



Solar Eclipse

On Monday, August 21, 2017, all of North America will be treated to an eclipse of the sun. Anyone within the path of totality can see one of nature's most awe inspiring sights - a total solar eclipse. Our moon will pass directly between the sun and earth, completely covering the sun and the sun's tenuous atmosphere, the corona, can be seen. The path of totality will stretch from Lincoln Beach, Oregon to Charleston, South Carolina. Observers in other parts of the country will see a partial solar eclipse, where the moon covers part of the sun's disk. This event will last for almost three hours, from beginning to end. This time the longest period when the moon completely covers the sun will be about two minutes 40 seconds. This hasn't happened in the US since 1979. NASA has a time chart posted on their [eclipse website](#) so you can be prepared.

Sun Oven® International, Inc will be at the Eclipse Event in Carbondale, IL, August 19-21. Hope you can join us. We will be cooking, too. Find us at the [Family Fun Zone](#), Town Square Pavilion, 120 N Illinois Ave, Carbondale IL. There will be musical entertainers, food, kids' midway and crafts. We're excited to be sharing solar cooking demonstrations, with and without the sun! See you there.



Photo:
Space.com

Solar Viewing Safety Tips

- Never look directly at the sun, except during the "totality" without appropriate eye protection.
- The only safe way to look directly at the uneclipsed or partially eclipsed sun is through special-purpose solar filters, such as "[eclipse glasses](#)" compliant with ISO 12312-2 int'l safety std. Inspect filters for scratches before using.
- Stand still and cover your eyes with glasses before looking up at sun; look away before removing them.
- Don't look through other unfiltered devices like binoculars or cameras. Use a filter. Use a tripod. Videos should be less than 2-3 min.

Ask Billie

Q. Tell me about how to win a Sun Oven®?

A. Off Grid with Doug & Stacy just posted a video Sun Oven® cooking lesson on their [YouTube channel](#).

Doug & Stacy live off grid and are utilizing their Sun Ovens® to save energy fuel and keep their home cool in the hot summer months by cooking outside using a Sun Oven®. Stacy and Paul put together a lesson explaining many of the benefits of cooking with the sun. did you learn something new?

Watch this video to the end and you will learn how to win a Sun Oven®.

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

23 Reasons To Keep Prepping Even If “Bad Things” Never Happen

Lynda Eggimann

People who prepare are actually better off than those who don't prepare. Here are 23 reasons why:

1. **Self-Defense:** It's no surprise that preppers are ready to keep their families safe. Having self-protection skills are a plus.
2. **Leadership:** Every crisis needs a leader. Leadership skills help you at home, work or with friends. Everyone wants to be around a strong leader.
3. **Inflation:** Food storage is purchased at “yesterday's” price insulating you to the loss of purchasing power or availability that occurs during critical times.
4. **First-Aid:** People still get cuts, broken bones and need first-aid often. Those skills and supplies may not go unused even if nothing disastrous happens.
5. **Droughts:** To a prepper, it's just another hurdle to tackle. Store water for rationing and purifying. The end of the world might not come but you won't go thirsty.
6. **Discipline:** Putting away food, water and training for the worst-case scenario develops self-discipline. Keeping at something that may never happen shows dedication.
7. **Long-term Planning Skills:** Long-term planning skills can help employees improve their work. That could lead to a nice job promotion.
8. **Organizational Skills:** Better organizational skills don't go unused. Even if nothing happens, your boss will love the better-organized environment that you create.
9. **Fitness:** Your energy, quality of life and outlook all benefit from excellent fitness.
10. **Home Construction & Repair:** Whether anything happens or not, you'll save a lot of money doing your own house repairs and will be able to supervise other workers.
11. **Automobile Maintenance:** Routine car maintenance is a handy skill, specifically to keep your car working. Think of all the money you save by doing the everyday things for your own vehicle.
12. **Gardening:** Growing your own food is a great way to lower your food bill. Even in the winter, if you are canning, your family can enjoy the “fruits of your labor” all year.
13. **Self-Sufficiency** – Emergencies happen. If you “prep” you won't have to rely on government or wait for someone to help you, and you may be able to help others.
14. **Income Loss:** If your income is cut, you can go awhile without assistance. A good pantry is a great insurance plan!
15. **Family Traditions:** While you're canning, gardening, baking, you're creating traditions and building bonds and sharing memorable experiences.
16. **Outdoor Skills:** Outdoor survival skills won't be lost. Go camping. Build confidence.
17. **Tools:** Use them, or use to barter. Loan them to friends as “bond building” and to help others. Tools can build rapport – and that could be worth more than money.
18. **Floods & Fires:** A person who can bug-out at a moment's notice and get their loved ones to safety may avoid danger, save a life and help others survive.
19. **Earthquakes & Tornadoes:** These disasters are not common and require an important but different set of skills, learn how to react.
20. **Improvisation:** We live in a disposable society. If something breaks, we throw it away. We should find ways to fix what breaks or re-purpose it to something useful.
21. **Worry Free:** By and large, preppers should live worry free. While they're prepared for the worst, they have less to fear.
22. **Interpersonal Skills:** Dealing with difficult people can be challenging. The prepper knows that dealing favorably with other people may save your life.
23. **Motivation:** Last but not least, is the concept of motivation. Prepping, learning, doing, helping is not in vain. If nothing else, the prepared person motivates people to keep taking strides to be self-sufficient, help their community and secure their family.

