

## Beneficial Insects for Your Garden



Photo: [StrongerTogether.Coop](http://StrongerTogether.Coop)

to battle the bad bugs is to enlist an opposing army of good ones. For every bug chewing on your garden plants, there are predator bugs ready to make a meal of them. You just need to know how to attract the beneficial ones to your garden.

Beneficial insects pollinate flowers to make fruit and others eat the pests that want to eat your garden plants or suck the life out of them. One of the best ways to attract beneficials is to create a welcoming environment for them both by adding plants they like either to eat or as places to rest. For example morning glory vines attract ladybugs and hoverflies, goldenrod beckons ladybugs, assassin bugs and parasitic wasps. Such a garden can be as simple as planting some grasses, perennial alfalfa, goldenrod, or hairy vetch in front of a row of fruit-bearing shrubs. Blanket flower, garlic chives, coreopsis, flowering dill, rudbeckia, milkweed, butterfly weed, purple cone flower, coral honeysuckle, Thai basil, rosemary, cilantro, and thyme can serve both as beneficial bug attracters and bad bug repellants. Be sure to add some standing watering spots for them, like a small pond with floating plants for them to stand on to drink.

Attract these beneficial bugs to your garden:



[Assassin Bug](#)

**Assassin Bugs** - These scary looking ½ inch long insects look like miniature robots monsters. These ambush predators have tubular mouthparts, called a proboscis, which they use to inject a lethal saliva that liquefies the insides of the prey, which are then sucked out.

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Billie Nicholson



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## Emergency and General Air Filter Tips

Andrea Unzaga, [FilterKing](#)



During an [emergency](#), your home will face several instances of duress and you may need to deal with multiple problems if the situation grows worse. The average home is capable of being damaged in many different ways depending on the scenario and this could pose a risk to residents. Of course, you have the more obvious risks like flood damaging and collapsing objects. But you also need to be aware of the more subtle dangers that come with storms, including the pollutants that could fill the air around a home. This is where air filters come in, cleaning up incoming airflow before it becomes a problem.

### Air Filter Emergency Usefulness

Air filters have the express purpose of keeping the air coming into a home clean through means of their design. The air filters in your home are built using specialized mesh weaving that is tight enough to trap irritants and particles while still letting clean air pass through. This is especially important to note because during a disaster there may be irritants or smoke particles being pushed around in the air. It is best to make sure these particles do not enter your home because they can end up causing breathing problems for residents inside. Air filters can help prevent poor air quality from spreading throughout a home and causing problems [after the emergency has passed](#).

### Issues with Poor Air Quality

It is important to keep the quality of air inside a home fresh and clean in order to prevent medical problems from developing. There may also be problems with [mold](#) and bacteria that could begin to grow in your air system over time if it is not properly protected. The air filters in a system also make sure that the air leaving a home is cleaned as well. For homes that are affected by an emergency leading to smoke or other harmful particles filling a room, the filters clean out air leaving a room so the pollutants do not circulate. As long as you take care of your air systems and keep your filters clean, it should help make sure you will continue breathing easy during an emergency.

### How Often Should I Change My Air Filter?

The frequency that you should change your air filter depends largely on several factors, including the size of the home, how often you're home, whether you have pets, and whether you have allergies. For an average size suburban home:

- Family home without pets: every three months
- Home with a cat or dog: every two months

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## Diabetes

### New Where There is No Doctor

It happens in every corner of the world: a routine blood test yields the surprising news that you have diabetes. Diabetes doesn't necessarily present symptoms right away, and someone whose diabetes has been progressing undiagnosed may find her life turned upside down by having to adopt new eating habits, begin new routines of self-care, and figure out how to afford the cost of new medicines.

Communities have responded to these circumstances in many creative ways that don't require a huge investment. Shared community kitchens give families the opportunity to make their own meals instead of relying on prepared foods — and offer a place for a healthy cooking class or that can be shared. School programs can offer children the chance to learn about nutrition early and participate in growing, cooking, and eating healthy food. Community gardens provide people with low or no cost vegetables. Hesperian's **New Where There is No Doctor** contains a detailed chapter on diabetes.

