

20/20 A Year of Preparation

Volume 8

August 2020

Monthly Tip #1

Now is the best time to **inspect the condition** of all your **camping equipment**.

Take them out to look for **rips and tears**.

This is also a a great time to **air out** all your camping gear—sleeping bags, tents, etc. They've likely been stored away for a year, or even longer.

You'll also want to check for any **mold/mildew** on your tarps, tent, tent-fly, etc.

Monthly Tip #2

STEALING potatoes from your garden! This is the **ONE TIME** where it's perfectly fine to steal something.

Early in the season, you can "**STEAL**" potatoes by rooting around in the soil with your fingers until you encounter a potato the size you like. Then pull that potato and leave the plant in the soil to produce more potatoes.

Late in the season, when the potatoes are large, you can dig the entire plant to harvest its crop. That is likely to include some that are baking size and some that are smaller and perfect for boiling.

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 #2: **Promises**.

God can and will provide a way for His righteous children to become self-reliant.

“And it is my purpose to provide for my saints, for all things are mine” (D&C 104:15).

This revelation is a promise from the Lord that He will provide temporal blessings and open the

door of self-reliance, which is the ability for us to provide the necessities of life for ourselves and our family members.

HOME 72 HOUR KITS

Distraction & Comfort Items

The next items to put into your Home 72 Hour Kits are items to help comfort or distract - especially if you have younger children. HOWEVER, you should consider putting in items for EVERYONE .

Here is a possible list:

- *Small toys and stuffed animals.
- *Playing cards and games.

*Reading material.

*Activity books and crossword puzzles.

*Colouring books and markers/pencil crayons.

*Charging cords for electronic devices.

*Notebook & pen.

*Family photos.

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 - I Have The POWER!

Anyone recognize that quote from the He-Man animated cartoon series?

Anyways, here is a cool idea if you need power away from home.

First off, here is a portable solar panels/charger kit. This model has 2 USB outputs, LED flash-

light, and is water resistant.

https://www.amazon.ca/dp/B0822PG25F/?co-liid=I2G1MOMN5K732Q&colid=25QZ4CZTF8EPL&psc=1&ref =lv_ov_lig_dp_it

There are MANY different types of portable so-



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Monthly Tip #3

To get rid of **fruit flies** in your house.

1. Toss out any overripe fruit.
2. Pour some **apple cider vinegar** into a jar or small bowl.
3. Add a couple of **drops of dish soap** to the jar.

4. Place **saran wrap** over the top of the jar and put some holes in it so the flies can get in.

The fruit flies will be attracted to the **vinegar**, but once they're inside, they won't be able to escape the plastic wrap barrier. Also, the dish soap breaks the surface tension of the vinegar, the fruit flies fall in and drown.

5. Place the trap in the area where you've seen the fruit flies, and wait for it to do its job.

Another Way to Trap:

If you don't have any vinegar on hand, you can also trap fruit flies by placing a piece of **overripe fruit** in an open plastic bag. Just wait for the fruit flies to congregate on the fruit. Then, carefully seal the bag, trapping them inside.

Pest Control tips for WASPS, HORNETS, & YELLOWJACKETS!

6 TIPS FOR WASP CONTROL & PREVENTION

Prevention is key if you want to avoid problems with these pests. Don't wait for them to invade your home and garden, perform proactive wasp control regularly. Here are some useful tips:

1. Wasps nest where they can find a shelter, usually in a dark and dry place away from constant disruption. The first step to proper wasp control and the best line of defense is denying all access by sealing off all entry points. Check your house for unsealed vents, cracks around doors and windows, torn screens, and open dampers. Daily sightings of a wasp in your home may indicate that their nest is near, so

observe their flight path since it can reveal the entry or exit point.

2. Keep food sources, especially proteins and sugars, indoors, or keep them tightly covered. Wasps are especially attracted to sugary summer beverages, like lemonade and soda, so keep lids on them when outdoors. Don't forget about your pet's food. If you have a fruit tree in your garden, make sure to regularly remove any fallen fruit rotting on the ground—wasps love to dine on these treats.

3. Always seal garbage cans and cover compost piles. Wasps are hunters and they are going to do anything to find good sources of food.

4. Awnings and loose siding on your home are very inviting places for wasps to nest. Be sure to seal up any loose pieces or gaps to keep wasps from making their way into your home.

5. If you know you are going to spend time outdoors, wear darker colors. Wasps are attracted to bright colors. They are also attracted to sweet smells, so avoid using perfumes, colognes, or hair sprays when spending time outside.

6. Wasps can nest inside birdhouses, so regularly inspect them to be sure wasps haven't taken up residence there. If they have, you might consider having the nest removed by a professional.

Cool Items - I Have the POWER (cont'd)

Here is a portable power station - backup power supply with 110V/100W (peak 150W) AC outlet.

<https://www.amazon.ca/dp/B07FYJVFNK/?co-liid=I3I194Y7LEUPR7&col-id=25QZ4CZTF8EPL&p>



We'll talk more about **generators** in a future Newsletter, as we gather more useful information.

The starting point of buying a generator is to **KNOW** what you're going to run off of it. Know the running and starting Watts for your equip't.

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Monthly Tip #4

How to **Prevent Future Infestations** of **Fruit Flies**:

Often infestations occur when you bring home infected fruit from the grocery store or produce stand. If you notice fruit flies when you're shopping, skip any produce that they're near. You can bet there are plenty of fruit fly eggs on that produce just waiting to hatch out in your kitchen. And when you consider that a single fruit fly can lay 500 eggs, that's a pretty compelling reason to go home without the bananas that you planned to buy.

