



## Replacing Your Important Papers

We have all been counseled to maintain copies of important papers. Should you be caught without them, the [Dept. of Agriculture, North Dakota State University](#) has put together a list of contacts to help you begin the recovery process. Please note that some items on this list are for ND residents, take the general leads and apply to your state.

Birth and Death Certificates – Contact your county courthouse (recorder’s office) or the site below. Information needed: name of record, date of birth, place of birth (city or county), father’s name, mother’s name (including maiden name).

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

Marriage License, Marriage Dissolutions (divorces), Adoption Decrees – Contact your county courthouse (recorder’s office) or

[www.cdc.gov/nchs/w2w/north\\_dakota.htm](http://www.cdc.gov/nchs/w2w/north_dakota.htm) (enter your state)

Immigration Documents – Contact your county courthouse or the site below for citizenship, immigration, permanent resident card (green card), employment authorization, re-entry permit and more.

<http://uscis.gov>

Driver Licenses – Visit any [Your State] driver license site with acceptable identification, fee required.

[www.dot.nd.gov/public/licensing.htm](http://www.dot.nd.gov/public/licensing.htm) [enter your state’s abbreviation]

Vehicle Registration, License Tab or Title – Complete an Application for Certificate of Title and Registration of a Vehicle found at the site below. Drop this off at your local motor vehicle office or mail it to: (enclose the appropriate fee) [Look up your state’s address] North Dakota Department of Transportation, Motor Vehicle Division, 608 E. Boulevard Ave., Bismarck, ND 58505-0780.

[www.dot.nd.gov/forms/sfn02872.pdf](http://www.dot.nd.gov/forms/sfn02872.pdf) [insert your state abbreviation]

Passport – Complete form DS-64 from [http://travel.state.gov/passport/lost/lost\\_848.html](http://travel.state.gov/passport/lost/lost_848.html)

Military Records – Request Standard Form 180 (SF-180) from any office of the Veterans Administration, American Legion, VFW or Red Cross, or download from <http://www.archives.gov/veterans/military-service-records/standard-form-180.html>

Mortgage Papers – Contact your lending institution

Property Deeds – Contact the recorder’s office in the county where the property is located

Insurance Policies – Contact the insurance company for replacement papers

Social Security Card – Go to a Social Security Administration office or the site below. You also can request a copy of your Social Security statement. [www.ssa.gov](http://www.ssa.gov)

[READ MORE](#)



Order Your Sun Oven® Today

### *Ask Billie*

Q. What happens if the sun disappears while I’m cooking?

A. If your food is more than half cooked before the sun disappears and you leave it in the Sun Oven, it will finish cooking with the retained heat in the cooking chamber.

If the sun plays hide and seek while you are cooking, you can still cook if you have sun at least half the time (31+ minutes/hr). In both cases it will take longer to cook. If the temperature in the oven chamber drops below 180°F (83°C), it will no longer be cooking and you should finish cooking with another method.

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

## Shingles - Chicken Pox on Steroids?



[Wikimedia](#)

More than a million Americans suffer with shingles each year. It is an itchy, blistering rash caused by the *varicella zoster* virus. This is the same virus that causes chicken pox. If you had chicken pox as a child, there is a likelihood that you will have shingles much later in life because the virus remains dormant in your body for years. It can become reactivated by a weakened immune system. [1]

Symptoms include

- Tingling Sensation - this virus infects nerve roots and presents initially as tingling sensations or extreme sensitivity in a localized area of the

body. This sensitivity can include tingling, itching, and burning for no apparent reason before the rash appears. The most common sites are the back, the chest, the stomach, the face, the neck, the head, or one arm or leg. It almost never affects both sides of the body at once.

