

# THE FARMER'S LAMP

## Community Magazine

Volume #1  
Summer 2022

Sharing Old-Timey Wisdom For Today

### Preserving The Harvest How To Can Black Bean and Corn Salsa

ULTIMATE EINKORN  
SANDWICH BREAD

Inspiration for Simpler  
Living with Shelby DeVore

The Truth About  
Homesteading

H5N1 Avian Influenza:  
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PLUS  
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# VISIT OUR STORE

Find us on the square in Kidron, Ohio - in the heart of Amish Country.

What started out as a small hardware store serving the local Amish, grew into something bigger than founder Jay Lehman ever dreamed! Today our store is a place to embrace the past: from old-fashioned treats and sodas to practical, non-electric goods that help you live a simpler life. Shop and reminisce your way through thousands of unique products.

See what's happening at Lehman's:

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For a **FREE** Visitor's Information Packet call 877.438.5346 or go to [Lehmans.com/visit](http://Lehmans.com/visit)



## Who to call

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## Why we are here

We are the country's largest purveyor of historical technology. If you think it isn't made anymore, check with Lehman's before you give up. On our shelves you'll find all kinds of products you probably thought they quit making years ago.

## What we do

We collect, display and sell everything old-fashioned from A to Z:

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grinders	water pumps
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knives	wooden spoons
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...and much more.

## Where we are

Our retail store is located in Kidron, Ohio, about an hour south of Cleveland. Our mail address is:

One Lehman Circle, PO Box 270  
Kidron, OH 44636.

Our physical address is 4779 Kidron Road, Dalton (yes, we know it is confusing). Our offices and warehouse are located about six miles north of our store at:

289 Kurzen Road North  
Dalton, OH 44636.

Our GPS address is 40.741909 - 81.746269

You can also visit:  
[www.Lehmans.com/visit](http://www.Lehmans.com/visit) and click on the driving directions link to find Kidron.

Our toll free phone number is  
1-888-438 5346.

## Who runs the place

Jay Lehman, *Chairman and Founder*

Galen Lehman, *President*

Glenda Lehman Ervin,  
*Vice President of Marketing*

## Hours

January through May:  
Monday - Thursday • 9:00a.m. - 5:00p.m.  
Friday and Saturday • 9:00a.m. - 6:00p.m.  
Closed Sunday

June through December  
Monday - Saturday • 8:00a.m. - 6:00p.m.  
Closed Sun

We are closed every Sunday and most major holidays, although lately we've been staying open on Memorial Day, July 4th and Labor Day, because folks drive such a long way to visit us and we hate to be closed when they get here. The best thing is to call ahead before you make the trip over a holiday. (888-438-5346).



Jay Lehman (right) explaining to his son Galen how to start his 1912 Rumely tractor

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## History



Lehman's was founded by Jay Lehman in 1955 to serve the Amish, who believe in simple living without electricity or other modern innovations. From his Amish customers, Jay [or Dad, as we call him]

learned that non-electric products often give us the ability to complete a task faster and more efficiently than commonly accepted modern methods. Today the family business is run by Dad and his son, Galen, and daughter, Glenda.

## Products

We carry thousands of products in our giant catalog, web site ([www.Lehmans.com](http://www.Lehmans.com)) and retail operations, including items that cannot be found anywhere else in the world. Merchandise like hand-powered kitchen appliances, water pumps, grain grinders, oil lamps, gas refrigerators, a huge selection of wood and cook stoves and hundreds of other unique, hard-to-find items are featured at Lehman's. If it's really old, chances are we have a new one on our shelves!



## Customers

With sales to all 50 states and over 100 countries, we supply the Amish, missionaries, survivalists, homesteaders, doctors in developing countries, environmentalists and others who choose to live "off the grid." Our customers are primarily interested in living without electricity in an increasingly urbanized world. From the mountains of Montana to the Outback of Australia to the hills of Honolulu, Lehman's provides products that no one else does.

We recently doubled the size of our retail store, with the renovation and reconstruction of an 1840s era barn as the centerpiece. Lehman's has been featured in a number of national news publications; including The Wall Street Journal, USA Today, Time Magazine, and the New York Times, as well as high end magazines such as Real Simple, Martha Stewart Living and Better Homes and Gardens.

## How you can reach us



With a print catalog, web site ([www.Lehmans.com](http://www.Lehmans.com)), and massive retail store in northeast Ohio,

we are able to serve customers all over the world. Whether they want to read our blog, or shop on-line, or receive a catalog in the mail, or make a trip to our store, we make it easy for them.