Be diligent about eating fruits and vegetables before they become overripe or go bad. Fruit flies like to lay their eggs on ripe or fermented produce.

And be sure to take your trash and recyclables out regularly. Small amounts of juice left at the bottom of bottles are enough to catch the attention of a fruit fly. If you can't remember the last time you scrubbed out your kitchen trash can and recycling bins, go ahead and take care of that before the fruit flies remind you that you're overdue.

PLEASE EMAIL US YOUR SOLUTIONS FOR CONTROLLING FRUIT FLIES AND WASPS.
alan.gottenbos@gmail.com

Pest Control (cont'd).

More Prevention Tips:

Make a decoy nest. Wasps are very territorial, so if they see a nest near your home, it may deter them from building a nest nearby. Try making or buying a simple decoy wasp nest!

Fill a paper bag with a couple of other wadded up paper bags. Tie the opening of the bag and hang it wherever wasps may be tempted to build.

You can also buy a decoy nest at Canadian Tire or on Amazon: <https://www.canadiantire.ca/en/pdp/bee-free-natural-wasp-deterrent-2-pk-0593500p.html#srp>

Plant these Plants. There are certain plants that wasps don't like to hang around, such as:

- Spearmint
- Thyme

- Eucalyptus
- Citronella
- Lemongrass
- Pennyroyal

Nest Removal Tips:

Plain soap and water. Mix dish soap and water in a spray bottle and spray small nests. The soap clogs their breathing pores and they die almost instantly.

Wasp traps. Lure them inside a container with a sugaring liquid and prevent them from escaping.

Here's how to make a home-made trap: <https://www.goodhousekeeping.com/home/g20706063/homemade-yellow-jacket-trap/>

For bait, try overripe fruit, raw meat, fish, moist canned cat food, fruit juice concentrate, molasses in water, soda pop.

Spray with chemical.

Just removing the wasp nest isn't enough—they'll simply build a new one. There are various types of sprays available in your local stores.

The best time to treat a nest is in the early morning or late at night when they are less aggressive. That's also when the workers and queen are present.

Wear heavy clothing - long-sleeved shirt, coveralls (sealed at wrists and ankles is best), eyewear, gloves, bee hat/head & face covering.

Spray a steady stream at the nest opening for at least 10 seconds.

Continue to monitor 1-2 days for any activity.

Complete the job by removing the wasp nest to prevent reuse.

Pest Control (cont'd).

Take a look on Amazon or your local stores for the following types of wasp/hornet traps:

- Bottle-Top Wasp Traps
- Aspectek Wasp Trap

- Folding, Hanging Catcher Cage.
- Disposable Yellowjacket/Wasp Trap (bag).

Here is a website that has numerous topics & tips on controlling various types of home and garden pests:

<https://www.thespruce.com/pest-control-tips-4127880>

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Pest Control using other Insects!

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.

10 Beneficial Insects That Will Actually Help Your Plants

<https://www.goodhousekeeping.com/home/gardening/a20705937/beneficial-insects/>

These little guys defend your garden from major pests (see pictures on the website):

Aphid Midge - Pollen plants will bring aphid midges to your garden. Both the tiny, long-legged adult flies and the larvae feed on more than 60 species of aphids by paralyzing their prey with toxic saliva.

Braconid Wasps - The adult female of this species injects its eggs into host insects, including caterpillars, moths, beetle larvae, and aphids. The larvae then feed inside their hosts and the host dies once the larvae have completed development. Grow nectar plants with small flowers such as dill, parsley, wild carrot and yarrow to bring them to your garden.

Damsel Bugs - Damsel bugs feed on aphids, small caterpillars, leafhoppers, thrips, and other pesky pests. Collect damsel bugs from alfalfa fields using a sweep net, and then release them in and around your vegetable garden.

Ground Beetles - The nocturnal ground beetle is a voracious predator of slugs, snails, cutworms, cabbage maggots, and other pests that live in your garden's soil. One beetle larva alone can eat more than 50 caterpillars. Plant perennials among garden plants for stable habitats, or white clover as a groundcover in orchards.

Lacewings - Both adult lacewings and their larvae eat aphids, caterpillars, mealybugs, scales, thrips, and whiteflies. Angelica, coreopsis, cosmos, and sweet alyssum will bring lacewings to your garden.

Lady Beetles - Adult lady beetles eat aphids, mites, and mealybugs — and their hungry larvae do even more damage to garden pests. Plant angelica, coreopsis, dill, fennel, and yarrow to attract them.

Minute Pirate Bugs - The quick-moving, black-and-white minute pirate bugs will attack almost any insect. Goldenrods, daisies, alfalfa, and yarrow will attract these helpful bugs.

Soldier Beetles - The soldier beetle feeds on aphids and caterpillars, as well as other insects — including harmless and beneficial species. Attract this flying insect by planting catnip, goldenrod, and hydrangea.

Spined Soldier Bug - The spined soldier bug's pointed "shoulders" distinguish it from the peskier stink bug. Plant permanent beds of perennials to provide shelter for this predator of hairless caterpillars and beetle larvae.

Tachinid Flies - The tachinid fly larvae burrow their way into many caterpillars, destroying these garden pests from the inside. Plant dill, parsley, sweet clover, and other herbs to attract adult flies.