



What is WeedCrafting?

Last month [Survival Summit](#) interviewed Nicole Telkes, an herbalist from [The Wildflower School](#) in middle Texas. Her definition has nothing to do with growing marijuana, but rather means foraging for, eating, and growing plants that we may have considered annoying weeds. It doesn't matter where you are, you can create foraging space, even in urban areas. As people interested in using the plants we have and in conserving our environment, the first step is becoming aware of the plants growing around you. There are lots of useful and edible plants in your neighborhood. With only a few plants sprouting as spring begins, it is a good time to acquire a plant identification book or two to study before you start eating wild plants. **Learn to recognize the poisonous plants first.*** Here are a few edible plants to look for:

- Wild onions and wild garlic - these will have smaller bulbs than garden grown ones and will have a distinctive onion scent. They pack a lot of nutrients. Best cooked in soups.
- Chickweed - as one of the first spring weeds, it has small, white flowers that have five deeply lobed petals, a single row of hairs on the stem and opposite smooth edged leaves. High in vitamins A&C, it is also a good source of iron and anti-oxidants. Can be eaten raw as salad greens or cooked like spinach.
- Dandelions - the leaves, flowers and roots of this ubiquitous plant with toothed edged leaves and yellow flowers are edible. Young leaves are best when picked before the flowers appear. Serve them in salads or wilted with a hot dressing. Flowers can be cooked as fritters, and the roots used for tea.

There are too many people in the US to survive off wild plants. If we needed to forage for 100% of our food, we would need to get creative and very accurate in plant identification. In addition, we would be spending most of our days finding food. That's why agriculture became so popular. Challenge: make a list of the top ten weeds in your neighborhood. Study them and learn their uses. ***Note** [\[References\]](#)

Ask Billie

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

Gloria from NC Asks: Can you recycle silica gel packets?

Answer: There is no recycle program for silica gel packets; however, you can recharge them by baking them on a cookie sheet for reuse. Silica gel is a moisture absorber (can hold up to 40% of its weight in excess moisture) and be reused many times by drying it out in a 250° F oven for five hours. If it has indicator crystals, heat them until the crystals return to original color. Store in an air tight container until ready to use. Keep out of reach of children.



What is your Most Burning Question about Food Storage or Emergency Preparedness? Send your questions to editor@sunoven.com



Billie
Nicholson



Order Your Sun Oven Today

Natural Remedies to Add to Your First Aid Kit

Billie Nicholson



Aloe Vera: Wikipedia

A first aid kit should contain more than just bandages and antiseptic creams. There are a variety of items in your kitchen cabinet and perhaps on your window ledge that can be added to first aid kits.*

1. **Aloe Vera** is a member of the succulent family, related to cactus. It has a reputation for healing and soothing burns. Keeping a plant growing in a kitchen window will make it handy to snip a leaf and apply it to burns. Aloe Vera can be used to make a mouth rinse and hand sanitizer. It is also soothing for sunburn. ¹

2. **Cayenne Pepper** can be used for wounds that won't stop bleeding. Apply the powder topically over the wound. Mixing a teaspoon of cayenne to a cup of warm water and giving it to the person to drink has been reported to stop a heart attack in progress. ²

3. **Ginger** helps reduce nausea or motion sickness and lower blood sugar levels (diabetics use with caution). Available in many forms: capsules, powder, tea, essential oil, crystallized or fresh rhizome, it has also been used for indigestion, gas or bloating. Sipping a tea made from boiled ginger rhizome has been shown to reduce nausea for cancer patients receiving chemotherapy. ³

4. **Clove Oil** has pain reducing properties. It is often used in dental emergencies. I've made a small pouch of ground cloves in gauze, tied with dental floss and tucked it under and around the inside of a broken molar. This provided pain relief and kept the side of my tongue from being sliced by the sharp filling until I was able to see a dentist. ⁴



Images: Wikipedia



Image: RustyBuggy.com



Image: Wikipedia

5. **Raw Garlic Cloves** have been touted as great medicine for asthma, coughs, difficulty breathing and other disorders of the lungs. It can be used to clear sinuses, stop bug bite itching, and relieve ear aches. ⁵

6. **Peppermint Oil** is especially useful for headache and stress relief. Use a small amount of carrier oil, like almond, and a drop of peppermint oil rubbed on your temples, forehead, over the sinuses (avoid the eyes), and on the back of the neck to soothe headache. ⁶

7. **Witch Hazel** has been used for centuries by Native Americans as an astringent. In addition to treating acne and oily skin, it can be used to reduce eye puffiness and for shrinking blood vessels (did you know it is a major ingredient in Preparation H® hemorrhoid cream?) Witch Hazel is an excellent remedy for sore throats. Make a tea from leaves and twigs by soaking them in very hot water. Add a few cloves and soak for at least 15 minutes. Strain off the solids and gargle with the tea. Tattoo artists use Witch Hazel to cleanse a new tattoo. It cleans the skin of germs and bacteria and soothes inflammation. ⁷ Dab it on cuts and scrapes to reduce bleeding and clean an injured area to prevent infection. Eases sunburn discomfort.