You've got things covered even if nothing EVER happens. You have peace of mind. And your preparedness is useful in many ways. Don't quit being prepared, you never know who's watching and may become inspired.

Lynda Eggimann is the creator of The 90 Day Shoebox. She twitters as Be PreparedU and guest authors as Be Prepared University. She lives in Idaho with her husband on a small homestead with chickens, rabbits, a wild mustang and Bees. She is passionate about preparedness and loves to share.



Marjoram

Materia Medica - Marjoram

Botanical Name: *Origanum marjorana*

Common Name: Marjoram, lovage

Family: Labiatae

Ayurvedic/TCM Name: Marwa

Parts Used: Leaves & flowers

Native Region: Eastern Mediterranean, North Africa, Turkey, Asia

Geographic Distribution: It is grown widely in Europe, USA, China, Russia, Morocco, North Africa and India

Botanical Description: Herbaceous perennial, often grown as annual. Aromatic, wooly, small oval leaves & white to pink flowers from mid summer. Reaches 6-12", prefers full sun. Propagate by sowing seeds in spring, stem cuttings in summer. When cultivated as a culinary herb, it requires a dry, warm, well drained soil, slightly alkaline and rich on nutrients. Plant has a purplish to brown stem; hairy, small oval leaves without teeth, can be hairy; flowers 1/4" across occur in heads ~ 1" across at tops of stems and branchlets.

Harvesting Guidelines: Can be harvested anytime to be used fresh or dry leaves in mid-summer just as it comes into flower.

Constituents: Thymol, powerful antiseptic tisanes

Uses: *Culinary* - good in tomato, egg, fish, meats, onions, Brussel sprouts, mushrooms & cheese dishes. Combine with thyme or tarragon or basil. Good in potato salad, fowl stuffing, peas, soups, scrambled eggs, omelets, beans, deviled eggs, spaghetti, chili, hamburgers and pizza. Essential in many Italian, Spanish and Mexican dishes.

Medicinal -

For coughs, boil 2 Tbs of dried marjoram in 2 cups of water, inhale the steam.

For sinusitis, steep 1 Tbs dried leaves in one cup of water for 10 minutes. Drink twice daily.

Marjoram keeps hormones in equilibrium, take half cup of decoction or half teaspoon powder with milk.

Improves digestion. Scent stimulates salivary glands, oil stimulates peristaltic movement of intestines and encourages elimination.

Helps maintain blood sugar.

Inhalation of marjoram essential oil has been shown to reduce blood pressure.

Marjoram is a great antiseptic, antibacterial, anti-fungal, and antiviral agent.

Precautions: This herb is safe in common food amounts and likely safe for the majority of adults when taken by mouth in medicinal amounts for short amount of time. Use with care if pregnant or for children.

Disclaimer: The information in any Every Needful Thing article is not intended to replace medical advice.

