

# EVERY NEEDFUL THING

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

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As an American tradition, Thanksgiving Day had its beginnings with the Pilgrim settlement of 1620 in what is now the state of Massachusetts. According to the history written by William Bradford in his book "Of Plimouth Plantation," Bradford relates how the Pilgrims set up a system where they would all own property in common and would also share in the harvest. By 1623, it became clear this system was not working very well. The men were not eager to work hard and then share what they produced with everyone. Facing another year of poor harvests, they held a meeting to decide what to do. After much debate the Governor agreed that they should each plant corn for themselves. That was very successful and resulted in more people being industrious and more corn being planted.

The Pilgrims changed their economic system from socialism to individual enterprise. The land was still owned in common, each family was allotted a portion, and they could keep whatever they grew.

Their new incentive-based economic system was a great success. It looked like they would have an abundant harvest in 1623. But then, during the summer, the rains stopped, threatening the crops. The Pilgrims held a "Day of Humiliation" and prayer. The rains came and the harvest was saved. It is logical to surmise that the Pilgrims saw this as a sign that God blessed their new economic system, because Governor Bradford proclaimed November 29, 1623, as a Day of Thanksgiving.

[Thanksgiving Day](#)

## Ask Billie

Our Question and Answer column, covering topics of interest to our readers.

**Q.** Can I use a Sun Oven® in the winter?

**A.** Yes, your Sun Oven® can be used on a clear winter day. The most important factor in using it is the brightness of the sun, not the outside air temperature. Sun Ovens® have been used successfully at the base camp during a Mt. Everest expedition, where the temperature is often below zero. In the winter, effective cooking time is limited to a few hours mid-day.

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

## A Winter To Do List

Billie Nicholson

1. Stock up on staples - buy items you like to eat including some things that require little or no cooking
2. Winter clothing update
  - a. Check for fit - for both adults and children
  - b. Boots, hats, gloves, coats - depending on your location and your outdoor exposure
  - c. Layers for added warmth - plan on thermal underwear, sweaters and jackets, ear covers
3. Winterize your garden
  - a. Clean up garden beds discarding dead plants
  - b. Mulch items that overwinter
  - c. Prepare protective coverings for cold hardy plants
  - d. Final harvest - before a hard freeze ruins them
  - e. Bring some plants inside - herbs are always welcome and add a flair to foods
  - f. Put away plant cages - tomato cages need to be cleaned and stacked
  - g. Store irrigation timers, removing batteries and put hoses inside after draining
4. Plans to stay warm
  - a. Sealing the windows and doors to minimize cold drafts
  - b. Generator & fuel for power outages - run monthly to keep battery charged and seals lubricated
  - c. Alternative energy sources - wood or biomass logs
5. Prepare to shelter & feed livestock including pets
6. Organize emergency tools together
  - a. Flashlights and lanterns
  - b. Shovels and ice scrappers
  - c. Water turn-off tool in case of burst pipe; cover outside spigots
7. Winterize your vehicle
  - a. Emergency supplies to eat, drink & keep warm for your emergency car kit
  - b. Check battery health - clean up any battery cable corrosion
  - c. Fill windshield washer reservoir with fluid containing antifreeze solution
  - d. Check radiator antifreeze level
  - e. Check tire pressure to reduce wear on tires
  - f. Keep a bag of kitty litter in the car to help get out of slippery places
8. Pick an indoor hobby

## Home-made Gel Packs

Have you ever had a sprained ankle or knee? Icy gel packs can offer relief of pain and swelling. They are most effective when they can be fitted around the swollen joint to cool the inflamed area thoroughly. You can make your own version of gel packs from everyday things around your house.

### Components Needed

- Water
- Rubbing (isopropyl) alcohol
- Water tight freezer bag - quart size

### Directions

- 1 1/2 cups of water and 1/2 cup of alcohol to the plastic bag and seal it.
- Place bag in the freezer for 3 hours (put it in a small bowl to keep it upright).
- The alcohol will not let the fluid freeze solid, it stays slushy, for a better fit around an injured joint.
- When needed, remove the bag from the freezer and apply it to the swollen area.
- Elevate the injured area above the heart if possible. Cold compression and elevation work together to prevent the injured area from swelling.
- To prevent frost bite or cold burns, place a towel or wash cloth between the plastic bag and the skin.
- Alternate 20 minutes with the cold compress and 2 hours without the compress for 3 days or until the swelling completely subsides.
- If the swelling is severe, you can reapply the compress after 30 minutes for the first 1-2 hours after the injury occurs. WHEN IN DOUBT SEE A DOCTOR.

