

The magazine of modern homesteading

# COUNTRYSIDE

*& Small Stock Journal*

Volume 97 • Number 6  
November/December 2013

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to Work**

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Right Fence**

**Tips for Cooking  
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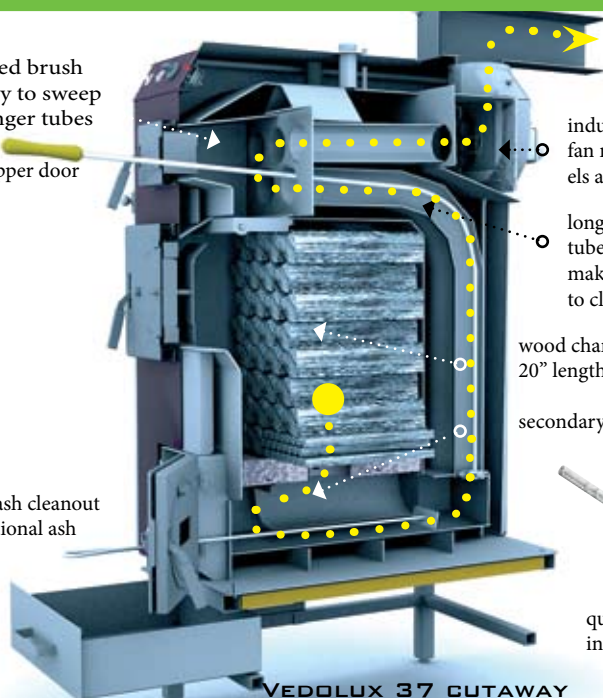
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## Our Philosophy

It's not a single idea, but many ideas and attitudes, including a reverence for nature and a preference for country life; a desire for maximum personal self-reliance and creative leisure; a concern for family nurture and community cohesion; a belief that the primary reward of work should be well-being rather than money; a certain nostalgia for the supposed simplicities of the past and an anxiety about the technological and bureaucratic complexities of the present and the future; and a taste for the plain and functional.

COUNTRYSIDE reflects and supports the simple life, and calls its practitioners homesteaders.

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**General Manager:** Mike Campbell  
**Managing Editor:**  
Anne-marie Belanger Ida

**Editorial Assistants:**  
Jerri Cook, Samantha Ingersoll  
**Office Manager:** Ellen Soper  
**Fulfillment:** Chris Barkley, Laura Ching,  
Ann Tom, Kelly Weiler

**Advertising office:** 1-800-551-5691  
**Classified ads:** Gary Christopherson:  
[csyclassifieds@tds.net](mailto:csyclassifieds@tds.net)  
**Display advertising:** Alicia Komanec:  
[csyadvertising@tds.net](mailto:csyadvertising@tds.net)

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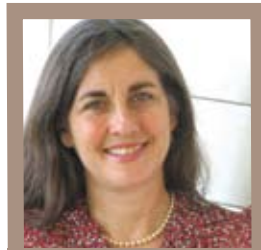


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**Contact us:**

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- Dry your bounty

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## Country conversation & feedback

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### It's a Fact: Live-stock Make Messes

**COUNTRYSIDE:** As a poultry farmer for 40 years and a planning commission member for 14, I would like to respond to the article "CAFO Threat Close to Home," in the July/Aug 2013 issue. The author raises nine specific objections, mostly trivial, to a poultry farm next door. I would like to address each of them individually.

**Pollution:** Since the chickens are inside, there will be almost (no) pollution.

**Truck traffic:** Of course there will be a small increase in traffic. How many businesses don't generate traffic? Public roads are provided for the use of all the public, not for the writer's private use. Some of the public needs to haul things in trucks.

#### From the editor:

#### Take the Survey

We always like to know what's happening on your homestead and what you'd like to see in future issues of COUNTRYSIDE. On page 55 in this issue you'll find the 2013 COUNTRYSIDE & SMALL STOCK JOURNAL survey. Sharpen your pencil, fill it out and mail it back to us in the postage paid envelope provided. If you don't want to tear apart your magazine, scan the QR code with your smartphone; visit our website at [www.countrysidemag.com](http://www.countrysidemag.com), or make a paper copy and send that instead. We can't wait to hear from you!

Wishing you all a wonderful Holiday Season. — Anne-marie

**Well contamination:** Since pollution is nearly non-existent, there will be no well contamination. She claims that wells have been "affected," but provides no data to back up this claim.

**Loss of water supply:** The chicken houses will use far less water than an irrigation well and are unlikely to affect the local water table.

**Supposed health risk:** Does she not realize that if an occasional whiff of the chicken houses could make someone sick, the people who work in them all day would be deathly ill?

Local government did not help her harass her neighbor or require a setback. Fortunately, most states have passed "Right to Farm" laws precisely to protect us hard-working farmers from meddlers. In this state, farm buildings are exempt from setback rules. That may be true where she is.

**Manure is applied to crops:** Manure application is an environmentally responsible recycling of nutrients, which reduces the need for chemical fertilizers. The idea that spreading this natural organic product somewhere in the neighborhood might damage a certified organic farm is absurd. She ought to be trying to get some of it for her own farm.

**Odor:** She is finally correct about something. Animal agriculture frequently creates odors. That is one reason livestock is grown in the country instead of the city. Animal odors are a normal part of rural life, just as exhaust fumes are part of city life.

A road she used has been blocked: If someone can stop her from using the road, perhaps she had no right to

use it in the first place.

If you want to move to the country, we welcome you. But if you want to live in the city, stay there—don't try to remake the country. Don't assume that owning a few acres entitles you to control the entire neighborhood. We mind our own business and expect you to do the same. Farming can be a nice hobby, but understand that we aren't farming for a hobby. We are trying to make a living at it. We can't make a living farming as if it were still 1900, we have to use modern practices. For a third-generation farmer, the author seems remarkably ignorant of modern practices. — *Melvin Griffith, Tennessee*

**COUNTRYSIDE:** the article titled "CAFO Threat Close to Home," really hit close to my heart. I am a victim of terrorism by industrial agriculture for 21 years. I was forced by big ag and government to endure stress and noise. I fight the battle alone but will never give up. I have been threatened more than once for speaking out against these animal factories and puppy mills. — *Cindy S., Pennsylvania*

### Hog Farming Ain't Easy

**COUNTRYSIDE:** The last issue of COUNTRYSIDE had an article on hog confinement that was an absolute lie from start to finish. I am 77 years old and my son and I still farrow and finish hogs. Never in our most careless moments would we allow conditions to exist

that were described in the article.

Hogs are animals, not people. We as producers are constantly protecting our hogs from each other, as well as the elements. A sow herd that is left to compete with each other will have individuals that learn to tear the tender vulvas off another sow's vagina in order to steal her feed. For years we dealt with both vaginal and rectal prolapses because of weather changes and piling to keep warm. More than that, we dealt with ice and wet bedding from blowing snow and any number of unbelievable situations that would cause our sows to go off feed and die.

Four years ago we spent \$200,000 to protect our herd from all of that. Yes, we do have them in individual stalls so that we can give each one the proper amount of feed. Our fuel bill to keep the building warm in the winter is very high. Our electric bill for fans and drippers is high as well. Yes, we do still have individuals that we must cull and sell for lack of production, but only at a rate of about 10% of what it was before.

Agriculture is carrying the lion's share of the current economy in this country. Why publish an article that does so much damage to a group of people that try so hard to get it right?

As you walk the streets of our cities, look around you and see if you think we are any better at taking care of people than the farmers are of their hogs. — James W. Reed, Iowa

**There is no right way to farm. While the majority of commercial livestock producers do follow the government rules of production, some do not. Those few are the ones who give industrial agriculture a black-eye. Don't shoot the messenger.**

## Changing Your Perspective Can Change Your Life

COUNTRYSIDE: We're coming into the fall season here in Michigan, mornings are cooler, leaves are changing and it's

dark earlier. Along with the season change we have the fall harvest, giving to us foods like beets, cabbage, Brussels sprouts, and so forth. I did want to mention that we do grow our own herbs. I'm considering more lavender for next year. Like many, people I've noticed a climate change and with that crop changes. There's a lot to be said for someone who's made a decision to take care of self and earth. By this I mean you've become aware of your own destructive cycle of consumerism, which contributes to the landfills, and depletes the earth. What does it mean to live more responsibly? According to Michael J. Cohen, ED.D., in *Web of Life Imperative*, we feel overwhelmed by our inability to produce the heaven on earth that our soul innately knows and constantly seeks. Nature-isolated people suffer from excessive stress, conflict and destructiveness. Contact with nature helps them transform and recycle back into peaceful and responsibly balanced relationships.

I consider the above significant to the well being of humanity. We learn to love what we trust. I've been doing nature activities for a while now and have a much better understanding of the importance of giving back to the earth and not destroying it. I feel better when I'm outdoors and thankful for everything around me, the air I'm breathing has a reciprocating process. "Changing your perspective can change your life." It has for me, and it can for you.

Like this: I walk outdoors more consistently; I like to ride my bike instead of driving when the weather permits; for now, by consensus we have one vehicle; we arrange appointments and other things to be done whenever possible on the same day; we don't have to have the latest in technology. I change my clothes twice a week on shower days. Now you know how many showers I take. How funny. (And just to let you know, I look great. I do the best with what I have, and by George, it works beautifully). I read or listen to something almost every day that will build me up and encourage me to accept and apply new ways of thinking. We buy



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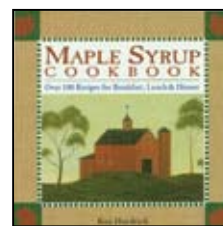
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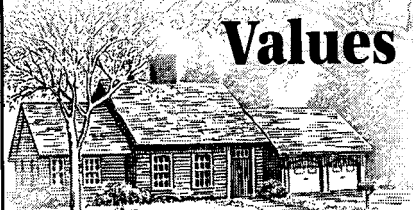
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10 Try to be like the turtle—at ease in your own shell.— Bill Copeland

used whenever possible; my husband will fix most things that need to be repaired. We continue using most things until they're unusable. (He applies this to clothing much better than I do.) We live in a sub-division and neighbors are close. My husband has said to the men in the neighborhood they could borrow some of his tools and things when needed, and just bring them back when finished. So far it's worked well—an open door policy. We enjoy the fall booty and like giving to those around us.

Let me see now if I believe Earth and people are one. The next time I decide to dump the waste material of something into the earth, I might want to ask myself, will this benefit or destroy the environment for future generations? I've not mastered this, and admit I struggle with it. Some things are recyclable and some are not. Oh well, I let the stress of trying to figure all this out go and do what I know to do right now.

You can contact me at nelvaj77@yahoo.com

Until next time enjoy the clean humor! — *Nelva Jean*

## Some Further Info for "Beyond the Gold"

COUNTRYSIDE: Jeff Hoard in his article, "Beyond The Gold" (Sept/Oct 2013) mentions the documentary movie, "End Of The Road: How Money Became Worthless." In my research of this topic, I found a great book that documents the fiat currency collapse in Argentina in 2001.

The book is filled with real information on what happens to a modern economy when the money becomes worthless. The book is, *The Modern Survival Manual: Surviving The Economic Collapse*, by Fernando Aguirre. Self published, 2009 and available from Amazon. The information is valuable for those interested. — *Craig Dandy, Michigan*

## "Light Plants" It Was the Worst of Times...

COUNTRYSIDE: I read the letter by Cynthia J. Vannoy in the Jul/Aug edition and thought to myself, "Poor thing. It's a shame you only experienced the worst of what alternative energy has to offer."

While I find some of the stories of tending to the old "light plant" amusing, I shudder to think of someone trying to run a homestead on only a generator as a permanent solution to filling the needs often associated with electricity.

"Light plants" as she knew them, or "generators" as we would typically refer to them today, are seldom the only source of electricity in an off-grid homestead in this day and age, though there are exceptions. Certainly, a generator can be and often is a part of a well-developed off-grid power system. But it doesn't mean that it should be the prime producer of electricity. By contrast, it should be a back-up or supplement to other

### Career Change

A passenger in a taxi tapped the driver on the shoulder and said something to him.

The driver screamed, lost control of the cab, almost hit a bus, drove over the curb and stopped just inches from a large plate-glass window.

Driver and passenger sat silently for a few moments. Then the driver said, "Please don't ever do that again. You scared the living daylights out of me."

The passenger, who was just as frightened as the shaken cab driver, apologized.

"I didn't realize a tap on the shoulder would frighten you so much," the passenger said.

"I'm sorry," said the driver. "It's not your fault. Today is my first day driving a cab. You see, until today, I'd been driving a hearse for 25 years." — *Shelby Camp Easley, South Carolina*

more desirable sources of electricity and used only as needed.

Solar panels are very available these days. Panels can be had for under \$1/watt. Battery banks consisting of deep cycle battery banks are readily available. Pure sine wave inverters are capable of putting out very clean power for things like your television, computer, microwave and quite a bit more. LED lighting is becoming common enough to find those kinds of fixtures in the typical home improvement stores.

Things like wind generators are not all that hard to come by, either, and can supplement a solar array with power when the wind is blowing, even if it's night time and the solar panels aren't collecting any juice for your batteries. Wind generators can also provide a supplement to a good solar system.

There are some things that are difficult for a smaller solar array to take care of. Typically heating and air conditioning draw too much power to be feasible for most solar setups, as are water heaters and electric clothes dryers. Refrigeration is a fairly heavy user but some of the larger solar setups can also handle a refrigerator and/or freezer, even a clothes washing machine.

If one is not opposed to using propane or natural gas, that can be used for things like a clothes dryer, a kitchen range, a water heater and even refrigeration. It can also be used for heating, or supplemental heating if one chooses to provide for at least a part of their heating needs with something like wood or coal. Those things are pretty typical among Amish homesteads that don't have electricity in their homes.

If I were looking towards powering a homestead as an off-grid type setup, a generator might be a place to start. It would be a way less than desirable place to end, at least in my opinion. There are numerous options for electrical power these days and a number of ways to run things other than with electricity and still keep within the realm of our modern world.

Were I to tell you that I hated

vegetables, had to endure eating little more than vegetables for decades, and then you come to find out that all I ever ate was potatoes, how would you feel about my opinions of vegetables?

It's a shame Ms. Vannoy never experienced a good working off-grid solar power setup. There are some good ones out there that leave out the torture part of living with them.

– Brian M. Trout



## Soap Isn't a Cure-All, Either

COUNTRYSIDE: We grow everything organically – 50% for us and 50% for whatever else is currently eating our veggies (we live in the woods). As stated in your Sept/Oct 2013 issue, soap is used by many organic growers and we always have a container of soapy water to throw bugs into – left near the garden and with a lid when not in use. We especially use it for stinkbugs and Japanese beetles that we catch.

Alas, though, when soap is sprayed on a plant, it kills the good bugs, also. When the good guys, like our dwindling population of bees, gather pollen that has soap residue or land on a plant that has been sprayed, not only will they die but it's carried back to the hive first and kills the offspring, also. We would be doing nature a great service by thoroughly thinking through anything we use.

– Jan Dempsey, Virginia

## W-O-R-K Is a Four-Letter Word

COUNTRYSIDE: Though I've been

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12 Nothing is impossible, the word itself says "I'm possible"! — Audrey Hepburn

working since I was 16, part-time and full-time, the work that I enjoy most came from being self-employed with my own businesses. I originally started working in offices and after spending three years working for a law firm, I left and started my own temporary support business as a paralegal, legal secretary, receptionist, whatever office work was needed. During this time though, my hobbies were spinning, weaving, knitting, gardening and soap making. To make a long story short, in 2002, I left the office world to become a full-time fiber artisan and continued in that line of work until 2011 when the economy finally forced me to close my business.

Though I worked for myself for many years, I still retained most of my office skills which allowed me to eventually find work as an employee, but I not only missed working for myself, most of all, I missed working with my hands.

I have not returned to fiber work, but I still love gardening and especially soap making, so, I am back to working for myself with my own business selling my handmade from scratch (by me) soaps using natural ingredients of plant oils, herbs, spices, oatmeal and milk (goat and cow). I choose specific oils, herbs and spices that are known to help certain skin conditions as I prefer making and using natural products and ingredients for my own skin. For a city girl from Brooklyn, New York, after becoming an adult, the COUNTRYSIDE life fits me better than the city life ever did.

I now live in northern Ohio and work long hours making my handmade soaps and I love every minute of it! My soap sales are doing well, especially at shows, but making enough money so that I can buy my own homestead instead of renting in the city is my goal and with a positive outlook, believing that I already have it, I will!

My point? If you love what you do, "work" doesn't seem like work, and getting paid well for doing work you love is just *great!*

WORK is a four-letter word that I

enjoy using as often as possible! — Jane Deerfield; Tea\_Herb\_Milk\_Soaps@yahoo.com; [http://www.bonanza.com/booths/Signature\\_by\\_Jane](http://www.bonanza.com/booths/Signature_by_Jane)

## Family Fire Drills Could Save a Life

### Know how to turn off the LP gas, too

COUNTRYSIDE: I would like to offer some safety advice to anyone using propane: Have everyone living at your home, know how to shut the valve off at the propane tank. At any sign of something *not* normal happening with a propane appliance and/or a fire of other origins, rush out and turn off the valve. Have a fire drill, with children, and include this simple task on the list you currently go by.

Recently the black propane pipe that runs underground to our house got rusty and leaked in spots, causing a leak. It was undetected by smell and burst into flames near a kitchen wall. Fortunately both of us were at home and detected the situation fast enough to turn off the propane tank and hose down the flames before an actual emergency developed. With no source of fuel the fire went out quickly. However, I did use the water hose to dampen areas where I'd seen a flame.

We're currently building and have discovered there are new/current safety laws to follow for plumbing the propane lines into the house. Make yourself aware of what the most up-to-date methods are, and the requirements for your area.

A special hello to Cynthia V. in Wyoming ("She Prefers Modern Electricity," p. 18, July/Aug. 2013). This lady sounds like we're soul sisters.

Regarding "Skinning a Chicken," p. 73, by John R.: Finally, someone else who skins chickens besides us! This works great, especially when you're doing several for canning meat.

"The Lightening Bug," p. 22,



Clear up clogged arteries ... with oranges!



Control blood pressure ... with cinnamon!



Keep your memory sharp ... with blueberries!



# “8 Fatal Foods for Seniors!”

(By Frank K. Wood)

If you want to de-age yourself naturally by getting the upper hand on diabetes, Alzheimer's, heart disease, and more, you need *Anti-Aging Super Foods for Seniors*, an informative new book just released to the public by FC&A Medical Publishing® in Peachtree City, Georgia.

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- ▶ Tired and sluggish? Find out what foods will give you more energy.
- ▶ Don't accelerate aging! Slow it down by getting enough of ... (it's not exercise!).
- ▶ Beware! 8 warning signs of stroke. Don't ignore any of them!
- ▶ Easy tips for sound and restful sleep every night.
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- ▶ Just 3 nuts a day can control blood pressure, cholesterol, and blood sugar — even weight!
- ▶ Slash Alzheimer's risk with just 3 glasses a week!

- ▶ “Secret” healing foods in your local store! They're inexpensive and could prevent about 1/3 of all cancers!
- ▶ Lose more weight, fat, and inches while gaining energy? Eat this “greasy spoon” staple for breakfast!
- ▶ Easy, slow-motion exercise proven to improve balance, prevent falls, and increase physical performance.
- ▶ Reverse memory loss and have a younger brain! All-American powerhouse fruit is the key!
- ▶ Life-saving seasoning could reduce deaths from heart disease, diabetes, high blood pressure, and stroke.
- ▶ “Natural face lift.” No expensive creams or surgeries. Yet it can smooth wrinkles and rejuvenate skin!
- ▶ 2-second test could detect cancers way before any signs of the disease!
- ▶ #1 secret to fighting your body's aging process. Discover the best way to feel younger than your years.
- ▶ What can increase your risk of Alzheimer's or dementia by a whopping 80%? We'll tell you!
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- ▶ This fruity, high fiber breakfast is a great way to keep your energy up throughout a busy morning.
- ▶ Have more of these and you could live up to 22% longer! (It's not food or exercise!)
- ▶ Almost all women make the mistake that leads to varicose veins and back problems.
- ▶ Keep eyesight keen with a fragrant tea loaded with nutrients.
- ▶ Slow your body's aging process at the cellular level with a simple, delicious fruit!
- ▶ Make your arteries smooth and bendy — not hard and brittle! Enjoy one soothing beverage!
- ▶ Fat cells self-destruct when you add this hot favorite to your foods!
- ▶ A stick of gum can save the cost of a day in the hospital!
- ▶ Rev up your immune system without drugs!

- ▶ Graceful movements are the key!
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14 It is in your moments of decision that your destiny is shaped. —Tony Robbins

by Skip E: Thanks for the info and sources. We will be including lightening rods on our new building! —  
*Linda A. Smith, Montana*

Propane is normally a colorless, odorless and flammable gas. The odor added to LP is normally ethyl mercaptan, which smells like rotten eggs in order to detect the gas. The odorant can be absorbed by soil, building materials, untreated masonry, drapes, etc. The odor may fade on rare occasions, or some people may have a diminished sense of smell, making a gas leak difficult to detect. LP gas detectors are now available in the \$30-\$70 range.

Safety tips from the National Fire Protection Agency:

- Handle any propane-powered equipment cautiously and always follow the manufacturer's instructions.
  - Cylinder tanks for equipment such as stoves and ovens must be located outside of the home.
  - Never store or use propane gas cylinders larger than one pound inside the home.
  - Never operate a propane-powered gas grill inside the home.
- Have propane gas equipment inspected periodically by a professional for possible leaks or malfunctioning parts.
- Carefully follow the manufacturer's instructions when lighting a pilot.
  - If you smell a strong odor of gas, leave the area immediately and call the fire department from outside the home.

For more information, visit the Propane Education and Research Council web site.

## Broken Bones Put Life in Perspective

COUNTRYSIDE: I have been reading for several years now and COUNTRYSIDE is the only magazine I take. Someone said they COUNTRYSIDE and the Bible are the only things he reads. I'm close to that, but am still such an avid reader that I read anything I can get my hands on. Though my library carries COUNTRYSIDE and some books on gardening, herbs, home health and animals, reference mostly.

I would like to mention the won-



Ms. McNeally loves her Arkansas country life.

derful quotes on the tops of the left hand pages. My favorite from Sept/Oct was on page 62 ("That's my private ant. You're liable to break its legs," Albert Schweitzer to a 10-year-old boy.) It reminded me that there is always more than one way to look at things...especially ants!

For the last three years, with the grace of God and the love and help of my parents, I have been living my dream—three acres and independence on the outskirts of Hot Springs, Arkansas. It's been a lot of work and sweat equity, but I'm setting pretty well. The house and property belong to my folks, but it is my inheritance. I'm working on taking care of it. I have planted an orchard and edible landscaping, including herbs and roses, but the lilacs and gardenias feed the soul. The picture is from spring 2011 and every thing has grown so much. It seems so long ago, and yet just like yesterday.

I broke my leg just above the ankle in May this year, and everything has been fending for itself and the yard work has been put on hold while my leg heals. Plants want to grow so I think they will live until I can shovel again.

Since I've had to "take a break," it has put things I perspective that I don't want to do it alone anymore. I have been and will continue to be tough. Maybe someday I'll find someone to share the good and the bad with. The other singles I've read about who are homesteading alone

have been a big blessing and encouragement. It helps to know I'm not the only one. When I read each issue of COUNTRYSIDE, I'm encouraged and enlightened on so many subjects. Thank you for such a wonderful magazine.

– D. McNelly, Royal, Arkansas

## Too Much of a Good Thing!

COUNTRYSIDE: I just had a good idea. In the Mar/Apr 2011 issue I referred to is the letter to the editor that I sent to COUNTRYSIDE. A brief mention about liking pen-pals to correspond with was overwhelming; so much so that I had to decide what I needed to do. I tried to keep up, but found I was losing ground. Then I even got this computer and started writing newsletters to send out, thinking it would take less time. Well, that really went over great, but alas, was also quite time consuming and too expensive. So last summer (2012) I had to decide what I needed to do the most with my time and the keeping up with my homestead. Work took precedence over keeping up with letter writing to 80-plus pen-pals. I didn't like having to pass them up, but had no choice. I'm 72 now and take care of this wonderful place (Rigadoon Homestead) by myself, so you can understand my situation here.

What I am writing to you about is to ask if I could send you a brief letter that you could print in a COUNTRYSIDE issue that will let the pen-pals know I am doing a-okay, and why I haven't been keeping in touch with them.

I would like to tell you that I have gotten to know so many wonderful people via that letter you printed. They are from all over the U.S. and even Canada – young children to 85-year-olds who are still growing gardens.

As for my summer, so far (July

If you'd like to reach out to a reader, send a SASE to COUNTRYSIDE Editorial, 145 Industrial Dr., Medford, WI 54451 and we'll do our best to forward it.

2013) it's been going along quite well. The fruit trees escaped late spring frosts, so there will be plenty to enjoy in early fall plus what gets canned, jammed, dried or frozen for later. I have 13 goats now, all together. That includes four beautiful, loveable little kids.

I need to sign off now, I'm burning daylight, plus the afternoons and early evenings are hot, so I try to do outside chores before the temperature reaches the mid 90s. Also, it's a restock (go to) town day in Salmon, 18 miles away. It's the only town within 100 miles from here. I guess that qualifies me as a homesteader who lives in the boonies of the Salmon River Valley in central Idaho. – Betty K. Houver, woolynilly@yahoo.com

## "Park & Pop"

COUNTRYSIDE: Awhile back I was doing some cleaning. I hate throwing out anything I may find a later use for, but I had to make some room.

One thing I put in the trash bag was a cloth bag that hung on the back of my drivers' seat when I had a 1995 Cavalier. It had pockets and was a useful way to keep some things handy. Now the truck has a pocket on the back of the seat, so I don't need the bag.

I ended up pulling it out of the dump bag, because I got the idea to put it on the seat of the riding mower. I see some thistles when mowing and forget about them or forget where they are after an hour of mowing, so I stuck a weed puller in the pocket. When I see a thistle, I park and pop it out of the ground. I got six the first time I did this.

It occurred to me you could do the same thing with an old backpack, fanny pack, or anything you can clip on the seat that will hold tools to keep them handy so you don't have to drive back to the shed. Maybe this would be helpful to other folks.

– George

If you have an idea to share, send it to editorial@countrysidemag.com. We know some really creative minds read COUNTRYSIDE!



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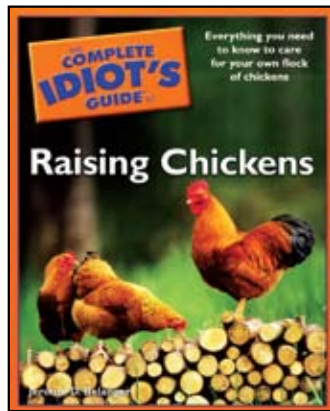
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## A Reader's Perception

COUNTRYSIDE: We are a family looking to take up roots in the northern part of the U.S. and into Canada. I was recently given a COUNTRYSIDE subscription for my birthday and enjoy it immensely.

I would have to say the rest of my extended family does not share the same love of homesteading as my family dose. In the past year I have learned about canning, we are now raising chickens, and we plan to extend our garden to more veggies here soon, as well as raise more animals. I have an associate degree in business management, and I desire to use this in the agriculture field to reach my desired proclamation of a career.

What I wanted more than anything in life was to be a stay-at-home-mom. I wanted to raise my children, work on a farm, and to find a more fulfilling environment to accomplish all this in. With the undue accident my husband suffered, and his inability to work a full-time job, I was thrust into the career world. We still desire to raise our daughter the way we have found life most fulfilling, what I don't know is how to start, where to start, and what to do to get out of the rut of where we have so dug a hole.

How does one find a good place to homestead? Where is the beginning? Is there a community with such passions? We are good people with great ethical and moral inspirations. Any and all helpful suggestions would be wonderfully appreciated. Thank you! — April Salsman; [aprilsalsman@gmail.com](mailto:aprilsalsman@gmail.com)

You can make someone happy too! Give a COUNTRYSIDE gift subscription to someone you love. See the Holiday Special on page 19 in this issue.

## Reunion 2013 Reminiscence

COUNTRYSIDE: "Homesteading" is a word that is as illusive as that buck on the first day of hunting season; a word that means many things to many people. I wondered if it really was a word at all? Maybe it was one of those "early people" words, I thought, conjuring up thoughts of settlers, hunkering down at the campfire.

Perhaps it referred to the time of "Leave it to Beaver," when we all watched the television and thought, "I wish she was my mom." Or perhaps it described the hippie generation, when we all went back to the land—at least for one growing season—then discovered corporate life was more profitable. Or perhaps now that some of us are at the "comfy shoes" stage of our lives, maybe Nirvana is on the horizon? No, not death—gardening...canning...raising animals...to eat. Yeah, the *new* going-back-to-the-land movement. Why is it I can hear the "Beverly Hillbillies" song in the background? "And they loaded up the truck and moved to..."

This year I decided to see what all the fuss was about. I went to the COUNTRYSIDE Reunion: a 2,000-mile odyssey from my home in Mexico, to discover the heartland.

My little expedition changed into a real escapade, with a simple, "I want to go, too," chimed in by Simple Choice Farm resident, Joe Hamilton. Problem was, he was coming from his summer graze in Pennsylvania.

To simplify the trip, we decided Joe would drive to Indiana from Pennsylvania, I would take the bus from Mexico, and after the reunion, we would make the adventurous drive back to Mexico together. The bus, you ask? Hey, I am cheap—and I wanted to have an experience. (Which I did.) The Greyhound ride allowed me to see San Antonio, Texarkana, Little Rock, Memphis, and Nashville, with some of the most cheerful people I have ever met.

The seat across the aisle was a beehive of activity. I saw a flustered

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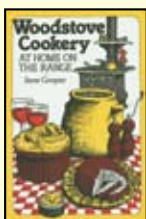


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## Woodstove Cookery

### At Home on the Range

BY JANE COOPER



A wood cookstove, for me? Sure, if you like delicious food, want to save money, and believe that a stove should do more than cook food.

But isn't it difficult to use? There are some techniques to learn, and

they're described in this book. You'll learn how to buy a stove, new or used, how to set it up, how to fuel it for various uses, how to keep it clean and in peak operating condition. And how to cook on it? Yes, a lot about that. And dozens of recipes, with emphasis on the cooking best adapted to the kitchen range—baking bread that tastes as good as it smells, cooking stews that gain goodness in hours on the back of the stove, roasting meats. Mouthwatering dishes that would make even Grandma envious. And you know how Grandma used to cook! 176 pages, \$12.95 + \$4 S&H + WI Residents add 5.5% tax.

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lady transform herself from haggard to down right sexy with the help of makeup and a curling iron, all in 100 miles. Yup, you guessed it, she was betting the farm on a new man. The same seat was next occupied by a lady with one pink sock and one shoe. I could not help myself, I asked the obvious. The answer: "My fiancé hit me...now I am going back home...nobody hits me...." The cycle of life, as I was about to see at the reunion, is like the cycle of seasons: an endless stream.

