

## Honey, More than Just a Sweetener

Billie Nicholson

Honey is a viscous sweetener made naturally by bees, from the nectar of plants, for their own consumption. After collection, the bees regurgitate the nectar into hexagonal-sided honeycomb cells made of wax and stored inside a bee hive. The constant fanning by the bees' wings cause evaporation creating the sweet liquid we call honey. The color and flavor of honey will vary based on the flower nectar collected. Beekeepers harvest honey by collecting the honeycomb frames and scraping off the wax cap made by the bees to seal the honey in each cell. Spinning the frames in a centrifuge extracts the liquid from each cell.

It is a versatile food staple and with a little care, can be [stored indefinitely](#). Honey found in Egyptian tombs was still good after 2,000 years. Consider adding it to your emergency supplies.

Raw honey, processed with a minimal amount of heat, contains many phytonutrients which provide anti-bacterial, anti-viral and anti-fungal properties. There are [three key health benefits](#): it is a natural energy booster, a great immune system builder, and a natural remedy for many ailments.

When you use it in cooking instead of sugar, reduce the amount by 1/2, reduce liquid by 1/4 cup and reduce cooking temperature 25°.



As a [remedy for ailments](#), it can be used for hangovers, sore throats, sleeplessness, and cuts and burns. Mix it with vinegar for a self-detox, with cinnamon for bad breath and hair loss, and with milk to improve digestion. Do not feed it to babies less than a year old because of the danger of botulism.

Recent declines in honey bee populations have researchers looking for causes. Their results show a complex mix of pesticide and fungicide exposure and bee pathogens as the [problem](#). Some regulatory agencies are considering stricter controls on agricultural chemicals used as part of the solution.

### Ask Billie

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

**Rob C.** from TX asked: How do I preserve the best quality from stored sprouting seeds?

**Answer:** They store best in an oxygen free environment. Use an oxygen absorber inside a canning jar. To aid in pulling a vacuum, use a Food Saver with the jar sealer accessory attached or use a NEW brake bleeder in place of the Food Saver, which requires no electricity. Store in a cool dry place.



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



Get Details about the New  
[All American Sun Oven®](#)

## What is a Multi-Fuel WAPI?



That's a water pasteurization indicator. It is a simple thermometer designed as a transparent tube containing wax. It will float in a pot of water and melt when the water has reached 150° F (65°C) for 6 minutes. This is the time required to destroy all microorganisms and dangerous pathogens that cause diseases from drinking contaminated water. At most altitudes, water boils at 212° F. It takes as much energy to bring water from 200° F to 212° F as it does to bring the water from the ambient temperature to 200° F.

Pasteurizing water uses considerably less energy than boiling it and less than half the amount of time. Using the Sun Oven® to pasteurize water allows alternative fuel to be saved for other uses.

Many people keep a piece of cheese cloth with their emergency preparedness supplies. Pouring water through the cheesecloth will filter out solid impurities before it is pasteurized.

For many years we offered WAPIs which were attached to a nylon cord for use in the Sun Oven®. If you needed to pasteurize water and there was no sunshine, using this design with other forms of fuel often resulted in a melted nylon string. The Multi-Fuel WAPI design can be used successfully in a Sun Oven® or on a campfire, with charcoal, propane, or any other type of fuel.

It has a high temperature molded polypropylene case which serves as a carrying case for storage and as a float to enable the WAPI to be submerged in the water to be pasteurized. To use, remove the tube from the storage case and snap it into the hole provided in the bottom, with the wax end up. Place it into the pan or jar of water to be treated. When the wax has dropped to the bottom of the tube, the water, when cool, is safe to drink. The WAPI can be reused hundreds of times. Keep it with your emergency supplies. *Our WAPIs are Made in the USA.*

## Time for Roasting Corn

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.

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 and kept it warm until dinner.



*Roastin' Ears*

© 2013 Billie Nickolen

## Treating Bug Bites and Stings Naturally with Coconut Oil

Jennifer Saleem

[www.hybridrastamama.com](http://www.hybridrastamama.com)

As the weather heats up, so do the number of bug bites and bee stings. No one enjoys getting nibbled on by our insect friends but for those times when you do find yourself dealing with the discomfort of a bite or sting, make sure you have some coconut oil on hand. I've documented [333 uses for coconut oil!](#)

When coconut oil is applied to bites or stings, it forms a thin layer that protects the cut from dust and bacteria. With its anti-bacterial properties, you can rest assured that you are getting some much needed protection from any germs trying to take advantage of a little opening into your body! Coconut oil also has anti-inflammatory properties so it can provide quick relief for itchy insect bites.