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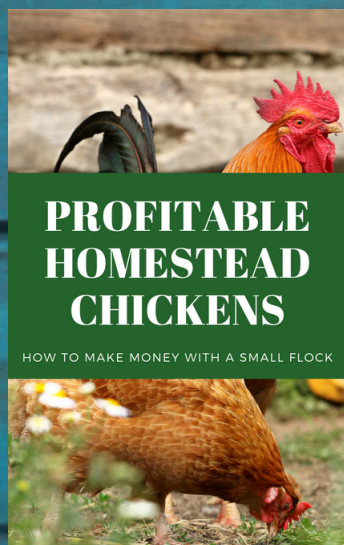
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**The Farmer's Lamp  
Community Magazine**

**Volume 1 Number 1  
Mth/2022**

**Rhonda Crank, Editor  
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**Our Philosophy**

**At The Farmer's Lamp, our purpose is to share old-timey, down-to-earth, common sense knowledge, and experience.**

**Life is often chaotic, stressful, and sometimes painful which is why our goal and purpose is to be a source of encouragement, information, direction, and strength for all those seeking to live a more self-sustaining lifestyle.**

**Your homesteading journey is unique to you. We're here to help by providing information, instruction, and sharing knowledge with you.**

**We have taken up a lesson my grandfather taught me, "There's as many ways of gettin' a farm job done as there's farmers. Ya gotta be willing to listen, help, and learn from 'em, even if it's just to see what not to do."**

**Come enjoy the journey with us!**

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**Contact Us**

**Website: [thefarmerslamp.com](http://thefarmerslamp.com)**

**Email: [tflcommag@thefarmerslamp.com](mailto:tflcommag@thefarmerslamp.com)**





# A Note From the Editor

*W*

elcome to the premiere edition of The Farmer's Lamp Community Magazine! This project has been in the works for months and now it's finally here! We're so excited to provide you with an entertaining, informative magazine focused on you and your homestead journey.

The magazine is FREE for members of TFL Community thanks to our advertisers. Please visit their websites and let them know you saw them in our magazine.



**Contact Us:**

**Website: [The Farmer's Lamp](http://TheFarmer'sLamp.com)**

**Email: [tflcommag@thefarmeslamp.com](mailto:tflcommag@thefarmeslamp.com)**

We want you to enjoy your Community Magazine as much as we have enjoyed publishing it for you. It's great for enjoying your morning coffee, while sitting at the doctor's office, or anytime you can enjoy reading. It's compatible with your iPhone, iPad, and computer.

We look forward to hearing from you and to creating future editions of The Farmer's Lamp Community Magazine for you to enjoy!

Until Next Time,  
Safe and Happy Journey,

*Rhonda*

**DO YOU HAVE AN IDEA YOU WOULD LIKE US TO COVER, A STORY YOU WOULD LIKE TO SHARE, OR A QUESTION TO ASK? FEEL FREE TO LET US HEAR FROM YOU!**



# Inspiration for Simpler Living with Shelby DeVore

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In this first issue of TFL Community Magazine, we're happy to have Shelby DeVore, Owner and Founder of [Farminc.com](https://www.farminc.com), as well as the Host and Founder of the [Homestead Livestock Summit](#) and the [Backyard Vegetable Gardener's Summit](#) as our featured story.

We sat down with Shelby and asked her about the things you want to know.

Help our readers get to know you by telling us a little about yourself.

My name is Shelby DeVore. I've been gardening and raising livestock for over 20 years. I grew up on a small hobby farm where we always had a big garden and livestock around. Now that I'm married and have three kids of my own, we like the idea of raising our kids as farm kids.

I have a couple of degrees- a B.S. in Animal and Dairy Science from Mississippi State University (go Dawgs!) and a M.S. in Agriculture from the University of Tennessee.

Before I started my business, I taught high school and college agriculture classes for several years. I've taught just about every ag. class out there, from veterinary medicine classes to greenhouse classes, ag. business classes and everything in between.





That's very interesting, Shelby, you have quite an agricultural education resume. I have to say, I'm a MSU Mom so, GO Dawgs!

Tell us what motivated you to get started in farming or homesteading life?

**I grew up in this lifestyle and it's something that I thought everyone did. I'm from a very small, rural town where everyone gardens and has livestock.**

**It wasn't until I moved into my college apartment and had a vegetable garden on my patio that I realized that not everyone produces their own food. When I started teaching, that's when my eyes were really opened to how disconnected people are with their food.**

**I also grew up in this lifestyle and didn't realize how different and blessed it was until I was grown and moved away. I never knew we were poor growing up.**

Tell us about some of the challenges you've faced in this lifestyle and how you faced them.

**What's a farm without challenges? There's always going to be some type of challenge when you're gardening or raising animals. Something is always going to happen just as you're getting comfortable and feeling like you're really winning. It might be an animal that gets into your chicken coop or maybe blight takes over your entire garden.**

**I've had a few challenges that we've had to get creative to overcome. We sold our last property which was 14 acres almost a year ago and moved across states for my husband's job.**



**With the housing market being so crazy, we haven't been able to find a property comparable to the one we sold last year. We're renting and in an urban space, which is not something we're used to.**

**But I think it's a good thing because we're really learning how to maximize our space that we do have, which isn't something that I've had to practice in a while.**

**We're using succession planting and just trying to get as many plants into our ¼ acre space as possible. It's tough because, for the past several years, our family garden alone was over an acre. But like I mentioned, we're learning how to really make the most of our space, which is a good skill to have.**





Tell us a little bit about the kind of animals, crops, and skills, that sort of thing, you focus on at your homestead.