- Nausea - in the beginning, you may experience nausea and a persistently upset stomach. This develops into a flu-like syndrome. You will not necessarily experience a rise in body temperature, even if you feel feverish.
- Headache - caused by neuropathic pain in the cranial nerves and nerve roots, this headache can not be alleviated by over the counter headache medications. Sadly, this condition can continue for some time after the disease has run its course.
- Fever - if you do get one, it will be exceeded 101 degrees F. The best treatment for fever is bed rest and plenty of fluids. If additional symptoms including a stiff neck, breathing problems, a very severe headache or if the fever persists for more than a few days, seek immediate medical care.
- Chills - another early symptom occurring early on, due to fluctuations in body temperature, is the immune system's natural response to a viral infection. Manage these by covering up if you feel cold and uncovering when you feel warmer. Avoid strenuous activity and drink plenty of fluids.
- Muscle Pain - often an early warning sign, presents as painful tingling, like piercing needles in the skin of the arms and legs. This another lingering symptom that can be present even after the shingles has died down.
- Extreme Fatigue - another pre-breakout symptom, this feeling of lack of energy for no apparent reason may lead to longer periods spent sleeping.
- Rash - appears as painful, fluid-filled blisters contained only on one side of the body. Since the virus affects localized nerve roots, the rash remains directly connected to those exact areas for about 7 to 10 days. The blisters initially are filled with a clear fluid, but after a few days, the fluid becomes cloudy and takes on a darker, murkier hue. The flu-like symptoms and swollen lymph nodes usually precede the appearance of a rash.
- Eye Issues - can occur if the virus spreads to nerves that connect to the eyes. This will cause eye pain in bright environments, and can cause an eye infection like conjunctivitis. This inflammation will develop a thickening of the eye fluids, that accumulates on the eye lashes and can cause the lashes to stick together while sleeping. Rinse with saline solution or artificial tears to keep the eyes moist. Eye inflammation issues are serious and can result in vision impairments. If you develop them, see a doctor immediately.

[Continue Reading ...](#)

## Tea Time in the Garden

Robert & Billie Nicholson

No, we mean compost tea. Want to save money and the environment at the same time? Well, we just may have your cup of tea. Fertilize your garden and trees all year long at little to no cost by repurposing the very materials that most people consider waste anyway.

The tea is simple to make and use, all you need is a used barrel with a tight fitting lid. We used a left-over 32 gallon heavy duty plastic trash can. Whatever you choose make sure that your container was not previously used for harsh chemicals or poison. The tight fitting lid insures that mosquitos don't breed in your tea.

Place all your grass clippings and green weeds, with most of the soil cleared from the roots, and uncooked kitchen vegetable scraps into your barrel. Add water to cover, follow with animal manure (not human), urea, and epon salts. Add more of each as time goes by. Soon your plants will be thanking you with robust foliage and roots that will serve you well all year long. A healthier plant will also be able to do a better job of warding off plant disease.

Let this mixture sit about a month. You can then draw out some of this nutrient rich tea to water your plants. In the meantime keep adding more of everything so that the process of making compost tea continues in the barrel. Think of your tea barrel like a batch of sourdough bread starter, always adding more. When ready to use your delicious garden tea, hold your nose, dip out with a small bucket and apply to your plants as needed.

It should be noted that no fertilizer can overcome fundamental problems of poor drainage, injury by rodents, nematodes, viruses, pesticides and herbicides which may cause problems with your plants. You may also find that you need to use a light application of an organic fertilizer to supplement your compost tea.

Lastly, we recommend that you know the pH of your soil. Depending on what you wish to plant, we recommend that a pH neutral soil be maintained. The county extension agent will have kits and instructions for determining the condition of your soil. We have a well and our water is pH five. We run it through a whole-house size filter and our water is applied to the garden at at pH seven.

Enjoy your gardening and listen while in your garden because your happy plants will be thanking you.



Set up container with secure lid



Add kitchen scraps, grass and weeds



Continue to add scraps and water

## [The Amazing Health Properties of 13 Common Fruits](#)

Sayer Ji, Founder

[GreenMedInfo.com](http://GreenMedInfo.com)

This article is copyrighted by  
GreenMedInfo LLC, 2013

Fruit is not only enjoyable to eat -- as it should be, considering the very word fruit stems from the Latin word *frui*, meaning "to enjoy, use" -- but it also nourishes and protects the body with powerful, built-in medicinal activity. Fruits are by design a "perfect food," intended to entice animals to consume them in order to help disseminate their seeds, for instance. This means that unlike **grains**, and other lectin- and anti-nutrient-rich organisms, e.g. **wheat**, tomato, beans, we humans have chosen to make into our food, fruits are less likely to come equipped with "invisible thorns," as they benefit as much in being eaten as we do in eating them. Also, like our now hard-wired **biological dependence on obtaining vitamin C** from external sources (unlike most animals we can not produce it from glucose), countless millennia of fruit consumption has left our genetic infrastructure in need of continual resupply of many of the key vitamins and phytochemicals they contain copious quantities of.