References

Emergency Trauma Care

Bill Harris - First Care Providers

Another one of my favorite lessons from Prepper World Summit 4 was presented by Bill Harris. His training program, "First There, First Care™" empowers students to CARE™ for friends, family and community during those times when EMS may be delayed. FirstCareProvider.Org is a disabled veteran managed foundation created to improve our communities resilience to disaster. Their mission is to to raise awareness of the need for civilian response to emergency situations and create an integrated network of individuals and communities empowered to ensure that not another life is lost from a preventable cause of death as a result of trauma.

Did you know that the #1 cause of death in the US population, ages 1-44, is trauma? That traumas impact the US economy to the tune of \$400 billion a year? That 20% of deaths from trauma may have been preventable? That thousands of lives can be saved each year by people who happen to be first on the scene of a trauma and know how to provide first care?

So you witness an accident, AKA trauma, and you ask, "Can't I just call 911?" The answer, of course, is "Yes, please do," but, remember that it takes time for first responders to arrive. They may arrive within as soon as 7-8 minutes. The greatest preventable cause of death is bleeding. Bleeding injuries can be fatal in under 5 minutes. 75-90% deaths occur before the injured can reach a medical treatment facility. 90% of victims receiving medical care prior to the arrival of rescuers will survive. Knowing what to do will save lives.

There are four steps in responding to an emergency. The first letters make up the word RACE.

React, Activate, Care, Evacuate

React - learn what to do immediately - Run, hide or fight! Get to safety first and help others to safety. Then

Activate - the emergency response system by calling 911. Communicate with those around you. Coordinate with others on how to get injured to first responders. Before providing care evaluate: have you improved your situation? Are you in a safer position? Does the injured have signs of life? Now you're ready to apply

Care™ - First wash your hands if able and put on gloves to protect yourself from blood borne illness.

C - control arterial bleeding. If you believe that victim will bleed to death apply direct pressure to the wound or apply a tourniquet immediately or pack the wound with gauze or hemostatic agent. Don't put too much between you and the bleed, you want to be able to apply a good pressure on the bleeding spot. If victim loses 1 liter of blood, they may lose consciousness. Keep applying direct pressure for three minutes after applying a pressure dressing. Tourniquets will hurt when applied correctly. The casualty may ask you to stop tightening because it hurts. Don't stop, you are saving their life. You shouldn't be able to feel a pulse in an extremity beyond the tourniquet. Tourniquets don't need to be used except in life threatening bleeds. It's best advantage is time saved. Nerve damage starts after 2 hours.

A - airway - check for obstructions. The easiest way to determine obstructions is to talk to victim; if talking, airway is okay. If victim is unresponsive, never leave them on back; roll to side to keep airway open.

R - respirations - is the victim breathing? Air going in and out defines respirations. Check chest for signs of trauma. If they have an open wound on chest, abdomen or back, place vented chest seal to help them breathe. If a foreign body is showing in chest or abdomen, don't pull it out! Stabilize foreign body to keep it from moving around. If victim has a traumatic amputation, add tourniquet to stop bleeding and recover part, bag and keep it with victim.

E - exposure/evacuation - a body, after suffering trauma, loses heat. Hypothermia is much easier to prevent than to treat. Need to begin actively rewarming - remove wet clothes; dry and cover with a blanket, insulate from a cold surface. Determine whether to wait for EMS or to go to them. Victim needs to get to next level of care soon, but with your help a life may have been saved.

Harvesting and Preserving Leeks



We were introduced to leeks on a trip to western Ireland when our chef shared her recipe for mushroom soup. We had never grown them until recently. In March, we purchased a small Bonnie pot containing leeks. When I got ready to plant them, I realized the pot probably contained 100 plants. Following directions to plant them about 6 inches apart, I soon realized I'd be planting leeks in every one of our raised garden beds.

What are leeks anyway? They are a member of the allium family (*Allium porrum*), and related to garlic, onions, shallots and scallions, although somewhat milder in flavor. They look like large scallions with a long white cylindrical stalk, small bulb and tightly wrapped, flat leaves. Sweeter and more delicate in flavor than

onions, they add a subtle touch without overpowering the other flavors in a recipe.