**If you are dealing with a really deep or painful bite or sting OR you just couldn't help yourself and you scratched it raw, there are a few other natural treatments you might want to consider using in addition to coconut oil.**

**Aloe vera** is a medicinal plant with many benefits. It contains vitamins and amino acids that help regenerate the skin. The gel can be applied directly to the affected skin in concert with coconut oil. I like to apply a layer of aloe then top it with a layer of coconut oil.

**Garlic** is a powerful antibacterial. It is nature's antibiotic. Because of its powerful antibiotic property, garlic can cure more serious insect bites and stings. In disinfecting wounds, crush and juice a garlic bulb and apply directly onto affected area. A gauze and bandage application may be used to cover and protect the area.

**Sweet basil leaves** and seeds have many medicinal benefits, including the treatment of insect bites and stings. To treat insect bites and stings, juice out crushed fresh leaves and add water. Apply the juice onto skin directly on the bite or sting.

Of course, it is best to avoid getting nibbled on or stung in the first place.

**Here are some suggestions that I've found to be helpful in preventing potential bites by mosquitoes, bees, and other bugs:**



1. When you're outdoors, wear light-colored clothing. Many insects use their vision to locate targets from a distance; dark clothing and rich foliage are prime attractants.
2. When working in the garden or hiking in dense foliage, wear long sleeved shirts and long pants. Insects are less likely to stick around if they can't access your skin easily.
3. Whenever practical, try not to be outdoors for long stretches at a time when you are hot. You release more carbon dioxide when you are hot, and this is a major attractant of insects, especially mosquitoes.
4. Try not to be outdoors after an intense workout. Vigorous exercise can result in significant lactic acid build-up in your muscles, and lactic acid is a strong attractant of mosquitoes.
5. Don't eat salty foods. Salty foods can cause production of higher-than-normal amounts of lactic acid.
6. Wipe off perspiration on a regular basis. Perspiration attracts insects via the chemicals contained within. Perspiration increases the humidity around your body, which also attracts mosquitoes specifically.
7. If possible, stay away from pools of water. Even mud puddles and moist plants attract all kinds of insects.
8. Wear a natural insect repellent particularly one that is heavy with essential oils. Check out Carrie Raab's post on [essential oils as insect repellent](#) for some great ideas.



## IL GUANTE DE MUERTO! (GREAT Gardening Tip!)

Mel Morganstein

Do you have nasty, woody, deep rooted weeds growing in your garden amongst all the other plants you want to keep? I'm talking about the ones with taproots so deep you can't pull them out, or even dig down to the end of the root to loosen it enough to yank! Some have roots longer than the length of plant above the ground. The problem too is that they are so close to desirable plants you simply cannot spray them with weed killer either! And for these plants you need poison ivy or "woody" weed killer and you need to somehow apply this ONLY to that plant.

Here is the trick I came up with that I call my "Guante de Muerto" or "Glove of Death!" You need to mix up a small necked quart bottle of WOODY weed or POISON IVY or BRUSH killer, you can even make it a bit concentrated! For safety, I put a latex surgical type glove on my left hand, followed by a disposable polyethylene glove. THEN I put on only one left absorbent COTTON glove. They are very inexpensive! (All right handed if you are a lefty) Now, go out into the garden and pour some of the weed killer into your left glove to soak the palm and lightly grasp the stem of the plant you want to kill near the base. Carefully pull your hand up along the length of the plant, coating the undersides of



the leaves with the brush killer solution. You don't want to grasp it so tightly that you strip the leaves off, but you need to coat the leaves because these herbicides by being ABSORBED INTO THE PLANT BY THE LEAVES!. The herbicide is distributed by the plant through its system and kills everything, roots and all. The neat thing about the Guante de Muerto (which has kind of a ring to it!) is that if you are careful, you are ONLY applying the killer to the plant you want to kill! You can keep reusing the glove. Be sure to extensively wash your hands when you are done!

### General Purpose Herbicide



There are lots of references for natural weed killers. One inexpensive herbicide is a combination of vinegar and dish soap. Apply this treatment on a sunny day. The acetic acid in vinegar will burn the weed leaves on contact and lower the pH of the soil, making recovery difficult.

To a gallon of vinegar, add a teaspoon of liquid dish soap, which helps the vinegar stick to the plant leaves. If you plan to use the area treated for something other than plants, you can add 1/2 cup of salt as well. This will add a final blow to the ground. Remember in history and Bible classes, reading about how a conquerer salted the fields? Just in case there were battle survivors, plants would not grow for some time and the survivors would starve.