With this symbiotic relationship between fruit-bearing plant and seed-disseminating animal in mind, the following healing fruit facts won't seem so unbelievable...

**Grapefruit – Infection:** The seeds of this fruit, at a dose of 5 to 6 every 8 hours for two weeks, have been shown effective in eradicating urinary tract infections, including drug-resistant strains. [\[i\]](#)

**Pineapple – Cancer:** The enzyme bromelain, extracted from pineapple, has been shown to be more potent than the chemotoxic agent 5-fluorouracil in killing cancer, in the animal model. [\[ii\]](#)

**Watermelon – Hypertension:** Watermelon contains amino acids, such as **L-citrulline**, which help the blood vessels dilate naturally, countermanding **endothelial dysfunction** and reducing blood pressure. [\[iii\]](#) [\[iv\]](#)

**Cherry – Inflammation/Pain:** Compounds within cherries known as anthocyanins have been shown to be as effective as NSAID drugs in reducing pain and inflammation. [\[v\]](#) [\[vi\]](#)

**Lemon – Kidney Stones:** Lemonade therapy has been shown to be a reasonable alternative for patients with kidney stones. [\[vii\]](#)

**Papaya – Skin Ulcers:** Used in Jamaica as a traditional medicine, new research indicates that topical application of unripe papaya fruit on chronic skin ulcers generates a positive response rate 72% of the time. [\[viii\]](#)

**Pomegranate – Hormones:** Pomegranate is the fruiting ovary of the pomegranate plant, contains potent plant estrogens which do not stimulate unregulated cell proliferation, and may function as an ideal "back up" ovary for women's hormone health. [\[ix\]](#)

[READ MORE](#)

## MATERICA MEDICA - DANDELION



Photo: [botanical.com](http://botanical.com)

**Botanical name:** *Taraxacum officinale*

**Common name:** Dandelion

**Family:** Compositae

**Parts used:** Young leaves, flowers, and roots in some varieties

**Native Region:** Historically, it is believed to evolve in Eurasia. The dandelion does not occur at all in the Southern Hemisphere, but is at home in all parts of the north temperate zone, in pastures, meadows and on waste ground. [1]

**Botanical Description:** The dandelion is a readily identifiable, perennial weed. It has a rosette base producing several flowering stems and multiple leaves. The flowerhead has about 150 to 200 yellow ray florets and no disk florets, spreading

outward from the center. At the base of the flowerhead, there are inner and outer green bracts. The inner bracts are linear or linear-lanceolate, appressed together to form a cylindrical tube around the ovaries of the flowerhead. This tiny tube is nearly half full of nectar, providing the incentive for the visits of many bees. The outer bracts are linear-lanceolate and sharply curve downward. Flowers are produced sporadically from early spring to late autumn. The blooms are very sensitive to weather conditions: in fine weather all the parts are outstretched; if rain threatens, the flower heads close up at once. It closes against the dews of night and opens again on the sunny morning. [1] Dandelions have toothy, deeply notched, basal leaves that are hairless. They are 5-25cm or longer, forming a rosette around a central tap root. Depending on conditions, they can grow 25-30 cm tall. [2] The shining, purplish flower-stalks rise straight from the root, are leafless, smooth and hollow and bear single heads of flowers. On picking the flowers, a bitter, milky juice exudes from the broken edges of the stem, which is present throughout the plant, and which when it comes into contact with the hand, turns to a brown stain that is rather difficult to remove. When the flower head has matured, all the florets close up again within the green bracts. Then one day, all those shriveled petals will be pushed off in a bunch to reveal a gossamer head of seeds crowned with their tufts of hair, ready to blow off when ripe with the slightest breeze or the puff of breath of a happy child. [1]

**Growing:** Dandelions are considered a pesky weed in Canada and the United States, yet European and Asian nations have benefited for years from the nutritional value contained in this weed. [2] Dandelion can be grown for the root. If planted about a foot apart, in deep soil, free from stones, the plant should develop roots worth collecting. They can be collected by ploughing the field. During the growing season, the crops should be kept clean of other weeds, all flowerhead should be picked off as soon as they appear. Collect second year roots. [1]

**Harvesting:** Dandelion leaves should be harvested while young, older leaves are too bitter to eat. Flowers can be harvested all season. Roots of second year old plants should be harvested in October after all the nutrients have been stored. Roots collected at this time will dry with a firm appearance compared to roots harvested in spring, which will dry shriveled and porous - and worthless for sale. The young leaves make an agreeable and wholesome addition to spring salads. Tear the leaves, don't cut them, to keep the flavor.