The reunion has been held every year for the past 14 years, at Robert and Yvonne Hardy's Poor Farm, just outside Gentryville, Indiana, from July 4th to the 7<sup>th</sup>.

Robert and Yvonne are super hosts, the kind of people that, after you chat for a while, you like immediately. Both Robert and Yvonne work tirelessly at the event. Robert is a consummate Houdini. He can make things appear at the event seemingly by magic. He is a man of many skills, bartering being one of them.

The conversation I enjoyed the most was Robert's telling us the reunion has taken on a life of its own, transcending from a weenie roast held once during the gathering, to cooking three huge meals every day, compliments of the homesteaders who bring everything from vegetables to canned goods.

Volunteers all help. They cook and cook — it is fabulous — and free, as is the camping. Most people pitch a tent, or drive an RV onto the beautiful hardwood treed farm. There are ponds, and a big bonfire that never goes out, thanks to people like Jim from Tennessee. (Jim also tends the wood-fired hot showers.) Everyone lends a hand and contributes in their own way. Some of my favorite early morning chats were with Yvonne as she tended the herd of coffee urns. Yvonne is a home health care practitioner; she's a shiny little star that glows around people, and people naturally gravitate to her.

I was starting to feel the spirit of homesteading, learning to give freely, to have time to exchange ideas, laugh,

have fun. And fun we had! I knew right away I was with "my" people, the ones who like to compost, the ones who like to be around for more than one growing season, and above all, the ones who like to eat.

I realized anyone can be a homesteader. I heard conversations of, "We have a small residential lot," to "I have 150 acres." Heck, we even had homesteaders from Queens, New York, a couple who gives gifts of produce to the neighborhood. Homesteaders came from all walks of life, all levels of education. All have in common a love of family, love of country, and a love of their lives. When was the last time you were able to see a family playing cards, or singing as a group around the campfire? Yes, it seems most homesteaders can sing. Just as flowers on our table denote love present in the house, singing weaves us into a community.

We homesteaders are trainable as well. We all learned when the big bell tolls, we come a-runnin'. It is either a come-and-get-it meal, or a new presentation on anything from chicken pluckin' to beekeeping, cheese making, even snapping turtle skinning. I have to say, that topic made me a little squeamish, but I enjoyed it all. I had a chance to talk to elders about steam canning, a subject I have a deep interest in. Everyone was eager to share knowledge.

Homesteaders converge to the reunion from many states, typically around 150 people a year. You don't really see that many people at once, as the farm is large and people come and go over the course of the event, though most people do stay the entire four days.

The event is open to all homesteaders, families, couples and singles. All you need to bring is a smile and some camping gear. Bring musical instruments, food from your place to put on the table, and your desire to be in a real community.

I know I will be going back now that I have experienced, and understood, homesteading at the Poor Farm. — *By Michael Mckenna, San Miguel de Allende, Mexico; [www.simplechoicefarm.com](http://www.simplechoicefarm.com)*

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## *Alternative energy:*



# Bring Renewables to *Your* Homestead

BY DAN FINK  
COLORADO

All it really takes to appreciate the benefits of electricity is to try living without it for a while. When I first moved into my off-grid homestead here in Colorado, it was only the feeble glow of kerosene lamps that brightened up long winter nights, and “running water” meant I just picked up the pace a bit when carrying buckets up the hill from the spring to the house. If you were to drop by for a visit today though, you’d likely forget how remote this territory is until you spot the moose browsing in the valley below or one of the local bears drops by for a visit. Thanks to solar and wind power, my remote home now runs just like any in town.

It wasn’t easy to get those systems set up, but it wasn’t rocket

science either. And reliable power is essential to anyone who strives to be independent and self-reliant, even in the middle of a city. A freezer full of vegetables, fruit and meat is a significant investment that won’t last long if electricity fails! Renewables can be an excellent way to give you and your family more energy security, but it pays to do your homework first.

### Critical loads

Take a minute and think about what electrical loads are really important to keeping your family and your home functioning. For me, it’s the fridge and freezer, the water pressure pump, and one light in every room. I recommend that every homeowner — no matter where they live — install a “critical loads subpanel.” It’s simply a separate breaker box to power just your essentials

when everything else in your home is shut down to save energy. It won’t give you bragging rights to impress your neighbors like a new rack of shiny solar panels would, but if you ever do decide to go solar or off grid, it will be the first thing you need to install anyway!

With that new subpanel in place, all of a sudden you have an easy way to feed backup power to your home during an emergency. For most people, the best solution is actually a generator powered by gasoline, diesel or propane. Once again, it’s not flashy and doesn’t sound very “green,” but that new panel just cut your backup fuel consumption by a huge amount. Your only other option for backup power is a big bank of batteries, and anyone who has lived off the grid can tell you what a hassle they are. And if you ever do decide to make the move to off-

**An Event Like This Happens Only Once In A Lifetime!**

# “Solar Generator Inventor Celebrates The 100-Year Anniversary Of The Solar Cell By Practically Giving Away His Bestselling PowerSource 1800 Solar Backup Generators!”



Did you know that the solar cell was invented 100 years ago by a man named William Coblenz?

It's true. In fact, he received U.S. Patent 1,077,219 for a solar cell invention to convert sunlight to electricity.

And now, 100 years later, another William (who goes by “Bill” — Bill Heid), has taken this patented technology and invented a completely portable (and ultra-high efficient) solar power generator which produces up to 1800 watts of household electricity on demand when you need it most.

And to celebrate the 100 year anniversary of the solar cell, Bill Heid is going to...

## **Practically Give Away 100 PowerSource 1800 Solar Generators And Over \$1,000 In Free Bonus Gifts!**

I'll tell you the details of this once in a lifetime offer in a minute, but first, let me tell you all about the PowerSource 1800 solar backup generator.

It's the first “plug and play” solar breakthrough in 50 years and news of it is spreading like wildfire all across the country! Why?

The answer is easy. You see, this solar generator is extremely powerful and yet very simple to use. It produces continuous electricity and runs with absolutely no noise whatsoever. It emits no toxic fumes. But the best part is you can...

### **Generate Free Electricity From The Sun!**

Charged by the sun with a powerful solar panel, the unit then stores the power for your use when you need it. We all face natural (and man-made) disasters that create temporary and sometimes permanent power outages to millions of Americans every year. That's why it's crucial to...

### **Have A Solar Powered Backup In Place!**

When you compare a solar generator to a gas generator, the difference is pretty remarkable. First, gas generators make an incredible amount of racket... and... are often very hard to start. Second, another reason to avoid gas generators is that you just can't safely run one in your house because of the dangerous fumes.

But the #1 reason you don't want to be caught in a time of crisis with a gas generator is...

### **Gas Stations Can't Pump Gas Without Electricity!**

It's true. When the power goes out, you're left with whatever gas you have on hand because the gas station pumps all run on electricity.

I could go on and on about life without electricity and what a nightmare gas generators can be. But here's the bottom line: Solutions

From Science is now offering an amazing power generating system that can provide plenty of electrical power in the event of an outage or emergency. And the best part is that you can have the power safely in your house.

### **A True Breakthrough In Home Power Generation!**

Let me try to explain the features and benefits of a solar generator as simply as possible:

#### **#1. Maximum Power In Minimum Time**

The solar generator can be set up in just a few minutes. Then, all you have to do is start plugging things in. It can run both AC & DC appliances anywhere... anytime!

#### **#2. Backup Power When You Need It Most**

It's called a “solar backup” because it's designed to come to your rescue when power trouble starts and your lights go out. Run a small refrigerator (high-efficient ones are best) to keep your food (or medicine) from going bad.

#### **#3. Portable Power**

If the going ever gets too tough where you are and you decide to “get out of dodge,” you simply throw it in the car and take off to a safer destination.

#### **#4. Generates Permanent Power**

The unit provides 1800 watts of electricity at peak power. That's enough to run many appliances in your house. The generator is recharged constantly by the sun, allowing you to use the system while charging it at the same time. Many users choose to keep appliances plugged in permanently to reduce electrical costs and help pay for the unit.

#### **#5. Multiple Uses**

You can use your solar backup to run essential appliances when emergencies arise. You can recharge phones or run shortwave radios, televisions, lights, fireplace or furnace fans, as well as computers and printers.

#### **#6. Plug And Play Means Instant Power**

The emergency backup system comes ready to go. It's truly “plug and play.” Just start plugging in your “must have” household essentials.

The retail price of the PowerSource 1800 is \$2,197.00 plus shipping and handling.

But, in honor of the 100 anniversary of the “solar cell” Solutions From Science is practically giving solar generators away just to get the word out about plug and play solar.

**Here's the deal:** You can use Coupon Code CS128 to...

### **Get A \$1,000 Discount As A Reader Of Countryside!**

That means you'll only pay \$1,197 plus shipping and handling. But that's not all! If you order one of these 100 discounted units... you'll

also get...

### **2 Free Bonuses Valued At \$1,150!**

#### **Free Bonus #1: The Energy Saver LED Light Bulb Package**

The Energy Saver Package includes five (5) LED light bulbs that cast the same amount of light as 60-watt incandescent bulbs, but use only one-tenth of the energy. In fact, if you power these bulbs with your PowerSource 1800, you can light your house for a week... even if the sun never came out! **Plus, each LED bulb lasts up to 40 years! A \$150.00 value — YOURS FREE!**

#### **Free Bonus #2: A Free Membership In The Heirloom Seeds 1K Club**

Normally, people pay \$1,000 to join this club to receive \$100 worth of the finest heirloom seeds available per year for 10 years. Why, because the fiercely independent farmers only produce limited amounts of seeds each year and once they're gone, they're gone. And 1K Club members get first pickin's.

But, if you order right away (before all one hundred PowerSource 1800 Generators are gone) your membership and your seeds are free!

The absolute fastest way to get The PowerSource 1800 and your \$1,150 in free bonuses is by going to the website at:

**[www.100YearsOfSolar.com](http://www.100YearsOfSolar.com)**

If you would like to order by phone, call toll-free 800-218-4615. Give whoever answers Coupon Code CS128 and tell them that you want the “Solar Backup Generator” system and your free bonuses rushed to you.

Or, you can pay by check or money order (payable to Solutions From Science), by sending \$1,347 (\$1,197 + \$150 S&H) to:

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I'm so convinced every American household needs a Solar Generator that I've arranged for this special deal to get one to you at this dirt cheap price.

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Sincerely,  
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grid living, an essential component of any off-grid power system is...a backup generator.

### Battery backup

Ugh, I said the B-word. Batteries are truly awful to work with and the technology hasn't changed much since 1915. Sure, there are all kinds of new battery technologies being used in modern electric cars, but the cost on these is so high that it would dwarf that of the rest of a typical solar or wind power system. A gallon of gas actually has quite a bit of energy stored in it—about 35 kilowatt-hours (kWh)—and best of all you can conveniently move it around in a pipe or in a can. A home backup battery bank that can store that much energy will be the size of a sofa and weigh about a ton. Worse, it wears out in less than 10 years, you can only use half the energy in it without damaging it, and it comes with a built-in "hole" that "leaks" electricity if you are not using it. Now that gallon of gas in a can looks pretty inviting, doesn't it?

I often hear from folks who want to "pull the plug" on the power company and go off-grid, even in the city. Unfortunately, once you involve en-



A yurt—economical in and of itself—powered with PVC panels and a wind turbine (right).

ergy storage there's a price. Take the cost of a typical backup battery bank and amortize it over the expected lifespan, and you are looking at a "battery bill" that will range from \$30 to \$80 a month or more, just for the privilege of owning them. My advice is always that if you have the grid available, use it! It's the most advanced, high-tech "battery" in the world. Just be sure to have a small battery bank (or generator) of your own for the rare times the grid fails.

### Making the jump into renewables

When my family bought this remote property decades ago, the solar power industry was in its infancy. Fortunately my folks have always been full of good common sense, and decided that a south-facing piece of land on a small ridge would be ideal—lots of warm sunshine all year round to make heating easy. We've all been reaping the benefits of that wise decision ever since, as the exposure for solar electric arrays and

wind turbines is excellent. That made the jump into renewable energy very easy!

### Evaluating a site

The ideal time to start considering solar, wind or hydro power is before you've built or purchased a home, or even better before you've purchased any land at all. I've performed so many site evaluations



A renewable system evaluation will define which system is best for your area.



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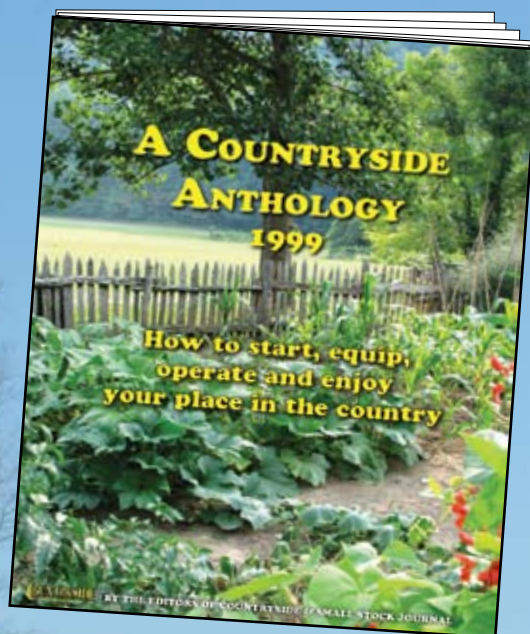
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## Power With Nature

Renewable Energy Options for Homeowners

Updated 3rd Edition

By Rex A. Ewing

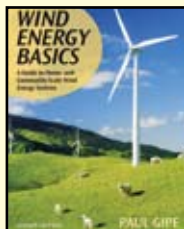
Take a step toward self-reliance by harnessing free energy from the sun, wind, water, and the earth to power your home. *Power with Nature* will get you started on the right path, whether you are connected to the grid or far from the nearest power pole. Chapters include solar PV, wind and microhydro along with system sizing, pricing and tax credits, plus passive solar, backup generators, geothermal, solar thermal, biomass, finding and storing water, and much more. **240 pages, \$24.00 + \$4.00 s/h. WI residents add 5.5%.**

## Wind Energy Basics

A Guide to Home- and Community-Scale Wind Energy Systems

2nd Edition

By Paul Gipe



The availability of clean, renewable power is without question going to be the defining challenge and goal of the 21st century, and wind will lead the way. Internationally

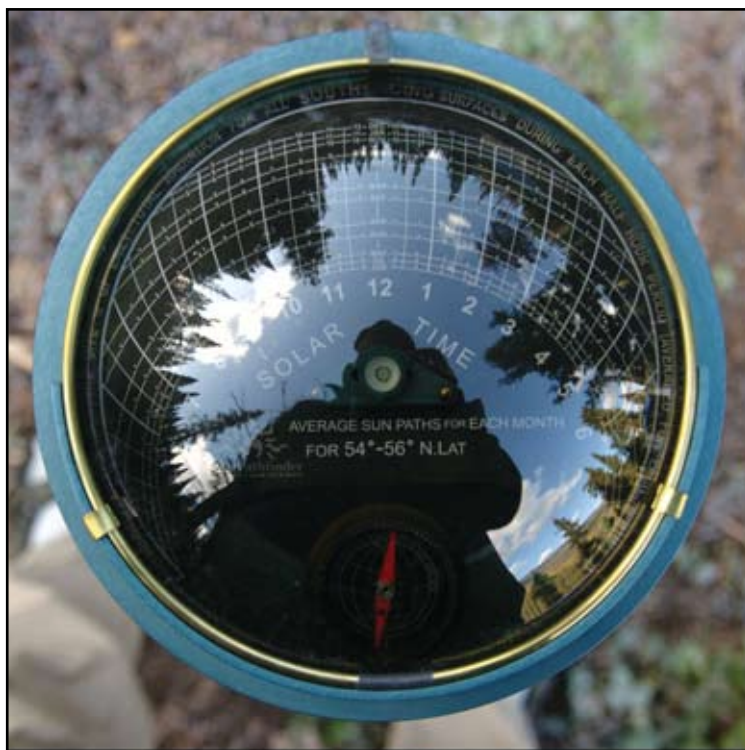
acclaimed wind energy expert Paul Gipe is as soberly critical of past energy mistakes as he is convincingly optimistic about the future. The overwhelming challenge of transforming our world from one of fossil carbon to one of clean power seems daunting at best—and paralyzingly impractical at worst. *Wind Energy Basics* offers a solution.

*Wind Energy Basics* offers a how-to for home-based wind applications, with advice on which wind turbines to choose and which to avoid. He guides wind-energy installers through considerations such as renewable investment strategies and gives cautionary tales of wind applications gone wrong. **166 pages, \$29.95 + \$4 s/h. WI res. add 5.5%.**

To place your order call

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Close-up of a solar time evaluation tool, which tracks sunlight.

for customers where my only advice is “Can you sell this piece of land and buy a different one with better exposure?” Those situations are doubly sad because an inexpensive site evaluation and a few hours of reading online or in the library would have prevented such an expensive disaster. That property down in the holler by the crick might look enticingly cool and peaceful in the summer, but if the solar exposure is poor you’ll be faced with a very expensive or completely impractical renewables installation.

For measuring solar exposure (called “insolation”) renewable energy professionals use gadgets and computer software that predict the sun’s path for each month of the year and identify obstructions that need to be removed or avoided. Solar site evaluations are not very expensive and are very accurate (they do take into account your local weather patterns) and many installers will refund the cost if you end up having them design and install your system. There are also inexpensive solar energy apps you can download for iPhone and Android devices. I recently tried one and compared the results from all the fancy gear and

software I carry, and I was surprised that the results matched to within only a few percent! You can always use the old-fashioned method, too—a compass with a clinometer, a paper map and a sun path diagram for your latitude.

Wind power potential is far more tricky to predict. My students and customers always laugh when I pull out my “wind power site evaluation kit.” Besides the usual map and compass, it contains a big bag of dice I can roll on the table, with some goat bones thrown in for good measure! The reason so much guesswork is involved is the effects of terrain and obstacles on the wind. You can download wind maps for every state from the National Renewable Energy Laboratory website (your tax dollars at work) but the measurements are taken 30, 50 or even 100 meters in the air, and therefore don’t take into account the effects of friction and turbulence caused by trees and buildings on your site.

The industry standard for small wind turbines is that they should fly at least 30 feet above anything within 500 feet in any direction, or you may be wasting your money on a wind

**Dan Fink, renewable energy consultant**  
**Solar Site Analysis Report**

Image File: tobacco\_path\_path.jpg

**Solar Obstruction Data**

Month	Unshaded % of Ideal Site	Ideal Solar Rad	Actual Solar Rad	Actual Solar Rad	Actual	Actual	Ideal	PVWatts Unshaded	Actual Site	Ideal Site
	with shading	with shading	with shading	with shading	AC Energy (KWH)	AC Energy (KWH)	AC Energy (KWH)	% Actual Site	Efficiency %	Efficiency %
	Azimuth=180	Azimuth=171.0	Azimuth=180.0	Azimuth=180.0	Azimuth=180.00	Azimuth=180.0	Azimuth=171.0	Azimuth=180.0	Azimuth=180.0	Azimuth=171.0
	Tilt=56.52	Tilt=38.0	Tilt=56.52	Tilt=56.52	Tilt=56.52	Tilt=56.52	Tilt=38.00	Tilt=56.52	Tilt=56.52	Tilt=38.00
January	0.00%	1.63	1.89	0.00	0.00	10.00	9.00	0.00 %	0.00 %	0.00 %
February	6.35%	2.90	3.21	0.21	0.80	13.00	13.00	6.43 %	7.12 %	6.42 %
March	38.29%	3.94	4.13	1.59	8.10	20.00	19.00	38.39 %	40.24 %	38.38 %
April	38.67%	4.89	4.77	1.85	8.94	22.00	23.00	38.74 %	37.79 %	37.77 %
May	82.91%	5.34	4.85	3.04	14.59	23.00	24.00	82.72 %	66.96 %	61.27 %
June	66.63%	5.51	4.85	3.22	16.03	23.00	25.00	66.42 %	58.46 %	65.50 %
July	63.44%	5.32	4.77	3.00	15.00	22.00	24.00	62.85 %	56.35 %	61.67 %
August	40.28%	5.04	4.77	1.92	9.39	23.00	24.00	40.29 %	38.13 %	39.13 %
September	38.50%	4.00	4.01	1.54	5.71	16.00	16.00	38.35 %	38.44 %	37.81 %
October	13.14%	2.77	3.00	0.40	1.71	14.00	13.00	13.21 %	14.31 %	13.24 %
November	0.00%	1.65	1.88	0.00	0.00	9.00	8.00	0.00 %	0.00 %	0.00 %
December	0.00%	1.23	1.40	0.00	0.00	6.00	5.00	0.00 %	0.00 %	0.00 %
<b>Totals</b>	<b>39.85%</b>	<b>44.21</b>	<b>43.85</b>	<b>16.78</b>	<b>80.29</b>	<b>291.00</b>	<b>293.00</b>	<b>39.62 %</b>	<b>28.98 %</b>	<b>30.19 %</b>
<b>Yearly Avg</b>	<b>Unweighted</b>	<b>Effect: 100%</b>	<b>Effect: 98.51%</b>	<b>Effect: 37.90%</b>				<b>Unweighted</b>	<b>Unweighted</b>	<b>Unweighted</b>
	<b>Sun Hrs: 3.88</b>	<b>Sun Hrs: 3.63</b>	<b>Sun Hrs: 1.40</b>					<b>Yearly Avg</b>	<b>Yearly Avg</b>	<b>Yearly Avg</b>

Notes: [None]

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 Page: 1/2

turbine and tower – anything less is like mounting your solar panels in the shade. Also keep in mind your local zoning laws and your neighbors. You might think your wind turbine is a work of art when it’s powering your home on a cloudy day, but they might disagree.

Micro hydro power can be an excellent renewable energy solution, but unfortunately most locations simply don’t have a good resource. I tell clients that unless their water source has at least 50 feet of drop (called “head”) and can fill a four-inch pipe 24/7/365, hydro is not an option. That big, lazy river out the back door might indeed have a lot of potential energy moving by, but it would be extremely complicated to harvest, with many different authorities weighing in. On a recent micro hydro site evaluation here in Colorado, I identified seven different government agencies that had to be involved for even a very small project to be approved. As we say here

## DON'T BE LEFT IN THE DARK!

*We have the perfect solution for your power outages.  
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out West, “whiskey’s for drinkin’ and water’s for fightin’.”

### Balance of system

Of course there’s much more involved in designing and installing a renewable energy system than just slapping up some solar panels in the yard or on the roof. The “everything else” is called “balance of system” in the industry. Fortunately, advances in technology over the last 10 years have streamlined installations and brought prices down drastically. Gone are the days of 12-volt DC low voltage circuits that required fat, expensive wire, hard-to-find DC lights and appliances, and specialized knowledge to install. Now, almost all renewable

energy systems are simply connected into standard or existing 120/240 volt AC house wiring that any electrician or handy homeowner already knows how to do. Even the tiny power systems in boats and RVs are being wired this way now, thanks to drastically lower equipment prices.

I often get the question from potential clients, “I have a 2,000 square foot house, how many solar panels and batteries do I need to power it?” The best answer to that question is simply, “Houses don’t use electricity, people do.” But you can certainly help your house help you to conserve energy. Little things like insulation, caulk, efficient windows and skylights, and replacing old, inefficient

appliances with new models are not as snazzy as a big rack of new solar panels on your roof, but will be much more cost-effective. It’s estimated that for every dollar you spend on energy efficiency, you’ll save \$3-\$5 on the cost of the solar or wind system needed to power your home. Off the grid, that figure is easily over \$10 saved per efficiency dollar spent.

### Energy self-sufficiency

Being your own power company is no picnic. It takes lots of research and planning to do it right, and if things go wrong you have nobody to blame but yourself. Moving off the grid is even trickier, and will provide you with a quick attitude adjustment on wasting energy, watching the weather and planning your energy usage in advance. But that’s the price of self-reliance, and I’ve always found the payback to be very satisfying.

Over the next few issues of this magazine, I’ll be going into more detail about all the topics I only just briefly touched on this time. Solar, wind, hydro, controllers, inverters, batteries, breakers and more. Please do mail in your questions to COUNTRYSIDE (email: editor@countysidemag.com, or COUNTRYSIDE Editorial, 145 Industrial Dr., Medford, WI 54451) about anything renewable—that dialogue and discussion is very important, and I always end up learning something new with every question! 🌱

Author and educator Dan Fink has lived off the grid, high in the Colorado mountains, since 1991. He has been designing and installing renewable energy systems since 1994, and is co-author of the book *Homebrew Wind Power*. Dan is a contributing author for publications including *Home Power Magazine*, *Solar Professional*, *The Journal of Green Building*, *Back Home Magazine*, and more. He teaches accredited classes on renewable energy across the USA and worldwide every year. In his rare time off, Dan enjoys backpacking, camping, flyfishing and playing dobro and banjo with friends and neighbors. He has served with the Rist Canyon Volunteer Fire Department for 15 years.

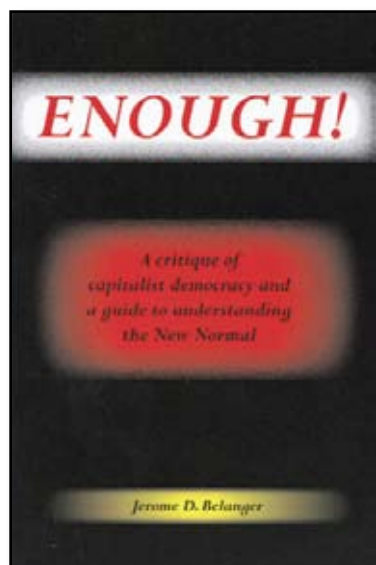
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# ENOUGH!

A Critique of Capitalist Democracy And a Guide To Understanding the New Normal

By Jerome D. Belanger



*“In 1901 nearly 80% of the average American’s income... was spent on basic needs.... By 2003 those basic needs used only 50% of income....”*

You don’t have to follow the news closely to be aware that these are tumultuous times. Every American should read this book to understand what has happened to the American Dream—and what the New Frugality really means. Of all the changes in recent history, one that stands out is how many

“wants” have now become “needs,” and the dire consequences that follow. For too many people their chief purpose is to produce and consume beyond all reason. The chaos affects everyone.

**ENOUGH!** will help you understand the mess from a homestead perspective. 299 pages, \$14.95 + \$4 s/h. WI res. add 5.5%.

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# There's a Hole In the Bucket

By JERRI COOK  
COUNTRYSIDE STAFF

I figured it out when I heard about the smoke coming from the Ferris wheel. As I listened to the animated re-telling of the event that left people suspended above the Village of Rib Lake, Wisconsin that cool summer evening, I got a different view of the area I live in—a nice wide view, just like the people stranded on the carnival ride overlooking the village at sunset. Only, while they were stranded with a view, I was stranded without the view I wanted. I was trying to work. I needed to get online, but I couldn't. Because at the exact same time the Ferris wheel took a smoke break, we had yet another brown-out. They've been happening for some time now, and becoming more frequent and lasting longer. It was these brownouts, not some computer virus or sleazy hacker that had been causing my computer problems for the last few months.

Unlike a blackout, where a failure in the electrical grid causes complete power loss to a service area, a brownout is a temporary drop in voltage. Sometimes, it is so slight that you may not notice it at all, but your electrical devices—everything from refrigerators to computers—notice it. These drops not only cause the LED displays on your devices to blink, they cause information in transit to be misdirected or lost. To make matters worse, the security programs that are supposed to protect your computer and other devices from hackers is vulnerable during power draw downs, and that surge protector that you've dutifully installed, won't do a thing for you during a brownout.

After a brownout, I have to reset everything in my office and on my network. I have to reset my router, often manually. I have to reset my wireless booster. And the reboot on my spanking new Windows 8 desktop takes forever. Even after my network recovers from one, it can be hours before my Internet service provider can recover from a brownout. The brownouts are becoming so severe in my area, that even the industrial strength voltage regulators used by the power companies can't prevent the drops. Sensitive Internet-based communications equipment is not designed to withstand wild drops and surges in the power supply. The result is an Internet blackout during a brownout on the electric grid.

Don't make the mistake of believing that brownouts are unique to rural areas. They're not. All across the United States, brownouts are becoming an everyday occurrence as power companies look for ways to provide more power to more people with fewer resources. Dr. Massoud Amin, Director of the Technological Leadership Institute (TLI) at the University of Minnesota, explains what's happening in urban and rural areas alike, "Starting in 1995, the amortization and depreciation rate has exceeded utility construction expenditures. In other words, for the past 15 years, utilities have harvested more than they have planted. The result is an increasingly stressed grid. Indeed, grid operators should be praised for keeping the lights on, while managing a system with diminished shock absorbers."

One way to deal with the deteriorating grid is to purposely drop the

voltage output across a wide area rather than instate rolling brownouts to specified areas. That's how the operators are keeping the old blister up and running. History has shown us that rolling brownouts make people and markets nervous. During the rolling brownouts on the West Coast during the Enron debacle we saw a rise in crime and a drop in the financial markets. But teeny little power drops, termed "voltage reductions" are barely noticed, and when they are, they are simply explained away by too much Internet traffic.

Why is this happening? Simple. While Americans have been going green and demanding energy efficient devices, we've also been busy being consumers, buying more energy-efficient devices than ever before. It's like knowing the brownies are fat-free, so you eat the whole pan. Humans will be human.

And all the while we've been spending it up, demanding cleaner energy and more of it than ever before, no one has been spending on maintenance, let alone research and development for the grid. "R&D spending for the electric power sector dropped 74 percent, from a high in 1993 of US \$741 million to \$193 million in 2000. R&D represented a meager 0.3 percent of revenue in the six-year period from 1995 to 2000, before declining even further to 0.17 percent from 2001 to 2006. Even the hotel industry put more into R&D," says Dr. Amin.

Even the much-touted Smart Grid hasn't been able to stabilize the America power grid. While demand for power continues to rise, putting more pressure on a dilapidated elec-



trical grid, the Smart Grid initiative, which was supposed to provide every home and business with a Smart Meter so corporate energy giants could monitor usage and route power more efficiently, is a colossal failure. After billions of dollars of taxpayer money was invested in Smart Grid during the bailouts following the economic collapse of 2008, nothing has happened to improve the reliability of America's power grid.

The frailty of the grid coupled with the abject failure of the Smart Grid initiative is causing alarm among free-market proponents and global warming activists alike. A report by North American Electric Reliability Corporation (NERC), an international regulatory authority concerned with the subject of global warming, warns environmentalists that Smart Grid isn't doing what everyone thought it would (sort of like the climate). The authors of the report urge activists not to, "...demand reduction from smart grid systems or new storage technologies before they prove they can be worked into the grid without endangering the system's reliability."

The NERC's report flies in the face of official Department of Energy findings. According to the DOE, the Smart Grid initiative is:

- Ensuring its reliability to degrees never before possible.
- Maintaining its affordability.
- Reinforcing our global competitiveness.
- Fully accommodating renewable and traditional energy sources.
- Potentially reducing our carbon footprint.
- Introducing advancements and efficiencies yet to be envisioned.