## Ground to Air Emergency Code

If you go hiking or skiing, these symbols may be useful should you need to communicate with a rescue team from afar. You need to send a message your rescuer will understand. Keep a copy of these symbols in your jacket pocket or better yet, commit these to memory.

Symbol	Message
I	Serious injuries, need a doctor
II	Need medical supplies
V	Require assistance
F	Need food and water
LL	All is well
Y	Yes
N	No
X	Require medical assistance
⇒	Proceeding in this direction

**SOS**

Go to a large clear area on the highest terrain. Use whatever you can find as a marker that can be seen from aircraft or search parties. Pick items that will contrast with the ground. When all else fails, remember the international symbol : SOS

## Inviting Pests To Leave Your Home This Winter, Naturally

Robert and Billie Nicholson

The winter months have their joys and challenges. As cold weather arrives the warm, inviting interiors of our homes bring comfort to us. They also invite unwanted critters of all sorts inside. We are speak of rodents or insects, not relatives, if you build it they will come. We know that humans are a small part of the total animal kingdom, but we don't have to share the interior of our homes with them.

How do we deal with unwanted animals and insects when they invite themselves into our homes? You could call a professional pest control company. Most professionals do a fine job at a fair price. There are lots of sources for do it yourself solutions including dedicated DIY stores, online outlets and hardware stores. Most popular solutions have their pros and cons. Pros are "fast and effective when used as directed and easy to use". Remember to follow application instructions and do not apply more poison than directed. Cons include "expensive and toxic".

We prefer to use homemade, natural pest control methods. These methods are inexpensive, natural, and less toxic than commercial preparations.

For rodents: Check walls inside and outside of your home for small holes and patch them. Keep your home clean. Keep trashcans as far away from our home as possible. Obtain 100% peppermint oil and wipe along the areas where rodents tend to run and around doorway thresholds. Keep a cat and place litter box close to the door. Keep a dog. Visit a reptile center and bring home snake poo to place near entrances. Use traps



Left is Q-tip saturated with sugar/Borax solution

Right are ants feeding at the droplets of sugar/Borax solution



or spray diluted hot pepper sauce along rodent runs and doorways. For more info visit <http://www.wikihow.com/Get-Rid-of-Mice-Naturally>

For insects: For Carpenter ants that eat the wood of buildings call a professional immediately. For all other ants, roaches and hard shelled insects we use a simple mix of ½ cup sugar, 1 Tbsp. Borax, as in 20 Mule Team, & ¼ cup water. Microwave till it becomes syrup and cool liquid. Store extra ant bait in a small jar, MARK IT IN BIG LETTERS and store it away from children as you would do for any dangerous substance. Place the end of a Q-tip in the solution. Put cut off Q- tip onto a small square of waxed paper where ants or roaches are found. Place bait where ant scouts are or under sinks and near drains. Be patient as ant scouts and workers take their find back to the colony. After a few days they will stop coming for their feast as the poison takes effect. Recently our shower had an invasion of ants. When I observed the scouts I placed a small spot of pre-made solution directly on the tile. Within minutes the workers were on station. When they ran low on our special syrup I just brought more for them. Soon they were gone. Other tips can be found by visiting <http://www.wikihow.com/Get-Rid-of-Ants-Naturally>

## Prepared Family Combo Includes:

- One **ALL AMERICAN SUN OVEN®**
- One **Cloudy Day Cube Stove Kit** (one Cloudy Day Cube Stove and two Cloudy Day Fuel Disks)
- **Multi-Level Dehydrating & Baking Rack Set** (set of 3 racks w/1 roll parchment paper)
- **Two Easy Stack Pots** w/ interchangeable enamel and glass lids
- **Multi-Fuel Water Pasteurizing Indicator (WAPI)**
- **Two Loaf Pans**
- **SUN OVEN® eCookbook & Emergency Preparedness CD** featuring 600 recipes, hundreds of pictures, video clips and much more has been developed by Cook'n, the award winning and #1 best-selling recipe organizer
- **FREE Shipping** within the Contiguous U.S. via FedEx Ground



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**For the warmest Christmas ever give a  
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*Offer valid through January 12, 2015, or while supplies last.*