Image:
RustyBuggy.com

These are just a very few natural products to add to your first aid kit. We would love to know what other items you include. Send your comments to: editor@sunoven.com.

[* Note](#)

[\[References\]](#)

Clear Thinking During a Life or Death Situation

Travis Haley of [Haley Strategic Partners, LLC](#), presented a thought provoking interview during the 2014 Survival Summit about training your mind to think clearly during a life or death scenario. These are some of his comments. If you plan to be in the 1% who are prepared during an emergency, you will need to be able to pull the trigger on another person. You can pick up the pieces of most mistakes, but not when you take another life. In his business Travis trains people to become a better tactical shooter, but there is more to survival than just being able to pull a trigger.

The best warrior is one who cares so strongly that his fight comes from deep within. He is adaptive and agile, builds his confidence, controls impulses and learns to recover. There are three parts of the mind: cognitive, affective, and conative. The cognitive part of the brain measures intelligence, the affective deals with emotions and the conative drives how someone acts upon his thoughts and feelings.¹ The first step in becoming the best warrior is to learn who you are. One way to do this is to take the [Kolbe Index test](#). We each have a unique set of innate strengths and talents that remain unchanged from birth. We have equal amounts of conative energy for engaging the thinking (cognitive) and the feeling (affective) parts of the mind to produce purposeful actions. For all test-phobic readers, there are no wrong answers. This test measures behaviors driven by your instinct, not your personality or IQ. Once you know yourself, you will be able to see what you're really good at. That's the tactical.

The next step is understanding kinesthetic awareness. How do you perceive movement? The best warrior develops a keen awareness of his/her environment. Practice seeing things before they happen. Here's a good way to practice this: open doors for someone in need. Millions of repetitions built in your mind will help you make a better decision under stressful situations.

In stressful situations, the warrior asks: "What has happened that I don't know about?" It's a good idea to set up situations that require decision making under stress. You will soon learn that there are no absolutes, things will change quickly and you will need to become adaptive and illusive. There are seven levels of warrior training:

- Why are you choosing what you do? Tactically - technically - work on mental focus drills.
- Learn about bio-mechanical movements through other sporting activities.
- Focus on achieving excellence in one thing at a time; figure out the processes to achieve this.
- You must learn as much as possible about everything; need to be a quick starter and find out what you're good at doing; in group situations, tasks will be assigned accordingly.
- Always have accountability for your actions - did you manifest this reality?
- Remember the law of attraction; make a bad situation your new normal; think about solutions to the existing situation.

Are you interested in conative thinking practice ? There's a card game for this:

[ConflictedTheGame.com](#)

¹ <http://en.wikipedia.org/wiki/Conation>

National Severe Weather Preparedness



Severe weather could happen anytime. In 2013, there were seven weather and climate disaster events with losses exceeding \$1 billion each across the United States. In May 2013, tornadoes devastated part of central Oklahoma. This outbreak included the deadliest tornado of the year on May 19 in Moore, Oklahoma. In just one month, November 2013, at least 70 tornadoes spanned seven Midwestern states. In

addition, these events included a major flood event and a western drought/heat wave. These events resulted in 109 deaths.

Each year, people suffer or are seriously injured by severe weather despite advance warning. The Federal Emergency Management Agency (FEMA) and the National Oceanic and Atmospheric Administration (NOAA) have partnered for the third year to highlight the importance of making severe weather preparedness a nationwide priority.

We all want the peace of mind of knowing that our families, friends, homes and our businesses are safe and protected from threats of any kind. While we can't control where or when the next disaster will hit, we can take action by preparing ourselves and loved ones for emergencies and learning what actions to take.

Knowing your risk, taking action and being an example are just a few steps you could take to be better prepared to save your life and others.