**We're always trying something new. I love to learn and try new things, so we're always planting new crops or bringing new livestock home.**

**On our last property, we had a huge vegetable garden each year. It was over an acre, and it really was a family affair. We all spent time out there caring for it and harvesting it. I love to grow food to store and eat fresh.**

**We grow a ton of tomatoes, onions, garlic, potatoes, okra, peppers, summer squash, zucchini, and green beans. I also love to have fresh herbs. I grow a bunch of herbs to keep for both cooking and medicinal purposes.**

**We grow oregano, basil, thyme, sage, mint, tarragon, dill, rosemary, lavender, and chamomile. This year, I'll be trying out a few new herbs like golden feverfew.**

**I'm an animal person, so it's hard for me to focus on a specific animal to raise. We usually have a big range of animals on our farm. We raise both meat and egg chickens, turkeys, quail, pigs, and goats. We've had meat and dairy goats. We also used goats for brush clean-up.**

**I love to can and preserve food. In the summer, I get my kids in the kitchen and we make all sorts of jams, jellies, tomato sauces, relishes, and pickled foods to put up. We usually end up with several hundred jars of preserved goodies by the end of the summer. I also like to cook from scratch, so that's something that we do a lot of.**

That's certainly a wide base of produce, animals, and skills. Onions and garlic have always been a challenge for me. My Granny used to be so frustrated at having to tell me every year about how to do it successfully and then listening to my moaning about failure. I admire anyone who can grow them.

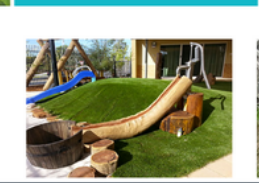
Since we're talking about homestead animals and skills, what would say is your favorite homestead chore?

**This is a tough one! Probably feeding animals. Again, I'm an animal person, so any of the animal chores make me happy. But it's also really satisfying to harvest vegetables from the garden or put away an armful of freshly canned foods in the pantry.**

**Since you're an animal person, is there an animal that you believe would benefit every homestead?**

**Chickens are amazing and I think everyone should have at least a few. They're one of the few animals that will produce daily for you. With a lot of animals, you have to wait months and months to see any reward for your work.**

**With chickens, once they start laying, you'll get eggs daily. They're small, which makes them easier to keep and manage. They're also hard workers and you can use this to your advantage. You can have them till up garden beds for you. You can also collect an almost nutritionally perfect fertilizer from their manure.**





I agree with you. I always tell new homesteaders to start with chickens. You were saying talking about the benefits of having chickens and I thought of so many ways they are useful. We even use them to speed up compost piles.

As you're talking about raising chickens, what would you say are some of the challenges of raising them?

**One of the biggest mistakes that I see people make with chickens is that they don't have the right mindset with them. A lot of people get started with chickens when they see chicks at their local farm store.**

**Baby chicks are adorable, right? They bring these chicks home and they start loving them like pets. But the problem is that they aren't pets like a dog or cat. They have very specific needs and I think that's where a lot of people get tripped up.**

**If you have the right mindset about raising chickens, they're a very rewarding animal to have around. Make sure that you have the right housing and you're feeding them properly. A secure coop and run with enough space are going to keep them happy and keep predators out.**

**Don't skimp on your chicken coop. Chickens make easy meals for predators and believe me, predators will find your chickens. Money spent on a secure coop is well worth it.**

In the intro, I mentioned Farminence and the Summits, you host. Tell us about these and their goals and purposes of them.



**This is my second year to host two summits. In the spring I host the Backyard Vegetable Gardener's Summit, and, in the fall, I host the Homestead Livestock Summit.**

**The spring summit really focuses on growing vegetables. It's for anyone growing vegetable plants either in their backyard, indoors, or in a large garden. We spend three days talking all things gardening from saving seeds, planting, pest and disease control, and sharing organic methods, to building better garden soil.**

**The Homestead Livestock Summit is a similar event that is geared towards raising livestock. It's a three day event where we talk about all types of livestock from cattle, pigs, sheep and goats to poultry and honeybees. We discuss the different breeds, managing them, and caring for them. In the future, we hope to expand and include even more species.**

**I started the Homestead Livestock Summit last year for a couple of reasons. A lot of new homesteaders don't mind starting a garden because it's not a huge investment of money. It also feels easier to grow plants than it does to care for animals.**



There is a lot of hesitation to raise animals because, let's be honest, if you kill a tomato plant because you didn't know how to care for it, you'll probably feel bummed, but not overwhelmingly so. However, if you kill an animal because you don't know how to care for it, that's a different level of disappointment.

So, the Homestead Livestock Summit was started to make it easy for homesteaders and new farmers to get expert information about how to raise livestock without being overwhelmed or searching for hours on Google. I want as many people as possible to feel confident raising livestock whether that's keeping honeybees, raising meat pigs, egg chickens, or whatever animal they choose.

I'm fortunate to have decades of experience keeping livestock and a degree in raising livestock. Most people don't have that, so I want to pass as much information on to as many people as possible.

