

Self-Reliance Newsletter
By: Michael J. Goodwin
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Note: This newsletter is being provided to two groups with whom I am associated: The stake and ward leaders of the Church of Jesus Christ of Latter-day Saints and the Self-Reliance Club. Hopefully everyone will find something of interest here.

The focus of the Self-Reliance Club is to increase self-reliance and independence through the sharing of information, skills and resources.

Self-Reliance is still the buzzword for September. Last time we experienced flooding in our area. Today, we have the hurricanes and tropical storms and the immense flooding south of us.

Since my last newsletter, I have been released from my callings as Stake Sunday School President and Stake Employment Specialist. I will be focusing on general self-reliance information.

To find Self-reliance manuals from the Ezra Taft Benson Institute on Food and Agriculture, Brigham Young University, go to this link: <http://selfrelianceclub.com/Benson.html>.

The manuals on this site include:

- Having Your Food Storage and Eating It Too.
- Getting Along with Your Garden
- Eating Right and Enjoying Life More
- Essentials of Home Production and Storage
- Small Farm Plan
- Walipinis (Underground Greenhouses)
- Small Agriculture Model
- Family Health and Safety series
- Container Gardening
- Guinea Pig Management Manual

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Main Article:

Why gardening is important in God's eyes!

1 – Heavenly Father wants us to keep the commandment given to Adam, and thus all mankind, to till the earth. Man was thus commanded to work to be self-reliant from the very beginning.

- 1) Man was created, placed in the Garden of Eden, and commanded to dress and to keep it.
 - 2) When man was expelled from the Garden of Eden, he was commanded to till the ground.
- Gen 3:23

Other gardeners in history:

- Ether 6:13 – And it came to pass that they went forth upon the face of the land, and began to *till the earth*.
- 1 Ne 18:24 – And it came to pass that we did begin to till the earth, and we began to plant seeds; yea, we did put all our seeds into the earth.

- Mosiah 6:7 – And king Mosiah did cause his people that they should till the earth.
- Mosiah 10:4 – And I did cause that men should till the ground, and raise all manner of grain and all manner of fruit of every kind.

President Spencer W. Kimball encouraged members “to grow all the food that you feasibly can on your own property. Grow vegetables and eat them from your own yard.” (*Family Preparedness*, General Conference Welfare Session, April 1976).

President Marion G. Romney prophesied, “We will see the day when we will live on what we produce.” (*Conference Reports*, Welfare Services Session, April 1975, p. 165.)

2 - Heavenly Father will help man to be independent of others to produce his food.

D&C 78:14 – That through my providence, notwithstanding the tribulation which shall descend upon you, that the church may stand independent above all other creatures beneath the celestial world.

When we permit others to control the growing and production of the foods we eat, we turn over to them the power to adulterate those foods as they see fit and to control the quantity and availability of foods to eat.

Currently, there is a segment of our population that is so accustomed to eating prepared and processed fast foods that they don't 'like' simple, home-cooked meals because they taste so different!

3 - Heavenly Father wants us to maintain our association with the soil. Knowing that we come from the dust, we have an obligation to care for the earth and the plants that are maintained by it. Obedience to the law to till the earth brings the blessings that are predicated upon that law and enhances our connection with nature. Plants sustain all life on earth.

4 – Heavenly Father wants to bless us with the bounty of the harvest. Yes, several bushels of fruit from one tree could be overwhelming if we are not prepared to manage it. But look at the blessing He promises us!

Malachi 3:10 – ... I will ... open you the windows of heaven, and pour you out a blessing that there shall not be room enough to receive it.

D&C 78:19 – ...the things of this earth shall be added unto him, even an hundred fold, yea, more.

5 – Heavenly Fathers wants us to be prepared for times of need. He expects us to learn the skills necessary to produce, preserve and store our own food.

Important questions to ask are:

- 1) Do we have land to till (field, yard, containers, rental plots, etc.)
- 2) Do we have access to seeds to plant (purchased, saved, shared, etc.)
- 3) Do we have the tools necessary to produce and preserve the food (gardening tools, pressure canner, etc.)

Many seeds can be collected from your garden and saved for use next year. That's how the pioneers did it. (Caveat, the seeds must be open-pollinated, non-gmo, because only they will reproduce true to variety.)