Thought to originate in Central Asia, leeks are now grown all around. They were prized by the Greeks and Romans for their beneficial effect upon the throat. The Roman Emperor Nero supposedly ate leeks everyday to make his voice stronger. The Romans are thought to have taken leeks to the United Kingdom, where they flourished because they can resist the cold. The Welsh have such high regard for them, the leek is one of their national symbols, along with the daffodil and the red dragon.

Our leeks have grown all summer and are now ready to harvest. One bloomed and went to seed, so we'll have some to start with next year, but I didn't want any more to do that. So how do you harvest leeks and have them around to use later in the year? They don't lay out and dry like onions.

To harvest them, the first thing is to make sure you remove all the dirt. The leaves grow together tightly as overlapping blades often trapping soil and bugs as they grow. Remove the roots and cut the tough blades leaving the white and light green areas of the stalk. They can be wrapped in damp paper towels and stored in a plastic bag in refrigerator for up to a week. When ready to preserve, slice them down the center and swish them in water to continue removing soil.

Then slice the stalk halves into 1/4" semi circles, separating the layers as you go. I found mixed recommendations to blanch or not. Blanching will reduce some of the flavor, but stops enzyme activity. Spread the slices on a cookie sheet lined with wax paper and allow them to dry. From here you can either flash freeze them and then pack into freezer bags and store in the freezer. They can last 6 months to a year. Or spread them on parchment paper and place them into a dehydrator (the Sun Oven® works well for this).

Dry leeks at 100°F for 18-20 hours. The lower drying temperature helps maintain the nutritional value. They are high in vitamin K, and good sources for magnesium, vitamin B6, copper, iron, folate and vitamins A & C. They have an impressive amount of polyphenols, which play an important role in supporting our body's antioxidant and detox systems and forming connective tissue.

To use them in cooking, add frozen, directly into any recipe, saute like onions and garlic with broth or butter. Dried leeks can be added directly to any wet recipe like soups.

Recipes

Irish Mushroom Soup

Ingredients

1 lb. mushrooms chopped
4 oz onion
2 leeks
1-2 potatoes

1 pt. chicken stock + 1-2 bullion cubes
2 oz butter or oil
Salt & Pepper to taste
1 oz flour

[Read More](#)

What is Glyphosate?

When chemical company, Monsanto, introduced a broadleaf and grass killing herbicide in 1974, most farmers thought it was a great idea. If you have ever tried growing a garden in regular soil, you will be amazed how quickly whatever you planted becomes totally smothered out by grass and weed seeds you had no idea were in the soil. Weeding can take many hours of labor or you risk a big reduction in crop yield. The introduction of genetically modified crops that were resistant to the killing effects of herbicides allowed farmers to grow crops that were not effected by the weed killer thus completing the circle.[1] Large mono-crop farmers in the US quickly adopted this herbicide resulting in more than 500 million additional pounds, mostly RoundUp®, having been applied. The U.S. Geological



Survey studies in 2015 showed RoundUp® was found in our air, rain, streams and surface water.[2]

How does glyphosate work? It is absorbed through foliage mainly and is transported to growing points. There it inhibits a plant enzyme involved in amino acid synthesis and stops plant growth. This chemical doesn't work as a pre-emergence weed killer. The first RoundUp® resistant plant developed was a RoundUp Ready Soybean. Soybeans are one of the top four crops traded globally and makes up 65% of the global animal protein feed supply. Resistant crops allow farmers to apply the herbicide to entire crops to kill weeds without destroying the crops. Many regulatory bodies, including the US FDA, originally approved glyphosate and formulations like RoundUp®. Over the years, however, there have been health concerns raised over the use of and exposure to these herbicides.

In 2015, the World Health Organization's International Agency for Research on Cancer released an evaluation of the carcinogenicity of five organophosphate pesticides and the herbicide glyphosate.

Glyphosate currently has the highest global production volume of all herbicides. The largest use worldwide is in agriculture. It's agricultural use has increased sharply since the development of crops that have been genetically modified to make them resistant to glyphosate. Glyphosate is also used in forestry, urban, and home applications. Glyphosate has been detected in the air during spraying, in water, and in food. The general population is exposed primarily through residence near sprayed areas, home use, and diet, and the level that has been observed is generally low.