I enjoyed not only participating in last fall's Homestead Livestock Summit, but also watching and listening to all the other presenters. There's always more to learn and skills to improve upon.

For the readers that are new to or have not started their farming or homesteading journey, what is some advice you would give them to help them avoid some of the beginning mistakes?

Maybe something you wished you had known when you were starting out?

Always start with the end in mind. Homesteading is a process and you'll never 'finish'. So, don't think that if you can just get XYZ done, that you'll be good to go. There's always going to be a new project that you want to take on.

I think as homesteaders, it's just in our DNA to need to be busy and learn more and do more, so the task list never ends. But, if you really sit down in the beginning and think about what you really want to accomplish, that will give you a clear path that you can stick to.

Think about why you want to start farming. Is it for fresh food or food security? Is it to make use of space that you have on your property? Really get to the root of why you want to farm and use that to plan out your goals.

Well said, I couldn't agree more. What a great way of life, right? Always learning and growing!







I'm learning so much about what we have in common. Angi is a contributor in this issue on the subject of canning! Back in 2011 when we started The Farmer's Lamp, she was the first person to encourage and support me. She's a real treasure of a person.

And I've seen every episode of The Great British Baking Show, several times. I always learn something no matter how many times I've watched it. I'm so happy to have learned these things about you.



On that line of thought, do you have any favorite homestead resources or books that have helped you or you particularly enjoyed?

**This is a tough one. I always feel like I need to improve my kitchen skills. A few of my favorite canning books include the Ball Complete Guide to Canning and Preserving.**

**I was scared to venture into pressure canning for a long time until my friend, Angi Schneider of Creative Simple Living With Schneider Peeps, recently published a book full of canning recipes and tips called Pressure Canning for Beginners and Beyond. Her book really feels like she is there, holding your hand to walk you through it.**

**I also enjoy baking and bread making. I'm a huge fan of the Great British Baking Show and of Paul Hollywood. For anyone that doesn't know, he's essentially the king of bread making. I have a few of his bread books that are full of delicious recipes and tips.**

*Excalibur*  
PRESERVE IT NATURALLY.



Now, on a different note, what would you say has been the biggest personal success on your homestead?

Harvesting meat animals is extremely satisfying. We have raised numerous pigs, cattle, turkey, chicken, and quail that we consumed. I always feel good when my kids ask, "Is this one of our chickens, or did you get this at the store?". They've learned from early on that they like the way our home-grown meat tastes better than anything store-bought. That has always felt like a huge success for me and it's something they will remember for the rest of their lives.

Is there anything else you would like to say to or share with our readers?

It's a good idea to prepare and try to learn as much as you can before you start doing something, but actually starting will teach you more than what you can learn reading online.

Don't keep putting off starting your farm because you don't feel prepared enough. I'm not saying don't research ahead of time, but don't get stuck in that learning phase. At some point, you have to get started.

Oh, I agree, well said.

Before we let you go, where can our readers go to find out more about you and your projects?

My main website is [Farminence](#). I have a ton of blog posts there that offer helpful information and tips to help people get started.

I share all the best information with my email subscribers. To get on my email list, you can [go here](#) and I'll send you a free guide to walk you through how to plan out your farm. Through my email list, I share advice, my products, and information about [the two summits that I host](#).

You can also send me an email to [shelby@farminence.com](mailto:shelby@farminence.com).

Thank you, Shelby, for sharing with TFL Community. We look forward to the summits and working together in the future.

I know our readers have enjoyed getting to know you and they will be encouraged and enriched by all you have to share with them.

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# Ultimate Einkorn Sandwich Bread

Einkorn has become a buzzword recently inside healthy living communities around the world - and it's easy to see why. A wheat variety that doesn't cause inflammation, blood sugar spikes, or trigger a gluten response? Yes, please!

Einkorn is in fact the original wheat that many with gluten sensitivities and even celiac disease are finding they can enjoy without issues.

But for all the wonderful things surrounding Einkorn, it does have a bit of a downside; it's somewhat tricky to work with when you're getting started.

Fortunately, I have spent the last 7 years perfecting all kinds of Einkorn recipes so that you don't have to waste your time and money trying to figure it out alone! I share these recipes on [A Modern Homestead](#), as well as on my new [YouTube channel](#), and I even offer step-by-step [courses for Einkorn baking](#).

This sandwich bread recipe is a must-have in any new Einkorn baker's recipe collection.

This recipe has two variations, one for all-purpose and one for whole wheat. Please note that freshly ground Einkorn flour (milled at home from Einkorn wheat berries) is not the same thing as whole wheat you purchase pre-ground.



Victoria is a born and raised 10th generation Texan raising the next generation in Central Texas with her husband of 15 years and their 6-year-old son.

She and her family live on their homestead and help others learn more about how to live a frugal and simple lifestyle while making money online so they can pursue the lives they've always dreamed of!

On her site, you'll find from scratch recipes from a Southern kitchen, frugal Living tips that are easy to follow, and homesteading skills to help you succeed, no matter where you are on your journey.