"Also remember to buy a year's supply of garden seeds so that, **in case of a shortage**, you will have them for the following spring." (Featherstone, Vaughn J., *Food Storage*, Ensign April 1976). This is seed saving, whether from your own crops or from a store.

The Governor of Illinois passed a bill last August (2016) allowing the free exchange of seed and plant material among Illinois citizens. (See Public Act 099-0827

More history about seed saving:

Noah, in Genesis 6:4, had to provide a year's supply of food not only for his own family but for all the animals he had on-board the Ark, along with seeds and plants for the Earth after the flood subsided.

Lehi, in 1 Nephi 18:6, also had to provide their ship with a year's supply of food for themselves, along with seed for the promised land. Where did they get the food after their 10+ year-long journey and where did they get the seed? They brought it from Jerusalem but must have had to grow some out to maintain viability after all those years.

The Jaredites, in Ether 6:4, had to provide a year's supply of food for both the humans and the animals on board the barges. Also, they had to take seed to plant in the new land. Where did they get the seed?

In all cases, they had to grow and gather the food and probably had to grow the seed too.

Summary:

To summarize, we must be willing to:

- 1 – be obedient to the commandment to till the Earth by having a garden.
- 2 – exercise your agency to produce foods your family eats.
- 3 – seek for the spiritual experience of physically being in touch with the soil.
- 4 – be willing to receive the bounty Heavenly Father will shower upon us.
- 5 – learn and practice the skills of successful gardening, some of which are planning, planting, nourishing, harvesting; preserving and storing the food and seed from your garden.

If you are interested in increasing your knowledge and skills or sharing your talents with those who want to learn, please contact me. Let's get started now so we can be confidently prepared for an unpredictable future. Heavenly Father loves us and will help us to be self-reliant.

Do we Have to garden? We Get to garden!

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Minutes from the Self Reliance Club:

Note: An Excel file is attached to this email of the 63 health related plants found on our property at the August meeting.

Here is an update our recent meeting of 12 September.

Linda Chang hosted the meeting and has a PhD in pharmacology and teaches at the School of Medicine and does works with RPS School District 200 in the area of Health.

She served several types of tea, one of which was Jasmine, from her own plants and sampled prosciutto with home preserved olives, ginkgo nuts and other types of nuts.

We toured her garden areas and found long beans, sweet potato leaves, different melons, goji berries among a variety of other items I can't pronounce.

Here is a list of links she provided for herbal supplements:

The Herb Society of America: <http://www.herbsociety.org/>

NIH Supplements Fact Sheets: <https://ods.od.nih.gov/factsheets/list-all/>

Consumer Health Complete: <http://tinyurl.com/Drug-and-Herb-Info>

Herbal medicine on MedlinePlus: <https://medlineplus.gov/herbalmedicine.html>

Herbal supplements at Nutrition.gov: <https://www.nutrition.gov/subject/dietary-supplements/herbal-supplements>

Self-Reliance Club Business:

In starting our 4th year of meetings, we felt that some people might benefit by having a Saturday Self-Reliance Club (SRC) Meeting. Our first Saturday meeting will be October 28, see below. The topics will be different and we invite all to attend both, if possible.

The next October Tuesday SRC meeting will be on the second Tuesday of the month, 10 October at 6 PM at the Goodwin Home. The topic will be apple processing using the whole apple producing apple juice/cider, apple sauce, apple butter and apple cider vinegar. Please RSVP if you intend to attend so we can plan with supplies, etc. Bring your children.

The first October Saturday SRC meeting will be on 28 October at 10 AM at the Goodwin Home, 610 N. Alpine Road, Rockford, 2nd house South of Alpine Building. The topic will be how to save seeds of tomato, pepper and cucumber fruits. Please RSVP if you intend to attend so we can plan with supplies, etc. We will provide lunch for this meeting, probably whole wheat chili or something else scrumptious. Bring your children.

Some References:

[Self-Reliance Services](#)

[Self-Reliance Presentation](#) By: Michael J. Goodwin

If you wish to opt out of this email list, please send me an email of such request. Also, if you know of anyone else who might be interested, let me know.

Sincerely,

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