### What is Diabetes?

When we digest food, it puts sugar into our blood. This sugar is called glucose and our bodies use it to get the energy we need. Sweet things turn into glucose but other foods do too, especially starchy foods such as rice, maize, yam, potato, and bread or other foods made from wheat.

Diabetes means having too much sugar in your blood. With diabetes, The most common type of diabetes is called Type 2 diabetes. Type 2 diabetes is mainly caused by not enough activity, eating unhealthy foods—especially processed, packaged foods—and increased stress and inequality in our lives. Diabetes is a “chronic” disease, which means it can get better or worse, but it never completely goes away.

To live healthier with diabetes, it is very important to control the amount (level) of sugar in your blood. Diabetes is dangerous because high blood sugar can cause problems such as blindness, loss of limbs, loss of ability to have sex, stroke, or even death. When you keep your sugar levels down, these problems can mostly be avoided, and you can have a productive and healthy life. This is called “managing” diabetes. Instead of giving us energy, the sugar builds up in the blood and causes damage to the body.

### Can you be healthy with diabetes?

Medicines and medical care cannot cure diabetes. But people can be healthy with diabetes if they learn about the disease and take care to manage the disease themselves. The most important things to do are to eat healthy food, get exercise, keep your teeth and gums clean, take care of your feet, find ways to reduce stress, and get enough rest. In some cases, medicine is needed too.

### Signs of diabetes

Early signs of diabetes are often hard to recognize. Sometimes there may be no signs at all. Many people have diabetes without knowing it.

### SIGNS THAT MAY BE FROM DIABETES

- Thirst

[Read More Here](#)

## **In Self Defense: The Final Decision in Home Security**

Shawn Vicent [CCW SAFE](#)



### **PREVENTING A LIFE-AND-DEATH HOME DEFENSE SCENARIO**

Most gun owners keep a weapon for the purpose of home defense. They imagine a nightmare scenario in which an intruder crosses the threshold of their sanctuary with ill intent. They resolve they are willing to meet such a threat with deadly force if necessary. Not all gun owners concerned with home defense, however, make equal investments in other security measures that could deter an intruder or provide alternatives to deadly force.

Don West, National Trial Counsel for CCW Safe and veteran criminal defense attorney, says, “Using your weapon is the final decision to be made in a home defense scenario.” He says an investment of time and money can help you avoid having to make a life-and-death self-defense decision.

We have taken an in-depth look at [three home defense cases](#). In each, the security measures (or lack of security measures) taken by the shooter had an impact on the legal defense.

The lesson for the gun owner concerned with home defense is that your firearm is only one tool available to you, and it should be your absolute last line of defense. As Don West says, it’s the “final decision” in a chain of choices that you can make to deter intruders. The first choice may be to install proper exterior lighting, and secure your windows and doors. Make every effort to ensure that your home is not a “crime of opportunity.” Exterior cameras can help assess whether someone is a threat before they attempt to enter your house so you can avoid accidents such as in the Wafer case, and you’ll have time to safely call 911 as Smith should have done. An alarm or verbal warning will let an intruder know they’ve been identified. If they refuse to flee, you’ll be all the more assured that they mean you harm, and an ultimate use of deadly force may be judged to be all the more justified.

If you’ve invested in a firearm for home defense, then you should also make other investments in home security that will deter intruders, and give you more time and more options should someone ever try to forcibly enter your home. If you’re willing to kill someone to protect your family, any other efforts to keep them safe are simple and reasonable by comparison.