Know your risk: The first step to becoming weather-ready is to understand the type of hazardous weather that can affect where you live and work, and how the weather could impact you and your family. During active weather, stay alert of the forecast by listening to radio or television, check the weather forecast regularly on weather.gov, obtain a [NOAA Weather Radio](#) and listen for [Wireless Emergency Alerts \(WEA\)](#) on your cell phone. Severe weather comes in many forms and your shelter plan should include all types of local hazards.

Take action: Develop an [emergency plan](#) based on your local weather hazards and practice how and where to take shelter before a severe weather event. Post your plan in your home where visitors can see it. Learn how to strengthen your home and business against severe weather. Take action and participate in a local event on April 30 through America's [PrepareAthon](#) and ensure you know what to do when severe weather occurs.

Be a Force of Nature: Once you have taken action, tell your family, friends, school staff and co-workers about how they can prepare. Share the resources and alert systems you discovered through your social media network. Studies show that individuals need to receive messages a number of ways before acting – be one of those sources.

Learn more at www.weather.gov and www.ready.gov/severe-weather or the Spanish-language web site www.listo.gov. Follow the National Weather Service [@nws](#) and FEMA.

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Off the Grid Food Preservation Techniques

Lisa Lynn, from [The Self Sufficient Home Acre](#) presented alternative ways to preserve food during the 2014 Survival Summit. Food preservation is important because fresh food has a short shelf life. Extending the life of food allows for less waste. We all need to expand our preservation skills as part of our survival plans. We have no guarantee that we will have food in the future just because we have some today. Whether we acquire food from a grocery store or by foraging, hunting, fishing or gardening, these tips are useful.

Some preservation techniques require purchasing additional equipment, like pressure or waterbath canners, vacuum sealers and their supplies. In the long run, you can save money and more importantly, you know the quality and the source of the food you preserve. There are several techniques that can be used without electricity.

Root cellars and clamping involve storing fruits and vegetables in cool storage. Root cellars need to be below ground far enough to be below the freeze zone. They need to have good ventilation and a way to control the humidity and temperature as different crops have varied optimum storage requirements. Clamping involves digging a trench, adding straw layers below and above the stored food, covering the straw with soil and a tarp. Stored items need to be checked frequently, using or discarding the oldest or any that are past their prime. Remember one rotten apple can spoil the rest.

Dehydrating fruits and vegetables allows for longer storage time, the food is often much lighter and more portable. Herbs can be dried by simply hanging them in a dry place out of direct sunlight. The Sun Oven® can be used for dehydrating fruit, vegetables or meat. You need to watch the temperature so the food doesn't get cooked. Alternatively, you can build a fire, cover it with a lattice of branches, then smoke and dehydrate at the same time.

If you smoke meat, the temperature should be 145° F. Adding green wood, small twigs & branches to a low fire will create lots of smoke. The length of drying time will depend on the thickness of the meat slices. Adding salt to thin strips will speed up the process. Salt is a natural preservative. It draws moisture out and kills bacteria. To extend the shelf life, add ground celery seed as natural nitrates to kill bacteria. The drier the meat, the longer you can keep it. Moist cured meat should be used within six months. Store it in temperatures from 36-40° F. Place it in an air-tight, non-reactive container - don't use cast iron or aluminum pans. Fish can also be smoked and dried or salted and air dried.

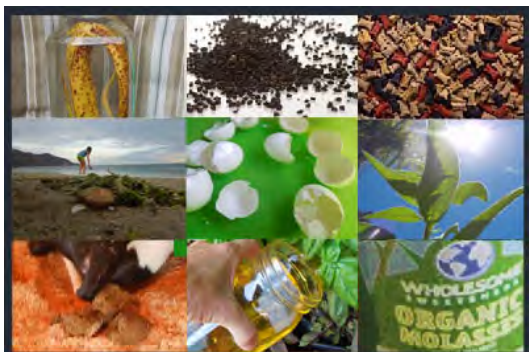
Fermenting and culturing food with bacteria and yeast causes a chemical change in the food that allows it to be kept for a longer time. Examples of fermented and cultured food include sauerkraut, cheese, yogurt, kimchee and pickles. The probiotics present in this process increase the nutrition and digestibility of foods. This process creates some marvelous, complex flavors. Plan to use jars or crocks and colored sea salt (not processed). The standard fermenting recipe is 6 TBS salt to 1/2 gallon water. Lactobacilli thrive in a fermenting environment and repel other decomposing bacteria. Make a liquid to submerge the vegetables. Cover and watch for bubbles, that's a sign the process is working. You will need to add an airlock valve or burp the lid from time to time to let the gas out. Store in a cool place. Fermented foods will keep for several months, but most foods are not suited for very long storage.