**G**eneral Electric has been the main beneficiary of government funding for Smart Grid. It has received the lion's share of the bailout money and is a favored corporate partner of government. To hear GE tell it, all is well. Smart Meters are rolling out of the factories in Chicago. Jobs are being created. Clean electricity is being generated and distributed exactly where it is needed. The system is as efficient as it everyone hoped it would be. Tell

that to the people stuck on the Ferris wheel or my colleague whose file was lost in cyberspace.

**I**solved my problem by purchasing a voltage regulator for my computer, router, and booster. Long-time readers have read about voltage regulators before. Off-gridders like Rex Ewing have written about them extensively. That's how I knew what I needed. It has solved the problem of the small voltage reductions that are common during times of high demand. It hasn't however, helped during the hard drops in voltage, the brownouts that cause the fans to stop spinning and the LED lights to blink.

There are devices that will hold enough voltage for you to shut down your electronics in an emergency, but they are expensive. Like urban areas, the peak time for brownouts around here is early morning and late evening. In urban areas, these are the times when people are consuming more electricity as they prepare to start their day and when they arrive home. Here in dairy country, it's when people are milking their cows, and the demand for electricity increases. I plan around these times. Working in the late morning and early afternoon if it's winter, or late at night when it's summer. (The kids are out of school in summer and using all sorts of devices to access the Internet, or as I like to call it, the digital nanny.)

But, I'm told there is a solution. The bucket can indeed be fixed — with another government initiative called Rural Broadband. Except...you can't get on the Internet without reliable, uninterrupted power. There's a hole in this bucket.

The term "rural broadband" refers to a multi-billion subsidy to cable operators and Internet providers, so these huge corporations will lay enough fiber optic cable to ensure every home in rural America is plugged into the information grid. Their argument in-chief is that communications companies won't invest in rural America because they can't make a profit. So, if the government gives your money directly to these corporations to compensate them for

the lost profit, the corporations will bring the dozers and the diggers and lay their cable across every last acre of the country. That way, the rural economy will flourish. Sounds good. Unless, of course, you've done even a modicum of research.

Broadband communications technologies are outdated. The latest technology, known as Free Space Open Communications (FSO), doesn't rely on fiber optic cable at all, and it's far more energy efficient than broadband technologies. The United States Patent Office had been inundated with applications for patents relating to FSO technology. One emerging high-speed solution being developed at Stevens Institute of Technology uses lasers to transmit data through readily available open space, with the potential of expanding past the limitation of fibers into a FSO system. With an optical system that is stable enough, satellites may one day convert to laser technology, resulting in a more mobile military and super-sensitive scanners, as well as faster Internet for the masses. The technology allows near instant communication over wide spaces via existing cellphone towers and other tall structures. So, why on earth should taxpayers cough up millions for broadband technology that will be obsolete by the time the project even starts?

And even if Rural Broadband does become a reality, just where is the extra electricity is going to come from? If every home in America is wired into the Internet, it will only be a matter of time before the unnoticed voltage reductions become full-blown rolling blackouts in order to maintain a frail and unstable power grid. I don't see jobs. I don't see a more efficient use of energy. From where I'm sitting, all I see is a bucket full of holes. The view from atop a seized-up Ferris wheel has to be better than this. 🍷

#### Resources:

- [www.masterresource.org/2010/08/smart-grid-nerc/](http://www.masterresource.org/2010/08/smart-grid-nerc/)
- <http://energy.gov/oe/downloads/smart-grid-introduction-0>
- [www.sciencecentric.com/news/print.php?q=11032928-new-laser-technology-prepares-revolutionise-communications](http://www.sciencecentric.com/news/print.php?q=11032928-new-laser-technology-prepares-revolutionise-communications)

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*The woodlot:*

# Minimal Impact Logging

BY DAVE BOYT

Years ago, we had a local logger with a good reputation harvest oak and walnut lumber on our family tree farm in southwest Missouri. The contract provided for an 8% bonus for careful practices that would not damage other growing stock or make ruts on trails. For the first week, I watched with great respect as he dropped the trees precisely where they would do the least damage, and carefully pulled logs out of the woods with his cable skidder, coming within a hair of bumping crop trees, but never actually touching them. It was summer and the ground was hard and dry. He hardly left a mark.

Toward the middle of the second week, all that changed. The trees were coming down in what appeared to be random directions. The Detroit Diesel engine in his skidder was running full throttle almost from the moment he started to the time he shut it down. Pulling tree-length logs out of the woods took everything that skidder had as the logs gouged the trails and gashed the trees he had so carefully avoided before. White oak and walnut trees with veneer potential had the bark stripped off of them by his carelessness. By the time we put a stop to it, the damage was already done. He just shrugged his shoulders and informed us that it was the end of the month, as if that was the only ex-

planation needed. I later learned that he owed the bank a considerable sum for his equipment, and was on the verge of losing it. A few extra loads might be enough to keep creditors away for another month. He hasn't been back since.

What if you want to harvest and bring in your own wood, either lumber or firewood? With a little finesse and the proper equipment, you can bring any log in from the woods with a lot less power and virtually no damage to your woodlot. If you have a small tractor or four-wheel-drive ATV, you already have the pulling muscle to move logs. With the

right attachments, they can bring in surprisingly large loads and in a few weeks, you'll be hard pressed to see where they came out of the woods. I use the techniques described in this article to provide my portable sawmill with logs, and to bring in firewood. I am always looking for better tools and more efficient ways to use them, but this is what I've learned in the past 20 years.

## *Using limited power*

As much as I would love to buy a small skidder, a limited budget dictates that I do the best I can with what I have. My main piece of equip-



Hauling a log with an ATV arch.



“Henry” (a 1953 8N Ford tractor) and winch.

ment is a 1953 8N Ford tractor, affectionately known as “Henry.” There is something special about starting up that old Ford. Ignition on... press the starter... a little choke... the first two cylinders cough to life and smoke billows out the exhaust. Engine speed picks up when the third cylinder kicks in a few seconds later. When cylinder #4 lights up, it settles to a smooth deep-throated rumble and we’re ready to go to work. Dragging logs on the ground was slow, took a lot of power, and tore up the trails. With the added weight on the back and the torque from pulling, the front tires spent a lot of time off the ground, and I had to steer with the woefully inadequate wheel brakes—and one foot on the clutch for those times when the log dug in and the front end came up so high, I felt like I was looking down at the sky. And poor old Henry couldn’t even budge some of the big ones. But with the proper technique and a few attachments, even this 20 HP tractor can easily pull 30" diameter, 12' long oak logs. While weight and traction are certainly factors, most four-wheel-drive ATVs have more power than that tractor, and are also capable of bringing in logs and firewood. The log arch does more to extend the capabilities of a

small tractor or ATV than any other tool I know of.

### Log arches

Log arches suspend the log in a frame supported by two axles. Since the arch holds the weight of the log, there is much less weight dragging on the ground, and less stress on the tractor. A 30" arch proved a good match for Henry. The first time I used it, the log followed so easily that I kept looking back to make sure it was actually there. The tires distribute the weight of the log, and cause little noticeable compaction to the trail. The arch also reduces fuel consumption and wear on the tractor, and significantly cuts time on the trail, since I can pull in second or third gear. Occasionally, I have to trim an oversized log to fit into the arch, but I haven’t left a single log in the woods since I got it.

Arches are a safe way to move logs, especially for ATVs. Without an arch to support it, the weight of the log pushes down on the back of the ATV, which compromises steering. If the log digs into the ground or snags on a tree root, the already light front end can come off the ground. In a worst case, the ATV can roll over backwards. With no rollover protection, the results can be deadly.

Even farm tractors have rolled over backwards with larger logs. According to the Louisiana Agricultural Extension Service, 80% of all farm accidents are tractor rollovers. The report states that “In a backwards tip, for example, the tractor engine powers the tractor to rotate about the rear axle. The tractor can overturn in less than a second—too quickly for the operator to react.” Log arches mitigate the problem by reducing the amount of power required to pull the log, bearing the weight of the log, and lifting the front end of the log off the ground to keep it from digging in and snagging on stumps.

Norwood’s SkidMate log-skidding arches are available for both tractors and ATVs and have several unique features. The wheels are directly under the frame, giving the arch a narrow footprint that allows it through tight places. The log fastens to a roller, which rides up on the arch frame, lifting the log when pulled. Backing up the ATV or tractor lowers the log for easy disconnecting.

### Winches

If the log is at the bottom of a ravine or in a patch of timber that you don’t want to disturb, a winch may be your best tool for getting it to the tractor. Tractor-mounted winches attach to the three-point hitch and use the PTO for power. I bought one at an auction a few years ago. With a 60' long 3/8" diameter cable, it will reel in just about any log the tractor can pull. There are several manufacturers, including Farmi, Tajfun, and Wallenstein. The nicer (more expensive) winches have a remote control so you don’t have to walk back and forth between the tractor and the log. If my winch ever wears out, I’ll get one with a remote.

I purchased a Lewis chainsaw winch after reviewing one for *Sawmill & Woodlot Management* magazine. The Lewis winch attaches easily to any chain saw, but I keep mine mounted on my Husqvarna 365 so it’s always ready to use. It is rated at 4,000 pounds of pulling force, but a snatch block can double that. I’ve found that 80 feet of cable is plenty, since



## Resources

There are a number of sources of equipment and information. A simple web search for any piece of equipment will yield contact information for manufacturers, as well as YouTube videos that give you an idea of how the equipment works. Here are some to get started.

### Norwood:

Portable sawmills, log-skidding arches, grapples, choker chains, cant hooks

252 Sonwil Drive  
Buffalo, NY 14225  
1-800-567-0404  
[www.NorwoodSawmills.com](http://www.NorwoodSawmills.com)

### Farmi-Tractor: winches

460 Halsey Valley Road  
Spencer, New York 14883  
1-888-589-6160  
[www.farmiwinch.com](http://www.farmiwinch.com)

### Lewis Winch

315A Levi St.,  
New Westminster, British  
Columbia  
Canada V3M 4N4  
1-877-906-7711  
[www.lewiswinch.com](http://www.lewiswinch.com)

### Ontario Woodlot Association

275 County Road 44, R.R. #4  
Kemptville, Ontario  
K0G 1J0  
<http://ont-woodlot-assoc.org/>

Internet forums are also a great source of information.

“Norwood Connect”  
([www.NorwoodSawmills.com/forum](http://www.NorwoodSawmills.com/forum))

[www.woodweb.com](http://www.woodweb.com)  
[www.forestryforum.com](http://www.forestryforum.com)

*Sawmill & Woodlot Management* magazine runs reviews on equipment, as well as articles on forest management.

1-888-290-9469  
[www.sawmillmag.com](http://www.sawmillmag.com)



Stretching the tree pull



Skidding log with a blue plastic sled tied around the end.

I can winch a log in multiple pulls, if necessary. The winch does require a good anchor point, though. It will pull a tractor sideways, if the log is heavy enough! In addition to pulling logs to the trail, winches are useful for safely pulling trees down when they get hung up and pulling vehicles out of the ditch. The winch frame bears all the pulling force. There is no stress on the chain saw itself. There is also a gas powered capstan winch that uses a rope instead of steel cable, which works quite well.

### Connecting to the winch line

Professional loggers connect the winch line to a log with a “choker.” This is a short cable or chain that goes around the end of a log and pulls

tight when you reel in the winch line. Choker chains or cables are simple, light-weight, and give a solid, reliable connection. They can hold a bundle of small logs, making them ideal for bringing in firewood. They can, however be difficult to get around a log if it is resting flat on the ground. Logging tongs are much easier to set. Just drop the tongs on the log, set the hooks, and you’re ready to pull. In theory, the harder you pull, the tighter they grip the log. In practice, they often come off, and you have to walk back to the log to re-set them. I only use them when I can’t get a choker around a log, or if I need to grab a log at the center so I can lift it. Log grapples grip better than tongs, but they are a little heavier and more expensive. I’ll probably get a Norwood grapple if I lose my tongs out in the woods.

### Skidding Sled

If a log can snag on a stump or plow into the ground, it will. It is in its nature to do so. A “skidding sled” solves the problem. This is a heavy plastic cone that fits over the end of the log. Skidding sleds slide the log over rocks and stumps with no problem, and leave few marks on the ground. I use a home-made sled built from a plastic 55-gallon barrel—just





Top: ATV arch; ATV grapple

as effective and a lot cheaper than anything I could purchase. Even with the sled, I don't drag logs any farther than I need to – as soon as I get them to the tractor, I hitch it to the arch and carry it from there.

### Recommendations

The Ontario Woodlot Association makes the following recommendations for using ATVs to move logs:

- The load be no greater than the weight of the ATV
- Filling the tires with liquid (50/50 water/antifreeze solution) increases stability and load capability.
- The ATV should be four-wheel-drive with reverse
- A liquid cooled engine will last longer
- Do not use an ATV to move logs over uneven ground
- Disc brakes are more reliable than drum brakes
- Weight on the front can help reduce the chance of back rollover

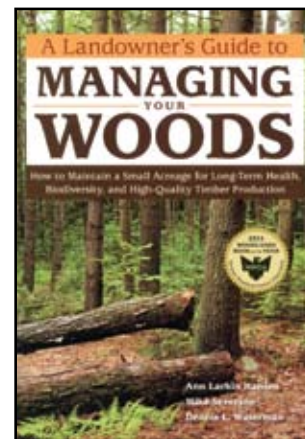
For heavier loads, use a tractor and log-skidding arch. A chainsaw or gas powered winch should also be a high priority for any woods operations – plus they're just plain handy for other jobs. Get a choker chain and a grapple – you'll use both. Add a tractor winch to your equipment list

if you move logs from remote places on a regular basis. Learn the limitations of your equipment and how to use it safely. If you routinely pull logs bigger than 14" diameter, build or buy a skidding sled. It will pay off.

Pay attention to what you're doing, and don't get in a hurry. Practice on flat areas, if possible, to get a feel for the equipment. Wear the proper safety gear – steel toe boots, and a logger's helmet, plus chaps when using a chainsaw. Observe the weight limitations of any devices you use. A 30 HP to 50 HP four-wheel-drive tractor with power steering and a quick attach front end loader – and rollover protection – would be an ideal log mover for a woodlot operation. 🌿



## Make the Most of Your Woodlands



### A Landowner's Guide to Managing Your Woods

How to Maintain a Small Acreage for Long-Term Health, Biodiversity, and High-Quality Timber Production

BY ANN LARKIN HANSEN, MIKE SEVERSEN, & DENNIS L. WATERMAN

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BY JEFFERY GOSS, JR.  
MISSOURI

What do you do when you have some extra honey, a trailer, or an old sofa to sell? How about if you're looking for an old local recipe for gooseberry cobbler, or maybe you want to find out who has scrap metal that you can haul to the recyclers? What if your dog just had puppies and you need to find homes for them?

You could place an ad in the newspaper, but that usually costs money. You could put up a "For Sale" sign, but only a very limited number of people will see it, and those who do will likely be in too much of a hurry to investigate. You could ask people you know, or post little notes on bulletin boards at the café and the feed store. All good ideas, but do you ever think of getting on the radio?

Radio trading shows, also known as "talk shows" or "trading-post shows," are call-in broadcasts that allow listeners to advertise items for sale or trade, and things they would like to purchase. Calling these shows is generally free. Hundreds of radio stations have these broadcasts and it is likely that you have at least one in your area.

Most trading-post shows are found on AM (MW) stations. They usually air in the morning, though some are heard during the afternoon hours. Most of the stations that have them are in rural areas, but some are in mid-size

towns. They can be of any format: gospel, country, oldies, news-talk, variety, or community stations. The only kind of station that won't have a trading show is a "Top 40" or pop station. Most of these stations are owned by media conglomerates, use predetermined playlists, and keep a minimum of staff in the studio. But locally owned stations of all kinds may have trading shows.

Given the widespread availability of this advertising medium, it is surprising that more people do not use it. Unlike syndicated talk shows, trading-post shows are usually easy to call into and get on the air. Usually there is no call screener; the soundtrack of the show is audible over the telephone until the host gets to you; then it's your turn to go on the air.

#### Finding a local trading show

If you don't know of such a show in your area, there are a few ways to find one. You can simply listen—surf the AM dial every hour or so between 8:00 a.m. and 1:00 p.m., the time frame when they are most likely to air. You can also ask people in the community if they know of any. Or, you can actually call the radio stations and ask them point-blank if they have a radio trading show.

Depending on where you are, it is quite likely that you will find not just one but several different stations with "trading posts." It is a good idea to write down the time of day, station (call letters, frequency and location), and phone number for each one you find.

If you're not familiar with these types of broadcasts, you should listen a few times before trying to call in. Keep a notepad handy in case you want to follow up on any of the callers. Most of these shows are aired Monday through Friday, or on certain days. Some of them air on Saturday, but virtually none on Sunday. If your local trading show airs on Sunday, it's a safe bet you live in a hard-core Adventist community.

#### Calling in: The basic rules

Once you've become familiar with the style of the broadcast and you're

ready to call in with something yourself, make sure it's within the bounds of what is considered appropriate. There are a few things that are generally known to be unacceptable:

- Advertising for an ongoing business. If you are running what is obviously a business service or making and selling a product, the station will want you to pay for a commercial rather than using the free trading post. However, the boundaries on this are sometimes hazy. For example, someone may buy, fix up and resell vehicles as a part-time business, and in some cases a person who does this may be able to get away with calling regularly to tell about different vehicles for sale. It just depends on the station; some will be stricter by far than others.

- Pornography, erotica ("dirty" books), or sexually oriented items. We shouldn't even have to mention such things, but alas, we do.

- Anything that may be of questionable legality. That includes game

meat, raw milk, guns, radar scramblers, endangered plants, and exotic pets or livestock (in some places).

- Check the laws where you live. In Indiana, for example, it is illegal to sell or "barter" game meat at all. You can give it to family and friends, or donate it to a non-profit food bank, but not sell it. Also, in the U.S., remember that radio is considered an interstate commerce medium since it can be heard across state lines.

That last one might make this whole thing sound too complicated, but it's really not. Most ordinary items are never going to be a problem, and as you get acquainted with radio trading posts, you'll get used to knowing what could be a problem. In the meantime, focus on the 99% of things that are *not* a problem, i.e., just about everything else. People use radio trading shows to buy and sell trucks, tractors, horses, drum sets, apples, desks, eggs, books, cookware, stereos, hay rakes, cinder blocks, flower bulbs, partridges and

(seedling) pear trees.

The style of these shows is usually quite casual. Callers normally sound the way they would during ordinary conversation. On some stations the action is fast-paced, and the host(s) will try to move the calls along quickly. On other stations, generally those with lower call volume, the host can linger a bit longer with each caller, sometimes even asking questions and encouraging the caller to tell more about the items being sold or sought after.

Since there is usually no call screening, you will probably not be asked your name, and most trading-post callers do not say their names on the show. If there is a chance that someone else may answer the phone, however, you might want to give your first name so they will know for whom to ask. And when giving your phone number, remember to include the area code, since you will be heard by people in other codes also. Even short-range stations will sometimes



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be heard by faraway listeners if atmospheric conditions are right.

Take note if any particular rules are followed by particular stations. Some will have a limit on how often you can call (e.g., twice a week), while others have no such limit. Some stations will limit the number of items you can talk about at each call; others make a rule that you can only give out one phone number. On most radio trading shows the host will repeat your number at the end of the call and give you a chance to affirm or correct it.

In many of the listening areas where trading shows are heard, a sense of community forms around the show, and certain "regulars" may call once or more each week. Sometimes (depending on the host's style and the general rules of the station) the host may spend a bit of time chatting with these regulars when they call.

In addition to selling things, callers sometimes make other announce-

ments via the radio trading posts. Announcing an upcoming event in the community is usually okay, as long as the event is free (for paid or ticketed events, the station would rather you buy a paid ad space, more likely than not). Lost-and-found announcements are also welcome, as are "wanted" announcements. Some listeners call in for other reasons: to warn others about a current scam or con game they have experienced, or to ask for a certain recipe, household tip, or other pieces of information.

### Be a good listener

Of course, you can learn a lot about how to trade on the show, by actually listening to it. And you will likely hear about things you are already considering buying. As a buyer's market, radio-trading shows are about as cheap as auctions, sometimes cheaper.

On some stations, sellers will be allowed to give long explanations and histories behind the items they're

selling, a feature which is sure to fascinate some and just as sure to bore other listeners. Since the caller is not paying for each word the way a newspaper advertiser would, being concise is not an issue, unless there are too many callers and the host is urging them all on. The most important thing to listen for, though, is any indication of location. Sometimes the item being offered is too far away to be worth it, if you can't arrange for it to be brought somewhere closer. But then again, distance is relative, and too far for a small item may not be too far for a large or important item. For example, it might be worth making a journey of 100 miles to buy a combine or thresher being sold at a bargain price, but it probably would be foolhardy to make a trip of such distance to buy a clock radio or an apple basket set.

Sometimes I have obtained remarkably good bargains from the radio trading posts: a filing cabinet for \$12, a good typewriter for \$10 (*Ed. note: We can verify Jeffery gets a lot of use out of that typewriter!*), and most recently, a set of nearly 30 old copies of *Mother Earth News* for \$6. (Most of them were from the 1970s and the famous 40<sup>th</sup> and 59<sup>th</sup> issues were included in the set.) To put that in perspective, those magazines would have cost a total of \$80 or so on the newsstand back then. On the other hand, not everything you may hear advertised on the air is a particularly good bargain. But it's a general rule that prices will be lower than at a private auction or in a newspaper ad.

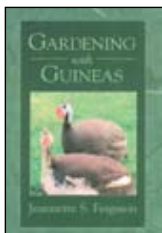
Occasionally there will be things offered for free on the show, with or without strings attached. The only thing to be on the lookout for is the possibility that something you get free could be a liability, as if it is dangerous or stolen, although this is usually not the case. And of course, free kittens and puppies are often offered on trading shows, and they in their own way can be liabilities!

### Home on the range?

Every radio station has a range, which is the area in which it can normally be heard, and the size of the range

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has a lot to do with the listenership. A more powerful station has a greater number of listeners, of course. But the amount of feedback you expect from a trading-post show does not necessarily correlate to the station's range size. Depending on a number of factors, such as the economics of the area and the popularity of the station's format, certain ones will be more active than others. For example, KKOW (860 AM) in Pittsburg, Kansas has a vast coverage area including parts of four states and encompassing sizeable cities such as Joplin, Springfield, and on a good day, Tulsa. It has a listener potential of well over half-a-million sets of ears. On the other hand, KKOZ (1430 AM) in Ava, Missouri has a signal that barely reaches the middle of the next county. It covers an area that is not only small in size, but rural and very thinly populated. Yet in my experience, the latter station's trading show gets more response than the former.

While I can only guess as to all the reasons why, the bottom line is that KKOZ has a more active trading post than KKOW. (The two stations are unaffiliated despite the similarity of call letters.) In fact, KKOZ claims that the trading post is the most listened-to hour of their broadcast day. One reason for the situation is probably economic, since KKOZ covers a relatively low-income part of the state, with a thrifty population. Another reason is that KKOZ is the *only* locally-owned radio station in the vicinity, and serves as the general community information source (broadcasting everything from severe weather coverage to high school sports, and from sermons to election results, in addition to a variety of country, gospel and bluegrass music.)

On the other hand, KKOW is a relatively specialized station (classic country music and a few talk shows) and covers an area quite economically and culturally different from the other. It seems that what activity there is on KKOW's trading post, strangely enough, is almost confined to the town of Pittsburg itself, which is not all that enormous as "big towns" go. (Pop. 20,276 in 2011 according to Wikipedia. - Ed.)


When a trading show is very active, callers will sometimes respond to an ad or announcement immediately, in an attempt to be the first. Other times, callers will wait until the show is over. But just because someone doesn't respond to your call right away, that isn't an indication that nobody will. Sometimes a call will come in a day or two later. Listeners may have to get to a telephone; you never know who is listening to the show while kneading bread dough, shaving, gardening, or giving a horse a shot. Some listeners may also be waiting to budget the cost or talk to their spouse. And remember, nobody should be on the phone during a thunderstorm.

Using the radio trading posts is a way to save some money, make some money (in some cases), and be more resourceful. If you become a "regular," you'll also most likely get to know more of the people in your community. Try it one of these days. Hey, I might be listening! ☘

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# Management on a Small Acreage

BY HEATHER SMITH THOMAS  
IDAHO

**O**n most small farms, pasture management is the most crucial factor involved in keeping cattle. Your total acreage (whether 3 or 30) will dictate how many cattle you can graze, as will your climate (whether you have year round grazing or seasonal grass growth), and how you rotate or manage the pasture. You can always grow more grass (and hence more beef) with well managed pasture, grazed in a rotation system, than you can when using it as one big field. In the latter situation some plants are overgrazed and may weaken and die out, while some of the least favorite plants may never be eaten unless the cattle run out of better feed.

## How many cattle will your pasture support?

On average, a good quality pasture—good soil, containing palatable forage plants rather than weeds—that gets adequate moisture from rainfall or irrigation will easily feed 2 adult beef animals per acre (such as yearlings or dry cows) during the growing season. Diligent mob grazing—moving the cattle frequently from one very small portion of the pasture to another and then allowing it to completely regrow before returning to that same piece—will increase this stocking rate.

It will take more pasture to feed a lactating cow (cow/calf pair), especially a high-producing cow that



gives a lot of milk, such as Gelbveih or Simmental; they may need twice the energy at peak lactation than they did when they were dry. When you go from a dry cow at maintenance to peak lactation, you have doubled the stocking rate on the farm in terms of forage demand, even before you add in what the calf grazes.

A good rule of thumb would be one acre per cow/calf pair, and you might need to adjust this figure a little to fit your pastures and type of cattle. After the peak of the growing season, when climate becomes hotter and/or drier, it may take 50 percent more pasture acreage to feed the same animals if you are depending on it to regrow that same season. In a climate that has cold winters, grass growth will slow or stop after the weather turns cold in late fall.

If you live in a dry climate and part or all of your land is not feasible to irrigate (too steep, or no available water source or water right), forage plants will likely be native grasses. Many of these are quite nutritious, but

not as productive (not as many tons of forage per acre) as tame grasses that depend on regular watering (from rain or irrigation). Without irrigation, it takes more land to raise cattle in the arid West, for instance, where annual rainfall might be 6 to 12 inches of moisture, compared to a farm in the East or Midwest where rainfall might be 25 inches or more.

On native hillside pastures in the West it might take 10 to 50 acres to feed a cow and calf for one month. Overgrazing this type of pasture will damage the plants and eventually kill them. Native grasses evolved being grazed (by elk and bison) and are healthiest if grazed during their growing season, but were grazed by wandering herds that grazed them once or twice in a season and moved on. Repeated grazing by confined animals throughout the growing season may weaken and kill the plants. Dryland (non-irrigated) pastures always take more acreage per animal because the grass grows more slowly and there is more space between plants. Thus the number of cattle you can raise without supplemental purchased feed will depend not only on the amount of acreage you have, but also on the climate, access to irrigation water, soil types and forage plants.

One way to use summer grass is to buy small yearlings in spring when grass begins to flourish, graze them until fall, and sell them when pasture quality and quantity begins to decline. If you have a herd of cows,

they can be fed hay during the winter or dry season, and calved when grass starts to grow.

It's often most economical to calve during the time of year your grass is starting to grow, rather than too early in spring when the cows are still on hay. If cows have their increased nutritional needs during peak lactation met by pasture, and calves are sold or weaned before the cows need hay in late fall, you save money on hay. Your calves may not be as big in the fall as early-born calves, but they are more profitable. You'll have less winter feed cost associated with raising the later born calf.

Don't assume that reduced weaning weight means reduced profit. Cost should always be considered, whether you are raising calves or yearlings to sell, or fattening a beef to butcher. The more days the animal can be grazing (versus eating hay) during peak nutritional demand, the lower the annual cost of keeping that animal on the farm.

For best results in grazing management, look at forage demand rather than cattle numbers—and try to match the number of cattle with what the pasture will produce. Be observant and aware of what's happening with the pasture and cattle, and flexible enough to adjust the stocking rate according to the pasture conditions, and to learn from your mistakes.

### Rotational grazing

If you have good quality tame pastures (with adequate rainfall or irrigation) you can get maximum beef production per acre by using rotational grazing, timing the grazing of each small pasture segment when the plants are most ready, then letting them regrow while you graze another part. Giving each pasture enough rest to recover before coming back to it may allow you to regraze it several times during a growing season.

Grass grows in three stages. Stage one occurs when it comes out of dormancy, after winter, or after being harvested—as hay or by grazing—down to short stubble. It takes awhile for it to grow enough leaf area to



Rotational grazing will maximize meat or milk production—no matter what species of livestock you raise.

capture enough solar energy to grow rapidly (phase two). Cattle prefer the grass in phase one because it is tender and succulent, and high in nutritional quality.

If a pasture is grazed continually through the season, without rest periods facilitated by rotation, cattle keep going back to the same short plants, seeking out phase one grasses. This stresses the plants because they don't have enough leaf area to support their maintenance needs. Plants have maintenance requirements and growth requirements, just like animals do. In phase one, the grass is just maintaining itself; the small amount of growth is very high quality, and grazing animals really like to eat it.

If the pasture is rested during phase one, the plants start to accumulate enough leaf area to where they can grow more swiftly (phase two). This fast growth will continue until the mass of the plant takes a lot of energy to maintain its large structure. By then some of the lower leaves will be shaded by upper ones and some leaves start dying. When the plant gets to that point it goes into phase three, in which growth rate slows dramatically. This is the phase in which it would be cut for hay; the plant is as large as it's going to get. If you're grazing a pasture, however, rather than cutting it as hay, you may want to keep as much

grass as possible in stage two (rapid growth)—for best total production during the growing season.

The ideal situation is to keep cattle off the pasture until grass enters phase two and is not as easily damaged or set back by grazing. Put cattle into the pasture when the grass is four-to-six inches tall and let them graze until they eat it down to about three inches. If you graze it all the way back to phase one, stripping the plant of its leaves, it will take much longer to recover. It needs a longer rest period before you can graze it again. This may make the rest period longer than you can afford, if you only have a few pastures.

Overgrazing is defined as a plant being grazed before it has a positive carbohydrate balance—such as too early in the growing season, or



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continuously eating it down before it gains enough reserves. In a continuous grazing situation, when animals stay in the same pasture year round or all through summer, overgrazing occurs on the favorite plants because cattle keep grazing them back to phase one. This can happen if you have cattle in a pasture too long or the rest period is too short in a rotation system. In a continuously grazed pasture you'll see overgrazed areas (phase one grass) right next to mature patches the cattle won't eat (phase three) because the plants are over-mature and coarse—with no phase two grass.

If you have abundant rainfall or do a good job of irrigating, and keep the number of animals in balance with the pasture, you can get by with continuous grazing (not having to rotate pastures). The common problems in this situation (in most climates) are temperature extremes, and not always being able to have the grass watered when it needs it. Growth rate fluctuates, with grass growing very fast for awhile and then slowing; it's hard to keep all the grass in phase two. Rotational grazing gives you more chance to try to hold grass in phase two for as much of the season as possible.

### Fencing for rotational grazing

Depending on your situation, you may want permanent fence or portable fencing to divide your pastures, fence off ditchbanks or other small grazing areas from hayfields, etc. If there's a chance you might want to use the field or pasture as a whole (or put up hay on it), use temporary fence to divide it.