## Super- Size Your Rain Barrel for Water Storage

Robert Nicholson



Photos RustyBuggy.com

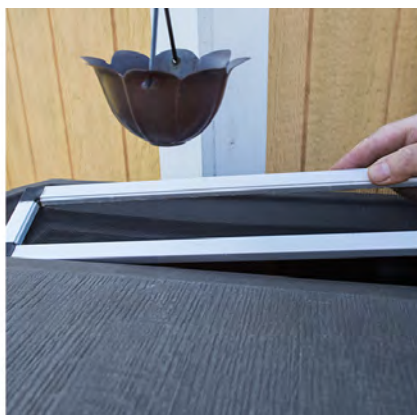
It's nice to have a supply of rainwater for gardening purposes and, with that in mind, we put a rain barrel to collect water from off the roof of our shop. The usual rain barrel system has a single plastic drum placed under the downspout on the corner of a building. About 30,000 gallons of rainwater falls on the roof of the average home per year. So there is plenty of water to go around. Excess water overflows the barrel and is absorbed into the ground.

We do not want to use valuable stored drinking water for cleaning, washing and hygiene if we lose access to our regular water supply. We decided to expand the amount of rainwater storage by adding two additional water barrels next to our existing one. We used sturdy plastic trashcans we had on hand. When installing any water catchment system it is necessary to make sure that each barrel is on a sturdy base and is level. As a base we used cinder blocks and 2x4 pressure treated lumber.



We drilled holes into the trash-can lids and installed garden hoses from one barrel to the next. To keep the hose ends from floating we placed a weight on the hose end. Before inserting the hose fully in place we charged each hose with water so that there would be a siphon-effect between the barrels.

When the water is used from one barrel the other barrels drain too. They also fill up the same way through the siphon-effect. As a final touch we placed a screen barrier at each hole so the mosquitos would not breed in the stored water. We treated the water by adding non-scented, not detergent bleach in the amount of 12 ounces per 50 gallon barrel. This prevents algae from growing in the water. We now have 150 gallons of rainwater storage capacity.



## Squash Chips

Billie Nicholson



*Squash Chips*

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When they were in abundance at our farmer's market, I bought a bunch of summer squash. They are not one of my favorite frozen foods. In an attempt to find an alternative way to preserve them, I dehydrated them in our Sun Oven®. They were sliced in a uniform thickness of 1/4", spread on parchment paper and sprinkled with seasoned salt and dried oregano. Placed in the Sun

Oven® and kept at a temperature of less than 100°F. by leaving the door propped open, they were dehydrated in 24 hours.

The plan was to store them in glass canning jars, add an oxygen absorber and pull a vacuum seal. That happened on the second batch. The first batch never made it that far. We sampled them and the next thing we knew, we had eaten them all. What a treat! They were better than potato chips and no cooking required. I may never cook summer squash again. Try this and let us know your seasoning recipe.



*Squash Chips Dried*

© 2014 Billie Nicholson



*Squash Chips Stored*

© 2014 Billie Nicholson

## French Style Stew from the Solar Chef



*There's nothing like a hearty stew on a cold night. And like most stews, this one is even better the next day.*

### **Provençal Beef Stew**

#### **Ingredients**

3 tablespoons olive oil  
4 ounces salt pork or thick cut bacon, diced  
2 pounds beef stew meat, cut into chunks, patted dry with paper towels  
1 large onion, chopped  
2 carrots, sliced  
2 tomatoes, peeled, seeded, and chopped  
2 teaspoons tomato paste  
2 cloves garlic, minced  
1 cup dry red wine  
2/3 cup beef broth or stock  
1 bouquet garni, (sage, thyme, basil or herbs of choice)  
1 small onion, peeled and studded with 2 cloves  
grated zest and juice of 1/2 orange  
1 tablespoon flat-leaf parsley, chopped  
salt and pepper to taste

#### **Preparation**

Set Sun Oven® out to preheat. Heat 1 tablespoon of the oil in a large skillet over medium heat. Add the salt pork and cook, stirring often, until browned, about 5 minutes. Use a slotted spoon to transfer the pork to a large pot. In the same skillet, working in batches, brown the meat on all sides, transferring it to the pot as it browns. Add oil as needed. Add the chopped onion to the skillet and cook, stirring often, until soft, about 4 minutes. Add the carrot and continue cooking until just softened, about 4 more minutes. Stir in the tomatoes and the garlic. Pour the wine and broth over the meat in the pot. Add the onion studded with the cloves and the bouquet garni. Add the vegetable mixture from the skillet. Cover and transfer the pot to the Sun Oven. Cook until the beef is very tender, 2 1/2 to 3 hours. Remove and discard the bouquet garni and the whole onion. Stir in the orange zest and juice. Season with salt and pepper.  
Makes 4 to 6 servings.