The herbicide **glyphosate** and the insecticides **malathion** and **diazinon** were classified as *probably carcinogenic to humans* (Group 2A). Group 2A means that the agent is **probably** carcinogenic to humans. This category is used when there is limited evidence of carcinogenicity in humans and sufficient evidence of carcinogenicity in experimental animals. Limited evidence means that a positive association has been observed between exposure to the agent and cancer but that other explanations for the observations (called chance, bias, or confounding) could not be ruled out. This category is also used when there is limited evidence of carcinogenicity in humans and strong data on how the agent causes cancer. [3]

The UN agency found glyphosate in farmworker's blood, urine, chromosomal damage in cells, increased risks of non-Hodgkin lymphoma in some people exposed, and tumor formation in some animal studies.[4] In addition, the state of California has added glyphosate to the list of chemicals known to cause cancer for purposes of Proposition 65 (the safe drinking water and toxic enforcement act of 1986).[5]

Lots of research and litigation are ongoing around the US regarding the effects to human health of using this herbicide on food crops.[6] Everyone of us should be concerned about the potential harm being done to our food supply system and how it might effect our lives. [7]

Follow these precautions when using herbicides containing glyphosate: Wear goggles to protect your eyes. Use a face mask to prevent accidental inhalation. Wear long sleeves, long pants and gloves to prevent skin irritation. Avoid touching plants that are wet with glyphosate, and wash your hands thoroughly after use. Spray on a calm day. Wind can carry the spray to other plants and it increases the chances of human contact.[8]

References

Summer Solar Soup from our Solar Chef



This summery soup is made with fresh fava beans which are in season right now. It also makes use of those peppery radish leaves which all too often get tossed in to the compost bucket.

Fava Bean Soup

Ingredients

3 tablespoons olive oil
3 onions, thinly sliced
1 leek, white and light green parts only, sliced
3 pounds fresh fava beans
The leaves from a bunch of radishes or arugula
4 cloves garlic, minced
4 small new potatoes, peeled and diced
10 cups water
Salt and pepper to taste

Directions

Set Sun Oven out to preheat.

In a large pot, combine the olive oil, onions, and leek. Cover and place in the Sun Oven until the onion have softened, about 20 minutes. While the onion mixture is cooking, shell the fava beans and thoroughly wash the radish leaves. Remove the pot from the Sun Oven (leave the oven out) and stir in the shelled fava beans, radish leaves, garlic, potatoes, and water. Season to taste with salt and pepper. Cover the pot and return the pot to the Sun Oven. Cook until the fava beans are tender, about 1 hour. Use an immersion blender to puree the soup in the pot. Serve with croutons or toasted bread.

Makes 6 to 8 servings.

Summer Cucumber Salad



Love the taste of pickled veggies, but don't have all the necessary tools or a lot of vegetables to preserve? Try this yummy summer salad you can make and store in your refrigerator for up to 2 months, if it lasts that long! We took one 1/2 gallon jar to a Pioneer Day picnic and folks were asking for some before I could get them out of the jar and at the end of the event, there was nothing left but the pickling solution!

Photo: RustyBuggy.com

Ingredients

- 4 thinly sliced cucumbers, seeds removed
- 1 large sliced red onion
- 1 large sliced green bell pepper
- 1 TBS kosher salt
- 2 cups white vinegar
- 1 1/2 cup sugar
- 1 tsp celery flakes
- 1 tsp red pepper flakes
- Fresh fennel branches
- Dash of pickling spices
- 1/2 tsp coriander

Directions

Mix cucumbers, onions, peppers and salt; set aside.

Put vinegar, sugar, celery flakes, pepper flakes pickling spices and coriander seeds into vinegar mixture.

Bring to a boil. Remove from heat and add 2 cups of ice until melted.

Place all veggies in large mouth canning jar (2 qts or 1 half gallon).

Pour mixture over cucumbers, swirl to remove air bubbles; store in refrigerator. Will keep up to 2 months.