Temporary electric fencing is inexpensive and can be quickly and easily moved if you use push-in posts—and you don't need gates. You can move cattle from one area to another just by setting two tall sticks or pieces of PVC pipe in the fenceline for a moment to raise and hold the wire at a height the cattle can go under it and into the new section of pasture. Once cattle learn they can do this, it's easy to move them through the fence, without needing a gate. 🌿



One argument producers use for raising Angus over heartier Galloway cattle for slaughter, is that the “wooley” Galloways (above) get dirtier, but that certainly doesn't affect meat quality.

## The Benefits of Galloway Cattle According to “Politician of the Pasture”

BY JOHN WILDER  
FLORIDA

I had the rare privilege to interview one of the last of the modern day “mountain men.” taken place in the twilight of Kit Smith's life.

Mr. Smith, who is now in his late 60s, describes growing up in a “town” of Shell, Wyoming, population 50. The town was aptly named Shell because of all the artifact sea shells which are common to the area. This comes from a time in our past where the sea was breaking at the foot of the mountains some 1,246 miles from Los Angeles, California.

Mr. Smith has never married. He explained that when you grow up in a town of 50, there are not many women to choose from.

A car accident and subsequent stroke had Mr. Smith making severe modifications in his lifestyle. He sold off his ranch and house, and today lives in a senior apartment. He maintains a few animals for selling semen from top bulls, and embryos

for transplant from his Galloway cattle on rented pasture.

Mr. Smith has been tireless and a life-long promoter of the Galloway breed of cattle. He is convinced that if anyone gives this breed a thorough look, it becomes a “no brainer” in today's society. As every cattleman knows, making a living or a profit in cattle is tough. Mr. Smith would like to introduce you to the Galloway breed:

### Facts to ponder

*Gain:* Would an average daily gain of 3.62 lbs. be satisfactory in your feedlot?

*Grain and grass:* Would an average feed efficiency of 5.24 lbs. of dry matter per pound of grain work for you?

*Grade:* Would you be satisfied with 88% of your product grading AA and AAA?

*Gross weight:* Would an animal weighing 1,230 lbs. with these grades enable you to make the premium cut and size of your steaks and roasts?

*Growth:* Would an 85 lb. birth weight calf weaned at 200 days weighing 600 lbs., put on feed for just 172 days and then slaughtered at 1,230 lbs. be considered satisfactory?

*Greenhouse gases and the environment:* Wouldn't it make sense that a higher gain on less grain consumed over fewer days would make less methane gas and manure per pound of beef produced? And how much water does an animal on feed consume?

Galloways are the most efficient breed at feed conversion, beating out the Angus with a conversion rate of 6.64. Galloways also have the ability to efficiently finish on grass. It takes a little longer, but is far cheaper, especially with the recent exponential increases in grain prices. For ranchers accustomed to grazing their cattle in mountainous terrain, Galloways are known for their resistance to Brisket Disease. Brisket Disease is a form of altitude sickness that is fatal in cattle above 8,000 feet elevation. Galloways contentedly graze on rough forage

that other cattle breeds would bypass. Because of their very heavy coat, they are well-insulated and do not build waste fat for insulation purposes. Because their overall fat content is lower, it is lower in calories than conventional beef, but due to the excellent marbling techniques on lower fat, the Galloways score high in flavor and tenderness. It has been bred from centuries back expressly for beef production rather than dairy or draft use.

Smith complains of politics predominantly from associations that have huge investments in marketing their brand. They claim that Galloways are known for getting dirtier in the feedlot. Smith counters with the fact that buyers give no discount for being dirty, that it does not affect the meat quality in any way. Harley Blegen, President of The American Galloway Association, corroborates a prejudice against the Galloways. "They don't have pretty, shiny and slick coats," basically because they are ugly-looking to some. Because of the long thick hair of the Galloway,

they can hold mud and manure, which will affect the cut yield if they are not washed before weighing.

The American Beefalo Association is having similar problems marketing their crossbred product as well. To look at the Galloway and the beefalo on paper is a total win-win. Grass finishing portends the way of the future for economy and healthy flavorful eating. 🌿

*American Galloway Breeders Association, c/o Canadian Livestock Records Corp., 2417 Holly Lane, Ottawa, Ontario, Canada K1V 0M7; ph 1-613-731-7110; www.americangalloway.com*

*American Grassfed Association; 4340 E. Kentucky Ave., Suite 311, Denver, CO 80246; ph 1-877-774-7277; www.americangrassfed.org;*

*The Stockman GrassFarmer; PO Box 2300, Ridgeland, MS 39158-9911; ph: 800-748-9808 www.stockmangrassfarmer.com. Call 800-748-9808 for a free sample.*

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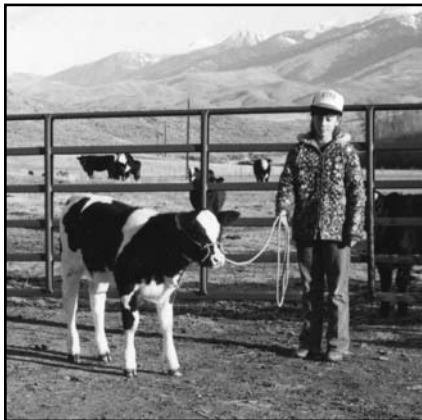
*The cow barn:*

# TRAINING OXEN: START WITH CALVES



BY HEATHER SMITH THOMAS

One of the most rewarding aspects of raising cattle is working with them as individuals—appreciating their unique personalities. Every stockman interacts with his cattle to some degree, while raising them for slaughter or sale or when caring for a herd of brood cows. But the ultimate in the human/bovine relationship is training them as oxen.



Starting 'em all young.

The term “ox” refers to a mature steer. An ox grows larger than a bull of the same breeding. Castrating him at a young age, before he reaches puberty, changes the way the male animal grows. The growth plates at the ends of the long bones start to “close” at puberty in a young bull, and the leg bones halt their lengthening. The castrated animal does not experience the hormonal changes that take place at puberty, and keeps growing for a longer period of time, becoming taller and heavier than if he were a bull. Without the hormones he is also more docile and easy to manage.

### Starting young: The importance of early handling

It's easier to train an ox team if you start when they are babies. Not only are they smaller and easier to handle, but you can gain their trust and respect from the beginning. Baby calves will trust you because you feed them, and they trust your judgment just as they would trust their mother. If you are

careful in how you handle them (never abusing them, but never letting them get away with anything) they respect your dominance and will not challenge your authority when they are older and much bigger.

Respect is crucial when handling cattle, but so is trust. You don't want the calves to associate you with pain or fear. If possible, avoid hurting them or physically punishing them for something they don't understand. When doing routine management practices like dehorning, castration, vaccinations (or any kind of injections or painful medication procedures), minimize discomfort as much as possible. It's best if you have someone else do that job, so the calf won't associate you with the painful experience.

If you raise the calves from birth—such as bottle calves—you have daily contact to mold their minds as they grow up. They learn to associate you with food and security and are comfortable being handled by humans. If they are raised by their mothers,

they need lots of human contact. It may take a lot more work to get them to the same level of well-trained responsiveness—compared to handling them as babies when they are more easily influenced. When a calf is raised by his dam he learns from her (accentuating his bovine instincts), and is less easily influenced by you to respond to and obey the direction of humans. An older calf has ideas of his own about what he wants to do and is not as willing to spend his time under the direction of humans.

In the beginning you establish your dominance physically; calves learn they can't get away when tied by the halter or led. In their minds you are stronger so they no longer try to challenge you, just as subordinate herd members do not try to challenge the boss cow. If you establish dominance early, when a calf is young, he will never realize his own strength and power. Dominance is not the same as cruelty; it is merely control of an animal's actions and therefore over his mind. It's easy to establish dominance over calves, and if you handle them properly you can keep it as they grow up. They rarely question it (and you don't need to abuse them to keep it) if you project psychological control by your confidence.

If you handle them regularly and consistently, they learn quickly—and learn good habits rather than bad ones. To be a good trainer, you must understand cattle, and know how they think, and be able to anticipate what they're going to do—before they do it. Then you can often head off bad behavior, and stay in control.

It's not impossible to train larger animals (weaned calves or yearlings), but it's more difficult because they are much stronger than you are, and harder to physically control. It's also harder to gain their trust and respect. If they're timid you must overcome their fear. If they are not afraid (or aggressively bold), it is harder to gain their respect because they try to dominate you. A baby calf is much easier for the novice to train.

It's best if you can start with two calves, and get them working together as a team from the beginning. Cattle



### What Breed Should I Use?

Cattle of any breed can be used as oxen, but the more docile breeds are easiest to train. Breed is a factor when selecting for temperament, or a certain size or color, but the most important thing is handling the animal from the time it is young. For this reason, dairy calves and dairy crosses (purchased as baby calves to raise on bottle or bucket) are often the best choice; you have "hands on" in influencing them from the beginning. Some of the best oxen are crossbreeds, since they blend desired traits from more than one breed and have hybrid vigor.

are social animals, happiest in a herd. The team becomes a herd of two and though one will be dominant, they will be buddies. Working with two animals that are buddies is easier than working with a single animal; they will be more calm and relaxed. Cattle feel more stressed and insecure when alone. When starting out as bottle or bucket calves, however, it doesn't hurt to keep them in separate pens initially, so each calf will bond to you first, before bonding with his teammate. Start handling him—brushing him, haltering him, even picking up his feet—during his first weeks of life.

Don't overdo any aspect of training or the animal will become tired (physically or mentally) and refuse to respond. He'll stop paying attention to what you are trying to teach him. To do a good job of training you must know him very well as an individual and stay in tune with what he's think-

ing. You need to understand cattle behavior, their social nature (which includes dominance and submission), and have a feel for how much to ask of your animals. Rushing them in training, or working them too hard, can be stressful for them, and you may undo the progress you've gained.

### Training to lead

The first step in training a calf is to teach him to respect restraint—to be willingly caught, to stand tied (not trying to pull away and get free) and to willingly lead. This early physical control teaches the animal that humans are dominant, and leads to psychological control; the calf learns to respect and obey human direction. If you properly halter train a calf at a young age, he won't question your control later. He'll more quickly respond to your voice and actions rather than depending on physical



cues and restraint.

When the calf is young, start tying him up for short periods of time (5 to 10 minutes at first, or however long it takes until he stops fighting the restraint and stands patiently). You can use a small homemade halter (made from rope, leather or even several strands of baling twine) that fits him and won't pull or rub off, and won't tighten up and choke him if he pulls back. He's too small to break a rope or halter and soon learns to stand patiently until you untie him. You can gradually increase the length of time you tie him.

After he learns to respect the restraint of the halter, he is easier to lead—and you can take him

for short walks. From the beginning, use body position and a small whip or goad stick to give cues. The calf must eventually be controlled just by your voice and body language rather than by physical restraint, so keep this in mind as you teach him to lead. Do not drag him or depend on your superior strength to hold or halt him; there will soon come a day when he is stronger than you are. Use "mind control" rather than physical control, relying upon the fact that he's already learned submission from his tying lessons.

As you teach him to lead (walking beside his left shoulder) you can teach him verbal commands and how to respond to visual cues, using your body position and whip/stick to influence whether he moves forward, turns, slows or stops. The halter is used as a back-up control at



## Calf Training Tips

When working with cattle—teaching a calf to lead, breaking in a young ox team—always keep the animals' instincts and natural tendencies in mind, including their senses and how they perceive their world. Then you are more apt to



be working with them, instead of against them, creating an atmosphere that is comfortable to them and more conducive to learning. Use equipment that smells familiar to the animal. Halters, ropes, etc. that are well used, smelling like cattle, will be better tolerated by the inexperienced bovine than a brand new piece of equipment that isn't broken in yet and smells "new."

Think ahead in everything you do with a calf, so his responses to you will be desirable and positive (an aid to his training progress rather than a setback). If he does something undesirable, correct it immediately, so it won't become a habit. Cattle are creatures of habit, and readily learn to associate one thing with another. Letting them get away with something even once can quickly lead to a bad habit; they'll learn bad habits just as readily as good ones. It's up to you to create the proper framework for learning.

first, in case the calf spooks or doesn't understand or refuses to obey. To encourage the calf to move forward, stay behind the shoulder as you walk alongside him, and tap him on the rump if necessary. To influence him to slow down or stop (or to move backward), stop moving, and tap him on the brisket or the front of his head. Later, when you are driving the team, your position (and body language) by the near ox's shoulder will be part of your cues—just a continuation of the calf's natural responses from the very beginning as you taught him to lead.

Early training sessions can be 15 to 20 minutes daily. A skipped lesson or two is no big deal, as long as the calf is handled fairly regularly. Don't let long periods go by without lessons, however, or he'll have less inclination to respect and listen to you;

he will develop his own independent ideas. During the lessons you can groom him and start teaching verbal commands like whoa, stand still, back up, step to the right or left with the back feet, etc.

End every lesson on a successful note. If you have a problem and the calf disobeys or doesn't understand what you want him to do, don't end the session at that point or he'll learn he can get out of work or that he can disobey. Have him do something else for a moment that you know he will do correctly, or give him another command that he will obey, so that you end the lesson with a correct response. Otherwise he thinks he is rewarded for misbehavior by ending the session and being turned loose, and will misbehave in the future. ❖

*To be continued.*

# Necessity Becomes the Mother of the Ultimate Ez Milking Invention

BY NATALIE VOSS



**H**igh in the mountains of New Mexico, Robert and Joy Smith of Handmilking.com, were looking for a better way to milk their cows. The Smiths keep a small number of Jersey and Jersey cross cows, which they milk for raw dairy and train for sale as family cows.

Joy Smith said that by the time they're ready for new homes, her cows need to be used to milking by hand, but even if they're accustomed to pulsator machines, most of her customers are not.

"The pulsating milking machine is expensive, it is hard to clean, and the cows aren't happy with it," she said. "It's difficult to put on, because you have to hold it a certain way to get the vacuum."

Smith had also noticed that some cows would become tense and kick the pulsator claw, making it even more challenging to get attached, particularly for engorged cows.

The Smiths were thrilled to discover the Udderly EZ™ milker a few years back—a hand-held, trigger-operated vacuum pump so easy that even newcomers to dairy cows could use it. It was easier to clean than pulsators, and was gentler on cows.

Although the Udderly EZ™ was fast, its only real disadvantage was that it could only milk one teat at a time.

One day when Joy returned from a trip away from the farm, Robert, an electrical/mechanical designer, was excited to show her his updated take on the Udderly EZ™. Robert had connected the gentle vacuum apparatus of the Udderly EZ™ to a vacuum compressor, resulting in a mechanized version of the Udderly EZ™ which has since been dubbed the Ultimate EZ Milker.

The Ultimate EZ combined the ease and simplicity of the hand milker with the speed of the compressor. Silicone inserts remained gentle even on engorged teats, and the process of attaching the milker to the teats doesn't require wrestling with the four-pronged claw and a nervous cow. Once attached, the vacuum is also ideal for a sensitive cow with mastitis or a cut on the teat.

The unit comes equipped with a vacuum gauge and regulator to maintain the pressure on the teats. It is very important not to operate higher than the recommended

12-1/2 Hg inches of mercury, which is clearly marked on the dial.

"We don't have any problems with kicking anymore when we use it. It's absolutely amazing. We train our cows so much faster now with the Ultimate EZ Milker," said Smith, who has been using the Ultimate EZ for four years. "I would say every single one of the people who bought cows from us all have switched to it."

Even better, the compressor is just as easy to use as the hand pump—which makes Smith feel more comfortable leaving home and allowing friends or neighbors to milk their cows for them.

"A lot of our customers are retired," she said. "We're all starting in this late. We're not young anymore, so this Ultimate EZ Milker has really helped people because you wonder how long you can milk the cow. You really don't have to worry about getting hurt by the cow."

It's also much faster than milking by hand or pump.

"It takes me seven minutes to milk a cow, two gallons of milk in the bucket... I can milk all my cows in 20, 25 minutes, and that's doing them one at a time. I can milk them faster than they can eat their scoop of oats.

"It would be great for goats, or really, any animal," she said.

Now that she's started using the Ultimate EZ, the Smiths say they're never going back, and they don't expect their customers will, either. ❁

*The Ultimate EZ, produced by EZ Animal Products, is now available for purchase, including an optional heavy-duty canvas carrying bag. Learn more online at [www.udderlyez.com](http://www.udderlyez.com). See ad on page 41 in this issue.*





*Left: David Schafer built an entire USDA chicken processing plant inside of an 8' x 40' shipping container.*

*The henhouse:*

## Built, Boxed, & Ready to Ship

BY TAY MIEW

David Schafer had to think outside the box in order to get a chicken processing plant inside the box, but he finally managed it. David has raised, butchered and sold free-range poultry since 1994 from his 64-acre farm near Poosey Conservation Area outside of Jamesport, Missouri. He knows first-hand that the whole slaughtering process — killing, scalding, plucking and butchering chickens — is a hard, messy, and time-consuming job.

He wanted to speed things up a bit. So he set about to build a simple and affordable chicken processing machine.

He did that, but he didn't stop there.

His next goal was to build an entire USDA chicken processing plant in a shipping container. He has lately managed to achieve that goal as well.

This latest endeavor is called “plant in a box.” It is a complete poultry processing unit within a re-purposed 8' x 40' shipping container.

“Our first customer is in Vermont and we shipped the unit on July 9<sup>th</sup> (2013),” said David.

But let's not get the chicken ahead of the egg. The process plant is, after all, a process.

David first wanted to build a hands-free, human-free chicken



cleaning machine. And he wanted to build it on a homesteader's budget.

The equipment already available on the market was a strain on the purse strings.

“We would have had to spend \$4,000 just for the cheapest plucker we could buy,” he said. “They just weren't making any equipment suitable for the small farmer.”

David lives by the largest Amish community in Missouri. He credits an Amish neighbor with inventing the first homemade tub plucker out of a 50 gallon drum. It inspired David to draft his own plans. In 1999 he introduced the Featherman Jr. to America. The next year he made a larger version and called it the Featherman Pro.

He incorporated that plucker into a whole line of Featherman Poultry Processing Equipment.

Now the manufacturing plant is inside a metal building on Hwy. 190, on the northeast side of the small town of Jamesport, population 524.

The Featherman equipment line, for all practical purposes, is an assembly line that starts with a kill cone.

“The chickens relax inside the cone,” David said. “It has a very calming effect on them. Not nearly as traumatic as Grandma's chopping block and an ax.”

Next comes the scalding and plucker.

“Scalding takes one minute and they come out spanking clean; no pin feathers,” he said. “The water temperature is regulated and consistent. It's a little more scientific than the boiling kettle on the back of the stove.”

The chickens are now ready for the plucker. They are placed inside a drum with little rubber fingers that rub off the feathers as the chickens rotate. It seems like a rough and tumble ride for the naked chickens as they go spinning about. But David says that because all the blood is already drained out of the skin, the meat can't bruise.

It takes about 15 to 20 seconds to pluck a chicken.

“Everything about the process is child safe and friendly,” he added.

For the Amish in the Jamesport area (who don’t use power-line electricity), he has sold several non-electric versions of the processors. These are air-driven or have gas engines.

He sold one to a farmer from another community that was bike-driven.

A city boy, David started out as a conventional farmer on his grandmother’s farm in Edinburg, Missouri.

He began rural life with row crop farming and breeding purebred cattle. He started to learn about pasture management and controlled grazing. This led to the natural meat business. He began selling meat at the farmers market in Kansas City. After jumping through all the inspection hoops, he became that market’s first meat vendor. He sold beef, pork and lamb.

“Once we started selling the chickens, it just went boom, boom, boom,” he said. “Our return for the money was double the other meats.”

David would encourage small producers to look into raising chickens. There are federal exemptions that benefit small poultry producers. He notes that raising chickens can be a foot in the door to selling other meat products, like pork and beef, to a customer base.

Free-ranging chickens eat cheap. They like grass, seeds and bugs. David said you stand to make anywhere from \$2 to \$5 per bird. The economics are hard to beat for a bird you only keep for eight weeks.

And who doesn’t like chicken?

“There are 23 million chickens eaten every day in America,” he said. “At 89 cents a pound, it’s a cheap meat compared to the other meats.”

David’s processing plant has come full circle. The end product, the processing unit in a box, is a sterile environment with running water and up-to-date equipment.

“The goal was to create practical, user-friendly, economical equipment suitable for the small farmer, and we did that,” said David. “Supporting healthy land, animals and people is the heart of everything we do.” 🌿

# Rabbits Make Great Pets

BY BLAIR BRYANT  
NORTH CAROLINA

**T**aking care of animals can be both fun and educational, and it can also teach responsibility to children. Some animals require more time and care than others, so you should pick a pet that fits your needs and schedule. One of the easiest animals to take care of is rabbits.

Rabbits require very little space, and you never have to walk them! You can build your own cage or buy one at a place like Tractor Supply or a farm supply store. Rabbits are very tolerant to extremely cold weather, but make sure they have some protection from the strong winter winds. Your cage may have a nest box, or you can nail some boards on the west and northwest sides of the cage to serve as a windbreak. Also, rabbits don’t like hot weather, so try to find an area for the cage that has some shade. If the temperature gets above 75 degrees, then rabbits are usually uncomfortable. (Ed. note: You can keep them more comfortable by freezing a plastic soda bottle filled with water for them to lay next to.)

Another plus to raising rabbits is the low cost of feeding of them. Rabbits are one of the most economical pets to own. A 25-pound bag of rabbit pellets may last three or four weeks, possibly more. It depends on how many rabbits you have and the size and appetite of the bunnies. It’s a good idea to supplement the rabbit pellets with grass, clover, and fruits. Rabbits love apples. Rabbits enjoy something different from the same old food. Fresh water is a must. You should change the water daily.

Rabbits are rodents, so they need something to gnaw on for the health

of their teeth. You can buy wooden fruit-flavored chew sticks at pet stores, or you can give them small limbs and branches from your own trees. I usually prefer to give them wood from apple or maple trees. Rabbits also love to eat the leaves of apple trees.

An additional way to keep your rabbits happy is to not overcrowd them. It’s best to keep only one male per cage due to the fact that they may become aggressive towards each other, but I’ve found that two female rabbits can live well together. They will even cuddle up against each other in cold weather.

Rabbits can also give back a useful product of their own. If you have a garden, rabbit manure makes great organic fertilizer. It’s best to let it age for a couple of months before you use it. Rabbit manure has a high nitrogen content. I have seen rabbit manure work wonders on my tomatoes and pumpkins.

If you are looking for a pet, then don’t overlook rabbits. They are cute, cheap, and fun. 🌿



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P.O. Box 62 - Jamesport, MO 64648





The hole (by arrow) that was cut to fill the tires with concrete.



Karen on the lawn tractor, mowing weeds.

# Concrete in tires? That's insane! *Or is it?*

By JEFF HOARD  
HM RANCH, NEVADA

I have to admit I thought my stepdad, Richard (Dick) Lane, might be losing it. He has always been a smart, resourceful man, but when I heard he put concrete in the back tires of his Craftsman lawn and garden tractor, I figured it probably wouldn't be long before my mother would be moving in with Karen and me.

We acquired this lawn tractor last year after the folks built another place, but didn't plant a lawn so the mower in question sat in disrepair for a couple of years until they said I could have it to use for parts for my various projects. We soon hooked up our small tilt-bed trailer and traveled the 100 miles to pick it up. Among other items piled up and waiting for us, we saw the tractor with both front

tires flat and looking pretty rough. As we winched it onto the trailer I was told about the rear tires that were filled with concrete. My first question was, "He did this *on purpose*?" I immediately realized the stupidity of that question and decided to keep quiet afterwards. Dick proceeded to bring more stuff over to load onto the trailer, things that they wanted off of their property that I knew would look real good in my scrap pile here at HM Ranch.

The next morning I unloaded the trailer and soon the only thing left was the lawn tractor. After looking at it a little closer, it seemed mechanically sound. I've certainly "fixed up" things in worse condition and started thinking that maybe this tractor wasn't ready for the scrap pile just yet. I pumped up the front tires and it just about ran me over rolling off

the trailer. Other than dealing with those back tires filled with concrete, my main focus was trying to get it running. An hour and a half later, I was driving it around the driveway in 20-degree weather.

The whole time I was working on it I was thinking that I can change the back tires, but soon figured out that although one tire was a smidgeon out of round, I only really noticed it in higher gears, but in mowing speed everything was fairly smooth. That's when I started realizing the "genius" of Dick Lane (maybe genius is too strong of a word — we are talking about concrete in tires here!). I talked to Dick afterwards and he told me one tire was damaged beyond what a patch or plug would fix, and he was told that for close to \$100 he could have it replaced. It is a custom-sized tire made for that mower, but \$100?! And how long before the other tire shares the same fate?

I use this tractor now for mowing weeds and take it into some fairly rough areas, but one thing that I am never concerned about are those expensive rear tires getting flat or damaged. The fix only cost about \$5 per tire, and believe me, this can be a very long-term fix. Sure, the tires are heavy, but folks use wheel weights with tractor tires all of the time. In this instance I have noticed zero ill effects from this, and again I won't have to fix or replace these tires for years and years.

I wondered how many of these types of lawn tractors are sitting with unfixable flats at any given time, where folks don't have the extra cash to buy new tires for them? This might just be the solution to their problem. I recommend this quick, inexpensive, long-term fix for others in the same situation. If you don't want to keep it, just cut the tire off, hammer the concrete off the rim, and put on another tire. It doesn't have to be permanent.

Now I shouldn't have to, but I will mention this anyway – only do this with a garden or walking tractor or something similar, obviously not your car or truck!

It is really pretty easy to do and this is how Dick did it: he left the tire and wheel assembly on the tractor. At the back of the tractor, he drilled a hole big enough to insert his saber saw and he cut a two-inch diameter hole in each rear tire. Then he jacked the rear of the tractor up and turned the tires so the holes were on top, but at a place where he would still be able to access the holes with a make-shift funnel without the fender being too much in the way. Then he slowly lowered the tractor until the tires just barely touched the ground (to avoid flat spots). Then he blocked it at that height so it wouldn't move and mixed up some wet ready mix concrete and funneled it into each hole until it was filled. You can take a hammer and just tap the tire at various locations to make sure there are no air pockets. Keep doing this (on each tire) until no more concrete will fit into the hole and scrape it off even with the tread. Let it sit for a few days, then never worry about a flat tire there again! 🌱

*HM Ranch sells a DVD titled "Hoards Hillbilly Heaven," a tour of HM Ranch. It is a poor man's guide to low-cost comfortable, off-grid living, featuring an educational workshop on using the scrap pile to build inexpensive utility-generating devices. For more information visit [www.hmranch-boards.com](http://www.hmranch-boards.com).*



## Desert Gardening Tips

### Don't toss the baby's bathwater!

**COUNTRYSIDE:** We thoroughly enjoy your magazine and have obtained a wealth of information and tips from each issue.

I wish to respond to Dave Stanton of Arizona (July/August 2013), who wanted some desert gardening tips.

We live in the high desert of New Mexico (elevation of 7,000 ft.), a semi-arid climate with hot, dry summers and cold, dry winters. Temperatures range from 100+ degrees in summer to possibly -40 degrees in winter, with only six to 10 inches of precipitation per year. For example, last year we received two feet of snow in three days in December, with no measurable precipitation again until the following July. Besides heat and cold tolerance, our primary issue is water availability. We collect rainwater from the roofs of our house and outbuildings. We also use our grey water from the sinks and bathtub. We make sure to use only natural and biodegradable soaps and laundry products. We water early in the morning or after sunset and water roots deeply either by creating and filling a well around the base of the plant or by partially burying a plastic soda bottle which we fill to water the roots. We avoid sprinkling, which wastes water due to evaporation. We also mulch to retain moisture as well as protect the roots from freezing in winter. The mulch also helps to keep the weeds down.

The second most important issue is soil amendment. With a primarily sandy top layer followed by heavy clay, we add lots of compost and organic matter. We cover our soil with

manure and compost in early winter and till it under in early spring.

Crop rotation is also very important to prevent disease. We follow the heavy feeder crops (broccoli, tomatoes, potatoes) with beans and legumes the following year, which will replenish the nitrogen in the soil.

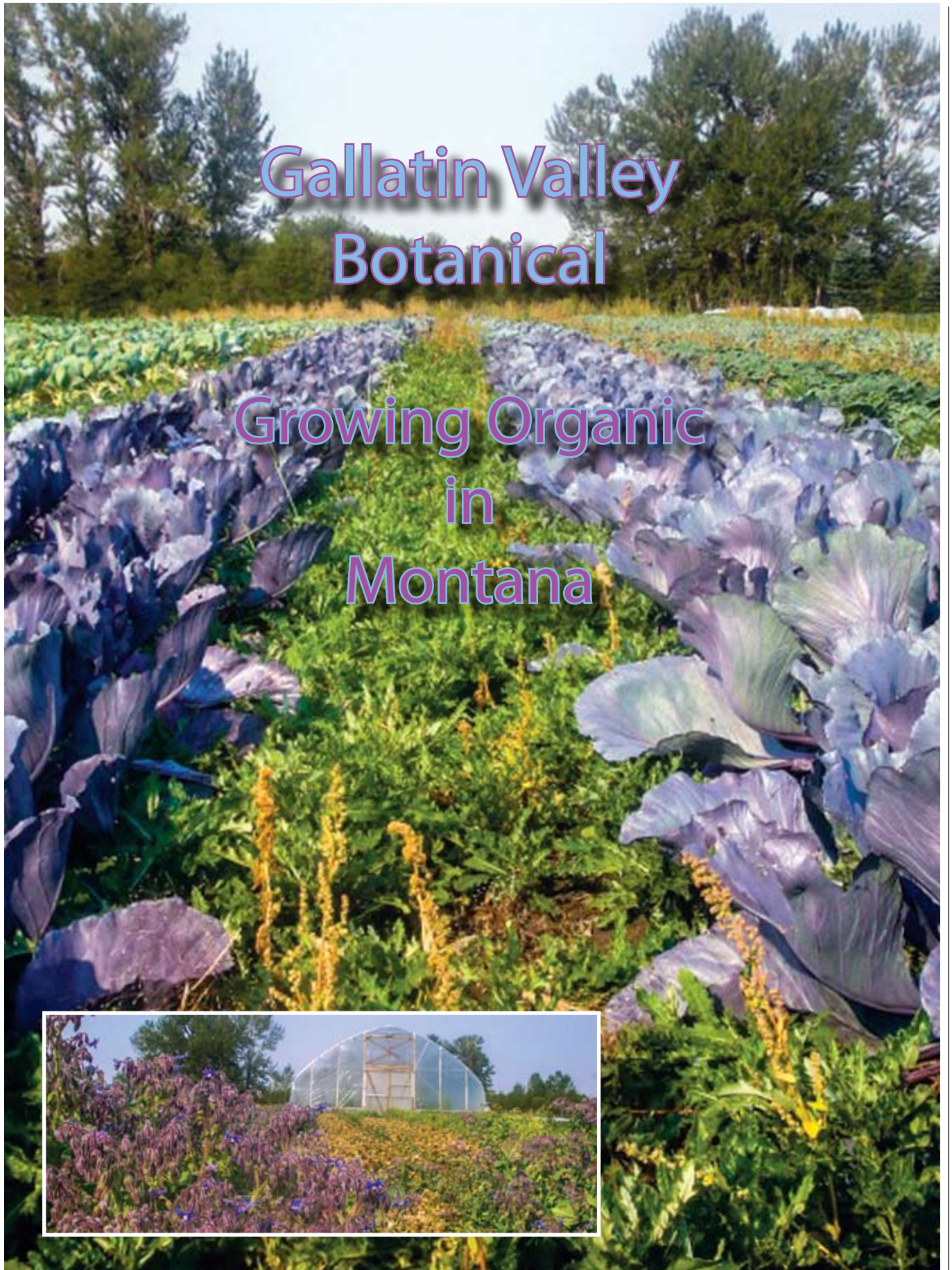
We grow drought and heat tolerant heirloom varieties so that we can save some seeds. We start seeds indoors in February and transplant them to the garden after our frost-free date in May. We also grow smaller varieties, which require less water, such as cherry and mid-size tomatoes versus beefsteak. We grow vertically (beans, peas, squash) on supports where possible to save space and to create shade where we can plant greens and other tender plants underneath. Melons need to be protected from the strong sun by covering them with a shade cloth or a basket.

