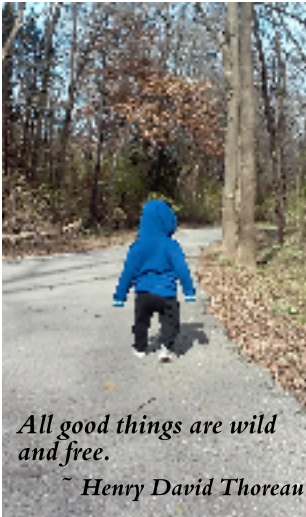


The Ozark Homesteader

Jan/Feb/March 2016



All good things are wild and free.

~ Henry David Thoreau

Happenings

- 1/1 - New Year's Day
- 1/18 - Martin Luther King Day
- 2/2 - Groundhog Day
- 2/9 - Mardi Gras
- 2/14 - Valentine's Day
- 3/13 - Daylight Saving Time begins
- 3/17 - St Patrick's Day
- 3/20 - FIRST DAY OF SPRING! :)
- 3/27 - Easter

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- Making the Best Wintertime Soups



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'Tis the Season... To Use Your Herbs!

By SS Alexander

Hello again fellow homesteaders! That's right, 'tis the time of coughs, colds, and dry skin, so I hope you have plenty of herbs in your pantry. If you do, or can order some, there are recipes for many things on the market for you to try, but I will tell you a few of the ones I use. There are too many to list everything you can do, I would have to write a book and there are already so many out there. Having said this, I will recommend a couple that have been helpful and comprehensive for me and my family at the end. For now, just a few that might be wanted right now.

Like everyone else, you may have had some of this year's merry-go-round bugs. For stomachs that don't want to hold onto anything, ginger and mint are your friends. Many people will just buy a store bought ginger mint tea and then wonder why it did not help. There are two reasons for this. The first is that there simply is not enough ginger in those little bags to even get a good taste, assuming it is not just ginger "flavored" in the first place. The second is a fundamental of the ginger itself. Ginger is a root and regardless of if you cut a one inch chunk and boil it for a few minutes or use dry and boil it for a few minutes longer the important part, to get the full flavor and benefit out of it, is that you will have to... BOIL IT! A simple hot cup might get some flavor out of it, but that's really all you are going to get. Mind you, when you boil it for five

or six minutes and then let it sit until the water turns yellow what you get is going to be very spicy, so be prepared! If you want to add mint and/or thyme for flavor and coughs, add them once the water is no longer boiling. They are herbs, and can be horrible to the taste if boiled. You might even boil out the properties you were after. You might wonder why I mentioned thyme as a flavor, this is for those wet coughs that you worry are going into your lungs. It might be an odd tea but it works to keep those lungs clear.

Another great cough remedy, and I personally just like the taste, is horehound. I have not been able to get this wonderful herb to grow yet myself, perhaps if I could manage to get a living plant to start with, but it is easy to find as a candy. These make great cough drops if they are made with the real herb, so read your labels if you buy them premade. If you can manage to find the herb it is a wonderful tea as well. Another popular one is Mullen, locally known as 'Indian Tobacco'. You have probably seen it in poorly kept fields, and sometimes in your yard. It only grows in poor soil, and it puts out fuzzy leaves and a tall stalk covered in little yellow flowers. Those flowers are what you really want but if you can handle the flavor, the leaves work too.

Speaking of live plants, this may seem like a cold time of year but it is a good time if you are determined to



start some of the woody herbs from seed. Lavender will sprout best if you freeze the seeds for at least a month before trying to sprout them. Many others will be beautiful and big if you start them inside and then move them out after the first frost.

So, about that dry skin... Let's face it, no matter if we use propane, electric, or wood, this is a hard time for skin. Cold wind and dry heated air sucks that moisture right out. Lavender and patchouli are going to be your best friends in the herb department. If you are having a really bad time with cracked skin, you might add comfrey as well.

If you have a nice bathtub, put a quarter cup of colloidal oatmeal and a few drops of the oil of your preference in and soak. If you have the actual herbs you can make a simple cotton muslin drawstring bag and use it like a tea bag with soothing lavender and comfrey.

If you are like me and all you have is a shower, a nice salt scrub a couple times a week will make a huge difference. I change and experiment with my scrubs all the time so I don't keep up with amounts used, but the basics are simple: non-iodized salt (the cheap stuff works just fine), olive oil, shea butter, oatmeal, and whatever essential oil you like are the basics. You can change them up or try other oils like avocado, almond, sesame, jojoba, or any

Our life is frittered away by detail...
simplify, simplify.

~ Henry David Thoreau

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Go confidently in the direction of your
dreams. Live the life you have
imagined.