## School Safety - Active Shooter Tips

Sgt. Jesus M. Villahermosa, Jr interviewed by Eric Holdeman

<http://www.emergencymgmt.com/safety/School-Security-Planning-and-Response-Active-Shooter.html>

*Sgt. Jesus M. Villahermosa Jr. has been a deputy sheriff with the Pierce County, Wash., Sheriff's Department since 1981. Villahermosa served 15 months as the director of campus safety at Pacific Lutheran University in a contract partnership where he worked on all security aspects related to staff and student safety. He has been on the Pierce County Sheriff's SWAT Team since 1983, and he currently serves as the point man on the entry team. In 1986, Villahermosa began his own consulting business, Crisis Reality Training. He has primarily focused on the issues of school and workplace violence. In a recent interview with Eric Holdeman, he gave tips on how schools can be better prepared for an active shooter emergency.*

*Reproduced with Permission.*

**I truly believe that there is more school violence today than ever** in the history of our country, especially in the area of school shootings. I believe that school violence is more publicized, but that is because it is so much more extreme than what we have ever seen. The first message that I try to get most schools to understand is that violence can happen at any school in the country. The next and most important message is that we have to have solid relationships with our students. In the 25-year study conducted by the Secret Service, 81 percent of school shooters told a friend that they were going to do the shooting, but no one came forward to warn the school staff or students. When the foundation of a school is built on trust and respect, I believe that students will come forward to report these incidents before they occur. One statistic that you won't find anywhere else, as I discovered while writing my book, is that whenever a school shooting plot gets foiled, it is because it was brought to the attention of the school or law enforcement, no potential shooter has ever come back to commit a school shooting. That is a 100 percent intervention rate.

**I teach the acronym LEAST (Lockdown, Evacuation and Survival Tactics).** The two most used tactics that have demonstrated the best results are lockdown and evacuation. People need to remember that when a shooter has started a shooting spree, only those near the shooter are at immediate risk. That means in most cases, more than 90 percent of staff and students, depending on the school's size, are not at immediate risk and lockdown is a great option. Again, this is depending on the location of the shooter and how many staff and students are present when the shooting begins. For those in lockdown, the first consideration is to make sure the door locks. If not, barricading or running, a.k.a. evacuating, are great options. Additional options include hiding, crawling, the power of your voice and, last but not least, fighting. All of these tactics have helped students and staff across this great country to survive these tragic shooting events, but they are not going to use them if we don't talk to them about it realistically.

Teachers armed? Absolutely not and there are many reasons for this. To think you are going to put a gun in the hands of teachers, whether they practice at the range or not, and to believe that simply by doing that that will transform them and make them run toward a shooter when everyone else is running away from him is naïve at best. If I respond to an active killer event and I turn the corner while I am aggressively looking for the shooter and run into a teacher with a gun, I am very likely to shoot them immediately as I have no idea if they are friend or foe. If I don't shoot them and they are a teacher, the fact that I have to take time to challenge them because they are armed and disarm them while I am trying to pursue an active killer will allow the killer to take more lives. If they are the bad guy but tell me they are the good guy, it might provide the suspect a chance to shoot officers before they can react, even if it's a suicide by cop situation. As far as armed security, I would say yes. We need more, and the public should have the trained professionals in the schools whose only job is to protect their kids.

**Teachers should teach, and cops should protect.**

## SLOW COOKED SOLAR BBQ PORK from the [Solar Chef](#)



### Southern Style Sun Oven Pulled Pork

#### Ingredients

- 1 tablespoon olive oil
- 2 onions, finely chopped
- 2 cloves garlic, minced
- 1 tablespoon chili powder
- 1 teaspoon cracked black peppercorns
- 1 cup chili sauce (such as Heinz)
- 1/4 cup brown sugar, packed
- 1/4 cup cider vinegar
- 1 tablespoon Worcestershire sauce
- 1 teaspoon liquid smoke
- 1 (about 3 pounds) boneless pork shoulder, trimmed of excess fat

*Nothing says summer more than BBQ. Luckily with the Sun Oven you don't need a pit to get that slow cooked flavor. Any cut of pork, or even turkey breast, can be used in this recipe. Pulled pork sandwiches are an easy crowd pleaser. Set out all the fixings and let everyone prepare their own.*

*(Adapted for the Sun Oven from "The 150 Best Slow Cooker Recipes" by J. Finlayson)*

#### Preparation

Set Sun Oven out to preheat. Heat the oil in a skillet over medium heat. Add the onions and cook until soft. Stir in the garlic, chili powder, and pepper.

Add the chili sauce, brown sugar, vinegar, Worcestershire sauce, and liquid smoke. Stir to combine and bring to a boil.

Place the pork in a large pot and pour the sauce over it. Cover and transfer to the Sun Oven.

Cook until the meat is very tender, about 4 hours.

Transfer the pork to a cutting board and shred using two forks. Return the meat to the sauce. Serve over warm sandwich buns.

Makes 6-8 servings.