# BAKED FRESH

FARM TO  
FORK

## Ingredients:

**Einkorn flour (600g all-purpose, or 450g whole wheat AND 150g all-purpose)**

**1 tsp salt**

**¼ tsp powdered ginger**

**2 ¼ tsp instant yeast**

**1 ½ cups warm water (110-115°F)**

- **Add flour, ginger, and yeast to the bowl of an electric mixer and attach a bread hook, if available. You can also knead this bread by hand if you don't have a mixer.**
- **With the mixer on low, slowly add the warm water to the flour and mix on low for 10 minutes.**
- **Once the dough is thoroughly mixed, remove the hook from the bowl, scrape down the sides, and place the dough in a new greased bowl. Cover with cling wrap and a light towel.**
- **Allow bread to rise in a warm area for 25 minutes.**
- **Butter a bread pan, using greased hands, form dough in a smooth log, and place dough seam-side down into the pan.**
- **Cover with the moist piece of cling wrap from the first rise and allow to rise for another 20 minutes. Remove cling wrap if you see it starting to touch the bread and allow it to finish the rise uncovered.**
- **Bake for 35-40 minutes at 375° until golden brown.**
- **Allow to cool for a few minutes before turning bread out of the pan and onto a cooling rack. Cool for another 15-30 minutes before cutting.**
- **Store the bread at room temperature for 3-5 days, in the fridge for up to 2 weeks, and in the freezer for up to 6 months.**

**So, there you have it, a delicious and nutritious Einkorn sandwich bread recipe that's perfect for any meal. Why not give it a try this week? Once you make your own Einkorn bread, you'll be hooked!**

## Editor's Note:

You can find great Einkorn recipes on Victoria's website, [A Modern Homestead](#)



# Want the SECRETS to the best einkorn sourdough?

## Einkorn Sugar Cookie Recipe

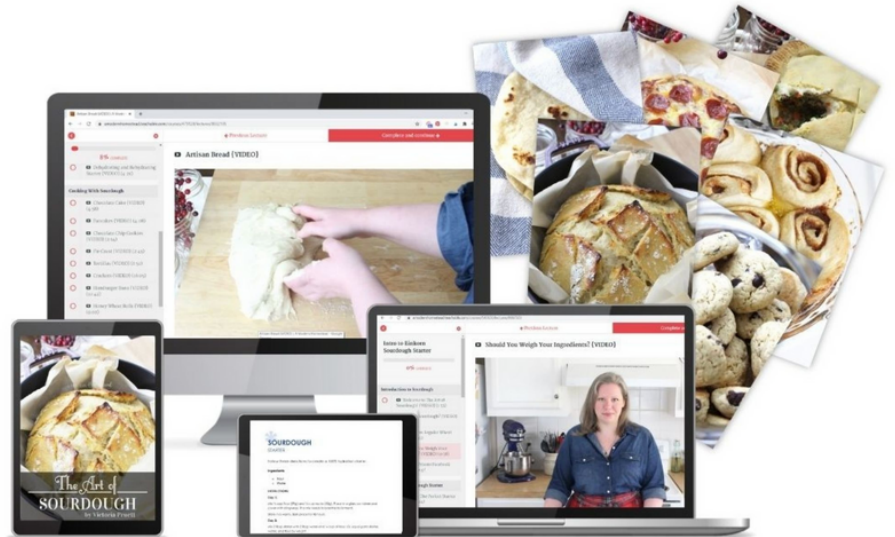
My Einkorn sugar cookie recipe is based on my great-grandmother's sugar cookie recipe. This recipe makes a decadent, melt-in-your-mouth cookie.

One of the nice things about this recipe is that the dough can be rolled out to cut with cookie cutters or dropped by the spoonful for a truly old-fashioned drop sugar cookie.

Your cookie jar will be empty before your oven gets cold!

We use Einkorn flour because of the gastrointestinal issues we have with modern wheat varieties. Everyone in my family was concerned about having their favorite holiday treats made with Einkorn flour.

While there are some adjustments required for most recipes when converting them to Einkorn flour, this one was easy and the result is an even tastier sugar cookie! I can help you with the learning curve when switching to Einkorn. There are a few tips and tricks that can make it easier for you.



## Stop struggling with einkorn flour and let me show you how to get amazing sourdough products, every time!

**For More Information Visit:**

[AModernHomestead.com/ArtOfSourdough](http://AModernHomestead.com/ArtOfSourdough)

If you have questions about Einkorn conversion, we have a [free download](#) to help you.

### **EINKORN SUGAR COOKIE RECIPE: FAQ**

#### **1. Why do my sugar cookies spread out when baking?**

I recommend lining your cookie tray with parchment paper or use an ungreased cookie sheet. Greasing your baking sheet adds more oil to the recipe and just as having too much fat in a recipe will cause the cookies to spread so will greasing the tray.

The other reason may be that you added too much butter or did not add the correct amount of flour.