~ Henry David Thoreau



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combination of oils as they each have their own properties. Mix your dry things together and your wet things before combining wet with dry. Also melt any solids like shea or cocoa butter with the "wet", but be careful not to burn the oils. You only need it warm enough to melt butter, DON'T LET IT BOIL AT ALL! That is very important because if you boil the oils you will not like the

Bush Hippie Survival

By Elizabeth Eacret

Ryan and Elizabeth Eacret are a couple that believe in living at one with nature. Currently they are building a combination wikiup and celtic roundhouse. Ryan has 20 years of experience in bushcraft and primitive living skills. Elizabeth is learning more and more as they embark on a new life together and enjoy the changes in the seasons as their ancestors did in the times of ole, taking a full stride out of modern life as much as possible in the simplicity of times past. It is a juggle between now and then when opening a

Dreaming of Spring

By Patricia Uveges

Record flooding hit the farm this week. We were fortunate and only had minor loss and damage. As soon as the rain cleared, the cold hit. I went from nursing a sunburn on Christmas Day, to nursing hot cocoa two days later. The weather in the Ozarks is truly like no other in the world.

I am not a huge fan of the cold. There are always

results. Once you are done mixing your scrub I recommend a screw top container and keep it somewhere cool and dark as some ingredients can go rancid if they stay warm or are left sitting out too long. You can even put it in the fridge if you make a really big batch. For more ideas and a great bunch of remedies and recipes for all kinds of cosmetics and tonics, I recommend Rosemary

store in Booneville and a website, keeping up with modern ways of shopping while making the products in primitive and olding ways. Ryan lived on a mountain for a year with only the bow and arrow that he built and an obsidian knife. He built everything he needed and mother nature took great care of him as long as he accepted what she had to offer. It was a life changing and magical experience and he wishes to share it with others. Part of Bush Hippie Survival are the classes he will be teaching. They will

a million things outside to be done and that's certainly where I would prefer to be! However, when the weather chases me inside, the work doesn't end. The farm leaves me with tons to organize and plan. And the long cold nights are honestly the only time I have to get it done! And guess what came on the last mail day? My first two

Gladstar's "Herbal Recipes for Vibrant Health". This is a very helpful book I feel anyone looking to live with less chemicals in their lives should have as a reference.

Next time I hope to talk about preparing the garden for herbs. Until then, enjoy your ginger teas and live healthy!



The Man Cave, home of Bush Hippie Survival

Tentative GRAND OPENING
set for January 30th!

include flint knapping, wild edibles, fire starting methods, primitive trapping techniques, basic food gathering, shelters, and much more. Some will be done indoors, then moved outdoors for hands on experience. Please keep an eye open for upcoming articles about the progress and experiences while they live on the mountain in a brush shelter.

seed catalogs of the season! After my first year of gardening, which was a disaster, I started putting a lot more thought and work into the planning process. I no longer pick up some cool looking seeds and throw them in the ground. Things that grew great in Ohio and Virginia don't necessarily fare well here. And each fall, I now have my soil tested by the

(continued from page 2)

local farm bureau. It's free and gives me an idea of what I need to add to my dirt to give my plants all they need.

I now have a garden planning process. I started by determining my exact zone. I used the USDA zone map. When making a list of possible seeds to buy, I first note the zone. I also try a quick Google search to make sure there hasn't been some known regional problems. For example, several types of cucumber are hardy for my zone. But a few varieties are known to swelter and give out early in our region. Seeds can be expensive and I like to minimize failures where possible. When I narrow down my varieties to match my budget, I then search for the least expensive carrier. Seed prices can vary greatly and so can the amount of seeds you receive. Factor in shipping prices and also make sure not to miss any active coupon codes.

I am nearing a collection of over 600

Who's Whenen?

There is a farm on the main highway between my town and the next that has a pasture full of goats. Not little goats, big full-sized ones about the size of a well weaned calf. One of my chief entertainments is to count the loose goats on my way by. My favorite is the big billy.

As I came up upon this farm, I could see that at least one of the goats was loose. Not just loose, but in the middle of the highway. As I drew closer,

varieties of seeds. This requires a spreadsheet. I added fields for success and yield, as well as supplier. I plant two or three varieties a year and this helps me know where to come back to when I want some more. It also requires that I use the full spectrum of each season, from mid-February to December. That's right, I only go without planting for about six weeks! I planted garlic two weeks ago to harvest in early to mid-spring. I will start my greens again on Valentine's Day. I do have a single cold frame, which is currently protecting tomorrow night's greens and sprouts. All the rest are sown in ground or started in the cabin. Mother Earth News has an excellent planner that is free and will give you general planting and harvesting time frames.

Finally, I do a mockup of my garden. I draw it up and determine which plants need to go where. I consider crop rotation and companion planting. I

I could see it was Big Billy. Now, I've encountered this bad boy more than once. I have learned a few things about him: 1) Billy doesn't like car horns. 2) Billy gets bored easily. 3) Billy also gets mad easily. 4) Once angry, big Billy doesn't back down.