Editor's Note: After Hurricane Ivan, a friend of ours dug a pit in the ground, lined it with plastic bags, straw and rock salt. Into it she placed the frozen contents of her freezer, covered it with plastic bags, followed by more rock salt and straw and topped with styrofoam.

Things stayed frozen for nearly two weeks in the hot Florida weather.

10 Natural Fertilizer Recipes

Cindy Rajhel at [Home Grown Fun](#)



Look around the house and locally for materials you can use to make your own fertilizer. Surprises await in your waste bin.

- **Banana Peels** - Eating a banana helps replenish lost potassium. Roses love potassium too. **Simply throw one or two peels in the hole before planting or bury peels under mulch so they can compost naturally. Get bigger and more blooms.**

- **Coffee Grounds** - Acid loving plants such as tomatoes, blueberries, roses and azaleas love coffee grounds mixed into the soil, sprinkled on top of the ground before watering, or poured on top of the soil. **If using as a soil drench, soak 6 cups of coffee grounds in a 5 gallon bucket of water. Let it sit for 2-3 days and then saturate the soil around your plants.**
- **Egg Shells** - Wash them first, then crush. **Work the shell pieces into the soil near tomatoes and peppers.** The calcium helps fend off blossom end rot. Eggshells are 93% calcium carbonate, the same ingredient as lime, a tried and true soil amendment! I use eggshells in my homemade potting mix. This gives me healthy, beautiful fruits fit for seed saving.
- **Seaweed** - Fresh seaweed should be washed well before use to remove salt. Asian markets sell dried seaweed. Both fresh and dried versions are considered excellent soil amendments. Seaweed contains trace elements and actually serves as a food source for soil microbes. **Chop up a small bucket of seaweed and add it to 5 gallons of water. Let it sit for 2-3 weeks loosely covered. Use it to drench the soil and foliage. 2 cups work well for a small plant, 4 cups for a medium plants and 6 cups for a large plant.** Experiment with amounts. Combine seaweed with other tea fertilizers.
- **Weeds** - You've got your own fertilizer growing under your feet! Nettles, comfrey, yellow dock, burdock, horsetail and chickweed make wonderful homemade fertilizer. There are several ways you can use them to make your own brew or to speed up your compost pile. If your weeds have not gone to flower you can dry them in the sun and chop them up to use as a mulch. They are high in nitrogen and won't rob your plants of nutrients. Borage (starflower) is an herb but for some people it's a weed. It has many of the same nutritional properties as comfrey. I dry the entire plant, root and all, and put it in my compost tumbler. It helps break everything down and gives the pile an extra dose of heat. For this next brew, get out the bucket and your bandana! The bandana you'll need for your nose because this technique gets stinky! **Place a bunch of weed leaves and roots in a 5 gallon bucket. Weigh down the leaves with a brick to ensure the plant matter is covered and add water to cover. Stir weekly and wait 3-5 weeks for the contents to get thick and gooey. Then use that goo, diluted 1:10 or more as a soil drench fertilizer.** To make it even more convenient, you can use two buckets and make a hole in the bottom of the bucket that contains the plants. The goo will seep through to the lower bucket. It's always best to apply the liquid fertilizer diluted – it should look like weak tea.
- **Molasses** - Using molasses in compost tea increases microbes and the beneficial bacteria that microbes feed on. If you want to start out with a simple recipe for molasses fertilizer, **mix 1-3 tablespoons of molasses into a gallon of water.** Water your plants with this concoction and watch them grow bigger and healthier.

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10 Natural Fertilizer Recipes

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Cindy Rajhel at [Home Grown Fun](http://www.HomeGrownFun.com)

