

20/20 A Year of Preparation

Volume 6

June 2020

Monthly Tip #1

*Plant lettuce in your flower beds to add greenery. Lettuce can be planted many times over the summer.

*June planting is getting a bit late for some vegetables but many will still produce later in the summer if planted now.

Lettuce is a definite.

You can start planting it as soon as the ground is warmed a bit usually by early to mid April.

South facing flower beds are an excellent place for these early plantings. The best is a small planting and then a bit more every couple of weeks to get a nice constant crop of fresh young lettuce for the table.

You can continue to plant until mid summer as it will be ready in 30 to 45 days depending on the conditions.

Spinach can be treated the same way. Both of these vegetables will grow and produce for a while and then they will start to *bolt* up to seed. When this happens the leaves will start to get bitter and it is time to pull it out and use the younger, later plantings.

Home 72 Hour Kits / Home Storage.

From its beginning, the self-reliance initiative has been doctrinally and spiritually based on the Lord's principles and practices of helping the Lord's people gain eternal life.

The doctrine of self-reliance is rich with meaning and depth. To understand why self-reliance is important as a principle in the way we live our lives, and to understand how we can live lives of self-reliance, it is essential first to understand gospel principles concerning self-reliance. These encompass three key teachings: Independence, Promises, Living the Gospel.

We will cover each of these Key Teachings in the following months.

HOME 72 HOUR KITS

Personal Supplies & Medication

The next items to put into your Home 72 Hour Kits are some supplies.

Here is a possible list:

- *First-aid kit.
- *Toiletries (toilet paper, personal & feminine hygiene, toothbrush& toothpaste).
- *Cleaning supplies (hand sanitizer, dish soap, dish towel, etc).
- *Medication (acetaminophen, ibupro-

fen, prescriptions).

- *Copies of prescriptions.
- *Back-up pair of prescription glasses.
- *Pet food & supplies.
- *Garbage/recycle/sealable clear plastic bags.

HOME STORAGE

Paper/Plastic Goods.

Stock up on items such as:

- *toilet paper,
- *paper towels/napkins,
- *tissues,
- *paper plates/bowls/cups/utensils.

Cool Items - Digging, Tools, & Cutting

Here are some cool equipment items .

The first item is a small, compact shovel:

<https://www.canadiantire.ca/en/pdp/outbound-camp-shovel-0765636p.html#srp>

You can also combine the small shovel and the multi-tool:

https://www.amazon.ca/dp/B083DWWS4R/?coliid=IY5QI0XWH227V&colid=25QZ4CZTF8EPL&psc=1&ref=lv_ov_lig_dp_it

Bro. Eastman also found

a combo kit at Canadian Tire a few years ago:



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Monthly Tip #2

*Watch your weeds. Don't let them get away on you. Keep your garden tidy and pull weeds RIGHT AWAY!

*Oh, and don't forget to water, just in case it ever stops raining!!!

*Another crop that can be planted early and continuously are radishes.

These will plant in the flowerbed, garden, or the planter box on the back deck. They actually prefer the morning and evening sun and not the noon day sun. Cool temperatures and plenty of water are the key to mild radishes. When they are ready, pick them all, wash then and put them in the fridge.

Here is link to an article on growing radishes that is quite interesting. https://www.leevalley.com/en-ca/discover/gardening/2020/may/secret-world-of-radishes?utm_source=Newsletter---Garden-ing&utm_medium=email&utm_campaign=200501-Garden-How-to-Grow-Radishes

More gardening tips from the Richardson family.

Carrots, peas, beans, swish chard, cucumbers, zucchini and onions can still be planted now but will give later crops.

Corn, tomatoes, peppers, and melons are now too late to plant from seed but if you have seedlings you have grown or bought they should be in the ground now.

If not, start *hardening* them off by putting them outside during the day to get used to the direct sun and breezes.

Do this for a few days before planting them permanently outside

Bro. Richardson's dad always told him that the last risk of frost should come with the full moon after the May long weekend. This year that was June 5th and they had a frost at their place on the 4th. So we should be frost free until fall now,

But then again this is Alberta!

A huge thank you to the Richardson family 's contribution to the Newsletter this month.

You're all welcome to send in your comments and well-earned wisdom. We will try our best to include your 'sage thoughts' in our Newsletters.

Cool Items (continued)

Here are some examples of a simple multi-tool:

<https://www.canadiantire.ca/en/pdp/yukon-gear-multi-tool-multi-knife-tool-combo-3750122p.html?rrec=true#spc>

And another example of a multi-tool:

https://www.amazon.ca/dp/B005DI0XM4/?coliid=I3SG0JD08V09W0&colid=25QZ4CZTF8EPL&psc=1&ref=lv_ov_lig_dp_it

The last tool that would be useful to have in your first-aid kit is a pair of trauma shears:

https://www.amazon.ca/dp/B0757KDLTZ/?coliid=I2FVJSDTJCPTON&colid=25QZ4CZTF8EPL&psc=1&ref=lv_ov_lig_dp_it