

Companion Planting: Garden Friends and Adversaries

Cornell Cooperative Extension

Plants, like people influence one another. Some get along better together than others, some have antagonistic relationships and some attract pollinating or repel undesirable insects. These techniques apply whether you are planting a garden in rows, raised beds or in a permaculture arrangement.

Although much of the information available about companionship planting is anecdotal, some relationships are clear. For example, carrot flies, whose larvae attack young carrot roots, may be repelled by the aromas of onions, leeks or rosemary. Black walnut tree roots exude a toxin that affects members of the nightshade family, like tomatoes, peppers and eggplant. Raspberries planted on a fence surrounding blueberry bushes discourage raccoons, who hate being scratched with briars while foraging.

Parsley planted with asparagus provide vigor for both. Beans thrive when interplanted with carrots, cauliflower and beets. Summer Savory provides growth and flavor as well as repelling bean beetles. Beets and lettuce are good companions. Cole crops do well when planted with aromatic plants like dill and rosemary.

Corn does well with potatoes, peas, beans, cucumbers and squash. Cucumbers are offensive to raccoons, beans use the stalks for support and the squash enjoy the shade provided. Radishes repel squash beetles (let them go to seed). Tomatoes don't like cole crops or potatoes. Garlic planted between tomatoes protect from red spider mites. Steep dried tomato leaves in hot water. This solution will kill aphids. The list goes on ... [More details](#)

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Ask Billie

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

Susan S. from VA asks:
Will using a SunOven® reduce my families' carbon footprint?

Answer: YES! You will be saving the fossil fuel burned in cooking as well as what would be needed to cool down your house in summer from the heat generated in the kitchen. The slow cooking process of the Sun Oven® will make the most ordinary food special. Send a message to your community that you care about the environment.

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



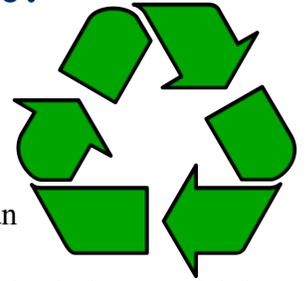
Billie
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Get Details about the New
All American Sun Oven

Reusing Plastic Containers - Which are Safe?

Billie Nicholson



In emergency situations, we need to be aware of which types of plastics we are using. Some are safe for food storage and for repurposing and others are not. Many of these can be recycled, but how can you make sense of the types and rules? Plastic recycling has come a long way since the first recycling mill built in Pennsylvania in 1972. The American Society of the Plastics Industry developed the universal recycling symbol codes, numbers from 1 to 7, which indicate what type of polymer was used. We can use these numbers to check the recyclability of a plastic item. Look on the bottom of a container for an arrowed triangle. Inside this you will find a number.



indicates the container is made of PETE or PET (polyethylene terephthalate). PET is the most common, single-use plastic. This is the number you will find on microwavable food trays, salad dressing or that plastic drink bottle. Be sure to clean and sanitize with non-detergent chlorine bleach before adding water for storage. According to the [Johns Hopkins Bloomberg School of Public Health](#), water be safely frozen in these containers. When commercially recycled, PETE 1 containers can be made into Polar fleece blankets, carpet or furniture.



containers are made of HDPE (high-density polyethylene). This is a versatile plastic with many uses, particularly packaging. Camping and sporting goods stores carry large drink containers made from HDPE. These can be washed and reused for water storage. Household cleaners, shampoo bottles, milk jugs or yogurt tubs are made of HDPE. [Milk and juice jugs](#) are difficult to clean and may breed bacteria. They are not recommended for reuse. HDPE recycled products become detergent bottles, fencing, drainage pipes, doghouses, picnic tables and floor tiles.



containers are made of vinyl (V or PVC). These include cooking oil bottles, clear food packaging and mouthwash bottles can be recycled into cables, decks, mud-flaps, paneling and roadway gutters. PVC is tough and weathers well. PVC is incompatible with heat and if burned, it releases dangerous dioxins, cancer causing chemicals. Don't toss these containers into your backyard burn-barrel.



Bread and shopping bags, frozen food bags, freezable bottles and flexible container lids are made of LDPE (low-density polyethylene). These can be recycled to make trashcan liners (I'll bet you do this already), floor tiles, lumber or envelopes. Historically, LPDE has not been recycled through curbside programs, but more communities are beginning to accept it.



Polypropylene (PP) items include ketchup bottles, medicine and syrup bottles and drinking straws. Reprocessed, these become battery cables, brooms, landscape borders, ice scrapers and rakes. Did your empty ketchup bottles become part of a positive battery cable?