- **Human Urine** - Sounds disgusting, but urine is considered sterile if the body it's coming from is healthy and free of viruses and infection. High in nitrogen, urea contains more phosphorous and potassium than many of the fertilizers we buy at the store! If serving tomatoes that have been fertilized with pee gives you the "willies", try it in the compost pile. **A good ratio of urine to water would be 1:4. You can collect a cup of urine and pour it into 4 cups of water in a plastic bucket used outside for fertilizing plants.** Pour 2 cups around the perimeter of each SMALL plant. For MEDIUM plants add 4 cups and LARGE plants deserve a good 6 cups of your personal home brew.
- **Grass Clippings** - Rich in nitrogen, grass breaks down over time and enhances the soil. **Fill a 5 gallon bucket full of grass clippings. You can even add weeds! Weeds soak up nutrients from the soil just as much as grass. Add water to the top of the bucket and let sit, covered for 3 weeks. Stir it once a week. Dilute your grass tea by mixing 1 cup of liquid grass into 10 cups of water. Apply to the base of plants using the same amounts as listed above in the urine recipe.**
- **Manure - Chicken, horse, cow manure.** With a little effort, you'll find folks that are giving away composted animal manure for free. Use manure that has been exposed to air and heat for at least six months. To speed up the process, add some straw, shredded paper or leaves. **Add the composted manure to a small permeable bag made from recycled cloth, e.g., a t-shirt or old towel. Let it steep in the shade for a few days and apply it to your soil to condition it before planting. Bury or discard the used bag. Some people use manure tea to soak bare root roses!**
- **Cat and Dog Food** - Depending on the dog food you recycle, this soil amendment may not be organic. However, even the cheap stuff contains protein and micro-nutrients that benefit the soil. **To prepare a garden plot for planting, sprinkle dry pet food on the bed, turn the soil and water. Let it decay naturally. To discourage wildlife from visiting for a snack, cover with cardboard until the food decomposes. The cardboard will also trap moisture and discourage weeds. Make sure the cardboard get wet all the way through and cover with mulch. Water thoroughly every week for four weeks.** Soybean meal and alfalfa pellets from the grain store work great too. Sometimes grain stores will sell for cheap or give away spoiled grains. Check the feed for salt content and try not to add pet or animal food considered high in sodium. The AAFCO (Association of American Feed Control Officials) recommends dry dog food contain a minimum of 3% sodium to support normal growth and development.

WAIT, THERE'S MORE

- **Cornmeal** - Contains lots of phosphorus and nitrogen and acts as an effective fungicide. **Add a cup of cornmeal to 5 gallons of water. Let it soak for several hours, then strain the liquid so you can add it to a spray bottle. Spray the leaves of plants that are susceptible to fungus.** You can combine this cornmeal tea with compost tea for even more benefits. I use the leftover water from cooking corn on my vegetable garden.
- **Worm Poo** - Making my own worm tea is easy. I started with a handful of red wiggler worms about 6 years ago and haven't stopped since. Check out our video below on composting with worms to see how easy it is to make this amazing fertilizer!

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Split Pea Soup - Bacon Optional from our Solar Chef



Have it Your Way Split Pea Soup

This soup is good with or without the optional bacon. Plus, the bacon isn't added until the end so everyone can make their own choice.

Ingredients

- 2 tablespoons olive oil
- 1 onion, diced
- 3 cloves garlic, minced
- 1 large carrot, diced
- 2 stalks celery, diced
- 1 tablespoon dried marjoram
- 1 pound split peas, picked over, rinsed, and drained
- 8 cups water
- salt and pepper to taste
- 6 slices apple-smoked bacon, cooked and chopped (optional)*

*The bacon can be cooked in the Sun Oven along with the soup. Set the tray on top of the pot and cook it until crisp.

Preparation

Set Sun Oven out to preheat.

In a large pot, combine the oil, onion, garlic, carrot, and celery.

Cover and cook in the Sun Oven until the vegetables begin to soften, about 10 minutes. Remove the pot from the Sun Oven. Remove and set aside half of the vegetable mixture. Stir in the marjoram. Add the split pea and water, combine well.

Replace the lid and return the pot to the Sun Oven. Cook until the split peas are tender and falling apart, about 1 hour.

Remove the pot from the Sun Oven again and use an immersion blender to puree until smooth. Season to taste with salt and pepper and stir in the reserved vegetables. Return the covered pot to the Sun Oven and continue cooking until the vegetables are soft, 20 to 30 more minutes. Ladle soup into bowls and top each serving with chopped bacon.

SUN OVEN® - Best Bang for Your Buck

The internet is chock-full of plans and videos on how to make a cheap solar cooker, and there are cheaper knockoffs available. This prompts people to ask, "Why would anyone spend \$400 for a **SUN OVEN®**?" The simple answer is: A **SUN OVEN®** is easier to use, will cook quicker, last longer and cost less per meal than any other type of solar cooking device.