Unfortunately the country boy in the pick-up truck didn't know the rules. He just knew there was a goat standing in the middle of the highway blocking his way and that

keep these from year to year so I have a general idea of where things should go. I have found that greens do far better on one side of the garden than the other. Also, my melons do great next to the chicken coop. The sun exposure is the same, so I can't really explain why this happens. But my charts and plots remind me to plant them in the same general area and just change specific beds.

Planning my garden takes a few weeks. It is a wonderful way to spend those icy nights. My production ratios have improved dramatically and I have certainly seen far less failures. I still love to have a wild variety, but the research and planning goes a long way to ensure that the garden is fruitful. I hope this helps you all while we dream of spring! Happy gardening!

Specific links are available on my website at reinventingthepast.com, and I keep my regional speaking events updated on Facebook.

he had a loud horn. But Big Billy had a herd looking on, watching him from the nearby pasture. I have noted Big Billy's "impressive" moods before, so I rolled off to the side of the road where I was out of the way but had a great view of the show I had a feeling I was about to witness...

(Read the rest of the story here.)

Written by NightWind, who writes about her life & observations from her hobby farm in NW Missouri.

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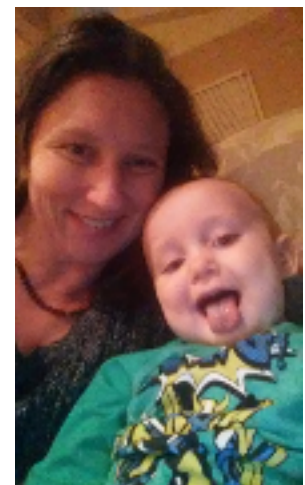
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The price of anything is the amount of life you exchange for it.

~ Henry David Thoreau



I went to the woods because I wished to live deliberately...

~ Henry David Thoreau

writer. artist. mama.



jonirae.com
jraewrites@gmail.com
writer, artist, henna artist

Have something to say?

Want to tell your story?

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Crafts for You from Sue - Making a Stick Dice Game

By Sue Allen Pico @ Sue's Art House

According to the Museum of Anthropology, throughout history game playing has been a pastime enjoyed by most people. Native Americans were no exception. Like today, games were usually played by young and old for fun and distraction, but Native American games also played a role in the education of children by helping them develop skills necessary to be successful adults. Native Americans highly honored skilled athletes just as they honored brave warriors. Many games played by men and boys served to train them in skills needed for hunting and/or warfare. These games tested skill, dexterity, agility, strength, and stamina. Other games were games of strategy or luck. All games then and now encouraged taking turns, playing fair, and being a good winner.

In winter, weather sometimes prevents outdoor play so let's make a game that the entire family can enjoy playing indoors. Today's game has been played by the Omaha and Pawnee tribes, with slight variations, for hundreds of years. This Stick Dice Game is fun to play, will help develop math skills, identification

of patterns, and quick decision making. Most of the materials are found around your house, so gather them up and let's begin.

Supplies: 6 large flat sticks (Popsicle sticks work great or make your own.), permanent markers or paint and brush, 10 small sticks (toothpicks or wooden matches), scissors (or knife - adults only please)

Instructions: 1) Decorate one side of each of the 6 large sticks either by painting or drawing designs to make the "dice". Be sure to leave the other side blank. 2) Cut off the ends of the 10 toothpicks to make the "point sticks". (These are used like poker chips.) Option: Decorate 5 toothpicks for each of the two teams. Historically, many players made a set of small sticks with his/her personal colors or markings. 3) Read the directions below, start playing, and have fun!

How to Play: Divide your group into two teams. Each team will receive five point sticks (toothpicks). Decide which team will go first. One player will gather all six large, flat "dice" and drop them onto the floor or table. Count the number of large sticks that landed with

Making the Best Wintertime Soups

By Suzanne Upton @ Simple Homestead Living

"Soup on a cold, wintry, blustery day. Does it get any better? Especially when the soups are hot, flavorful, and best of all, homemade!"

Click here to read this

article, where Suzanne talks about making soup stock; beef, mushroom, and barley soup; and homestead dehydrating tips.

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the decorated side up. If there are exactly three, take one point stick from the other team. If all six large sticks landed with either the decorated side up or the plain side up, take two point sticks! No points are awarded if any other combination occurs. Now it's the other team's turn!

How to Win: The teams alternate turns until one team has all of the point sticks and is declared the winner!

Here are some really wonderful web sites to learn more about Native American art, history, games, and more. Find a great list of games, some of which will be very familiar, here; and technology, art, and games here. Visit the Eiteljorg Museum of American Indians and Western Art here to learn more about Native American games and culture, and find another dice game to make here.

Find Sue on Facebook or send her an email!