Polystyrene (PS) is used in disposable cups and plates, egg cartons, CD cases, and take-out containers. They are made into rigid or foam products, popularly known as Styrofoam®. These products are believed to leach styrene, a possible human carcinogen into food. We are encouraged to avoid these.



This miscellaneous catch-all number includes 3 and 5 gallon water jugs, bullet-proof materials, nylon, and some food containers. Look for BPA free labels on any [poly-carbonate water bottles](#). Commercially recycled, these products can become plastic lumber and other custom-made products.

During an emergency, we will be tempted to save and reuse plastic containers, especially for water storage. Check the containers you are considering for their recycle code, your health may depend on it.

Stopping Blood Loss

Chris Ray

One of the most dangerous medical conditions in an emergency is uncontrolled bleeding. Having the knowledge to stop bleeding is something each of us should have. It can take minutes for an ambulance to get to the scene when times are normal. In a large scale emergency or a survival situation, you may not be able to wait for the ambulance. If it were not for the emergency first aid given to people who lost limbs and had other horrific injuries, there would have been many more than three tragic deaths in Boston.

In perfect circumstances, you would try to reduce or stop the bleeding until the ambulance arrives and you would have access to a well-stocked first aid kit. You would also be able to wash your hands and put on gloves to avoid contact with the blood and spread of infection to the patient.

Basic first aid to stop bleeding; if possible have the person lie down and elevate the legs as well as the site of the bleeding.

If possible, flush the wound to remove any obvious dirt or debris. Don't try to remove any large debris or more deeply embedded things.

Apply pressure to the wound, using clean bandages if you have them. If you find yourself in a place where you don't have many clean bandages, make do with what you have; use your hands if nothing else is available.

Do NOT remove the bandage to check on the wound! If the bandage gets soaked through, add another to it and continue to apply pressure.

Arterial bleeding might not stop with applied pressure. In that case, you can apply pressure to the closest pressure point. The pressure point in the arm is on the inside of the arm, just above the elbow and below the arm pit. Pressure points for the leg are behind the knee and in the groin. Press the pressure point with your fingers flat, pushing against the bone. Keep applying pressure directly on the wound with your other hand.

Tourniquets have a sort of bad rap, as complications from them can lead to tissue damage or even a loss of limb. They should only be used when arterial bleeding cannot be stopped with direct pressure and as a last resort. A proper tourniquet should be 1"-2" wide. Any narrower and you may cause more damage or even cause a new cut. The wider the tourniquet the more pressure needed to stop bleeding.

Supplies

QuikClot Sport and *CELOX* are hemostatic agents, effective at stopping blood loss.

Israeli Battle Dressing is a patented pressure dressing used to stop bleeding, splinting or as a tourniquet.

Author: Chris Ray Article: [Stopping Blood Loss](#)

Author's Web Site: www.PreparedChristian.net

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All American Sun Oven Includes Cook'n Software

When you open your new All American Sun Oven® package, look for the CD that's included. First, open it in your computer and follow directions for installation. It contains written instructions, videos on using your new Sun Oven® and over 600 Sun Oven® recipes from our Solar Oven chef. In addition, it contains Cook'n Software! You can search the internet, find a recipe you like, capture it and save it in your favorite recipes! If you need to change the number of people served, it will automatically adjust the quantity needed for each ingredient. This interactive software allows you to make cooking, meal planning and shopping easier. Enjoy creating your own SunOven® recipes.



Solar Riso Con Lenticchie from the [Solar Oven Chef](#)



This simple, hearty, vegetarian dish is a meal on its own.

Sun Oven Rice and Lentils

Ingredients

2 TBS olive oil, plus extra for serving
1 large onion, finely chopped
2 cloves garlic, chopped
1/4 cup strained tomatoes
5 cups water
1 cup dried green lentils, picked over and rinsed
1 cup brown rice
1 tsp salt
2 TBS flat-leafed parsley, chopped

Preparation

Set Sun Oven out to preheat.

Combine the oil and onion in a large pot. Place the pot in the Sun Oven and cook until the onion begins to soften, about 10 minutes. Stir in the garlic, then the tomatoes. Add the water and the lentils, cover and cook until the lentils are slightly tender, 30 to 40 minutes. Stir in the rice and salt, replace the lid and continue cooking until the rice is done, about 45 minutes. Remove the pot from the Sun Oven and stir in the parsley. Drizzle additional olive oil over each serving.

Makes 4 to 6 servings.