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## MATERIA MEDICA - FRENCH TARRAGON



**Botanical Name:** *Artemisia dracunculus* L.

**Common Name:** Tarragon

**Family:** Compositae

**Parts Used:** Leaves and stems

**Native Region:** European continent

**Geographic Distribution:** Arrived in England in 1500's and transported to the Dutch settlements in the New World. Currently found in most of

Facebook  
Northern Hemisphere including Europe, Asia, India, western North America and parts of northern Mexico. Written records of Tarragon cultivation date back to 500 B.C. [1]

**Botanical Description:** Tarragon is a perennial herb cultivated for the use of its aromatic leaves in seasoning, salads, etc., and in the preparation of Tarragon vinegar. It grows to a height of about 2 feet and has long, narrow leaves, which are undivided, alternate, either oblong or lance-shaped. They grow  $\frac{3}{4}$  - 3  $\frac{1}{2}$  inches long. It blossoms in August, the small flowers, in round heads, being yellow mingled with black, and rarely fully open. The roots are long and fibrous, spreading by runners. The fresh leaves have an anise like odor when crushed. [2]  
Charlemagne, king of the Franks and Holy Roman Empire, liked it so much that he ordered it planted on all his estates.

**Cultivation:** Tarragon rarely produces fertile flowers so it is more readily cultivated by division of roots in early spring, or by cuttings. A few young plants should be raised annually to keep up a supply. It loves warmth and sunshine and succeeds best in warm, rather dry situations. Protect the roots during winter to reduce damage due to freezing.[2]

**Harvesting Guidelines:** Leaves can be picked from mid summer until the end of September. The foliage can be cut and dried in early autumn for use in a dry state later. Beds should be entirely cut down and top dressed to protect from frost. If you need green leaves during winter, dig up a few roots and move them inside. Dry in a well ventilated room and pack away as soon as dry to avoid reabsorption of moisture. [2]

**Constituents:** Fresh leaves possess an essential volatile oil, which if used extensively, has been shown in animal experiments to be carcinogenic. It is a rich source of the B-complex vitamins, and contains a large amount of niacin and thiamin, vitamins A and C. [3]

**Culinary Uses:** Leaves should be washed under running water to remove dirt, other impurities, or pesticides. Add it in small amounts to dishes at the last minute to retain the most flavor and taste. It can be used as an ingredient in green salads. The dried leaves can be used to marinate meat, poultry, fish and lamb dishes; also to flavor sauces and soups. [3]

Tarragon Vinegar - Pick just before flowering on a dry day. Remove the leaves from the stalks and allow them to dry a little. Then place in a wide mouthed jar, cover with best quality white vinegar, and allow [Read More](#)

## 20 Survival Uses for Chapstick

James Walton [AskAPrepper.com](http://AskAPrepper.com)



Photo: [wikimedia.org](http://wikimedia.org)

While Chapstick might be one of the most common items on the market, it can be co opted for a number of survival uses. You can find Chapstick at nearly every retailer in existence and most people have a tube within reach. Be it in their pocket, desk drawer or handbag, Chapstick is around. The reason for its popularity is simple. The chafing and dry cracked lips can be a real pain.

Would you believe me that there are as many as 20 survival uses for your little tube of Chapstick. When you finish reading this article you will look at that small EDC item in a whole new light.

### #1. Chapped Lips

Let's get that one out of the way! The reason we carry Chapstick is to avoid that painful cracking and drying in our lips.

#2. Fire Accelerant When it comes to fire, every little bit helps. You should have a collection of tinder, combustion devices and maybe even a few candles as part of your fire kit. Chapstick is another great little addition to that kit. Chapstick is made from wax or camphor and most of the time its combination of both.

Camphor is a terpenoid from evergreen trees. It is a highly combustible ingredient much like the volatile oils in pinewood. So, your Chapstick is a great way to get tinder off and running if you need a little extra help.

### #3. Small Waterproofing Tasks

Because of those base ingredients you will find that Chapstick is a great at small waterproofing tasks. If you have small holes in pouches, bags, tents or rain gear it can be used to keep water out of those items. These same properties will allow for you to waterproof things like knives and the threads on flashlights. Its not a long-term solution but it can be a big help if you find yourself moving in the rain without the option to stop and setup shelter.

### #4. Windburn Protection

On the Christmas of 2018 Colin O'Brady was on the last leg of his record breaking, solo trek across the Continent of Antarctica. He spent two months pulling a sled across the tundra and as you can imagine he faced a lot of things.