Top 12 Reasons

1. When placed side by side with most homemade cookers and knockoffs a **SUN OVEN®** will reach temperatures which are 75 to 100 degrees hotter. (*Consistently reaches temperatures of 360 to 400 Degrees Fahrenheit*)
2. On a partly cloudy day the **SUN OVEN®** can cook where other ovens fail. (There only needs to be enough sun to cast a shadow to use a **SUN OVEN®** while full sunlight is required for the others.)
3. You can enjoy using a wide variety of pots and pans you already own in the **SUN OVEN®** (including cast iron Dutch Ovens and stoneware). Not so in other solar cookers which require dark enamel pots.
4. **SUN OVENS®** have been enjoyed by thousands since 1986 and are designed to last for 15 years of daily use in developing countries and over 20 years in the US. Over the past 28 years they have become essential companions to families, in daily use, in rough environments, in more than 130 countries around the world.
5. Due to its long life and ability to cook on partly cloudy days, a **SUN OVEN®** costs less per meal than any other type of solar cooker.
6. Bread can be baked in a **SUN OVEN®** on a partly cloudy day. Most solar cookers do not get hot enough to bake bread, but if they can, full sun is required.
7. The **SUN OVEN®** is the only solar cooking device that allows you to cook quickly or slowly. Other Solar cookers can only cook slowly. (There are two ways to cook in a **SUN OVEN®**. If it is refocused every 25 to 30 minutes, the temperature will remain higher and the cooking time will be less. The other alternative is to use the **SUN OVEN®** as a slow cooker. A meal can be put in the oven in the morning and the oven can be placed where the sun will be at mid-day and the meal will slow cook throughout the day and be ready whenever you want to have dinner.)
8. For the past 28 years, **SUN OVENS®** have been proudly made in the United States. (With the exception of the thermometer, all of the component parts used in the **SUN OVENS®** are made in the USA.)

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SUN OVEN® - Best Bang for Your Buck

9. A portion of the proceeds from every **SUN OVEN®** purchased in the U.S. goes to help people live better lives in developing countries around the world.
10. The multi-purpose **SUN OVEN®** can be used as a solar dryer, dehydrator, or water pasteurizer.
11. Create your favorite recipes. Make anything you can cook in a conventional electric or gas oven and most things you cook on a stovetop with the exception of fried foods. Even though it is called an oven, anything you can bake, boil or steam can be made in a **SUN OVEN®**.*
12. The **SUN OVEN®** is very user friendly:
 - The oven folds up and carries like a suitcase, weighs only 23 pounds and sets up in a matter of seconds. The dual purpose leveling rack keeps food from spilling while the oven is being adjusted.
 - The E-Z Sun Track Indicators take the guess work out of aligning the oven with the sun.
 - The oven features a built-in thermometer for perfectly delicious meals every time.
 - The wind resistant alignment leg allows the oven to meet the sun wherever it is on the horizon.



***Satisfaction Guaranteed: If you are not completely satisfied with your **SUN OVEN®**, you may return it anytime within the first 30 days and receive a full refund!**

7 Uses for Baking Soda in the Garden

Baking soda for is very useful for cleaning in our homes. Here are some garden uses, too.

Make a non-toxic Fungicide - Mix 4 tsp baking soda in 1 gallon of water. Use on roses for black spot fungus and also on grapes when fruit appear.

1. Make a non-toxic Fungicide - Mix 4 tsp baking soda in 1 gallon of water. Use on roses for black spot fungus and also on grapes when fruit appear.
2. Spray for Powdery Mildew - 1 TBS baking soda, 1 gal of water, 1 TBS vegetable oil, 1 TBS of dishwashing liquid. Mix ingredients together and spray plants weekly. Apply on an overcast day to prevent foliage burns.
3. Discourage Gnats in Soil & Fungus on leaves - Mix 4 tsp baking soda, 1 tsp biodegradable soap in 1 gallon of water. Mix well, spray infected foliage or soil as needed.
4. Discourage Weeds - Pour or sweep baking soda in a thick layer into cracks on a sidewalk or patios. Baking soda should kill any small weeds already sprouted and prevent new ones from coming up.
5. Kill Cabbage Worms - Mix equal parts of flour and baking soda. Dust plants (cabbage, kale, broccoli, etc.) when cabbage worms are seen. They will munch on the leaves and die in a day or two. Repeat as needed.
6. Kill Crabgrass - Wet the crabgrass and pour a heavy dusting of soda on the weed. Crabgrass will start dying back in 2-3 days.
7. Clean Your Hands - After a day in the garden and dirt, clean your hands by rubbing and scrubbing wet hands with baking soda. Rinse well.

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