to earn the rank of Eagle, he must earn either Emergency Preparedness or Lifesaving. Both are great, and can help everyone "Be (more) Prepared." **E**

"Thawing" Freeze-dried Food with the Sun

Many people are storing freeze dried foods as part of their food storage. Your Sun Oven is by far the most energy efficient device for rehydrating freeze dried foods and it takes less time, work, water, and hassle.

The instructions to rehydrate most freeze dried items suggest that water be boiled and the boiling water be poured over the freeze dried food and mixed by stirring the boiling water into the food.

To rehydrate in a Sun Oven one-third less water (at ambient temperature) than the can calls for

can be added to the food, placed in a covered pot inside a Sun Oven and the food will rehydrate.

At most altitudes water boils at 212 degrees Fahrenheit. It takes as much energy to bring water from 200 degrees Fahrenheit to the boiling point of 212 degrees Fahrenheit as it does to bring the water from the ambient temperature up to 200 degrees.

Many people plan to use butane or propane to boil water to rehydrate their freeze dried foods without taking into account the amount of fuel they will need to store for this purpose.

Using your Sun Oven on sunny days can greatly reduce the amount of costly fuel you need to store to rehydrate your freeze dried food storage.