We also drape shade cloths to protect our little transplants in the spring from the strong winds, which can blow up to 65 mph and will destroy them. I have found that polyester cloth lasts longer than cotton. I buy cloth for \$1 a yard, which lasts several years.

We grow asparagus, beans (both green and several varieties of dry), beets, bell peppers, broccoli, carrots, chard, chilis, corn, garlic, herbs, kale, lettuce, onions, peas, potatoes, pumpkins, radishes, spinach and squash.

I hope these tips will be helpful. Good luck in your gardening adventures. Feel free to contact me. — Karen Shilling; [kbshilling@yahoo.com](mailto:kbshilling@yahoo.com)





# Gallatin Valley Botanical

Growing Organic  
in  
Montana



By MIRIAH REYNOLDS  
BELGRADE, MONTANA

Jacy and Matt Rothschiller are the owners and masterminds behind Gallatin Valley Botanical. Five years ago the couple bought a seven-acre piece of land situated on the fertile bottomlands of Rocky Creek in Bozeman, Montana.

“This land had been used as a hay field since the early 1980s, until we moved here and plowed it up,” Matt commented. When I asked Matt what they grew, he snickered and said “everything.” Gallatin Valley Botanical grows over 150 types of produce in over 300 different varieties! Literally everything. A few examples of that produce are beans, broccoli, celery, carrots, potatoes, herbs, lettuce, onions, peppers, squash, and more.

In 2012 Gallatin Valley Botanical became USDA Certified Organic. This means that all of their produce is grown without pesticides, fertilizers, and is completely chemical-free. Becoming organic is not an easy certification. Matt stated that they had to be completely chemical-free for three years before they could be eligible for certification. Then they had to write up an Organic System Plan (OSP). This plan would explain every aspect of their business from the seeds they use all the way through to the method of harvesting. After a thorough inspection from the USDA, Gallatin Valley Botanical became organic certified. Matt said that auditors come and check up on their business frequently to ensure that they are following all of the guidelines to remain organic.

Gallatin Valley Botanical not only is organic with products readily available in Bozeman, but they also have a Community Supported Agriculture (CSA) program. CSAs are a wonderful agreement where families help harvest crops in exchange for produce. In the summer season of CSA, Gallatin Valley Botanical has roughly 110 participating families, and in the winter season about 50. In addition to CSA, they also have an intern opportunity. Matt said that anyone who’s interested in being a part of their CSA or becoming an intern should feel free to contact him.

Matt took me into one of the greenhouses where rows of productive crops grow. This one greenhouse alone produces roughly 125 quarts of cherry tomatoes a week. The tomatoes hang from trellises, which offer exceptional airflow and



Matt and Jacy Rothschiller became organically certified growers in 2012, and heartily endorse Community Supported Agriculture programs.

enables the harvesters to work without having to bend over. The main growing season is Memorial Day through Labor Day here in Bozeman, Montana, however crops such as spinach don’t mind the colder temperatures and are hardier in winter. In addition to their busy farm work, Matt and Jacy are also part of the Bogert Farmers Market, attend the Saturday Bozeman market, and coordinate the



Bozeman Winter Farmers Market. If you’re ever in Bozeman, Montana, look up Matt and Jacy at Gallatin Valley Botanical! 🌱

Left: The Rothschiller’s organic cabbage field and greenhouse (inset).

Visit Gallatin Valley Botanical at [www.gallatinvalleybotanical.com](http://www.gallatinvalleybotanical.com).



*The garden:*

# The Right Fence for the Job

BY NANCY PIERSON FARRIS  
SOUTH CAROLINA

**F**ifty years ago, when we started developing our two-acre homestead, we had no fences. Don built a tiny chicken coop with a small “run” for our flock of three. Our dog entertained friends from around the neighborhood, and we often found dog tracks in the garden.

During the next five years, while

Don worked full time and I birthed and tended three babies (using cloth diapers), we had limited time for fence building.

We built a small wood frame barn, increased our flock to six chickens, and acquired an Alpine goat. We enclosed a chicken yard with standard poultry netting stapled to wooden posts.

The goat wore a mule collar to which I attached a 25-foot length of

chain every morning. I led the goat out to an unplanted area and fastened the chain to one of the stakes Don had driven into the ground at intervals. The goat grazed on grass and weeds in a circle around the stake. By evening, her udder was full of rich milk and she stayed in the barn overnight, chewing her cud.

After having a couple of dogs killed on the roadway, we decided to fence our backyard to protect our toddlers and the dog. For that, we used five foot high, 14 gauge, 2 x 4 mesh, welded utility fence, locally referred to as “dog wire.” We attached the fence to treated wooden posts spaced 10 feet apart.

Fast-forward two decades. We had used concrete blocks and clapboard to build a larger barn with stalls for two goats, plus a milking stand; space to raise two dozen broiler-fryer chickens each year, plus a dozen hens and 20 rabbits.

Setting a few fence posts a week, we had created separate yards accessible from five openings in the building. During those years, we learned a lot about fences.

Our original enclosure of poultry

*Above:* A five-foot tall utility fence holds pole beans and Nancy doesn't have to bend over to pick them.

*Right:* A fence will support cucurbits, even pumpkins, conserving garden space and keeping vegetables off the dirt.

Photos by Don Farris





netting disintegrated. We replaced it with utility fence. A gate at the end of the hens' run opened into a fenced garden plot. We created a six-foot wide lane along the backside, so the goats could pass behind the chicken yard to browse along a drainage ditch at the rear of our property. It seemed expedient to install a gate between the lane and the garden. In years that we use that plot for summer vegetables, we can allow the goats to go in and eat the spent cornstalks, bean plants, and so forth. Then we open the gate to the chickens and they scratch up the soil, mixing in mulch and eating weed seeds and insects.

When the fence came loose from a post, we observed that the goats often leaned on the fence. We tried three different deterrents: old boards or poles cut from downed trees, fastened about two feet above the ground; or a strand of barbed wire tacked about two feet above the ground. All keep the goats off the fence.

To fatten a feeder pig each year, we needed a different type of fence. We poured a concrete slab about five feet square, and enclosed it with sturdy posts. Pigs don't jump over fences, but they do go under. "Hog wire" has smaller mesh at the bottom, and we found four feet high adequate. We first used logs along the bottom; but in hot, humid Low Country South Carolina, any rotting wood becomes housing for termites. Pigs easily shove through rotting logs and they like termite larvae. We acquired a few old railroad ties to put around the edge of the pen, stapling the bottom of the fence firmly to them. After that, our pigs stayed in their designated area.

Over the years, our country location has changed. A nearby farm was sold as building lots and much wild-life habitat was destroyed. One day when our three-year-old grandson was helping us in an unfenced garden plot, we saw a deer track. As Don voiced his annoyance, the little boy said, "You need a fence, Grampa."

We realized the child was right. Out came the posthole diggers and my packing stick and, at a rate of two posts a day, Grandma and Grandpa

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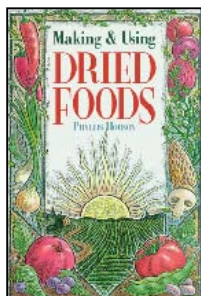


*Top left:* Poultry netting holds spring peas off the ground so they stay clean and are easier to pick. *Above:* It takes a tall, sturdy fence to confine goats; the boards at the bottom discourage them from leaning on the fence. The poultry netting keeps rabbits out.

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By PHYLLIS HOBSON



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built a six-foot high fence around that garden. Since the barn lot formed one side of the plot, we put a gate there. As we rotate crops, every third year we plant spring greens, cole vegetables, and green peas in that plot. When heat builds and the early garden wilts, we open a gate for a cleanup crew of ever-busy hens. In the years that corn and beans grow in that plot, the goats get first chance at the spent plants.

Recently, another pesky animal has invaded our garden. We enjoyed Peter Rabbit tales when we were children, but Peter does not amuse us when he eats a whole row of sprouting bean plants in our garden.

We tacked 30-inch poultry netting along the bottom of our fences. Rabbits don't climb well, and they can't squeeze through the small mesh.

As our bodies have accumulated mileage, we have found fences useful inside the garden. Thirty-inch poultry mesh keeps spring peas up off the ground. It takes only a few minutes to set plastic "step posts" and fasten the fence to them. Picking is much easier when we don't have to bend so far to reach the pods.

We still grow some bush beans, because they start producing earlier; but our main crop now comes from pole beans. For these, we use five-foot utility fence clamped to "T-posts." These easy-to-install metal posts withstand summer heat without buckling.

We also use fences to support cucurbits. Planting cucumbers, spreading type squash, melons, and even pumpkins along a garden fence saves space and gets vegetables up off the dirt. Pickleworms, which come up out of the ground to bore holes in cucurbits, can't get to vegetables hanging on a fence.

We use 4 x 4 mesh utility fence to make tomato cages. Don cuts a four-foot length, and bends it into a circle to enclose a plant. The larger mesh allows us to reach through to pick the tomatoes. We sometimes use a cage to support a cucurbit. One year, we grew snow peas around cages.

Whether the need is to confine livestock, deny access to wildlife, protect pets and children, or support spreading/vining crops, it makes sense to use the right fence for the job. 🌱

# COUNTRYSIDE & SMALL STOCK JOURNAL

## 2013 Reader Survey

To our COUNTRYSIDE readers:

We invite you to take part in the **2013 COUNTRYSIDE & SMALL STOCK JOURNAL Reader Survey**. We constantly strive to publish information that is useful and relevant to you, and this survey will help guide us in that direction. All comments will be reviewed by our staff as we plan for the future of COUNTRYSIDE and our website, [www.countrysidemag.com](http://www.countrysidemag.com).

Please take the time to complete the survey and mail in the enclosed postage-paid envelope, go to [www.countrysidemag.com](http://www.countrysidemag.com), or scan the QR code on page 58 with your smartphone. If you misplace the envelope, just drop it in the mail to us at 145 Industrial Dr., Medford, WI 54451. Everyone who completes this survey will have the opportunity to register to win a \$250 grand prize or one of five \$50 gift certificates to the Countryside Bookstore. We appreciate your time and feedback.

– The staff at COUNTRYSIDE

**1. Have you read or looked at a copy of COUNTRYSIDE & SMALL STOCK JOURNAL in the past 60 days?**

- Yes  No

**2. How many people – other than yourself – read the same copy of COUNTRYSIDE & SMALL STOCK JOURNAL?**

- One
- Two
- Three
- Four
- Five to nine
- Ten or more
- No one else in my home reads COUNTRYSIDE & SMALL STOCK JOURNAL

**3. How much time do you typically take to read or look through your copy of COUNTRYSIDE & SMALL STOCK JOURNAL?**

- Less than 1 hour
- 1-2 hours
- 3-4 hours
- More than 4 hours
- I have not read COUNTRYSIDE & SMALL STOCK JOURNAL

**4. How long have you subscribed to COUNTRYSIDE?**

- Less than a year
- 1-2 years
- 3-4 years
- 5-6 years
- 7-10 years
- 10 years or more
- I do not subscribe

**5. Where do you usually get a copy of COUNTRYSIDE?**

- I subscribe
- Purchase from a store
- Get a copy from a family member or friend
- Other
- Not applicable to me. I have not read the magazine.

**6. What other similar magazines do you subscribe to?**

- Back Home
- Backwoods Home
- Backyard Poultry
- Better Homes & Gardens
- Birds & Blooms
- Country
- Country Living
- Country Woman
- Farm Show
- Grit
- Hobby Farm
- Mary Jane's Farm
- Mother Earth News
- New Pioneer
- Progressive Farmer
- Rural Heritage
- Successful Farming
- Urban Farm

**7. On a scale of 1-to-5, where “1” means “Not at all interested” and “5” means “Very interested,” how interested are you in reading about the following topics?**

	1	2	3	4	5
Alternative energy					
Alternative housing					
Country kitchen					
Chickens and poultry					
Crops and soils					
Homestead business					
Homestead construction					
Homestead crafts					
Homestead finance					
Homestead livestock					
Homestead water					
Gardening					
Preserving food					
Self-reliant living					
Survival / emergency					



**8. How often have you visited COUNTRYSIDE'S website, www.countrysidemag.com, in the past 30 days?**

- Every day  
 More than once a week  
 About once a week  
 More than once a month  
 About once a month  
 Every few months  
 Almost never  
 I have never visited the COUNTRYSIDE website

**9. If you have visited the COUNTRYSIDE & SMALL STOCK JOURNAL website, what are your favorite sections? (Check all that apply)**

- Published articles from the current issue  
 The Online Bookstore  
 The Library  
 The Breeders Directory  
 I haven't visited the COUNTRYSIDE website

**10. Would you be interested in any of the following print or digital products?**

- | Yes                      | No                       |                                   |
|--------------------------|--------------------------|-----------------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | A discussion forum on the website |
| <input type="checkbox"/> | <input type="checkbox"/> | A COUNTRYSIDE Anthology DVD       |
| <input type="checkbox"/> | <input type="checkbox"/> | A COUNTRYSIDE Anthology book      |
| <input type="checkbox"/> | <input type="checkbox"/> | Digital version of Countryside    |
| <input type="checkbox"/> | <input type="checkbox"/> | An e-newsletter                   |

**11. Do you follow COUNTRYSIDE on its Facebook page?**

- Yes  
 No, I didn't know COUNTRYSIDE has a Facebook page  
 No, but I did know COUNTRYSIDE has a Facebook page

**12. Do you find advertising in COUNTRYSIDE & SMALL STOCK JOURNAL useful & pertinent to your needs?**

- Yes  No

**13. Have you taken any of the following actions as a result of reading advertisements in COUNTRYSIDE & SMALL STOCK JOURNAL?**

- | Yes                      | No                       |   |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Purchased equipment, products or services |
| <input type="checkbox"/> | <input type="checkbox"/> | Requested more information                |
| <input type="checkbox"/> | <input type="checkbox"/> | Visited the advertiser's website          |
| <input type="checkbox"/> | <input type="checkbox"/> | Discussed the ad with someone else        |

**14. In what type of area/community do you live?**

- Urban  
 Suburban  
 Small town  
 Rural

**15. Do you own or raise livestock?**

- Yes  No

**16. If you raise livestock, what types of livestock?**

- Beef cattle  
 Dairy cattle  
 Chickens  
 Ducks  
 Turkeys  
 Guineas  
 Other poultry  
 Dairy goats  
 Meat goats  
 Horses  
 Llamas  
 Alpacas  
 Pigs  
 Rabbits  
 Sheep  
 Rare/exotic breeds

**17. If you raise livestock, why do you raise livestock? (check all that apply)**

- Meat production  
 Dairy products  
 Earn income  
 4-H or showing  
 Hobby

**18. Please describe your level of gardening involvement.**

- Avid gardener  
 Occasional gardener  
 I do not garden

**19. How much of your garden harvest do you preserve?**

- None  
 Less than 10%  
 10-25%  
 25-50%  
 More than 50%

**20. How much land do you have devoted to agriculture?**

- Less than 1/2 an acre  
 1/2 – 1 acre  
 2 – 5 acres  
 6 – 10 acres  
 11 – 20 acres  
 20 – 40 acres  
 More than 40 acres  
 I do not have any land devoted to agriculture

**21. About how much money, in U.S. dollars, did you spend on your property (such as gardening, livestock, backyard poultry, etc.) last year?**

- Less than \$1,000  
 \$1,000 - \$5,000  
 \$5,000 - \$10,000  
 More than \$10,000  
 I did not spend any money on these items last year

**22. When you have questions about life in the country, where are you most likely to seek answers first? (Select one)**

- From friends/neighbors
- From an online community
- From an online search
- From books/magazines
- Other

**23. In which format would you prefer to read COUNTRYSIDE & SMALL STOCK JOURNAL?**

- Print
- Online with a laptop
- On a tablet
- On a smartphone

**24. What social media websites do you use?**

- Twitter
- Facebook
- LinkedIn
- Pinterest
- Google+
- Flickr
- Instagram
- I do not use any of these websites

**25. How did you first hear about COUNTRYSIDE & SMALL STOCK JOURNAL?**

- Received an offer in the mail
- Mentioned in another magazine or book
- Saw the magazine in a store
- Received a copy from someone
- Word of mouth
- Internet search
- Social media website
- I had never heard of COUNTRYSIDE before now

**26. Do you plan to purchase or invest in any of the following in the next 12 months?**

- | Yes                      | No                       |  |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | New cell phone or smartphone           |
| <input type="checkbox"/> | <input type="checkbox"/> | Computer, laptop, or electronic tablet |
| <input type="checkbox"/> | <input type="checkbox"/> | Craft items                            |
| <input type="checkbox"/> | <input type="checkbox"/> | Canning equipment                      |
| <input type="checkbox"/> | <input type="checkbox"/> | Sewing machine                         |
| <input type="checkbox"/> | <input type="checkbox"/> | Fencing (livestock or garden)          |
| <input type="checkbox"/> | <input type="checkbox"/> | Firearms                               |
| <input type="checkbox"/> | <input type="checkbox"/> | Camping equipment                      |
| <input type="checkbox"/> | <input type="checkbox"/> | Hunting/Fishing equipment              |
| <input type="checkbox"/> | <input type="checkbox"/> | Trapping equipment                     |
| <input type="checkbox"/> | <input type="checkbox"/> | Food dehydrator                        |
| <input type="checkbox"/> | <input type="checkbox"/> | Pickup truck                           |
| <input type="checkbox"/> | <input type="checkbox"/> | Log splitter                           |
| <input type="checkbox"/> | <input type="checkbox"/> | Chain saw                              |
| <input type="checkbox"/> | <input type="checkbox"/> | Sawmill                                |
| <input type="checkbox"/> | <input type="checkbox"/> | Rototiller                             |
| <input type="checkbox"/> | <input type="checkbox"/> | Gardening tools                        |
| <input type="checkbox"/> | <input type="checkbox"/> | Construction tools                     |
| <input type="checkbox"/> | <input type="checkbox"/> | Solar electric or heating equipment    |
| <input type="checkbox"/> | <input type="checkbox"/> | Other home heating equipment           |

- Tractor (large, 45 horsepower or more)
- Tractor (compact utility, under 45 horse power)
- Farm machinery
- All-terrain vehicle (ATV)
- Utility trailer
- Utility vehicle
- Brush mower
- Riding lawn mower
- Real estate
- Veterinary products
- Wind-powered electric generator
- Wood stove
- Woodfired cookstove
- Woodworking equipment

**27. Are you:**  Male  Female

**28. Are you:**  Married  Single

**29. Which category below includes your age?**

- Under 25
- 25-34
- 35-44
- 45-54
- 55-64
- 65-74
- 75-84
- Over 85

**30. What is your household income?**

- Less than \$25,000
- \$25,001-\$50,000
- \$50,001-\$75,000
- \$75,001-\$100,000
- \$100,001-\$150,000
- \$150,001-\$200,000
- \$200,001 or more

**31. What is the highest level of school you have completed or the highest degree you have received?**

- Less than high school degree
- High school degree or equivalent (e.g., GED)
- Some college but no degree
- Technical or specialty school
- Associate degree
- Bachelor degree
- Graduate degree

**32. If you have children at home, what are their ages? (Multiple boxes can be checked if needed.)**

- No children at home
- Under 2 years old
- 2 – 5 years old
- 6 – 12 years old
- 13 – 17 years old

**33. If you have children at home, do you homeschool?**

- Yes  No



**34. What is your employment status?**

- I am unemployed
- I am retired
- Full-time homemaker
- Part-time employment
- Full-time employment
- Part-time student
- Full-time student

**35. If you are employed, which of the following best describes your job function?**

- I am unemployed/retired/a homemaker
- Accounting/Auditing
- Administrative
- Advertising/Marketing
- Analyst
- Art/Creative/Design
- Business Development
- Consulting
- Customer Service
- Distribution
- Doctor
- Educator (E.g., teacher, lecturer, professor)
- Engineering
- Farming/Agriculture
- Finance
- General Business
- Health Care Provider (other than doctor or nurse)
- Human Resources
- Information Technology
- Legal
- Management
- Nurse
- Production
- Product Management
- Project Management
- Public Relations
- Purchasing
- Quality Assurance
- Research
- Sales
- Science
- Strategy/Planning
- Supply Chain
- Training
- Writing

***You have finished the survey!***

We appreciate your time. Please use the post-age paid envelope to return it to us at 145 Industrial Dr., Medford, WI 54451. If you would like to register to win \$250 or one of five Countryside Bookstore gift certificates by random drawing, please fill out the information below. All personal information will be kept confidential by Countryside Publications and Swift Communications. You must be at least 18 years of age or older to register to win. Thank you!

---

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**Address:**

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**City:**

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**State & Zip:**

---

**Telephone number including area code:**

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**E-mail address:**



If you prefer, snap this QR code with your electronic device and take the survey online, or visit our website at [www.countrysidemag.com](http://www.countrysidemag.com).

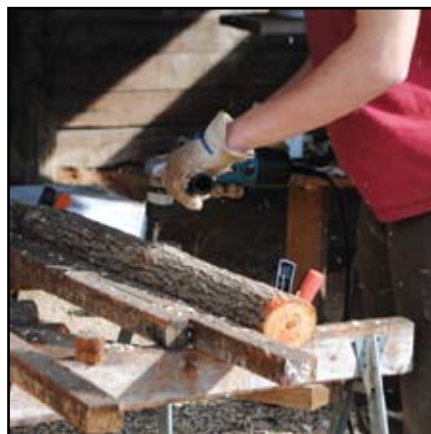


BY ANITA B. STONE  
NORTH CAROLINA

If you ever wanted to grow mushrooms on the homestead and make a decent wage, shiitake is the way to go. This tasty fungus not only offers great health benefits, but can bring in tasty cash benefits – and more. Shiitake is the Japanese name for a type of mushroom that grows in the shape of a flattened umbrella on wood. The taste has been compared to an exotic blend of filet mignon and lobster, with a hint of wild herbs and a tad of garlic.

With as few as two acres, you have the ability to grow more than 500 pounds of shiitake on one cord of wood. Once grown, you are on the way to raising your income.

Under controlled conditions indoors, the mushrooms can be harvested in as little as three to four months. Instead of using natural logs, a special growing medium made of oak sawdust and rice hulls is used. This is first sterilized and then inocu-



Hardwood logs are measured and cut in preparation for drilling holes.

lated with a special strain of shiitake. Inoculation takes place in a sterile chamber made from a recycled fish tank equipped with ultraviolet light. This ensures that each mushroom is identical. The inoculated container is then sealed with plastic, which allows air exchange, but not contamination. Each area is labeled, dated and stacked on shelves in ordinary

subdued room light. After three months, what appears to be a log is actually composed of thin strands of shiitake mycelia. (Mycelia are the part of the body of a fungus, which grows inside another mass.) The whole log is placed in a plastic box, watered, misted frequently with water, and kept at 70°F. Mature bud formation takes several weeks until the shiitake pops out.

Outdoors it normally takes up to two years for a harvest to enhance the landscape, but requires much less work. To grow on hardwood, evergreen, or oak wood, small holes are drilled in each log. Wood chips (or dowels) are inoculated with shiitake mycelium then pushed into the pre-drilled holes, and immediately covered with hot wax to prevent contamination. The number of holes depends on the wood and how far apart you decide to plant, but normally 10 to 20. Logs can be stacked or left singly in the lot raised off the ground so they aren't contaminated with other mushroom spores.





*Left: The Spain family works together on the farm, readying the logs for a mushroom crop. Photos are courtesy of the Spain Farm in North Carolina*

Spain has worked out an economically and sustainable agreement with a tree farmer. “When his forest needs to be thinned, I can get my logs from him. The drill, the bits, 100 pound boxes of wax and \$25 for inoculators is about the typical prices these days.”

As for a mushroom orchard, the possibilities are unlimited. States that offer both the right climate and soil, are many. Currently there are 75 small mushroom orchards in North Carolina. “This crop could revitalize the farming industry,” Spain offers. “A 15-acre crop takes three to five years to produce. Hazelnut logs produce in about four to five years, the

The beauty of growing shiitake outside is that after felling the trees and inoculating the logs, there is no additional labor, except for the harvest during spring and early fall. The mushrooms will not survive on living wood, so there is no danger of harming a wooded lot. Logs are stacked and watered to maintain an optimal log moisture content of 35-45 percent\*, and often covered during severe weather to protect the harvest. But, left on their own, they will still produce a profitable crop.

“Shiitake are a great investment for farming,” David Spain of Spain Farm in North Carolina offers. “There are not a lot of mushroom farmers on the homestead yet, so it is a wide open area for a good cash crop.” Spain began outdoor mushroom production in 2006 with shiitake. “We currently sell the crop at three different farmers markets. We also sell to restaurants throughout the Piedmont.” Spain wants to begin experimenting with three other strains: Maitake or Hen of the Woods, Lion’s Mane and Pearl Oyster. “The whole family becomes involved. We kind of taught ourselves, and used a regular drill and an angle grinder, which as-



**Melted wax is placed over mushroom spores in logs to seal them from contamination with other mushroom varieties.**

sists with more than 10,000 rpms, and sped up the process. We just learned as we went along. We now use four-foot oak or sweet gum logs. And there is practically no debt involved.” The first year Spain experimented with 200 logs, the second year with 500 logs, “and now we’re producing mushrooms on 2,500 logs,” he announced.

hardwood oak takes 10-12 years.” The fungus is well on the way to becoming a quality cash crop.

Shiitake mushroom logs make a great family project. Spain shared his expertise in creating a mushroom farm orchard. Materials required consist of one freshly cut log, a shiitake spawn or sawdust, a hand drill, a paintbrush, a rubber-head





mallet, organic beeswax, and a heat source and a saucepan (for melting the wax).

Spain recommends using freshly cut logs, preferably cut in the last 72 hours with a 150mm diameter and no less than 75cm long. Once the wood has been selected, drill each log with about 20 holes, evenly spaced in a zig-zag pattern around the log. The width of the holes should be 8.5mm if you are using a standard plug spawn. The diameter of the plugs increases from swelling in the damp spawn environment. If you decide to use a sawdust spawn, drill 12mm holes. The next step is to fill the holes in the log with shiitake spawn, which can be ordered online. Spawn can be of the dowel-type or sawdust. Hardwood dowels or sawdust plugs are infused (inoculated) with a specific mushroom species, in this case, shiitake.

To inoculate the log, take a spawn plug and tap it into the hole. Repeat

**Above:** Equipment and logs ready to begin procedure of growing mushrooms.

**Right:** Shiitake mushrooms growing from pre-drilled logs after inoculation.

this procedure until you fill all the holes. Seal each hole by sealing it with melted beeswax. This ensures that each open surface will be protected from other fungi that may be eyeing the holes for their existence. Because the mushrooms will absorb whatever they come in contact with, it is preferable not to use artificial-based waxes or sealants on the food. Just simply seal any openings in the log as well as each end and each hole with melted beeswax, organic when possible.

Once the log is prepared, place it somewhere with good airflow, preferably in semi-shade. Make sure it's not on the ground. Some growers



place their logs up in tree branches to keep it safe and moist. In six to 12 months you will begin to see shiitake sprouting up from the holes in the logs. The logs should yield quality harvests the first time. The potential to grow shiitake is favorable and the extra income adds to the plus side of the financial balance sheet for any homestead. 🍄

*\*For more instructions on growing shiitake mushrooms, visit [www.center-foragroforestry.org/pubs/mushguide.pdf](http://www.center-foragroforestry.org/pubs/mushguide.pdf)*





# Mustard

## Cherished by Herbalists and Housewives

BY HABEEB SALLOUM  
CANADA

**M**ustard's pungent aroma and fiery taste enhance and make appetizing a wide variety of food, and its healthful qualities are no less impressive. From making food wholesome, and from being effective as a cough medicine and for clearing a stuffy nose, to acting as a natural preservative mustard has for centuries been treasured by housewives and herbalists. Frederick the Great of Prussia even invented a drink of mustard, champagne and

coffee, believing that it would aid in uplifting his masculinity.

Believed to have originated in Himalayas, mustard has been employed as an herb, a spice and for medical purposes by the Indians, Chinese and Arabs—the best mustard still comes from Egypt—for millennia. It was mentioned in the Bible and in the literature of the ancient Greeks and Romans. The Romans who called it *mustum* (a mixture of unfermented wine and mustard seeds), from which we derive its name, brought the plant to England where it thrived and became a treasured spice in the Middle Ages. In that era, all other spices were

worth their weight in gold while mustard, being locally grown, was inexpensive.

Mustard is a cool season and usually bountiful blood leaf crop. However, once sown, it is very difficult to get rid of, since when the seeds fall, they germinate at once. For farmers, it is a popular plant in crop rotations, enhancing the yield of barley, and wheat and, at the same time, breaking the disease cycles of cereal grains.

The mustard plant grows wild, but is also cultivated. When in bloom, the plant produces bright yellow flowers, creating in springtime a vivid and attractive carpet-like landscape—a



Mustard is made from ground mustard seed, vinegar, and spices. Dijon mustard (above) is mainly made in the Dijon area of France, and uses wine (unripe grape juice) and spices. Yellow mustard is milder and known as "American mustard" outside of the U.S.

sea of waving yellow. It spreads very rapidly and this proliferation induced the Hindus to make it a fertility symbol. Mustard oil is used in India as a cosmetic. Some of the Indians believe that constant massaging of the breasts with mustard oil boiled with pomegranate paste makes a woman's breast firm and attractive.

Black mustard (actually brown), can easily become a garden pest and often grows wild. Its seeds are very pungent and favorable and are excellent when used in table mustards. Garden or white (really yellow) mustard is much milder and is cultivated, growing to about 18 inches tall. The leaves can be harvested when young and tender and used like other garden greens – their piquancy a welcome addition to salads.

In the main, there are three basic types of mustard: brown, yellow and Oriental. Yellow is usually used in the kitchen as seeds or ground, or ground and blended, then used in manufacturing. Brown is employed mostly in industry, such as in the manufacture of Dijon table mustard – named after a town in France, which is considered the mustard capital of the world. The oriental mustard is used in the manufacture of Chinese style mustards and in a number of Cajun and East Indian dishes.