Colin used tape and Chapstick to deal with the wicked Antarctic winds. You can use Chapstick in the same way, on your nose, ears and face to help deal with windburns in cold weather.

### #5. Foot Care

One of the most important body parts to care for in a disaster are your feet. Your feet are what drive you in a survival situation. Because of the friction that long hiking creates Chapstick can act as a barrier between those hot spots and rubbing materials like socks and boots or shoes.

### #6. Light Lubrication

Whether you are working with rusted screws, sticking tools or a bow drill set you can use a little Chapstick to keep things moving. This lubrication can make all the difference. A little Chapstick goes a long way as lubricant.

#7. First Aid for Cuts Small cuts can really benefit from a little Chapstick. If you have a wound that is large and bleeding it will not be of much use but small cuts that need protection can be covered in Chapstick if you have no bandage. Or it can be combined with a bandage

[Continued](#)

## Sun Baked Sriracha Chips



**When you have more kale than you know what to do with, make this crispy, spicy treat. It will be a hit.**

### Ingredients

1 bunch Lacinato kale\*  
1 tablespoon olive oil  
1 teaspoon Sriracha sauce  
1/4 teaspoon kosher salt

### Directions

Set Sun Oven out to preheat. Line 3 baking racks with silicone mats or parchment paper, set aside. Using a sharp knife, remove the tough rib of each kale leaf. Wash the leaves and dry thoroughly, use a salad spinner if you have one. Tear the leaves into pieces. In a large bowl, combine olive oil, Sriracha. Add the kale to the bowl and use your hands to mix until all the leaves are coated with the oil mixture. Arrange the kale in single layers on the prepared baking racks. Sprinkle with salt. Do not crowd the kale on the racks. If it doesn't fit bake the remaining kale in a second batch. Stack the racks or pans

in the Sun Oven and cook 15 to 20 minutes or until the kale is crisp. Remove the top layer. After 2 or 3 more minutes remove the second layer, then, after a few more minutes the third. Chips will keep for a day or two stored in a brown paper bag.

Makes 4-6 servings.

\*Lacinato kale is a variety of kale with a long tradition in Italian cuisine, especially that of Tuscany. It has dark blue-green leaves with an “embossed texture”; its taste is described as “slightly sweeter and more delicate than curly kale.” We are enjoying this variety in our garden this year. You can eat it cooked or raw, in a salad.

## Emergency Funds: Everything You Need to Know

Lance Cothorn [MoneyUnder30.com](http://MoneyUnder30.com)

Emergency funds are the backbone of strong personal financial plans. Learn why you need emergency savings, where to put the money, and how much you need.

Managing your budget can be stressful, especially if you have an unexpected emergency pop up. Fortunately, there's a way you can prepare for unexpected financial emergencies.

By building up a savings buffer—called an emergency fund—you can be prepared to pay for unexpected emergencies without having to turn to credit card debt, family loans, or other borrowing options that create unnecessary stress.

While an emergency fund won't solve all your money problems, it's a great start to getting your finances headed in the right direction.

Here's exactly what an emergency fund is and what you need to know about them.

### **What is an emergency fund?**

Before we break down exactly what an emergency fund is, let's define what it is not:

It is not used for planned purchases like a house, a new car, a college education, and so on.

It does not have to a large, unattainable amount; it can start small.

It is not a set amount for everyone—it varies based on your lifestyle.

An emergency fund is money you set aside for when an emergency upends your world and you need money to do what needs to be done.

Having an emergency fund gives you the peace of mind to know that should something truly awful happen, such as losing your job, you can worry about how to deal with the emergency itself and not worry about how you're going to survive financially.

### **How big should my emergency fund be?**

While a person's emergency fund will vary from situation to situation, most financial experts agree that a fully stocked emergency fund should hold between three to eight months of monthly expenses.

Dave Ramsey prefers three to six months of expenses, while Suze Orman prefers eight months of expenses in a fully stocked emergency fund.

However, you don't need to stress out about saving three to eight months of expenses overnight.

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