**Culinary Uses:** In addition to using the young leaves in spring salads, the dandelion can be blanched in the same way as endive, and is then very delicate in flavor. The young leaves may also be boiled as a vegetable, spinach fashion, thoroughly drained, sprinkled with pepper and salt, moistened with soup or butter and served very hot.

**Continued**

## Care and Maintenance of Fruit Trees

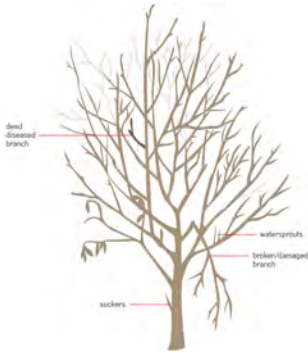


Image: [Modern Farmer](#)

With spring so late coming this year, are you just now beginning to think about your dormant fruit trees? How do yours look? Are they scraggly or carefully shaped? Keeping fruit trees attractive and productive requires annual pruning. Late winter is the best time to prune them.

[Modern Farmer](#) recommends a three step method for dealing with most fruit trees.

1. **Clean up** - start by pruning away dead, damaged or diseased wood. Are sprouts coming from the base of the tree trunk? These suckers need to be removed. Often they come from the rootstock of grafted trees and provide no value. Also, if you see suspiciously straight sprouts growing up from some of the main branches, known as water sprouts, get rid of them as well.

With these clean up cuts, it is important to prune the branches back flush to the larger limb they're growing from. Don't leave little stubs.

2. **Thin Out** - the goal of these cuts is to allow light and air into the tree canopy, boosting fruit production and reducing problems with pests and disease. The plan is to remove any branches that grow downward, toward the center of the tree or that cross paths with another branch. Next look at the spacing of the branches. You want to have them spreading out in a pleasing spiral from the center. Do you see multiple branches growing from a single notch as a tight angle, or from different points in parallel? Thin out all but one branch in these areas. Keep the healthiest looking one with the best crotch angle (roughly the 2 o'clock-10 o'clock angles) from the center of the tree. Trim until there is a good 6 - 12" of air space around every branch. Select four branches, each growing in a different direction, creating a scaffold pattern. Repeat this pattern at the end of each year's growth and the tree grows taller you will have a nice whorl pattern. All these cuts should be flush to the branch.

3. **Head Back** - giving the tree a haircut. The goal here is to prune back the outermost growth of the tree so the branches become shorter and thicker as they grow. This also activates the trees hormones that stimulate growth lower in the canopy, making for smaller, more fruitful trees. Heading back means cutting off 20-30% of last year's growth. Look for the bud scale scars (wrinkles rings of bark encircling the stem) located any where from a few inches to several feet back from the tip of each branch. These cuts will be made part way into each branch. Prune each branch back to a point one-quarter inch above a bud that faces in the direction you want that branch to grow in the coming year. Make these cuts at an angle to eliminate sprouts coming out at the cut. (It's a plant hormone thing). There is another thing to consider when pruning fruit trees. How old does the wood need to be before you can expect fruit? Not many trees bear fruit on first year wood. Fig trees bear on first year wood and a second crop on second year wood later in the fall. Mulberry and persimmon trees also bear fruit on first year wood. Peach, nectarines fig and quince trees bear fruit on second year wood. In the case of peaches and nectarines, that second year wood has a reddish-green color. Pruning these trees will encourage them to grow new branches that will fruit their second year. Apple, pear, cherry, pomegranate and plum trees have long-lived spurs that last up to 10 years. Spurs are about 6 inches long and grow from lateral branches, and bear fruit. Don't cut them off, this will reduce your fruit harvest this year and for years to come.