## 2. What makes my sugar cookies dry and crumbly?

The most likely reason is the use of too much flour. Avoid over flouring your rolling surface. Use on a faint dusting.

The second most likely reason is that you overbaked them. Cookies should be taken out one or two minutes before you think they are completely done. They will continue to cook on the baking sheet for that long once you remove them from the oven.

Allow them to cool on the tray for 2 minutes then remove the cookies to a cooling rack. Store them in an airtight container as soon as they are thoroughly cool.

## 3. Why are my sugar cookies tough?

Usually, the reason sugar cookies, or really any cookie, turn out tough is that they have been overmixed.

Over mixing develops the gluten in the flour and too high of a gluten level makes for tough cookies. Mix only until all the ingredients are well combined. With Einkorn flour it's critical to not over mix any recipe.

For most recipes it's important to allow a 15-minute resting period after the dough is mixed and before you use or shape it. This is easily accomplished by prepping other ingredients, pans, or the oven. Overmixing is the number one cause of failure when using Einkorn flour.

## 4. Can I restore moisture to a dry cookie?

It may be possible to make a dried-out cookie softer but it's not a guarantee. My grandmother put a slice of bread in the cookie canister. I was a grown woman before I understood she was adding moisture to the tin to keep cookies soft by placing the bread in there with them.



## EINKORN SUGAR COOKIE RECIPE

### Ingredients:

**1 ⅓ cup sugar**

**⅔ cup brown sugar**

**1 cup butter**

**4 cups all-purpose Einkorn flour**

**3 large eggs**

**½ tsp baking soda**

**¾ tsp real salt (Learn about real salt)**

**1 ½ tsp vanilla (use 1/2 teaspoon almond flavoring and 1 tsp vanilla – optional)**

### Instructions:

1. In a medium size bowl, combine flour, soda, and real salt. (I received a mixing tool from my kids for my birthday one year and I have to say I never want to be without it!)
2. In a medium size mixing bowl cream sugars and butter together.
3. Add eggs one at a time until well blended.
4. Slowly add dry ingredients, mixing well. Add vanilla while mixing. Mix just until all ingredients are well combined.



## **To roll dough for use with cookie cutters:**

1. Refrigerate the dough for 2 hours.
2. Then separate the dough into two equal balls (as close as you can get to it)
3. You can lightly dust the rolling surface with flour, but I prefer to place the dough ball between two sheets of parchment paper and roll it out.
4. Roll dough to 1/4" thickness.
5. Cut with cookie cutters and repeat until all the dough is used.
6. Shape and bake any "scrap" pieces of dough after you have cut your cookies.

## **To make an old-fashioned dropped sugar cookie (my preferred method)**

1. Scoop out a well-rounded teaspoon (like you stir tea or coffee with) of dough.
2. Roll it into a ball.
3. Place each ball onto a parchment paper-lined cookie sheet and use the smooth, flat bottom of a glass or other object to pat out flat.
  - I use a wooden spoon or my fingers. Whatever you decide to use, dip it in sugar to keep it from sticking to the dough ball.

## **Baking directions:**

1. Preheat your oven to 375 degrees F for 15 minutes.
2. Place your baking rack in the middle of the oven and put the cookie sheet in.
3. Bake until the edges are golden brown. In my gas oven, this is around 9-10 mins.
  - We like them crunchy on the edges, but soft in the middle so this is the time I use.
  - Bake 8 minutes and check for completely soft cookies.
  - Bake 12 minutes for firmer cookies.
4. Let them cool on the pan for 2 minutes then remove to a cooling rack.
5. As soon as they are cool, store them in an airtight container.

## **To frost or not to frost**

A truly old-fashioned sugar cookie recipe is not frosted, but it is melt in the mouth delicious. However, we enjoy them frosted with buttercream frosting, especially during the holidays.



# WHAT IS EINKORN?

For many people discovering the answer to these questions can be life-changing. With the epidemic of gastrointestinal disorders in the U.S. Einkorn flour is making a comeback.

Even for those who don't suffer from these conditions, finding a healthy alternative to the modern wheat supply is critical. The answer lies in returning to the old ways and the rediscovery of Einkorn Wheat.

## Einkorn Is An Ancient Grain

It is the oldest surviving form of unhybridized wheat we have in the world today. It has NEVER been hybridized! For thousands of years, it was the grain of choice worldwide because of the high nutrition content, versatility of use, and hardiness in the field.

Einkorn wheat offers the promise of higher yields and earlier maturity compared to common wheat. It is a tall wheat, especially when compared to the wheat crops grown by Big Ag today.

Modern wheat varieties are bred to have shorter stalks with larger heads for mass production. All mass-produced wheat crops are GMOs and heavily contaminated with herbicides and pesticides.

## Significant Points In The History Of Einkorn

- In the early 1900's, wheat was chosen as the crop to feed the growing world population.
- Plant breeders created new varieties of wheat for increased yields.
- Wheat was dwarfed with cobalt radiation.
- Crops were altered for maximum production but lost vital nutrients.
- Varieties of wheat were altered to make them easier to harvest and thresh than the hardier Einkorn Wheat.