All parts of the mustard plant have tonic properties and diseases and pests do not bother the plant. When crushed its seeds release a volatile oil that is stimulative, light to digest and inhibits the growth of certain bacteria and yeasts, enabling it to function as a natural preservative. The tocopherol contained in mustard protects it from rancidity, hence, contributing to its indefinite shelf life. No matter how old, mustard will not grow mold, mildew or harmful bacteria. If too old and it dries out, stirred with a little vinegar it is reincarnated to its original self.

Mustard is a healthy spice-herb, containing vitamins A, B and C, calcium and iron. For centuries folk medicine practitioners have known its therapeutic qualities and used it to relieve numerous ailments. They prescribed it for abscesses, chest colds, toothaches, swelling of the lungs, reducing blood pressure, stuffy noses; and mixed with honey for coughs; and a pinch of mustard in a glass of water for hiccups. A cure that these folk doctors prescribed, and is still often used today, to relax and relieve painful joints and to reduce stress, is a mustard paste rubbed on the skin, soles of feet and ear lobes.

Above all, mustard reaches its glory in the kitchen, giving a great

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zest to food. Both a great food enhancer and a nutritious food, it contains from 28 to 36% protein. It is widely known for its sharp flavor. However, unlike many other hot flavors, its taste does not linger. It quickly dissipates and leaves little aftertaste. In the U.S., only pepper exceeds mustard in use as a spice.

The leaves of the tender mustard plant, like collard, dandelion, endive, kale, spinach, Swiss chard or other greens, are great in soups or can be boiled like other greens or stir-fried, then a light soy sauce and lemon juice added. Seedlings and young leaves can be pickled and then used in green salads.

The seeds are excellent for pickling and ground mustard can be used to perk up a great number of foods. Ground mustard should be stored in air-tight containers or it will lose its pungency. It is usually mixed with other ingredients such as salt, sugar, vinegar and turmeric—which gives it its bright yellow color—to make a paste. This can be used in pickles, relishes, salad dressings, sauces and prepared foods to enhance their flavor.

Vegetable stir-fries are enhanced immensely by a little mustard and tuna salads are delicious if spiced with this centuries-old food enhancer. Rubbed lightly with mustard powder, fish steaks lose their fishy taste and heighten their flavor.

After a meal, a little mustard added to the soap will remove the odors from smelly dishes. As a finale, a little mustard can be rubbed on the hands then rinsed, to remove garlic, onion and other odors.

### Hot Mustard Sauce

Makes about 3/4 cup

3 tablespoons ground yellow mustard  
1/3 cup vinegar  
2 tablespoons olive oil  
2 tablespoons ground almonds  
1 tablespoon sugar  
1 teaspoon ground ginger  
1/2 teaspoon salt  
1/2 teaspoon pepper



Place all ingredients in a blender, then blend to consistency required, adding more vinegar if necessary. Use with salads, soups, fish and meat, or bottle and keep in refrigerator for future use.

### Mustard Salad Dressing

Serves 6 to 8

4 tablespoons olive oil  
4 tablespoons vinegar  
2 cloves garlic, crushed  
2 teaspoons powdered mustard  
1/2 teaspoon salt  
1/2 teaspoon pepper  
1/8 teaspoon cayenne

Thoroughly combine all ingredients; pour over a green salad and toss.

### Mustard Soup

Serves 6 to 8

4 tablespoons olive oil  
2 medium onions, chopped  
1 small hot pepper, finely chopped  
4 cloves garlic, crushed  
1 cup finely chopped pepperoni  
6 cups water  
1 1/2 teaspoons salt  
1/2 teaspoon pepper  
3 eggs, beaten  
1 tablespoon powdered mustard

Heat oil in a saucepan, sauté over medium heat onion and hot pepper for 10 minutes. Add garlic and pepperoni, stir-fry for 5 minutes longer. Add water, salt and pepper, then cover and bring to boil. Cook over medium heat for 30 minutes then stir in eggs and mustard. Cook for a few more minutes and serve.

### Mustard Greens

Serves 4

4 tablespoons olive oil

1 pound mustard greens, washed and chopped into large pieces  
2 cloves garlic, crushed  
1/4 cup water  
1/2 teaspoon salt  
1/2 teaspoon pepper  
1/2 teaspoon ground coriander seeds  
2 tablespoons lemon juice

Heat oil in a saucepan, then stir in mustard, garlic and water. Cover and cook over low heat for 25 minutes, then stir in remaining ingredients and serve hot or cold.

### Puréed Mustard Greens

Serves about 6

1 pound mustard greens  
3 tablespoons butter  
2 tablespoons corn meal  
1 teaspoon grated fresh ginger  
1/2 teaspoon salt  
1/2 teaspoon pepper  
1/2 teaspoon cumin  
1/8 teaspoon cayenne  
2 tablespoons lemon juice  
1/2 small tomato, finely chopped

Place mustard greens in a saucepan and cover with water, then boil until tender. Drain and allow to cool for 10 minutes, reserving some of the water.

Place mustard, along with remaining ingredients, except lemon juice and tomato, in a blender, then purée, adding a little of the water if necessary to make a smooth purée. Transfer to a frying pan, then stir-fry for a few minutes. Stir in lemon juice then decorate with tomato and serve.

### Cabbage With Mustard Seeds

Serves about 4

4 tablespoons olive oil  
1 teaspoon mustard seeds  
1 pound shredded cabbage  
1/2 teaspoon ground ginger  
1/2 teaspoon salt  
1/4 teaspoon pepper

Heat oil in a saucepan, then stir-fry mustard seeds over medium/high heat for about 10 seconds. Stir in remaining ingredients, then stir-fry over medium heat until cabbage wilts.

### **Baked Mustard-Flavored Tomatoes**

*Serves 4 to 6*

- 5 medium tomatoes, sliced in half
- 4 tablespoons olive oil
- 4 tablespoons finely chopped sweet green peppers
- 4 tablespoons finely chopped green onions
- 1 tablespoon Dijon mustard
- 1 teaspoon dried basil
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

Place tomatoes, cut sides up, in a casserole, then set aside.

Thoroughly combine remaining ingredients, then spread evenly over tomatoes. Cover and bake in a 350°F preheated oven for 25 minutes, then serve.

### **Scrambled Eggs With Mustard**

*Serves about 4*

- 4 large eggs
- 1 cup finely chopped green onions
- 2 tablespoons grated Parmesan cheese
- 1 teaspoon ground mustard
- 1/4 teaspoon cumin
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 3 tablespoons olive oil

Thoroughly combine all ingredients, except oil, then set aside.

Heat oil in a frying pan, stir-fry egg mixture over low heat until done. Serve hot.



### **Baked Beets With Mustard**

*Serves 4 to 6*

- 1 pound beets, thoroughly washed

- 4 tablespoons olive oil
- 1 1/2 teaspoons powdered mustard
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Wrap beets in aluminum foil and bake in a 350° F preheated oven for 1 1/4 hours or until beets are cooked.

Remove and allow to cool. Peel and thinly slice and place on a serving platter.

Combine remaining ingredients; spread evenly over beet slices and serve.

### **Mustard Chicken**

*Serves 4*

- 8 chicken drumsticks, washed and dried
- 4 cloves garlic, crushed
- 4 tablespoons olive oil
- 2 tablespoons lemon juice
- 1 tablespoon powdered mustard
- 1 teaspoon salt
- 1 teaspoon dried thyme
- 1/2 teaspoon pepper
- 1 cup water

Place drumsticks in a casserole, then set aside.

Combine remaining ingredients, then pour over drumsticks and cover casserole. Bake in a 350° F preheated oven for 1 hour or until chicken legs are well done, then bake uncovered for 10 minutes, adding a little more water if needed. Serve with mashed potatoes, and juice from casserole.

### **Mustard/Potato Casserole**

*Serves about 6*

- 6 medium potatoes, boiled, then peeled and diced into 1/2-inch cubes
- 4 tablespoons butter
- 1 medium onion, thinly sliced
- 4 cloves garlic, crushed
- 4 tablespoons finely chopped fresh coriander leaves
- 1 teaspoon powdered mustard
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon cumin
- 1 cup water
- 4 tablespoons Parmesan cheese
- 1/2 cup breadcrumbs
- 4 tablespoons olive oil

Place potatoes in a casserole, then set aside.

Melt butter in a frying pan then sauté onion over medium/low heat for 10 minutes. Stir in remaining ingredients, except cheese, breadcrumbs and olive oil, then cook for further 10 minutes. Pour evenly over potatoes, then sprinkle with cheese, breadcrumbs, and lastly drizzle with olive oil. Bake in a 350° F preheated oven for 35 minutes or until breadcrumbs brown.

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## Versatile Table Fare Courtesy of the Duck

*Eat the eggs and meat, but don't forget to use the feet*

### Country kitchen:

BY PAT KATZ

**D**ucks, like chickens, can be raised for both eggs and meat. Duck eggs are about half again as large as chicken eggs and can be used in all of the same ways. They do have a somewhat different taste, so opinions vary about having them fried for breakfast. Along with goose eggs, duck eggs are known for excellence in baking and in noodle making.

Duck meat is rich and delicious and can be cooked in many different ways. Home raised duck meat varies, of course, according to the breed and age of the duck. Cooking an old Muscovy is nothing like cooking a young and tender Long Island duckling, but after long stewing and adventurous seasoning, the old Muscovy can taste just as good. The recipes given here are adjustable. The cooking time can

be increased if you have a tougher meat.

### How to pluck a duck

Ducks are killed and cleaned like chickens, except that they are much more difficult to pluck. The usual dunking in scalding water doesn't loosen duck feathers because they are naturally oiled, and plain water can't penetrate them. The easiest way around the problem is to add detergent to the scalding water.

Heat a big pot of water almost to a boil and add a few drops of dishwashing detergent or shampoo. Swish the duck around in the water holding it first by one leg or wing, and then by the other so that the water moves into all of the feathers. After five to 10 seconds the feathers should pull easily. It may help to pull out some of the biggest feathers before scalding the duck, or the wing tips can be cut off at the first joint removing many large feathers. After plucking, the duck will probably

need singeing to remove pinfeathers. Then wash it well to remove all traces of detergent.

Another way to remove duck feathers is to coat them with melted paraffin or wax. This hardens and takes the feathers with it when it is pulled off. To make a paraffin dip, heat about two pounds of paraffin in a big pot of water. (The water and wax won't mix.) Heat until the temperature is about 160°F. If it gets much hotter the paraffin won't stick to the feathers. Dip the duck into the pot, take it out and let the paraffin harden. Then dip once or twice more to make a complete coating. After the paraffin is hard, pull or rub it off. Feathers, pinfeathers and down should all come off at the same time.

The paraffin can be cleaned for reused by putting it back in the pot of water, heating it until melted, and then pouring it through an old screen or sieve into another container. This removes the feathers. The paraffin

will harden in a layer on top of the water as it cools.

An old cookbook suggests still another method for plucking ducks, which might work for anyone who wants to avoid the use of detergent or paraffin. Soak the duck in cold water for a few minutes getting it thoroughly wet. Then roll it in a towel and put it in a pan. Pour boiling water over it and wait three or four minutes. Then unwrap and pluck.

When cleaning the duck be sure to cut out the oil sac at the base of the tail. It is prominent in ducks and more apt to cause a bad taste than the oil sac found in chickens.

### Duck feet, neck, and giblets

Duck feet, neck, gizzard and heart are excellent for making soup stock. Wash these parts well, cover them with water, and simmer for an hour or two. After straining, the gizzard and heart can be chopped and put back in the stock with vegetables and rice, noodles or what-have-you to make an excellent soup. In China duck feet are dried and used for making soup stock as needed. There is a Chinese specialty made of a cured duck's liver wrapped in a duck's foot and dried. For eating it is soaked, chopped and then steamed, usually with pork.

Duck liver is good fried in a little duck fat or it can be cooked in the same ways as chicken liver.

### Duck fat

Duck fat is well worth rendering and saving for use as lard for frying and baking. In times when butter was scarce it was also used as a spread for bread.

Collect as much fat from the duck's carcass as possible. Cut large slabs into smaller pieces. Heat the fat in a pan with a tablespoon or so of water added. Keep the heat low so that it doesn't burn. After it melts, let it simmer slowly until it is clear and the bits of membrane are shrunken and floating. They may brown slightly but should not sink and burn. (This takes an hour or so over low heat.) Strain fat into

a container, cool and refrigerate. It will keep for weeks. It can be used for frying vegetables or potatoes, making biscuits or cornbread.

Sometimes small pieces of fatty skin are rendered with the rest of the fat to make cracklings. They should be crisp and lightly browned when the fat is strained.

### Baked Duck With Sauerkraut

- 1 duck (May be young or somewhat older, as for stewing.)
- 1 quart sauerkraut drained
- 1 tablespoon honey
- 1 teaspoon grated orange or lemon rind

Preheat the oven to 450°F. Put the duck, breast down, on a rack over a roasting pan. Roast in the hot oven for 15 minutes. Lower heat to 350°F. Turn the duck over, breast side up, and roast 20 minutes. Pour off the fat that has collected in the pan and remove the rack. Put the duck breast side down in the pan and arrange the sauerkraut around it. Drip the honey over the sauerkraut and sprinkle with the orange or lemon rind. Add about 2/3 cup water. Keep the oven at 350°F and bake a young duck for about 45 minutes. Bake an older duck until it is tender. Add more water to the pan if necessary.

When the duck is tender, stir the sauerkraut and turn the duck breast side up. Raise the oven temperature to 450°F and roast until the skin is browned, about 15 to 20 minutes.

### Orange Duck

- 1 duck, cut in serving pieces
- 1 onion, chopped
- 1 stalk celery, chopped (optional)
- Juice of 2 oranges, or 1/2 to 1 cup of juice
- 1 tablespoon grated orange rind
- Salt and pepper, to taste
- Parsley, chopped for garnish

Rub a large heavy frying pan with a piece of duck fat or render a little fat in it. Fry the piece of duck slowly in the pan. When enough fat has collected to prevent sticking, add the onions and celery and brown them

with the duck. Pour off excess fat. Add the orange juice and rind, and season with salt and pepper. Cover and simmer over low heat until the duck is tender, about one hour for a young duck. If it is more convenient, the duck can be transferred to a baking dish and cooked in a low oven. Add a little water if the duck dries out during cooking.

Sprinkle with parsley just before serving. This is good with rice or another cooked grain.

### Duck Soup, Chinese Style

- 1 stewing duck, or the feet, necks, gizzards, and hearts from 2 ducks
- 1/4 to 1/2 lb. chunk of ham
- 1/2 cup bamboo shoots, sliced
- 6-8 fresh or dried and soaked mushrooms, sliced
- 2-3 slices fresh ginger root (optional)
- Chinese cabbage (optional)
- Scallion, minced (optional)

Put the duck in a large pot with about two quarts of water. Bring to a boil and skim off scum and fat. Add the ham, bamboo shoots, mushrooms and ginger root. Simmer covered, until the duck is tender. This can take from 1-1/2 to 3 hours, depending on the toughness of the duck. If Chinese cabbage is used, cut it in 1-inch strips and add it during the last half hour of cooking.

When done, strain off the broth and keep it hot. Slice the duck meat or gizzards and hearts, and slice the ham. Discard bones and feet. To serve, put the vegetables in the soup bowls first. Arrange slices of duck and ham on them and pour the hot broth over all; sprinkle with scallions.

### Duck Hash

Grind or chop cooked duck meat and mix it with diced cooked potatoes. Season to taste with salt, pepper, caraway seeds and marjoram. Fry in duck fat or other fat or oil in a heavy frying pan. Flatten hash out into a layer no more than 1 inch thick. When one side is browned and crisp, turn it and brown the other side.

*This is a COUNTRYSIDE reprint.*





## The History of Sauerkraut

### *The art of fermenting foods has been around for centuries*

BY SHIRLEY SIEVING KELLY  
COLORADO

**S**auerkraut is finely cut cabbage that has been fermented by various lactic acid bacteria. It has a long shelf life, and a distinctive flavor, both of which result from the lactic acid that forms when the bacteria ferment the sugars in the cabbage. Coleslaw, is an unfermented dish made from fresh cabbage.

Versions of sauerkraut were invented in China as far back as 2,000 years ago, and is believed to have been introduced to Europe in its present form 1,000 years later by Genghis Khan after invading China. The Tartars took it in their saddlebags to Europe. There it took root mostly in Eastern Europe and German cuisines, but also in other countries including France, where the name became "choucroute." Before frozen foods and the importation of foods from the Southern Hemisphere became readily available in northern and central Europe sauerkraut provided a source of nutrients during the winter. James Cook always took a store of sauerkraut on his sea voyages, since experience had taught him it prevented scurvy;

hence the arrival to America.

In Germany, sauerkraut is often flavored with juniper berries or caraway seeds. Traditionally it is served with pork, Polish sausage, Knackwurst, or a yummy hot dog covered with kraut! Sauerkraut, along with pork, is eaten traditionally in Pennsylvania on New Year's Day. The tradition, started by the Pennsylvania Dutch, is thought to bring good luck for the upcoming year.

The health benefits of sauerkraut are numerous. It is extremely high in vitamins B, C, and K, the fermentation process increases the nutrients rendering sauerkraut even more nutritious than the original



**Crocks are a great way to ferment your sauerkraut.**

cabbage. Sauerkraut has been used in Europe for centuries to treat stomach ulcers, and its effectiveness for soothing the digestive tract has been well established by numerous studies.

**Making the sauerkraut:**  
5 large heads of cabbage, about 20#  
(Use two red cabbages and 3 green)

*To ferment:*

Remove outer leaves and any undesirable portion from firm, mature heads of cabbage. Cut into halves or quarters; remove core. Use food processor or sharp knife to cut cabbage into thin shreds, about 1/16-inch thick.

*Combine:*

3 tablespoons salt  
5 pounds of shredded cabbage in a large bowl; mixing thoroughly

Let salted cabbage stand for several minutes to wilt slightly; this allows packing without excessive breaking or bruising of the shreds. Pack salted cabbage firmly into a pickling container. Use a wooden spoon, tamper or hands to press down firmly until the juice comes to the surface. Repeat shredding, salting and packing of cabbage until container is filled to within four inches from the top. If juice does not cover the cabbage, add brine, using 1-1/2 tablespoons salt to 1 quart of water; bring brine to a boil and let cool.

Cover cabbage with cheesecloth and weigh down with plate.

Formation of gas bubbles indicates fermentation is taking place. Remove and discard scum formation each day. Store in a cool place for 4-6 weeks.

*To can:*

Bring sauerkraut to a simmer in a large saucepan. Do not boil.

Pack kraut in hot jars leaving 1/2-inch head space. Dill seeds may be added at this time for extra flavor—about 1 teaspoon per quart. Adjust caps. Process pints 15 minutes, quarts 20 minutes in a boiling-water canner.



# Learning to Survive

BY SHIRLEY BENSON  
WISCONSIN

I have read many articles and stories about people wanting to live their dream of getting back to basics, from just moving to the country to survival homesteading. Some of these people are trying to pay off their debts and saving everything they can toward that end. Others have just gathered what they had and moved to the great outdoors. Sadly most of these people will fail, some from bad luck, not enough money to start with, and a few because they are not willing to work as hard as success requires. Then others will fail because even with the best of intentions, they do not know how to do it. As easy as it looked for Grandma and Grandpa, there are a zillion little tricks to make the job successful and more satisfying.

It is easy for me, this is the way I was raised, but if I were young and had that dream, I would start my plan by learning all I could as we prepared for the adventure.

The first and most important thing you will need to know is how to grow and preserve your own food. This is going to be a little difficult if you live in an apartment or home with no growing land available, but you

can still do it. Not only can you do it, you can save enormous amounts of money that can be deposited in your dream fund, without too many changes. Get a few good gardening books and learn and make notes of everything. Find an old-timer and ask questions and really listen, they probably have more good advice in their head than you will find in all of your books, and would be more than happy to share it with someone. *(Ed. note: The old-timers will have more knowledge specific to your climate and soil conditions than books can possibly cover.)*

The first thing I would buy is a

## Food Tattoos?

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good used pressure canner and a small dehydrator. A little expense, but you will need it when you reach your dream land, and it will last for years. My main canner is over 30 years old. Next you will want a good preserving book. *(Ed. note: Ball® Complete Book of Home Preserving is great – available from the Countryside Bookstore, \$22.95.)* Haunt the second hand stores or garage sales, and you will probably get one for a quarter.

Now start watching your papers for grocery sales. I use a lot of celery and onions in soups and stews. Celery prices get as high as \$2.69 in the wintertime, but I found large bunches for sale for 89 cents. I bought six and dried them in my small dehydrator and then oven canned them. Granted



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this does not give you fresh celery for relish trays or salads, but if you cook with it like I do, it is a real savings. I always charge myself a quarter a jar for lids and heat and I would get about 5-1/2 pint jars from this batch, so I would save at least \$1.50 on a bunch. If your store puts a big 10-pound bag of onions on sale for a very cheap price, you will have to pass them up for the higher priced ones, as there is no way you could eat them all before they spoiled. But, if you save a few for eating fresh and dehydrate the rest, you will have cheap cooking onions all year. Add the savings to your dream account and look for the next sale. Oh yes, you might want to set the dehydrator full

of onions in the garage or out on the deck for the first couple of hours of drying, as they do get rather pungent in the beginning.

My family loves cream cheese in almost any recipe you care to use it in. The regular price is close to \$3 a package. Last week my store had it for 98 cents for the good brand name, and you had to buy five. No problem. I go within a block of the store to and from work, so I bought 15 packages. I checked the Internet for recipes and using my own experiences, I canned two packages in 1/2 pint jars as a test. That evening a couple of friends stopped by, so I opened a quart jar of fancy crackers I had oven canned last Christmas to

keep them from going stale, and we had a taste test. It was delicious, every bit as good and creamy as fresh, and the taste was not changed. I saved at least \$1.50 per package; that's a nice chunk of change in the fund. You do have your money invested for the next several months, but it is a pretty good return, as banks are paying next to nothing on your savings. I will tell you this: This is only the way I do it. The government experts will tell you not to can these products, so perhaps you should take their advice. I can only tell you I have been canning all products from meat, fruit, vegetables, dairy and dozens of varieties of dried foods, herbs and teas for 70 years, and have never poisoned anyone yet. I have fed a large family very well through some really tough times. I would never can my basic foods any other way than in a pressure canner.

Perhaps you know someone who raises a big garden but only uses a small part of it fresh, as they have no time or desire to can it. You might get these products very cheap; maybe they would even give them away. Look around you and ask. It does not cost anything if you do it politely and graciously, and take no for an answer. Perhaps you could make a deal to give them a jar or two of the finished product in return.

Meat is the expensive part of your food budget, even the cheapest cuts start at prices near \$4, but once in a great while you will find pork shoulders, hams or even chuck roasts or turkeys at a reasonable price. You cannot imagine the number of tasty, quick and inexpensive meals you can make with a jar of home canned meat. You'll smile when you eat it and think how much you saved.

These are only a few of the things you can learn to do that will save you money and help you to realize your dream. If you are lucky enough to be able to relocate to the place in the country you long for, you will need all the skills you will learn. If events or dreams change and you stay where you are, you will have learned so much about cheaper living you might be able to take that cruise you secretly yearned for. ❁

## Make Your Own Tomato Soup

COUNTRYSIDE: Here is a tomato soup recipe that my grandmother gave to me years ago, and my eight kids say it's better than the big "C" soup.

Cook and strain:

**10 qts. juiced tomatoes**

**6 onions, chopped**

**1 bunch of celery, chopped**

Return to a big pot and add:

**1 cup of sugar**

**1 tablespoon salt**

When mix comes to a boil add:

**1 cup butter mixed with**

**1 cup flour (Stir in a little of the tomato juice so it doesn't lump up like gravy.)**



When all is mixed, put soup into jars.

I don't pressure can this and have never had a jar go bad.

Love your magazine! Every magazine has something in it that is very useful to me. I can't wait for my fall greens to come up so I do the storing of salad green for later use. I live on 85 acres (mostly timber) in eastern Tennessee and the land is real rocky so I garden in blue wading pools and five-gallon buckets. Whatever works to get fresh veggies. I also want to try the hoop house with cattle panels. I made a hoop house with PVC pipe and it blew down in the pasture from a storm. So then we made a cement trench and put pipes into but then wind tore off the plastic, so now we have just the skeleton of the hoop house to look at.

Keep up the great work with your magazine! — *Marcia Phipps, Tennessee*

**Just to be on the safe side, we have to say this really should be pressure canned, due to the amount of onions and celery, which "dilutes" the acidity of the soup.**

# Make Home Made Lip Balm From Beeswax



By MICHAEL JORDAN

**W**hen it comes to living off the land and making homemade products, there is nothing better than bee products. Beeswax is a very valuable item. For example, beeswax can make a variety of great products including shoe and wood polish, sealant for canned goods, candles, and much more.

What I am going to teach you is how to make lip balm with your beeswax. Lip balm offers great protection for lips by sealing in moisture to prevent the wind and sun from damaging them. If you cut yourself while shaving, you can dab a little lip balm on the cut to stop the bleeding. A dab of lip balm can make zippers, window jams, and light bulbs easier to use. As you can see, a little bit of lip balm goes a long way. And, lip balms make great gifts, merchandise to sell at local boutiques, farmers markets and trade markets, or just to keep at the homestead.

First, you'll need to gather the following items to get started:

- Beeswax
- A container for the balm
- Microwave-safe containers or double boiler
- Microwave or a stovetop double boiler—you can also make it over a campfire if you want to get more

spiritual with your product.

- Stirrers
- Optional: essential oils, honey, lanolin, and vitamin E capsules

*Note:* Containers suitable for lip balms can be found at drug stores, dollar stores, and craft stores, or you can peruse the Internet for snap-lid containers. You may also reuse old lip gloss or Chap Stick tubes.

### General directions

Before you do anything, you must thoroughly clean the lip balm containers with soap and water (removing the entire old product in reused items), and sterilize them with rubbing alcohol. Be sure to rinse the containers with clean water and dry them completely before using.

To begin the process, you are going to melt the beeswax in the microwave or on the stovetop. Heat it in small increments, and only until it is melted. After it becomes a liquid, you may start to add other items to the balm such as flavors, medications, or scents. It is best to make them in small batches to begin with, so you do not waste products or have a lot of balm that you do not like. Remember, the mixture will be very hot until it cools and forms the balm.

Here are two sample recipes to get you started:

### Peppermint Lip Balm

Melt two teaspoons of beeswax with seven teaspoons of sweet almond oil. Remove from heat and add one teaspoon of honey; whisk ingredients together. Let cool slightly, and then stir in five or six drops of peppermint oil. Before the mixture cools, pour it into the containers.

### Essential Oil Balm

Melt two teaspoons of beeswax with two tablespoons of sweet almond oil or coconut oil. Set aside until lukewarm, and then add five to six drops of essential oil. Suggested essential oils include orange, lemon or coconut. If you use eucalyptus or some kind of herbal remedy, you will get a great lip balm. Puncture a Vitamin E capsule and add two drops to the balm mixture; stir ingredients together. Before the mixture cools, pour it into the containers.

If you like firmer lip balms, simply add more beeswax. Four ounces of sweet almond oil and two ounces of beeswax will make more than enough base to fill 12, 1/4-ounce lip balm containers. Unused base can be stored for a very long time for future use. Remember be safe and enjoy what the bees have given you.

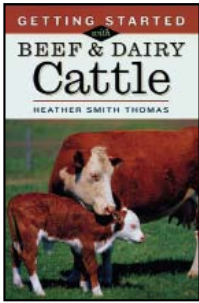


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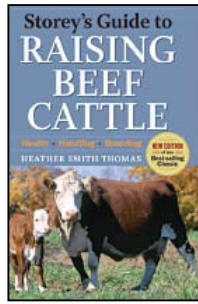
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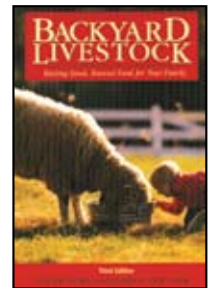
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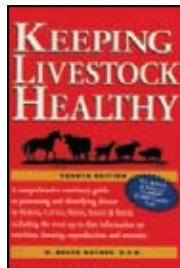
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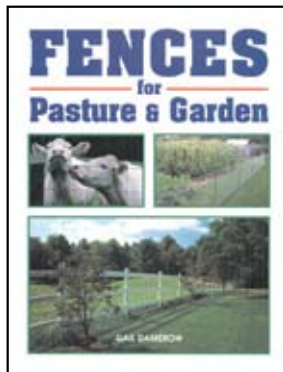
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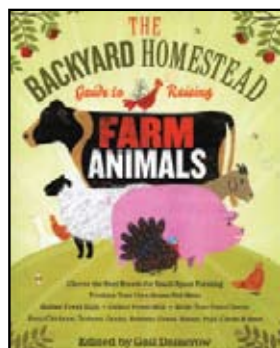


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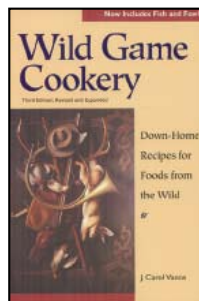
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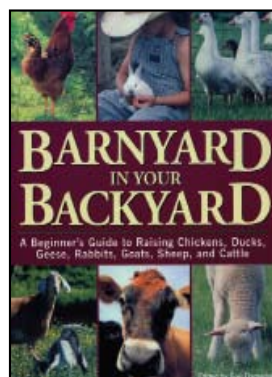
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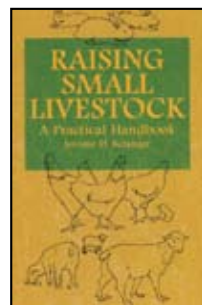
*Barnyard In Your Backyard* is the essential primer for first-time farmers. Each chapter spotlights a single animal and provides simple, clear instructions on what it takes to keep your livestock healthy and happy. You'll learn what type of housing and how much land your animals need, what to feed them, how to breed them and how to handle routine health care. Covering everything from which breeds of ducks are best for eggs and which are best

for meat to how to buy a beef or dairy calf to where to find a market for manure, this easy-to-use handbook teaches you how to operate a mini-farm for fun, profit or both. **408 pages, \$ 24.95**

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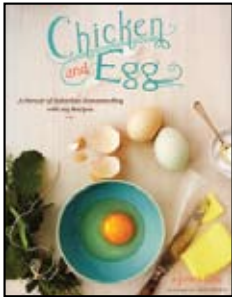


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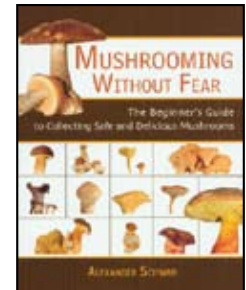


*Chicken and Egg* tells the story of veteran food writer Janice Cole, who, like so many other urbanites, took up the revolutionary hobby of raising chickens at home. From picking out the perfect coop to producing the miracle of the first egg, Cole shares her now-expert insights into the trials, triumphs, and bonds that result when human and hen live in close quarters. With 125 recipes for delicious chicken and egg dishes, poultry lovers,

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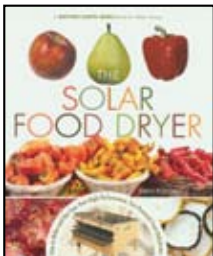
Novices eager to collect tasty wild mushrooms will find this unique guide invaluable. It presents the eight rules of mushroom gathering in a straightforward fashion. Among the many mushrooms covered are the cep; the red-cracked, larch, bay, and birch boletes; hen of the woods, chanterelle, trumpet chanterelle, hedgehog fungus, common puffball, horn of plenty, and cauliflower mushroom. Each is identified with several

color photographs and identification checklist, and there's also information on mushroom season, handling, storage, and cooking, complete with recipes. **128 pages, \$14.95**

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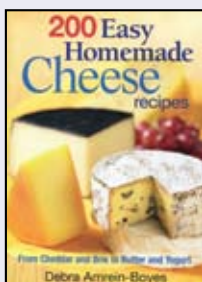
Solar food drying is the healthy, sustainable way to preserve high-quality, locally grown foods. Food drying has become very popular in recent years, with electric food dryers now available in almost every department store. But instead of using costly electricity for the job, you can easily build yourself a dehydrator that uses the power of the sun to dry your food. *The Solar Food Dryer* describes how to use solar energy to preserve your summer's harvest. With your own solar-powered food dryer, you can quickly and

efficiently dry all your extra garden veggies, fruits and herbs to keep their goodness all year long—with free sunshine! Included are: complete step-by-step plans for building a high-performance, low-cost solar food dryer from readily available materials solar energy design concepts food drying tips and recipes resources, references, solar charts and more. Highly illustrated with both photographs and helpful design and construction plans. **122 pages, \$15.95**

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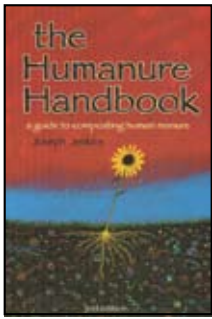
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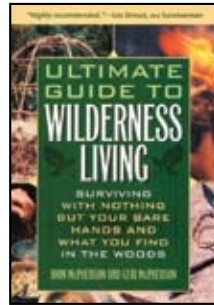
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Homestead finance:*Tips For People Who Inherit a Coin Collection*

~ OR ~

**Coin Collecting 101**BY CODY CARTER  
UTAH

I have spent years collecting coins, in the 1980s the mint offered a few special collector sets, in 1982 the mint made the first silver half dollar in almost 20 years for the 250<sup>th</sup> anniversary of George Washington's birth. Then again 1983 and 1984 the mint produced silver dollars for the Los Angeles Olympics, and in 1986 and 1987 for the Statue of Liberty and U.S. Constitution. These were sold at a premium and many people bought them.