[Read More](#)

## Solar Cooking - Zucchini Lasagna - Off Grid with Doug & Stacy



Photo: [Off Grid with Doug & Stacy](#)

**WOW , another GREAT MEAL in the ALL AMERICAN SUN OVEN. This lasagna made with zucchini was THE BOMB. It's Gluten-free! We love cooking with the All American Sun oven on the off grid homestead and you will love it at your home too!**

### Ingredients

2 large zucchini sliced lengthwise (~ 1/2 " thick)  
1 tbs coconut oil  
1 cup tomato sauce or paste  
2 Tbs dried herb mix (like herbs d' Provence - oregano, basil, rosemary, thyme)  
1 lb ground beef - browned in skilled with 1 large onion  
  
1 cup sour cream  
1 egg  
1 cup mozzarella cheese  
Salt and pepper to taste  
5 slices Gouda cheese

### Directions

**Set Sun Oven out to preheat.**

Pre-grease pan with coconut oil. Then spread some tomato paste/sauce in bottom of pan. Add herbs and blend. Then layer zucchini in tightly. Top with ground beef and onion sauté. Add egg and blend with sour cream. Layer this in next. Add mozzarella cheese. Then repeat layers to use all ingredients. Top with Gouda slices. Cook 1 hour covered, uncover and continue another hour, or until zucchini is tender and most moisture has been evaporated/absorbed. Let sit for a few minutes before slicing.

Serves 4

For Stacy's detailed instructions Watch [here](#)

## [Recovering Your Garden and Landscapes After a Flood](#)

If your property is flooded, rescuing and recovering your home and personal belongings will be first on your mind, but sooner or later, you will need to face the questions of how to recover and repair your garden and landscape. The Agriculture Department of North Dakota State University has provided these suggestions:

- If floodwater was contaminated with raw sewage, do not eat the produce it touched. Crops that can be washed thoroughly with disinfectant (bleach), peeled and/or boiled should pose minimal risks. However, crops that are eaten uncooked, especially leafy crops such as spinach and lettuce should not be eaten because removing all of the contamination is so difficult.
- Resist the urge to replant immediately, give the soil a chance to dry out first. Working wet soil will have long-lasting effects on soil compaction.
- When soils are completely flooded, oxygen is prevented from reaching the root system of trees and shrubs. Some are more tolerant of water logged conditions, but the longer the lack of aeration, the greater the chance of root death. Most landscape plants can survive being submerged for about a week. However, extended lack of aeration to the roots will result in root die-back, with the above ground symptoms appearing as leaf yellowing, droopy foliage, leaf dropped, eventually branch die-back. Waterlogged roots systems are more susceptible to attack by root-rot organisms. In areas of severe flooding, concerns for plant health also include soil erosion and deposits of additional soil and silt. Both can damage root systems.
- Don't be too hasty to cut limbs. Remove only those that are physically damaged or obviously dead. Branches that have lost leaves aren't necessarily dead; even though leaves may drop, buds may be able to re-leaf. A light fertilization may be helpful to replace nutrients that were lost and to encourage re-growth.
- After floodwaters have receded, the landscape probably will be covered in thick silt and may have a raw sewage like odor, which indicates a lack of oxygen in the soil. Many plants will look dead. Never fear, plants that have shown good survival after two weeks under floodwaters include most native trees, shrubs, perennials and hardy bulbs.
- Once your landscape is dry remove trash, debris and any uprooted plants.
- Remove accumulations of sediment and organic debris by shoveling or hosing and then mow the grass. Remove only about one-third of the height at this time. Applying about 1/2 pound of nitrogen per 1,000 square feet will encourage turf recovery, and then follow normal maintenance practices.
- Inspect and flush your sprinkler system.
- Call before you dig. Know where buried power lines and cables are before digging in your lawn.
- Consider using plywood or wood chips on paths where heavy equipment will be to save wear and tear on the landscape as you renovate.
- Beavers and other wildlife can be displaced during floods and cause significant damage to trees and shrubs. Valuable trees and shrubs can be encircled with woven wire or hardware cloth that is at least three feet high and at least 10 inches from the trees or shrubs.



Photo: [FoodSafetyTrainingCertification.com](http://FoodSafetyTrainingCertification.com)

For additional information on flooding recovery: [Flood Recovery](#)