These all combined to decrease the amount of it grown in the world. This is unfortunate for us because it's easier for the body to digest while still containing more protein and anti-oxidants than the newer modern wheat varieties.

**Fun Fact: When Ötzi the Iceman was found preserved in a glacier in the Italian Alps, Einkorn wheat was found in his stomach. This is amazing and shows just how long this wheat has been around.**

## How Does It Differ From Other Wheat?

It has a 30% higher protein content than modern wheat varieties and 15% less starch. It also has a higher concentration of minerals and a robust flavor. The most important distinction to most of us is that Einkorn not only has a lower gluten content than modern wheat but the gluten it has is totally different from theirs.





Per 100 g	Einkorn Wheat	Hard White Wheat	Soft White Wheat	Hard Red Winter Wheat	Hard Red Sprint Wheat	Soft Red Winter Wheat	Wheat Durum
<b>Proximates</b>							
Protein (g)	18.20	11.31	10.69	12.61	15.40	10.35	13.68
<b>Vitamins</b>							
Thiamin (mg)	0.50	0.39	0.41	0.38	0.50	0.39	0.42
Riboflavin (mg)	0.45	0.11	0.11	0.12	0.11	0.10	0.12
Niacin (mg)	3.10	4.38	4.77	5.46	5.71	4.80	6.74
Vitamin B-6 (mg)	0.49	0.37	0.38	0.30	0.34	0.27	0.42
Carotene, beta (µg)	19.00	5.00	5.00	5.00	5.00	0.00	no data
Carotene, alpha (µg)	53.00	0.00	0.00	0.00	0.00	0.00	no data
Vitamin A (IU)	312.00	9.00	9.00	9.00	9.00	0.00	0.00
Lutein +zeaxanthin (µg)	769.00	220.00	220.00	220.00	220.00	0.00	no data
<b>Minerals</b>							
Iron (mg)	4.59	4.56	5.40	3.19	3.60	3.21	3.52
Phosphorus(mg)	415.00	355.00	402.00	288.00	332.00	493.00	508.00
Potassium (mg)	390.00	432.00	435.00	363.00	340.00	397.00	431.00
Zinc (mg)	2.24	3.33	3.50	2.65	2.78	2.63	4.16
Manganese (mg)	4.40	3.82	3.40	3.99	4.06	4.39	3.30

## Health Benefits of Einkorn Wheat

As an ancient grain, it is more nutritious than the mass-produced wheat of Big Ag in America. For people who are gluten intolerant or have any gluten related disorder, becoming aware of its health benefits can be life-changing.

It lacks the proteins found in modern wheat that trigger gluten sensitivity. Most people who try it report they do not experience the symptoms they do when eating modern wheat breads or products.

There has been a resurgence in demand for einkorn products since the dangers of modern wheat production have become well-known and those with gluten sensitivity have increased to epidemic proportions over the last few years.

The health benefits are believed to be due to its long germination and sprouting time. These cause it to have a much lower content of phytic acid and increases all the essential amino acids, vitamins, and minerals naturally present in it.

## Nutrition Facts For Einkorn Wheat

- GMO-free
- Zinc
- Iron
- Potassium
- Riboflavin
- Vitamins B6 and A
- Protein
- Fiber
- Antioxidants
- Carotenoids
- Lutein

**You can find more about Einkorn and how to use it in Recipes @ [thefarmerslamp.com/Einkorn](http://thefarmerslamp.com/Einkorn)**





# How to Save Seeds From Your Favorite Garden Plants

Saving your seeds can be intimidating, especially to a new gardener. Even an experienced gardener who hasn't saved a particular seed before has to learn how. With good information, some trial, and, of course, some error anyone can save their seeds.

## Why You Should Save Seeds From Your Garden

To the old-timers, saving seeds wasn't an option, it was what you did so you could plant your garden the following year. As the boomers fled the farm and country life, a whole generation lost this knowledge, and much more.

We save most of our seeds. I'm learning about saving little seeds like lettuce and carrot. It's not something we have traditionally done. But with the economic crisis in the world and the difficulty in finding some seeds, we're trying to increase our seed supply.

Every year we add at least one new plant that is a rare or unusual variety to the farm. We buy these seeds and any other seeds we might need from Baker Creek Heirloom Seeds, Southern Exposure Seed Exchange, and/or Wood Prairie Farm.

We buy from these because we are non-GMO, organic, sustenance farmers. We support their efforts, and we get quality, non-GMO seeds from them.

## Plant Families and Seed Saving

### Okra

Okra is an easy plant to get seed from. Just like with the peas and beans, once the plants are up and blooming, we pick the three largest, healthiest plants for seeds.

We tie a brightly colored piece of string around the bush so it doesn't get picked.

As pods dry and turn brown on the stalk, we cut them and bring them inside to dry a little more.



Lettuce making seeds



Mature squash seeds



After the okra pods have dried inside for a week or so, shuck the pods and remove the seeds.

We store them in glass jars with tight-fitting lids and keep them in our storage room. You can also use seed envelopes to store them. Keep them in a cool, dry place away from direct sunlight.