From 1999 to 2009 I collected the state quarters series and put them in a Whitman-type folder. I am not willing to buy the Territories or National Parks quarters, that is not to say I am not still looking, but the mint has almost stopped production of quarters because of the economy. This also means state quarters are not worth much, but the National Parks may be worth more. (If the mint produces lots of coins because people like them, they are not rare and go down in value. If the mint produces coins and people don't like them and thus don't buy them, they are more rare and *sometimes* they go up in value.)

Thirty years later the value of the 1980s coins has still not come back to what was paid for them years ago (in real terms, not counting inflation). These are coins I own. I enjoy them, and sometimes I take them out and show other people.

Because of this I am known as a coin collector. I won't use the term Numismatist, because I don't fancy myself spending much money on my



**Resist the urge to open coins packaged at the mint! They're more valuable this way.**

collection. Sometimes people ask me to look at the collection of coins they have inherited from a grandparent, uncle, or someone else.

It is really sad when people have a collection of 1940-1960 very worn quarters and know they are silver, and I tell them there is nothing really valuable, but the silver in them is worth about \$200. This is especially hard when they have held onto the collection Dad saved and now they really "need" \$1,000 for rent or groceries enough to part with a tangible memory. When a coin dealer offers them \$100 for it, they are hurt. "I thought Dad left me something?" or "I thought it was worth more?" They get angry with the Dealer for being a "crook." They also get mad at Dad for, "not leaving me anything."

**How does this happen?**

Many people have inherited a coin collection either directly from

the collector who died or someone several steps from the collector. What do you have? What should you do with it? These are generalities do your homework. There are *some* rare coins that are worth mucho grande, but you won't find them often.

Let's say you have two coins — a 1964 and 1965 quarter. The 1964 quarter is worth about \$8 because it is made of silver and the price of silver is now about \$30 an ounce (it's about \$25/ounce in late 2013). The 1965 is worth 25¢ because it is made of copper with a cover of nickel to make it look like silver. They are very close in age and very different in value. Why, and how can you tell?

Before we begin, never clean your coins; handle and touch them as little as possible. These two actions will help them keep as much value as possible. A single fingerprint on a shiny new silver coin can cut the value in half, and any attempt to remove it will cause more damage. Do your homework, look them up and find out what you have.

If your coins are shiny, leave them as they are. They may be new and have value, or they may have been cleaned — and are worth very little. The patina on the coins gives them value over being cleaned.

Many coins are worth the metal they are made of. A few coins have a greater, sometimes unbelievable value to collectors. Most of these have been collected and put away for safekeeping. Sometimes collections are more valuable together, and sometimes they're more valuable separated.

You need to take into account what type of person the coin collec-

tor was. Most people collect coins from their pocket change. If this is the case, most of the coins they will have are from circulation and thus are worn coins. They will have the value of worn coins. The poor man's way to collect coins is in a folder—the kind you push the unprotected coins into. These are generally worth face value.

If the person was a big collector they may also have books, special holders and a safe, etc. These will have extra value.

### New coins

- Sacagawea, Native American, and presidential copper dollars are worth a dollar. These are made by the mint to be used. There is no resale value in them.

- Ike and Anthony dollars are made of copper and really have no extra value either. I tell people to give these as tips, allowance, and presents where you want to give a dollar or two. They are fun. There are a few Ike silver dollars; these should be in a case.

### Old coins

- Old coins—wheat cents, Indian cents and nickels are worth a few times face value. You may still find these in your change pocket.

- "War nickels," 1942-1945 with a large letter over the Jefferson Memorial, have a greater value because they are 35% silver. With the price of silver at around \$30 and the difficulty of smelting the silver out these, they are worth about 30 times face value.

- Worn silver from about 1900-1964 dimes, quarters, half-dollars and dollars are mostly based on their silver content—90%. These are frequently sold as "junk silver." When silver is at \$30 per ounce, then these are worth 20 times face value.

- Silver half-dollars from 1965-1970 (40% silver) are worth about eight times face value with silver at \$30/ounce.

- Before 1900, these coins vary so much in rarity and value there is not a simple way to say what they may be worth.

- Odd denominations—1/2¢, 2¢, 3¢ nickel, 3¢ trime, half dime, and 20¢—have much greater value.

- Gold \$20 Double Eagles from 1849-1933 are generally worth the value of an ounce of gold (which is around \$1,400 in late 2013); they contain 0.96750 ounce of gold.

- Gold coins were made in other denominations—\$1, \$2, \$2.5 (Quarter Eagle), \$5 (Half Eagle), \$10 (Eagle)—and have a lesser value of gold, but because of the gold recall of 1933 many of these were melted, so today they have a greater value.

- Foreign coins can be silver, copper, or many other metals. Their value can be high or so low. For example, Mexican pesos can be made of 80%, 50%, 10%—or less—silver. In the 1990s Mexico devalued the peso. The old peso value is so low it would take *hundreds* to make one U.S. cent. You need to study up on these.

### Coin holders

The type of holder is not necessarily an indicator of the value of the coins it holds.

- *Whitman type*: Generally a blue folder made of cardboard that holds one type of coin (cents or quarters), from X date to X date. These are the cheapest type of coin holder available. Many collectors put their cheap coins in them.

- 2 x 2: These are small, generally white cardboard holders that the coins are placed in and folded over and stapled. They are sometimes placed in books or boxes to hold them. These are still inexpensive, but they take more time and are for more valuable coins. This type lets collectors place the coins they want in the order they want.

- *Plastic cases*: Some are airtight, and some hold single or multiple coins. These are more expensive, and let the set be moved together. They may be round or square, and hold one or more coins. *Do not break these up until you are really sure it is the best thing to do.*

- *Mint cases*: These are sets of coins made, put together, and sold by the mint as a collector set. *Do not break these up until you are really sure it is the*

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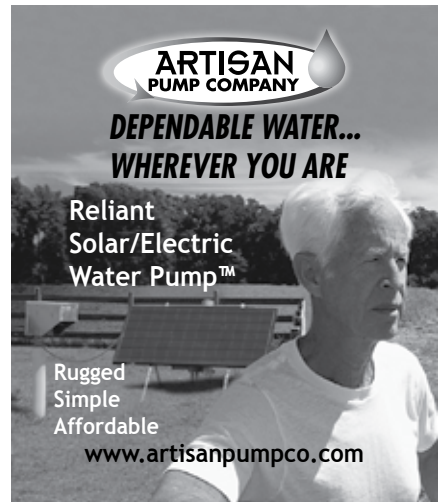
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Number Scale	Name Label Scale	Description
MS70 or PR70	Mint State or Proof State	Perfect Coin, not a single blemish; touch mark or thing less than perfect. <del>Very few coins really make this.</del>
MS63 or PR63	Choice Uncirculated or Choice Proof	These are coins about as perfect as they come from the mint.
MS60	Uncirculated	These are coins that are straight from the mint, like you would get from a bank in a brand new roll. <del>There are no signs of wear.</del>
AU50	About Uncirculated	Some wear marks; you can see all the lines in hair of the person. Many coins in your pocket made in the past five years look like this.
EF40	Extremely Fine	These are older coins, well worn, the hair on the people is mostly worn off. Coins from the 1970s and 1980s will be a good example of this. <del>(Many silver coins found in Whitman Folders are these.)</del>
F12	Fine	This is a worn out coin. You can see about half of the lettering, but the other half is worn off. Many 1¢ coins from 1940 and older look like this.
VG8	Very Good	The coin is worn out. In the right light you can tell who is on the coin, <del>but can only read some of the wording.</del>
	Damaged	Coins with holes, deep scratches, bent, burnt or otherwise damaged, <del>but not just worn out.</del>

Table A

### Coin grades

Coins can be graded on either a numbering system (1-70, with 70 being a perfect coin), or Name/Label/Scale (with Fine being a very worn coin), or both. (See Table A.)

These are some very basic guide-

lines. Do your homework. There are several good coin books and magazines you can use. You may have a treasure worth selling or keeping. Don't be disappointed if you have coins worth nothing special.

### Dealing with coin dealers

- *Honesty:* Some are, and some aren't. Talk to other collectors; who did your collector tell you to talk to?

- *Prices:* Prices fluctuate, and some swing wildly. Most older coins will have settled in and keep a more consistent value. Inflation is not a good guide of a coin's price. A 1965 nearly worn quarter is worth 25¢. If you look in a book and you see a coin has a value listed at \$5, a coin dealer may offer you about \$2.50. If you wish to buy that same coin, expect to pay about \$7.50. Coin dealers make their money by buying low (about half price), and selling high—about half again—of the coin's value.

Visit the place you are thinking of selling your coins to before you take your coins. Look at what they are selling. Get to know the dealers. Visit them over a few days and see what they have. Sell a few coins first before you take a main collection. Talk to the other customers—do they think they are treated fairly? Do they have suggestions?

Some dealers specialize in one

best thing to do.

- *Third party graded coins:* These generally come in a case about 2 x 3 inches and tell what the coin is and its grade. These coins were sent away to a third party to grade them and then let others set the price. *Again, do not break these up.*

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**Table B: Interesting Points**

type of coin and won't even look at others.

**Hints for collectors**

• Admit to yourself if your collection is valuable, or just valuable as *your* collection. If you have a Whitman case with worn cents from the 1930s and 1940s, it is not valuable. Collecting and caring for it have brought you the joy you hoped for, but when your wife takes it to the local coin store and they give her \$10 for it, she will either think you are cheap or she has been swindled.

• Write it down! Your family will forget everything you said about your "valuable collection," and it may be part of "the pile of junk" you left behind. Label it so people know what you have and collect, even if you have told your spouse, children, grandchildren, and the neighbor's kid next door. Don't assume they listened to you. Unless they are actively collecting with you and get excited over what you get excited about, they will forget everything.

• Leave allowances. If you have a coin that you think is very valuable, you have graded it to be a MS70, and it is the prize of your collection, test it out. Who would you try and sell it to? Did they grade it like you did? Do they think it is as valuable as you do? If you actively buy and sell, who do you use? Is there someone you think they should avoid? Leave a list of the

people your family may want to try to sell your collection to.

• Many collections show up later. Grandpa died and left the collection. He told Grandma all about it. She remembered, but his things were special and she couldn't part with them. Dad inherited it and he knows from what Grandma told

him that there were some valuable coins. Now Dad is getting old and thinks his grandkids should each have a part, but what is what? Can it be separated? If you plan this way, people may be better equipped to handle your prize.

**Conclusion**

Collections are collected to make the collector happy. If the person who collected the coins enjoyed them, it succeeded. Most coin collectors will collect the items they like and can afford. Old does not automatically mean valuable. Frequently, this means coins other people are uninterested in and have little value. Rarely you will find a person who knew what they have and spent big money and now have a collection worth large amounts of money. In the end, the coins are worth what was put into them. Most people do not know the difference; educating yourself or getting people you can trust to appraise them is the best way to collect. (See Table B: Interesting Points.) ✦



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Book review:


# The Family That Homesteading Saved

By JERRI COOK  
COUNTRYSIDE STAFF

This is a book review that almost didn't get written—not because the book isn't worthy, but because it's raw—painfully so. I began reading at the first hint of daylight on a stormy fall day. When I finished the 483 pages, the light was fading to gray. I flipped the light switch, and the grayness of the dying day was immediately pushed back outside, but the rawness of what I had just consumed was not the least bit soothed. It was as if Beth Ward had unchained the hopelessness of addiction, the cruelty of institutionalized racism and the despair of government-approved poverty, and allowed them to attack me all at once. If you're considering reading *Dying in Indian Country*, it comes with both my heartfelt recommendation and my severest warning.

With no warning at all, Beth Ward shoves the Reader into an unrecognizable world of misery. In the first chapter she takes us to the funeral of a two-year-old girl, who we later learn was beaten to death by her drunken mother. Later we learn that the father was sent to prison for the crime, but no one on the Leech Lake Indian Reservation thought he did it. Everyone believed the mother had killed the child and left before the father showed up.

The father, who had been out drinking, was delivered home later and

poured onto a couch in the front room, where he was still passed out when the child's body was discovered later that day. According to the man who helped him home, the father couldn't have killed the child. Even so, no one spoke up, and the mother continued having children, and those children were also neglected and beaten. The way Beth Ward tells it, it's just the way things are done in Indian Country, and making waves will make you powerful enemies.

To her credit, Beth Ward doesn't hold back about her own selfishness. In fact, she introduces us to the partner that encouraged her to be self-centered—the department of social services. Beth was raised in a stable, middle-class family. Her father was a professional who worked hard. Her mother was involved with the local Democratic Party, and the family lived what most people would consider a normal life.

However, Beth Ward was deeply unhappy. One of seven children, she describes herself as a sensitive child who craved attention. She describes in detail how as a young teenager, she was able to easily manipulate workers from the department of social services, which she did with the sole intent of inflicting pain on her family. Even as a teen, she was stunned at the willingness of the social workers to think the worst of her family. But this tactic would come back to hurt and later haunt Beth, and sooner than she could imagine.

As her mother was dying, Beth Ward went to her bedside and apologized to her mother for hurting her. Her health had been deteriorating all through Beth's selfish episode, no doubt as a result of social services laying the blame for Beth's fictional emotional issues entirely on her parents and siblings. When her mother apologized for the things she did to hurt Beth Ward, I felt the tears trying to come. I fought to hold them back, but lost the battle. Beth Ward knew, and tells the Reader, that her mother hadn't done anything but love Beth. Why, Beth would later wonder, was the state so willing to believe the worst about her family,

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*If you're considering reading **Dying in Indian Country**, it comes with both my heartfelt recommendation and my severest warning.*

but turn a blind eye to the addiction, sexual abuse and violence on the reservation?

After her mother's death, Beth Ward found work as a nursing assistant. Now in her late teens, she bounced from facility to facility, not settling in anywhere and not concerned with anyone but herself. She landed at a drug-treatment facility working as an aide. That's where she met her future husband, Roland and his wife. Roland was a patient, and his wife was a laundry aide. Both were members of the Ojibwe tribe. They had five children together.

She describes her illicit affair with Roland, who was 15-years older than her, and wonders along with the rest of us why she didn't get fired for her involvement with a patient. Nonetheless, it was while Roland was a patient and Beth was an aide that he took her to the funeral for the little girl. What Beth didn't yet know, and Roland didn't bother to tell her, was that his wife, Shirley, was going to be there. He also hadn't told Beth that Shirley was working two floors below them in the laundry room. Nothing about this was going well, but I kept reading.

I read as Beth Ward described rampant sexual abuse of children, the consumption of alcohol on a level I couldn't even imagine, substance abuse, sexual violence, abject poverty, and the passive acceptance of it all by the Indian community and the state government. She describes stealing from her employer, a crisis nursery, because Roland and his family had spent all of her money on drugs and

alcohol. Her family was baffled by her behavior. She chose to live in a run-down area of Minneapolis known for prostitution and crime. She chose to give her paycheck to a man she knew would take it to the reservation and disappear for days.

I have to admit that I didn't like Beth Ward for the first few chapters. She wasn't asking for sympathy, and I wasn't about to give it. She had brought all this on herself. I changed my mind as the shadows of evening engulfed me. Beth and Roland Ward paid for their transgressions – in spades.

Ever so slowly, Beth and Roland began to understand why they had not been able to escape the dark labyrinth they were living in. They were chained there by government programs. The only way out was to break the chains and make a run for it. They knew this was it. The last chance for them and the family they loved. This was more than a leap of faith. This was blind hope.

The family packed up their meager possessions and moved to Montana. It was the right first step. Although they were on another reservation, the couple soon learned that the trap they just got out of had followed them. They were encouraged to apply for food stamps and rely on government programs. But they didn't want to. By this time, Roland had been sober for more than a year, and Beth had earned a nursing degree.

When they learned that they couldn't buy the home they had been renting, and which Beth loved, because only members from the tribe could qualify under HUD rules, they needed a miracle. They got it. A piece of land that they were sure was out of their reach had fallen into their laps. There was no house, no well, and no electricity. But the land beckoned, and the family moved a beat-up mobile home onto the property and began building their lives.

Because they refused to take government assistance any longer, the family began raising a few animals for food. They planted a garden, and Beth canned what the family grew. When counselors at a local school

informed her that less was expected of her children under federal law because of their Indian heritage, Beth removed her children from public school and began homeschooling them. She was tired of her children's heritage being a factor in society's expectations of them. Roland and Beth began to heal their relationship with each other and their children.

Their life in Montana hasn't been perfect. Beth and Roland started a successful business, only to see it succumb to government regulations. But their struggles turned from the bleakness of addiction and poverty to the hope of building a better world.

After reading *Dying in Indian Country*, it occurs to me that the problems encountered by Beth and Roland began because of over-socialization with people. Homeschoolers and homesteaders are often chided for not having enough contact with people in the "real world." But it seems to me that Beth and Roland's problems were made worse by interacting with other people in the real world. Their lives were infinitely improved when they began interacting with their homestead animals and the land that produced the food they depended on. Just because you aren't interacting with a human, it doesn't mean that you aren't socializing with the world around you or the spirit within you. Beth Ward's story clearly proves that when people spend too much time with other people and not enough time with the other forms of life that we share this existence with, things go horribly wrong.

To be fair to potential Readers, there were a few punctuation and grammatical errors. Nothing untenable, though—just the occasional omitted comma and split infinitive. Also, because both Beth and Roland come from huge families, it's often difficult to follow the litany of names as the story unfolds. Even so, the story is so compelling, the underlying issues so difficult, that these faults are easily overlooked. As the Reader finds out, *Dying in Indian Country* is both raw and well done.

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Country neighbors:

# HISTORY LOST LESSONS FROM A DRESSER

BY MICHAEL MCKENNA  
TEXAS/MEXICO

**T**here is a time; there is a place, for everything.

As a homesteader I divide my time in the cycle of the seasons: planting, harvesting, and looking for furniture.

Furniture...?

When the harvesting is done and the larder is full, I have time, precious time. And just as there is a cycle of seasons, there is a cycle of furniture.

Old souls, young souls, all out there waiting to find new homes. Perhaps a dresser from the 1940s post-war period, when the Nation was hopeful, or perhaps a new piece that was made fast, but ultimately has a short life. I prefer the older, proud pieces that have served countless lives, a little tarnished, and showing the scars of long service, but ready to be reborn, ready to serve again.

I recently purchased a mahogany dresser, circa 1940s, with a bow front: it had all the right qualities, the original patina was faded but intact, a testament to its quality of construction and its 26,000 or so days of existence.

A Craigslist find in San Antonio, Texas, I bought the dresser from a young policeman, a nice fellow who had a few moments to chat. I explained I purchased pieces that somehow resonated with me; I told him I restored them and was curious if there was a story to this dresser. Matt recalled that this dresser had belonged to his father, who lived in North Carolina, and he had raced cars, and when he wasn't doing that, he was a car painter of note. He went on to say that his father had this



**Refinishing furniture is a great hobby/ money-making (and sometimes nostalgic) opportunity.**



dresser his whole life, and recalled his fond memories of sitting on the dresser, being with his dad, as a very special time in his life.

He called me a week later to say he had searched all over and found the original mirror: he wanted them to be together.

I am sure the dresser and the mirror will be happy to be reunited.

My dresser was manufactured by the Dixie Furniture Company, which was the brainchild of Henry Talmadge Link, who started the business in 1901. He focused only on bedroom furniture. After seeing Henry Ford's assembly lines in 1940, H.T. Link revolutionized furniture building

by using the same techniques. In my opinion, he is a hero. Ultimately he became one of the largest furniture manufacturers in the world. Can you imagine 1.75 million sq. ft. of manufacturing space?

Here is an excerpt of an article written by David Bailey for *Business North Carolina*:

*Lewis Brindle holds on tighter as a blast of wind from a passing truck tries to wrest the sign from his scarred fists. It advertises today's special at a nearby grill in downtown Lexington. He's making \$5 an hour as a human billboard, but his callused hands hint of days when he didn't have to accept free meals. "I started at old Dixie when I was 16 years old," Brindle says. That was in 1964. Why finish high school when Dixie Furniture Co., which employed more than 1,000 workers in 15 buildings that sprawled over 31 acres along the Southern Railway tracks, was paying good money?*

*He would wind up a supervisor, making \$11 an hour, "which was all right for this area." But outside ownership, imports and intense competition would bring old Dixie down. Beginning in 1987, it and several affiliates were bought, reinvented, sold and leveraged into Lexington Home Brands. Brindle, like hundreds of others, was laid off in 2005. That October, the company closed its last U.S. wood-furniture factory.*

*Brindle has struggled since. He attended community college to learn a new trade, then tried bricklaying. "But I couldn't hold up for anything like that," he says. So he holds a sign as cars roll by. "I'm mainly doing this here so I won't be sitting at home on my butt all day." He looks down the street. "The Lexington that I knew growing up is gone."*

*The last decade has been no kinder to this city of about 19,000, than it was to Henry and the company he hung his*

hopes on. Though in the heart of the Piedmont, the most prosperous part of the state, the last census showed that Lexington lost population, down 5%, from 2000 to 2010. Compare that with the statewide growth of 18.5%. Or, compare with nearby cities such as Thomasville, which grew 35.2%, or Salisbury, 27.2%. The population of Davidson County – of which Lexington is the seat – increased 10.6%. – *The Battle of Lexington*, Business North Carolina, by David Bailey, May 1, 2012:

**W**hen I see a Dixie piece, I try and buy it, restore it and admire its simple beauty, a living example of history past.

It is important to know what we have lost...to regain what we had.

Furniture from this era is very easy to restore and takes a total of six hours of labor.

- Remove the hardware and wash gently with cleanser and dry thoroughly.

- Wash with a light cleanser and a small amount of water to clean surface. The varnish can be removed with paint thinner and fine steel wool. Lightly scrub in circular strokes until the varnish dissolves.

- Wipe with a clean cloth; let any remaining varnish dry.

- Repeat if necessary; be careful not to remove the stain from the wood.

- Rub gently with steel wool, then wipe with a small amount of thinner to clean. (I use Minwax Polyshades which is color tinted to suit your furniture.) Apply with a nylon stocking, rubbing in circular motions.

- Use small amounts of Polyshade, quickly covering the area. Do not try to touch up when starting to set—let it dry overnight.

- Rub lightly with dry steel wool to remove any roughness.

- Wipe clean and reapply another coat of Polyshade.

- Let dry overnight, then reassemble the hardware.

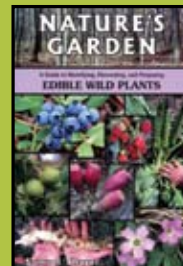
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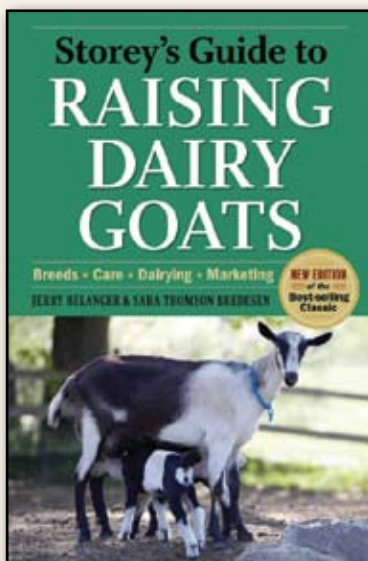
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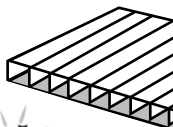
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## Country neighbors:



# Using the Things at Hand

By MIKE DISHNOW

**I** find a treasure trove of natural materials for use in my projects and creations.

Clearing the trees at the lake for my cabin—"my Walden," or the Sugar Shack as my wife, Di, so aptly named it—I tossed all the balsam spruce I cut into a gully nearby. It was the natural thing to do. I needed the space and had neither the time to haul the brush away nor another place to put it.

Later, I would question the wisdom of my hasty decision as the brush was a haven for mosquitoes and unsightly as it browned over time. I procrastinated repeatedly; moving these piles was not a job I relished.

When I was building the door for my bathhouse, I decided it would be nice to use natural materials. I wanted a rustic look. In searching for

a suitable sapling to cut, I happened upon some of the balsam lying in the hollow and pulled out a long piece. It appeared to be very dry and solid. I cut off a section and limbed it. This would make a good handle for my homemade door. I find that I can make aesthetically pleasing exterior doors of inexpensive construction, 2 x 4's, ripped into 2 by 2's, and 1/4- or 3/8-inch plywood. Plexiglas makes a serviceable window. On my last fall trip that year, I collected all the dead dry spruce and balsam that I could find in my brush piles. I was not sure what I would do with it, but I was thinking that I might find worthwhile winter projects for these pieces.

I located a source of homemade outdoor lamp shades and decided to make lamps as Christmas presents; a woman in Minnesota was selling them in an eBay store. My father had made lamps, both table and standing, with a wood lathe, after retiring as a merchant marine officer. I looked



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over lamps he had given me and thought I could do the same with my natural materials.

The most difficult task is drilling the long holes required to hide the cords. I found suitable drill bits at the local hardware store and inexpensive extension cords and electric lamp sockets at Wal-Mart. I simply keep the plug-in end of the extension cords and cut off the end with the multiple outlet sockets. This is less expensive than buying the lamp kits.

I find that my digital camera is an invaluable aide in recording my work and recovering ideas later. When my wife's niece made favorable comments on the lamps, I decided to make her a modified version, including pictures of her grandparents. I used my computer software to properly size two pictures and then laminated the pictures on my home laminator. Tracing the ends of the lamp bottom allowed me to cut the pictures accordingly and glue them on the ends.

My woods partner, Bailey, an English Setter, graces the end of one lamp and an Alaskan moose eating willow brush in my yard in Wasilla, Alaska, graces another. I've used pictures of the Northern Lights over our cabin on a winter's night and pictures of relatives, as I mentioned above. There are numerous creative ways to enhance your natural lamps.

Another source of natural materials for woods crafts is driftwood. I often simply use various wood stains and clear coatings to finish interesting pieces of wood recovered from the lake. My mother collected driftwood for years and used it with dried flowers in its natural state.

Gourd birdhouses, from our garden at home, grace the lake front at the cabin and a decayed piece of balsam fits the bill outside the cabin's kitchen window.

The products of nature, the "things at hand," provide many opportunities for creative hobbies and result in useable items and gifts for friends. At home, I used sandstone from local sources for walkways and created a birdhouse from a knothole in my old tobacco shed.



Country neighbors:

# Close With The Help

BY SUE DICK  
MANITOBA CANADA

I reflected it was an odd way to spend a morning. Crammed in a bulldozer cab, my bottom perched on a side molding of the inside cab and my legs draped across the lap of a Mennonite man from Belize I had met only two hours prior.

We had hired out a company to clear 20 acres of bush and trees for us and then, after all the debris was in windrows, we'd begin fencing. The 20 acres would be our pastures for the animals that we had already purchased, their homecoming imminent; Dexter cattle, Berkshire and Tamworth pigs, sheep, donkeys, horses, chickens, they'd all be sharing this future green space at various times.

When we bought our land it was February, never a good time to do anything outdoors in Manitoba, Canada. After post-holing through the deep snow the quarter-mile to where the landlocked property began (uphill, ironically, but at least not both ways) we were greeted by a sweeping white expanse with undulations indicative of rolling land; a rarity in this part of the country. One-quarter mile wide by one-half mile long, these 80 acres would be the site of our future home and more importantly, in my eyes, our little farm. As the fierce winds whipped the words

*"Ivy Hill Farm..."  
It conjured up restful  
images of lush verdant  
English-type  
countryside. No one but  
us would know it was re-  
ally "Poison Ivy Hill"...*

from our frozen lips, we knew we'd found home.

We were ditching the urban existence and moving out to the country (much to the chagrin of parents and friends, all firmly ensconced in urban *modus vivendi*). Many papers were signed, a few tears shed, and several small impediments to our bucolic dream occurred, but in the end, we got our property.

Once the spring thaws came, before building began, we would take the kids out for picnics and walk around our land. Our land. We never tired of saying it. Of course, these early walks were hardly leisurely strolls along wide, groomed paths, but more of a species of itchy bush-whacking. We learned early that the rare gravel and sand ridges which gave our property its lovely rolling feel were the ideal habitat for a very vigorous species of poison ivy to which we were all very susceptible.

Laying in bed, listening to the noise of traffic from Portage Avenue (a very main thoroughfare) and the drunk across the street trying to convince his equally inebriated girlfriend that she shouldn't leave him at 2:00 in the morning, we couldn't wait to move.

