

20/20 A Year of Preparation

Volume 7

July 2020

Monthly Tip #1

Take a First Aid course or keep up-to-date on your re-certification.

You can have a fully stocked first aid kit, with all the 'bells and whistles' BUT it's of little use if you don't know how to use it.

Monthly Tip #2

PEST CONTROL - DEER

Deer in your garden?

Bro. DeSmet's tried and true method to keep them out - put a radio close by and play it 24/7.

You can put up a wire mesh fence around your garden but it needs to be VERY high (7-10 feet) or they will just jump over it.

You can also try motion-sensor sprinklers. They are a little expensive but you get the added benefit of watering your garden when anything comes around.

<https://www.canadiantire.ca/en/pdp/contech-scarecrow-animal-deterrent-0593767p.html>

<https://www.youtube.com/watch?v=4feEceifGMU>

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.

Gospel Principle concerning self-reliance.

Key teaching #1: **Independence**.

Self-reliance is an essential commandment in the plan of salvation, or as it is sometimes called, the plan of happiness.

“The Church and its members are commanded by the Lord to be self-reliant and independent. [See D&C 78:13–14] No amount of philosophizing,

excuses, or rationalizing will ever change the fundamental need for self-reliance.” (*Teachings of Presidents of the Church: Spencer W. Kimball* [2006], 116).

HOME 72 HOUR KITS

Documents & ID

The next items to put into your Home 72 Hour Kits are important documents & ID.

Here is a possible list:

- *Personal ID.
- *Copies of birth certificate/marriage certificate/will/passports.
- *Copies of insurance policies.

- *Money - small bills & change.
- *Credit card information.
- *Copy of your emergency plan.
- *Contact list.
- *Personal items, if time allows (photos, computers, hard drives, heirlooms, etc).

HOME STORAGE

Fruit / Garden Produce.

Can, freeze, and replenish as needed.

As our garden's begin producing, we will discuss ways to can and/or preserve those products.

Cool Items - Ideas for First Aid Kit

Here is a cool idea if you want to create your own personal first aid kit (smaller than regular kit).

Combine your first aid kit and a water bottle.

Have 1 for every person in your household.

Here is a possible breakdown of items to put in your water bottle kit:

- * 1 triangular bandage.
- * 1 3" tensor bandage.
- * 5 regular bandages.
- * 1 patch bandage.

- * 1 fingertip bandage.
- * 1 knuckle bandage.
- * 5 antiseptic wipes.
- * 3 butterfly closures.
- * 2 3" gauze pads.
- * 1 first aid guide.

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Monthly Tip #3

To get rid of aphids on your flowers, spray with soapy dish water. It does not harm flower or greenery.

Monthly Tip #4

Out-door mosquito repellent

#1 - from the DeSmets:

* 1 large bottle of cheap blue mouth wash.

* 3 cups of Epsom salt.

* 3 bottles of cheap beer (yes, you can buy single bottles and yes, they'll laugh when you say its for controlling mosquitoes).

* Mix together until salt is dissolved and put into sprayer. Spray your deck, lawn, and anywhere you don't want mosquitoes. It does not harm plants or flowers and lasts about 2-3 months - even in rainy weather.

#2 - Try a garlic-based spray.

Apparently this is effective.

https://www.amazon.ca/Garlic-Barrier-2003-Liquid-1-Quart/dp/B001FFTGP4/ref=sr_l_l?crid=2S4TMMBMBCE4D&dc_hild=1&keywords=mosquito+barrier+garlic+spray&qid=1593971173&srefix=mosquito+bar%2Caps%2C310&sr=8-l

Pest Control tips from the Richardson family.

1. Weeds

The very best control for weeds in my experience is an aggressive offensive attack! Start early and often. Weeds are way easier to deal with when they are small and they have much of a detrimental effect on the garden. The bigger the weeds the harder they are to get out and the more damage that gets done to the good plants when you try to remove them. And if you leave them too long then you end up dealing with their seeds either this year or next year. Ultimately the best weed control in a

new garden is to pick your spot and prepare it for three years by using a farmer term called summer fallow. It means to till the soil every two to three weeks to turn all the small growing weeds back into the soil. After three years of tilling you will have killed all the weeds growing there and all of the seeds in the soil will have been germinated and tilled under. You start with a very clean garden. But few people have the time and the patience to do that. So we spend the season weeding. If you can continually catch the weeds while they are under an inch most will

die off by simply running a hoe or other gardening instrument through the soil to disrupt the roots and knock them down. If you can do this early in the morning or during the heat of the day you will get a very good kill rate on the weeds. But you will still need to get down and pull the weeds close to the plants. There are a variety of mulches that can be used to help keep the weeds down as well but in doing so be aware that you increase the habitat for some of the next area of pests.

