

Welcome to 2018. The first year of the rest of your Life! Everyone will get 1 year older but how do we become 1 year smarter?

The Lord has declared, "It is my purpose to provide for my saints" (D&C 104:15). This revelation is a promise that the Lord will provide temporal blessings and open the door of self-reliance. He has also declared that "it must needs be done in [His] way" (D&C 104:16).

Self-Reliance Topic: **Small food heating options:**

Air activated hand warmers or "Shake and Bake" hand warmers, toe warmers, etc.

Air activated hand warmers contain cellulose, iron, water, activated carbon, vermiculite (water reservoir) and salt and produce heat from the exothermic oxidation of iron when exposed to air. The oxygen molecules in the air react with iron, forming rust.

Not only does this process produce heat, it also ties up the oxygen in a closed container. It is the same process used in the oxygen absorption packets used in the dry pack canning process and creates the whooshing sound when you open a #10 can and causes a mylar bag to shrink. When you remove 20% of the air, the oxygen, in a space, a vacuum is created.

Lime and water heaters:

Quicklime has been known for thousands of years. It is made by heating limestone to high temperatures in a lime kiln. Slaking it, or mixing it with water, produces heat. Other devices include the use of lime and water to create heat for beverages, etc.

<http://www.oldandinteresting.com/fireless-cooking-with-quicklime.aspx>

Sodium Acetate heaters:

<https://www.popsci.com/article/diy/conquer-cold-diy-hand-warmers>

"When vinegar and baking soda react, they form a compound called sodium acetate. This chemical has a high freezing point, so in liquid form at room temperature, it is supercooled. In such a state, a single sodium acetate crystal will trigger all the liquid to freeze solid, which releases enough energy to heat a bag of sodium acetate to about 136°F. Once it cools down, users can drop the bag into boiling water, re-liquefying the chemical and readying it for another use.

To make a portable hand warmer, seal some sodium acetate, an alligator clip, and a crystal in a vinyl packet. When the chemical solidifies, squeezing the clip open and closed will trap crystals between its teeth. Heat the packet to liquefy the contents, and when you're ready for instant warmth, pinch the clip to expose the crystals."

Medicinal Herb/Plant Section:

Cereal Rye, Secale cereale is an annual grain crop, a ground cover, a green manure and a plant suppressor. It generates over 5,000 MILES of root hairs per plant, ie, per seed, per season. That's a lot of root hair exudation.

Read more about rye at this link:

<https://www.sare.org/Learning-Center/Books/Managing-Cover-Crops-Profitably-3rd-Edition/Text-Version/Nonlegume-Cover-Crops/Cereal-Rye>

Food Section:

Potatoes:

The best crop to grow in your garden as it provides the most calories per surface area than any other crop. It is so versatile and will help you to lose weight in the process, if that's your goal.

If growing potatoes in a vertical box system, it is suggested to use a late season or fingerling variety. (From: irisheyesgardenseeds.com)

It is said you can grow 100# of potatoes in a 2 foot square box. If you google it, you will get many articles about it.

Summary:

If you are interested in increasing your knowledge and skills or sharing on these subjects of gardening, seed saving, etc., 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

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Self-Reliance Club Information:

The Tuesday January SRC Meeting will be Jan 9 2018, 6:00 PM at the Goodwin Home, 610 N Alpine Road, Rockford.

Topic: Starting the SOIL seed library/seed bank process by re-packaging 315+ pkts of seed for 2018 delivery. Those attending will get first choice of everything available.

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Wishing you a prosperous New Year.

Sincerely,

Michael J. Goodwin, Agrarian

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All newsletters are archived at : <http://selfrelianceclub.com/srp.html>

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