It was in the comfort of bed, scratching at the calamine coating on our various walk-about wounds that we decided upon the name for the farm. Incorporating one of the rarer landscape features of South Eastern Manitoba, the hill, whatever name we chose would have to reflect our luck at possessing land with these exciting (to prairie dwellers) features. There were many truthful adjectives we could have chosen to pair with it: oak, sandy, hazel, but the one we thought of almost simultaneously as we scratched was "ivy." It sounded lovely, "Ivy Hill Farm." It conjured up restful images of lush verdant English-type countryside. No one but us would know it was really "Poison Ivy Hill," and once the noxious weed was eradicated, the name would cause us to remember the humble beginnings of our little farm.

The house was my husband, Adam's, project. A "green," ultra-modern affair, we laughed in our certainty of it being the most unique farmhouse in existence. Dubbed "The Zed House" by the few trades we had in, as well as the inspectors, our house (by chance, not design) was

shaped like the letter “zed” (“zee’ to my American counterparts) if it were to be viewed, theoretically, from above. This was to take advantage of the change in grade as we built on the biggest hill, as well as preserving the largest oaks on the house site by its meandering footprint.

The animals were my passion, and so the task of planning, organizing, and executing the pasture and paddock layouts fell to me. Initially we had planned on doing all the fencing ourselves, but as week after week of unfortunately-timed rainy weather postponed the clearing, we were finding ourselves at the eleventh hour, with most of our animals coming within the month, and no land cleared or fenced as of yet. Not since my early-motherhood days of perpetual sleep-deprivation had I slept so badly, only this time it was stress and worry that caused me to toss and turn on the mattress next to my peacefully slumbering husband.

At last the rain stopped for three days and hasty arrangements were

made for a bulldozer and operator to come out for the day and push the bush down and into long piles known as windrows. These would be left to dry/rot for a couple of years and then would be burnt, in theory leaving us with smooth pastures, after seeding, of course. As the dozer operator wasn’t expected until 11:00 a.m., I arrived at the property by the clear morning hour of 6:00 a.m., accompanied by my dogs. We had seen several fresh bear scats on our hikes around the property and despite the bear spray I carried, I was terrified of being in the bush alone lest one eat me; the dogs at least would provide distraction while I picked up my legs and ran fleet back to the car.

The construction boss had told me to mark the perimeter the bulldozer was to take, and so armed with my GPS, a roll of surveyors tape, the bear spray and a long buck knife in my rubber boots, I was soon swallowed by the trees.

Once inside, the greenery closing solidly behind me, I realized I was

about to try to perform a near impossible task. Despite the aid of the GPS, the thickness of the growth made me turn one way or the other with each step and soon the trail I had marked lay serpentine behind me. Realizing this would never do, I backtracked and began to re-tie ribbons here and there. After almost losing my boots in the muck twice, being bitten by countless mosquitoes and slashed by thorns and deadwood, I had made next to no progress, although I had been at it for hours. I climbed to the crest of the hill at the road to take advantage of a cell signal and phoned the construction foreman, explaining my inability to mark a proper perimeter.

“Just wait till Abe gets there,” the man said. “The bulldozer cab seats two and you can just use your GPS and guide him left or right. Abe’s from Belize, he only speaks plautdeutsche and Spanish.”

Thinking to myself how fortunate I was to be Spanish, otherwise I have no idea how I would have conveyed



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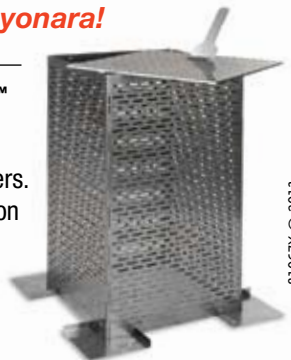
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'dozing instructions to the man, I amused myself by picking wild strawberries (avoiding the poison ivy as best I could) and set myself to wait.

A short time later Abe showed up, driving a semi with a bulldozer loaded on a flatbed. It seemed so strange to my senses to hear Spanish come from the Teutonic-looking man's mouth, but after he unloaded the bulldozer we realized there was a problem. I had explained to him his boss' suggestion that as I couldn't mark the path he was to take, that I was to ride in the cab with him, giving directions as he pushed the trees down. Smiling apologetically, Abe gestured to the cab. It was a one-seater with no place for anyone else to sit.

I chewed my lip for a moment and decided since I couldn't strike out in front of him through the thick growth, I would trail behind, over the debris, and he would look back every few moments to see my gestures of "right" or "left," but mostly keep a straight line. He shrugged in agreement and we set off.



Using my first few ribbons for the line, the bulldozer roared off at a fast walking pace. It was barbaric yet impressive to see how the bulldozer effortlessly pushed the trees and bush down, flattened as easily as you or I might flatten blades of grass. I, however, was finding it quite a bit of effort to keep up with Abe, although he looked over his shoulder every few moments faithfully to take his cue. The flattened trees and understory made a springy carpet over two feet thick, with leg-grabbing gaps and boot-puncturing points. As I half ran, scrambling and falling continuously, I had serious doubts as to the wisdom of this course. I pride myself in being able to endure a lot of physical hardship. For many years my husband and I were avid rock and ice climbers as well as serious trekkers, and the years had toughened us considerably. Nevertheless, as I scrambled behind the bulldozer, legs bruised beyond belief (I didn't have time to take stock of injury, but knew what I would see when I removed my pants and boots) and breath ragged in my throat, I felt I couldn't do much more. The whole half mile I followed the bulldozer, over the worst terrain imaginable, and at the end of property I waved him to stop. He climbed from the cab concerned as, hands on my knees, I struggled to get my wind back.

"I can't," I gasped. In particular my right calf had been raked very painfully by a broken point of log as my feet had plunged to the ground when the branch I had been striding across broke. The calf was now incredibly tender and had swelled tight to the top of my rubber boots.

"We can both fit," Abe said gesturing to the cab. I had my doubts, but I knew I could neither lead him the remaining way in front through the bush nor could I continue to follow over the unnavigable terrain, and so I shrugged and climbed up.

I felt sorry for Abe as I was filthy, with bits of bark and mud clinging to my sweaty face and clothes as well as boots caked in muck, and once in the cab I saw there was really no place for me to sit. After some embarrassed shufflings, I managed to perch myself in a corner just off his seat, but with no place at all for my legs to go, I had to drape them across his lap. I was certain it must only be me that felt strange about it, because after all, there was nothing alluring about me after my now eight-hour ordeal in the bush, but it seemed Abe shared the thread of my thought and holding himself as stiffly away from my legs as possible, we continued on.

Awkward position aside, I was so glad to be off the ground. In no time

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I was enjoying myself immensely, my injuries forgotten. It was really impressive to see how the trees and bush just fell before the blade. I had a vantage point from the high cab that enabled me to see farther ahead, and we were in terra incognita now, despite the fact this was still our property. I instructed him to leave tall oaks and poplars alone and as the vegetation began to indicate wetter soils, I bade him steer around a cluster of tamaracks when we suddenly lurched to a halt.

Cursing in what I supposed was plautdeutsche, we struggled to disentangle ourselves and he climbed down from the cab. The bulldozer's tracks were mired deep in the mud. This part of the bush hadn't been included in any earlier reconnaissance and had been included as part of the pasture on paper only.

Wearily and sore (at least I was), we bushwhacked back to the road. It took almost an hour as the bush was very thick in places and the going not easy. As well, trying to keep a steady bearing proved difficult when all we could see around us was green, the sun obscured by clouds, and I'm sure our path was not the most direct. At one point, despite the great noise we were making as we lurched through the understory, I felt fear seize me when we came upon a steaming pile of bear scat. The bear was so close we could smell him (or maybe it was the combination of the smell of my own fear and the smell of his spoor). From then on we carried on a shouting conversation between the two of us, sounding (I'm sure) like lunatics had there been anyone around to hear.

When we regained the road it was almost 4:00 p.m. I had been engaged at this same task for almost 10 hours now and was heartily sick of it. I phoned in Abe's distress to his company, waited for a worker's truck to show up and then left them to it.

Never pay for a job by the hour, if you can help it. A flat rate for a job done is a much more comforting arrangement, so we were very surprised when we received a bill from the construction company not only including the agreed upon fee

for clearing 20 acres, but also for the mileage, gas, and rental of the second bulldozer that had to be summoned to remove the first, mired in our back 40.

The cleared land looked post-apocalyptic. An ugly dark slash in the verdant woods, with broken trees like jagged bones sticking up here and there, and long leg-catching windrows. When we showed the results to our family we could see doubt in their faces. You really had to use your imagination at this point to see it as pasture. Time heals all, and with an obscene amount of labor, the fencing and seeding and harrowing was completed, and the animals introduced to their new homes.

I think I ran into Abe the other day. It's been a few years but I'm pretty sure it was him, it's a small town. I, however, was dressed for town rather than farm and I think he wasn't sure why I seemed familiar. Had I sat on his lap like Santa Claus, my guess is he'd remember. ]

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# Poor Will's COUNTRYSIDE Almanack ~ for ~ Late Fall & Early Winter 2013

BY W. L. FELKER

He comes, — comes,  
— The Frost Spirit comes!  
Let us meet him as we may,  
And turn with the light of the parlor-fire  
his evil power away....  
— John Greenleaf Whittier

## The Ephemeris for November The phases of the Cider Moon and the Deer Mating Moon

As the leaves come down, and after the big push to make cider, deer begin their mating seasons. Starting earlier in the South and later in the North, this season typically occurs before Early Winter arrives and the last leaves fall.

### November

3: The Deer Mating Moon is new at 7:50 a.m.

10: The moon enters its second quarter at 12:57 a.m.

17: The moon is full at 10:16 a.m.

25: The moon enters its last phase at 2:28 p.m.

### The Sun's Progress

Daylight Savings Time ends as November begins. Set clocks back one hour at 2:00 a.m. Sunday, November 3. Also on November 3, a total eclipse of the sun will be visible in the eastern United States just a little

after dawn.

On November 22, the sun enters the sign of Sagittarius and reaches within two degrees of solstice at the same time.

### The Planets of November

Jupiter lies in Gemini overhead in the morning, shifting to the west as the sky lightens in the east. Mars rises in the east before dawn. Venus in Sagittarius is still the evening star. Saturn is not visible until the middle of the month, reappearing in the morning sky in Libra.

### The Stars

Orion is rising from the east on clear November evenings, announcing the end of most sheep and goat breeding. The Great Square overhead marks the time of estrus in deer. The Summer Triangle is setting in the west, carrying many of the last flowers and garden vegetables with it.

### The Shooting Stars

As you check your livestock after dark, look for the South Taurids on the night of November 4-5, the north Taurids on the 11-12 and the Leonids on the 16-17.

### A Calendar of Holidays & Special Occasions for Gardeners, Ranchers & Homesteaders

Nov. 4 - Dec. 3: Al Hijira: Islamic New Year

Nov. 7: Ecuadorian Independence Day

Nov. 14: Ashura

Nov. 28: Thanksgiving Day

Nov. 27-Dec. 5: Hanukkah (Jewish Festival Of Lights)

### Meteorology

If strong storms occur this month, weather patterns suggest that they will happen during the following periods: November 2-5, 14-16 and 21-27. New moon on November 3 and full moon on November 17 are likely to intensify the weather systems due around those dates.

### Peak Activity Times for Livestock, Fish, Game & Dieters

All creatures tend to feed more

and are more active as the barometer is falling one to three days before the weather systems that arrive near the following dates, dates on which cold fronts normally cross the Mississippi River: November 2, 6, 11, 16, 20, 24 and 28.

### The Ephemeris for December

#### The Phases of the Paperwhite Moon

Among the various traditions that punctuate the darkest days of the year, the planting of paperwhite bulbs for bloom near winter solstice creates an indoor winter garden with which to transition into the next phase of the garden year.

### December

2: The Paperwhite Moon is new at 7:22 p.m.

9: The moon enters its second quarter at 10:12 a.m.

17: The moon is full at 4:28 a.m.

25: The moon enters its final phase at 8:48 a.m.

### The Sun's Progress

Winter solstice occurs at 12:11 p.m. (EST) on December 21. On the 24th, the sun's declination makes its very first move towards spring, shifting just a fraction of a degree from 23 minutes 26 seconds to 23 minutes 25 seconds.

### The Shooting Stars

December's shooting stars are the Geminids, appearing at the rate of about 40 to 50 per hour on December 13-14. Find them following behind Orion in Gemini. Then the Ursid meteors will appear late at night deep in the northeast around the Big Dipper and Little Dipper, the Ursid or "bear" constellations, between December 17 and 25.

### The Planets

Jupiter lies in Gemini, overhead after midnight and shining bright in the far west before sunrise. Mars is in Virgo, well up in the southeast before dawn. Venus remains in Sagittarius, low in the southwest after dark. Saturn follows Mars in Libra is now



Eielson Air Force Base, Alaska: The Aurora Borealis, or Northern Lights, shines above Bear Lake here January 18. The lights are the result of solar particles colliding with gases in Earth's atmosphere.

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bright in the morning sky.

**The Stars**

The Milky Way lies across the sky from southeast to southwest this month. It turns slowly through the winter, reaching from due south to due north as the first lambs and kids are born and the first crocus blooms.

**A Calendar of Holidays**  
December 25: Christmas

**Meteorology**

Severe weather is most likely to occur during the following periods: December 1-3, 24-26, 31-January 1. It is probable that new moon on December 2 will speed the arrival of early winter. Full moon on December 17 will bring stronger-than-average storms to the United States as deep winter approaches.

**Peak Activity Times for Livestock, Fish, Game and Dieters**

Fish, game, livestock and people tend to feed more and are more active as the barometer is falling one to three days before the weather systems that arrive near the following dates: December 2, 7, 13, 17, 23, and 30.

**The Almanack Daybook: November**

1: Supplies should be on hand for the bedding plant season, which begins now.

2: Fertilize after harvest with organic matter, phosphorus, and potassium to reduce soil compaction.

3: This morning's end of Daylight Savings Time could cause animals and family to be out of sorts because of the change in feeding and eating schedule.

4: Cloud cover reaches winter levels during the first half of November, compounding the effects of the shortening day and the change in time.

5: Don't overgraze your pastures as growth slows.

6: The cloudiest times of the year in most of the country come between November 6 and February 22.

7: You and your animals may need up to one third more feed in winter than in summer.

8: Try to keep your water for pregnant livestock between 50 and 60 degrees. Animals usually drink more if the water isn't too cold.

9: Consider ultrasound to verify pregnancy of animals that mated in September or October.

10: Throughout the South, seed grains and vegetables that bear their

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fruit above the ground under the waxing moon.

**11:** If you intend to breed lambs and kids in January or February, keep the lights on to create 16-hour days through the late fall and winter months.

**12:** Add nutrients to dormant pasture in order to produce better yields next spring.

**13:** Plant late bulbs, garlic, shrubs, and trees throughout all but the coldest states after full moon (the 17<sup>th</sup> this month).

**14:** Just because the weather is getting colder, don't forget to keep checking for worms.

**15:** Ship all of your poinsettia crop for the retail market.

**16:** As harvest time winds down for grain crops, the holiday market gets into full swing.

**17:** Keep up weight and daily milking records to track any unexpected decline.

**18:** Feed the lawn—fall is a better time than in the spring—the winter's rain and snow, freezing and thawing, will gently work the fertilizer through the soil.

**19:** Maintain good ventilation (but no drafts) in the barn, and watch for stress from overcrowding.

**20:** Breed in early winter for kids and lambs that will be able to take advantage of fresh April pastures.

**21:** Now is the time to check your beehives to ensure that the bees have enough honey to make it through the winter.

**22:** When the leaves are down, gather mistletoe for the holiday market.

**23:** Cholesterol levels often rise 10 percent in the winter.

**24:** Mulch the wet perennial beds to prevent drying, January's heaving, and cold damage.

**25:** Work gypsum into the soil where salt, used to melt winter's ice, may damage plantings.

**26:** The Christmas tree harvest has begun, and the last poinsettias have come north

**27:** On the farm, it's time to plug in the electric bucket heaters and try to keep the water near 50 degrees.

**28:** Transport goat and sheep



cheese, Christmas cacti, dried flowers and grasses, and ginseng for the holiday market.

**29:** Fertilize trees and bushes after leafdrop is complete. Prune fruit bearing bushes.

**30:** Plan to put in bedding plants for spring sales under the new Paperwhite Moon between December 2 and 16.

## December

**1:** When sunset reaches its earliest time of the year, the brittle leaves of the pear trees fall.

**2:** The corn and soybean harvests are usually complete all around the county, and growth of winter wheat slows in the cold.

**3:** Set up windbreaks in front of your hives to lessen winter chill.

**4:** Mulch strawberries with straw.

**5:** Reserve your chicks for spring so they can gain weight throughout the summer and be ready to lay by autumn.

**6:** Repair farrowing quarters for pigs.

**7:** Take special care in feeding mares: horses bred in April begin their period of most rapid fetal development at this time of year.

**8:** Consider feeding grain to stock

which will be birthing early in the year.

**9:** Complete sow breeding for early spring litters.

**10:** Lice infestations often become more common on livestock as the cold deepens.

**11:** Start building lambing pens and box stalls for calves.

**12:** Reserve your ready-to-lay pullets for summer.

**13:** A light feeding in the morning, and a heavier feeding towards dark will provide your chickens with a little more in their stomach to heat them up as the mercury falls.

**14:** Keep plenty of lukewarm water available for your chickens when temperatures fall below freezing.

**15:** Foxes and coyotes are becoming more active as they begin their courtship rituals.

**16:** New curly dock is often growing back in the wetlands. Use it for salad.

**17:** At the full moon time, be especially careful of abortions in your more delicate livestock.

**18:** Traditional supplements to ward off winter abortion in livestock include rose hips, hawthorn berries, raspberry leaves, tansy leaves and hollyhock root.

**19:** Once rhubarb roots have been frozen, bring one or two plants indoors, and put them in a dark place. Cut the stalks as they appear.

**20:** As harvest comes to a close, schedule maintenance of all mechanical equipment.

**21:** On colder days, prune suckers and dead branches.

**22:** Pregnant animals should be drinking more as their young develop.

**23:** Turning lights on early and keeping them on after dark can help keep your chickens eating for more hours in the day.

**24:** If you are feeding your animals from a large round bale, be careful they don't eat away its base. It could actually fall over on them later on in the winter.

**25:** December lambs and kids may arrive during the moon's third quarter—even if they are not scheduled to be born exactly at that time.

**26:** Plan now to have broilers

ready for market as early in the year as possible.

**27:** Have the best pasture or creep feed ready for November lambs and kids.

**28:** Watch for mold in feed; be sure the grain and hay are “dry and sweet.”

**29:** Separate your thinnest pregnant ewes and does now and give them a little extra attention.

**30:** As you schedule estimated due dates for each of your pregnant animals, also do an estimated time of day for each, basing your assessment on the time of the mother’s previous births.

**31:** Rheumatism in livestock (and people) increases during the cold and damp weather of winter.

**Lunar feeding patterns for people and beasts**

All creatures are typically most active (and may eat more) with the moon above them. The second-most-active times occur when the moon is below the earth.

**Date: Above; Below**

*November:*

- 1-3: Mornings; Evenings
- 4-10: Afternoons; Midnight to Dawn
- 11 -17: Evenings; Mornings
- 18-25: Midnight to Dawn; Afternoons
- Nov. 26-Dec. 2: Mornings; Evenings

*December:*

- Dec. 3-9: Afternoons; Midnight to Dawn
- 10-17 : Evenings; Mornings
- 18-25: Midnight to Dawn; Afternoons
- 26-31: Mornings; Evenings

**Winners of the September-October Sckrambler Sweepstakes**

A prize of \$5 was promised to the 2<sup>nd</sup>, the 21<sup>st</sup>, the 42<sup>nd</sup>, the 72<sup>nd</sup>, the 100<sup>th</sup> and the 150<sup>th</sup> person to return the correct Sckrambler solutions by my deadline. Of the 45 correct solutions received, Kerry Graff of Nunda, South Dakota, was the 2<sup>nd</sup>; Dan Nagel of St. Marys, Ohio, was the 21<sup>st</sup>; Jeffery M. Dickeman of Richmond, California, was the 42<sup>nd</sup> – so they will receive the prizes!

**Answers to the September-October Sckrambler**

- OHG SUHB: BUSH HOG
- SIHCLE LPWO: CHISEL PLOW
- ROTAVITLUC: CULTIVATOR
- LLAIF: FLAIL
- KUPCIP URTKC: PICKUP TRUCK
- SIKD: DISK
- SOPT RREVID: POST DRIVER
- KCUBEKAR: BUCKRAKE
- AOHRRW: HARROW
- WEROM: MOWER
- EAEGLNR: GLEANER
- EIOCMBN: COMBINE
- LALSVERO: OVERALLS
- RCTRTAO: TRACTOR
- ATTORRO: ROTATOR
- TONES CKERPI: STONE PICKER
- KRAE: RAKE
- EAERPSDR: SPREADER
- LERAB: BALER
- HSRERHTE: THRESHER

**The November-December Sckrambler**

- Most of these words appear above in the *Almanack* text.
- LAMAANKC
  - EDISYRTNOUC
  - ARIUSSAGITT

- CELPIES
- IPUJTER
- IMIGEN
- OOIRN
- SDRIAUT
- NIDSLEO
- HHNKKAUA
- GHATSKNVIIGN
- WHITERPAPES
- SYLLIAAMR
- URSISD
- SMTSRHCIA
- VENDAT
- VERHAST
- SETTIAPOINS
- TEROLCHOLES
- SMRA

If you are the 4<sup>th</sup>, 27<sup>th</sup>, 49<sup>th</sup>, or 71<sup>st</sup> person to return your correct Sckrambler solutions by my deadline of October 25 to Poor Will, P.O. Box 431, Yellow Springs, OH 45387, you will win \$5. There should be no typos in this puzzle, and no typo prize will be awarded. If you happen to find a typo, however, you may simply skip that word without penalty.

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**Next time:**

- Training your oxen to pull, Part II
- Brooding and hatching poultry: The 1st 12 weeks
- Heating your homestead
- Ice fishing 101: What you need to know

*Do you have a nifty brooder? How do you heat your home? Do you have icefishing tips to share?*

*We want to hear from people who do it—and that means you!*

Send your ideas/comments/photos to:  
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 Or mail to: COUNTRYSIDE Editorial  
 145 Industrial Dr., Medford, WI 54451

*Don't forget to fill out and mail the survey on page 55!*

**Happy Holidays  
 from all of us at COUNTRYSIDE!**



# Capture Your Countryside... and share it with us!

COUNTRYSIDE is proud to present an on-going photo contest. Send us photos from your homestead—livestock, grandchildren, garden, barn, etc.—and we may share it with COUNTRYSIDE readers! Each issue's "Featured Photo" will receive a FREE COUNTRYSIDE t-shirt!

E-mail your photo(s) as jpeg attachment(s) to [friend@countrysidemag.com](mailto:friend@countrysidemag.com) with "Capture Your Countryside" in the subject line, be sure to include your name, mailing address, phone number and a brief description. Or mail photo(s), including your name, mailing address, phone number and a brief description, to "Capture Your Countryside," 145 Industrial Drive, Medford, WI 54451.

*Any photos received will become the property of Countryside Publications and can be used at anytime. Countryside Publications retains the right to publish and/or reproduce any and all photos submitted in future issues or publicity, with or without mention of source.*

## Featured Photo



My twin boys doing what they love—watching a John Deere tractor plow the field.  
— Jacqueline Whitesell, Tennessee



Our grandson earned money by putting up our hay and learned how to work with our old equipment, which we still use. It was an experience for him and a memory to treasure forever with his Grandpa.  
— Linda Beightel, Kansas





The back edge of a summer storm. — Kimberly Nance, Oklahoma



Teaching the next generation to love gardening. — Jeanne Kemper, West Virginia



Animals have always been a part of our homestead. Black labs are some of the most loyal companions. — Angela A. Chavez, Texas



Karen's parents gave us this buggy and it made a great addition to Karen's flowerbed. — David and Karen Starvaggi, Pennsylvania



Our Brown Swiss milk cow, Coco, and her three-day-old heifer calf on a sunny, summer day. — Rachel Summers, Virginia



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# Countryside's Breeder's Directory

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See details on page 102.

## Alpacas/Llamas

### Colorado

JEFFERSON FARMS NATURAL FIBERS—Two locations: 8950 W Jefferson Ave., Denver, CO 80235, 303-870-3056 or 8815 City Rd. 150, Salida, CO 81201, 719-539-4752. <jlevene@comcast.net><www.jeffersonfarmsnaturalfibers.net>Alpacas & Paco-Vicuñas. Specializing in Paco-Vicuña luxury fibers.

### Georgia

PEARSON POND RANCH & LLAMA CO., 242 Llama Lane, Ellijay, GA 30540. <www.pearsonpond.com> Over 150 llamas to chose from—Traditional—Surries.

### Ohio

LOFTY PINE FARM, Deb Yeagle, 2882 Cty. Rd. 82, Lindsey, OH 43442-9753. 419-665-2697. <loftypine@yahoo.com>Llamas, Suri & Huacaya alpacas starting \$300, fleece, judge. Teeswater, Merino sheep.

### Vermont

NORTH OF THE ANDES ALPACAS, Rhonda Henning, 6394 Chester Arthur Rd., Enasburg, VT 05450. 802-933-5166. <northoftheandes@myfairpoint.net>Huacaya. Fiber or pet males \$300, bred and open females starting at \$800, all ARI registered. Email for pictures.

### West Virginia

GLORY B FARM, Barry & Barbara Bales, Ballard, West Virginia. 304-573-1526. <bbales@citynet.net><www.alpacanation.com/gloryb.asp> Award winning alpaca breeding stock & products.

## Bullfrogs

### Idaho

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## Cattle

### Kansas

LA DORADA, Elizabeth Lundgren, D.V.M., 22484 W. 239 St., Spring Hill, KS 66083. <watusi@aol.com><www.ladorada.com> Ankole-Watusi cattle.

UNDERHILL FARMS, Lynn & Karen Kaufman, 187 21st Ave., Moundridge, KS 67107. 620-345-8415. <info@underhillfarms.com><www.underhillfarms.com> Belgian Blue Cattle.

### Nebraska

BOHATY'S BRITISH WHITES, Walter & Nancy Bohaty, 1371 42nd Rd., Bellwood, NE 68624. 402-367-4741. <nbohaty@gmail.com><www.britishcattle.com> Registered British White cattle.

### Ohio

RIVERVIEW FARM, Fannie Thom-an, Crown City, OH. 740-256-1724. Miniature Jerseys—semen available. Also miniature horses. <www.miniaturejerseys.com>

### Oregon

WHISPERING HILLS FARM, Joe Schallberger, DVM, PhD & Sue Schallberger, DVM, 6515 Kurtz Rd., Dallas, OR 97338. 503-704-2408. <wisper@comcast.net><www.whisperinghillsfarm.com> Polled Short-horns. Fast growing grass-fed Short-horn genetics. Also Suffolk sheep.

### Pennsylvania

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## Goats

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### Missouri

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**Large Black Pigs**

**Kansas**

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**Associations**

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AMERICAN EMU ASSOCIATION, 1201 W Main St., Suite 2, Ottawa, IL 61350. 541-332-0675. <info@aea-emu.org> <www.aea-emu.org> Emu.

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## After chores:

# I Do Not Need Much

By MIKE DISHNOV  
WISCONSIN

*I compared notes with one of my friends who expects everything of the universe and is disappointed when anything is less than the best, and I found that I begin at the other extreme, expecting nothing, and am always full of thanks for moderate goods. — Ralph Waldo Emerson, Experience*

An avid reader since boyhood, I read for hours in the solitude of the cabin. Ralph Waldo Emerson and Henry David Thoreau are two of my favorite authors. Transcendentalists, from the mid 1800s, they had a deep appreciation for nature and man's place within it. A fellow nature lover and armchair philosopher, I keep copies of their major works on my bookshelf at camp. Charles Darwin's major writings share the honor as do numerous Buddhist and Taoist writings.

I have pondered the issue of happiness, contentedness, being "centered" as my wife Diane says, a number of times since retiring. What role do my books play? I find a theory developing.

The experts tell us that money and material wealth do not assure a happy state. The shortcomings of fame and fortune are on regular display in the entertainment and sports news. The sages of various traditions speak of transcending the ego and living lives of simplicity and virtue.

Abraham Maslow became famous for his hierarchy of needs, portrayed as a pyramid of six levels with physiological needs, followed by security needs, ascending to self-actualization at the top level. Theoretically, once a lower level is achieved one works on the next higher level.

Years ago, I enrolled my 12-year-

old son and myself in the Alaska Wilderness Studies program at the University of Alaska. Our first course was in Alaska Wilderness Survival. This three-semester hour class included outings in a fall woodland setting, a wet coastal environment, and an alpine trek. We built debris huts for the first two and snow caves on the latter. We did not take foodstuffs and were limited to tea bags for use with the water boiled for drinking.

I became a firm disciple of Maslow on those outings. Staying warm and dry trumped all else. I did not seem to be concerned about anything else. Introverted by nature and a very private person, I lay closely with my comrades, male and female, in the debris hut. I filled my cup with boiled water, from a river littered with dying and decaying salmon. A day later, I noticed that I had a dearth of energy as we climbed a mountain trail. Going without food had sapped my energy levels. Without fuel, the engine was not running well. Later, I would sample the sea life we found at the ocean's edge and boiled in rusty cans.

Experience is a great teacher. All of the psychology classes and lectures I had attended in college paled alongside these Alaskan "outings"

My experiences as a young Marine in Viet Nam attest to the need for security and my family and relationships over the years speak to the need to belong and feel friendship and love. A career as an educator addressed purpose and meaning. Self-actualization is a more difficult concept to grasp. It is here that I now turn.

Reading has played a crucial role in my sense of well-being, as has the work I have done with my hands creating various things, be it a chair, a cabin, or a piece of finished driftwood. Writing and photography are

playing an increasingly important role as well.

Our son, Marcus, is a physical being. He is happiest when he is working out physically, doing something active and improving or maintaining his strength and agility. I am happiest when I am looking for answers; when the "wheels are turning. My mind engaged, when I am learning or experiencing something new on the printed page, when I capture another stunning sunset at the lake, when I contemplate the cycle of life, I am happiest. I am content; I am "centered."

*Philosophy is questions that may never be answered. — Anonymous*

That may be, none-the-less, I find the contemplation itself most gratifying.

When I see samples of Shaker style buildings and furniture, it is like a window into my own wood-working. These deeply religious folks, known for the simplicity in their daily lives, were not interested in adornment.

There is little I cannot create for my cabin with standard pine lumber, construction 2 x 4's, a hand plane, sandpaper, and, occasionally, wood stain. I often forgo the stain. The moose and trees, on my cabinet doors, would have been too much adornment for my Shaker friends.

I contemplate the virtues of simplicity and the simple "turning of the wheels." A serene mind is like my lake when the surface is unmoved, a "plate of glass." Freeing the mind of distractions, the "stilling of the mind" my Buddhist friends would say. Everything is possible then.

The "good life" to this man is good books, a digital camera, a few simple wood tools, and the time to contemplate and create.

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