Cool Items - First Aid kit (continued)

- * 1 tube superglue.
- * 10 safety pins.
- * 2 pair nitrile gloves.
- * 5 alcohol swabs.
- * 1 burn gel pack.
- * 1 tweezers.
- * 5 acetaminophen.

You can also add in a few more items like:

a magnifying glass,
and scalpel blades.



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Monthly Tip #4

There are all kinds of mosquito repellent ideas.

PLEASE EMAIL US YOUR HOME-MADE RECIPES OR IDEAS THAT WORK!

August Tip - how to control wasps.

Anyone holding an outdoor picnic or BBQ at their home in late August can testify to how much of a nuisance that wasps can be!!!

PLEASE EMAIL US YOUR SOLUTIONS FOR CONTROLLING WASPS so we can share them in our August Preparedness Newsletter.

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Pest Control tips from the Richardson family (cont'd).

2. Insects

There are a lot of insects that cause lots of different problems in the garden. Here are a few of the one that I have had to deal with.

Cutworms - The larva of insects that attack the plants either just above or just below the surface of the soil. Often you will see plants start to go down one after another in the row. Fortunately these should not be a big problem this year as I have found them most prevalent when the soil is dry and it certainly is not this year. I have found

the heavily watering the row in the area and digging around a bit you can usually find the culprit and dispose of it. Here is a link for more information (<https://www.gardeningknowhow.com/plant-problems/pests/insects/get-rid-cutworms.htm>)

Slugs - The wet conditions increases the risk of slugs. They thrive in the moist areas and feed on the plants. This is one of the disadvantages of mulching as it gives the slugs a moist home. Everything from hand picking to crushed eggshells under the

plants are popular methods. Creating a few "toad houses" from old clay pots is a good strategy as well. Here is a link on them (<https://savvygardening.com/how-to-get-rid-of-slugs-in-the-garden-organically/>)

Aphids - More common on hothouse plants these can be annoying and challenging to get rid of. A soapy water spray is usually fairly effective but it takes diligence. Another link (<https://www.epicgardening.com/aphids/>)

Cool Items - First Aid kit (continued)



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Pest Control tips from the Richardson family (cont'd).

3. Birds

Birds are usually only a problem on fruiting plants. Mesh netting to cover the plants is the best protection but for larger areas there are plastic owls and fluttering streamers that can help deter them

deer. They love vegetables. We have never had problems with them in the garden but they love strawberry leaves, in the summer but especially in the winter. By our experience and the experience of friends the best deterrent if you have deer problems is fencing, either electric or over 6 feet of mesh fencing.

Thank you once again 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.

4. Animals

Another broad topic depending on where your garden is and what animals are close by. For city gardens your biggest pests are going to be the neighborhood cats and the rogue rabbits. Cats are a challenge and we have had some success with putting chicken wire down on the bed before planting. This restricts their ability to dig in the soil and helps to deter them. Companion planting of marigolds and rue help as the cats do like the smell of them. If you have rabbit problems then fencing is the best option.

In the country the biggest problem is usually

COMPANION PLANTS FOR PEST CONTROL

PLANT	KEEPS AWAY	PLANT NEAR
Basil	flies, mosquitoes	tomatoes, all plants
Garlic	aphids, onion flies, spider mites, weevils	tomatoes, cabbage
Horseradish	potato bugs	potatoes, eggplant
Marigold	nematodes, Mexican bean beetle & many others	potatoes, tomatoes, strawberries, beans, all plants benefit
Mint	cabbage moth, flea beetle	tomatoes, cabbage
Nasturtium	white flies, aphids, squash bugs	beans, broccoli, cabbage, potatoes, squash, radishes, tomatoes
Hot Pepper	aphids, caterpillars, rodents	as a powder or spray on the leaves or on the ground – all plants
Rosemary	cabbage moth, bean beetles, carrot fly	cabbage, broccoli, carrots, beans, squash, tomatoes
Sage	cabbage moth, carrot fly	cabbage, broccoli, carrots
Tansy	flying insects, cucumber beetles, ants, squash bugs	fruits trees, berries, fruiting plants, squash, tomato, cucumber
Thyme	cabbage worm	cabbage, broccoli
Wormwood	Moths, cabbage worm, flea beetle, animals	plant outside the garden as a border