## Peas and Beans

These two are some of the easiest seeds to save. Once peas/beans are up and blooming, we pick the healthiest row to be our seed row. We mark the row with brightly colored string and don't pick any peas from it. Our rows are almost 50' long, so one row provides all the seed we need.

We plant all our bean varieties in half-rows on the square. We save the healthiest of these half rows as our seed row.

- Your peas/beans are bearing, and you've decided which rows are your seed rows.
- Now, just leave them alone. Let them dry in the field.
- Watch them to be sure they don't turn moldy or otherwise suffer from the elements. Seed pods will mold when exposed to excessive moisture with no sun to dry them.
- When they are good and dry, pick them. You will know they are dry because the seed pod will be brown, and it will crunch in your hands.
- Green seeds will ruin so be sure to let them ripen and dry thoroughly

We store our seeds in a burlap bag and hang it from the rafters in the feed shed. I have an old ax handle that I beat the bag with several times a week when I go in for a feed.

This removes the seeds from the pods. In the spring, when we're ready to plant, we winnow the seeds to remove the debris and pods from them. We do it this way because this is how my grandmother taught me to do it and it has proven to work great for us.

You can remove the seeds from the pods and store them in seed envelopes or a glass jar with a lid on it. Store them away from heat and out of direct sunlight. They will be viable for 5-7 years.



## The Gourd Family

We don't raise gourds as you may think, but squash, melons, and cucumbers are a part of this family. All these seeds are saved the same way.

- Choose the healthiest plant and the hardest fruit on that plant for seed.
- Usually, one piece of fruit will provide all the seeds you need, however, we usually pick the two healthiest on our choice plant just to be sure.
- Let the ones you choose for seed develop on the vine until they are mature.
- Like a gourd, they will turn yellow or brown, depending on the plant, and the stem will be dry. These are signs to tell you the seeds are ready.
- The seeds attach to the fruit by the pulp (that slimy stuff). Using a spoon, scoop out the seeds, pulp and all.
- I put mine into a quart or half-gallon jar so they'll have plenty of separation room.
- Add enough water so there is some floating room and cover the top with a rag or towel.



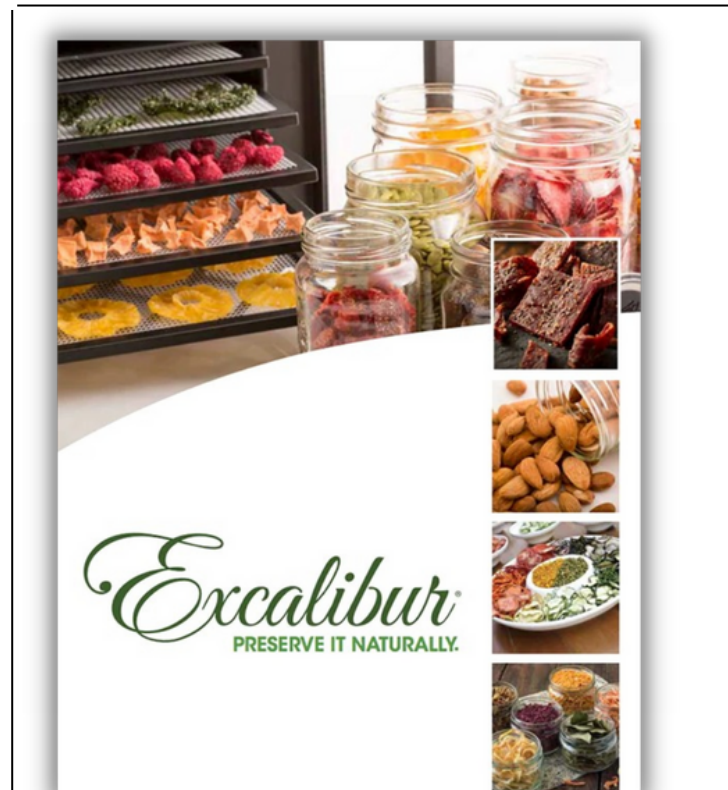
- Let them sit in the jar at room temperature for 2-4 days.
- Be sure to stir them twice a day to allow seeds to separate from the pulp.
- Don't skip this fermentation process. It's vital to destroy seed-borne diseases and in removing the pulp covering from the seed.
- The viable seeds will sink to the bottom.
- At the end of the process, the seeds floating on top are not fertile. Scoop the pulp and dead seeds from the top of the jar.
- Rinse the good seeds by adding clean water to the jar.
- Let the seeds settle again and pour off any floaters. Repeat this washing several times until you see all the remaining seeds are "sinkers."
- Spread the seeds in a single layer on a clean towel or dishtowel to dry.
- Be sure they are not layered.
- It's best to let them sit for at least 2 days and flip or stir them around once a day. I put mine in the sunshine.
- If your climate is cooler or you experience rain, or you simply prefer this method, you can dry them in a dehydrator on the lowest setting.
- If you choose to use a dehydrator to dry your seeds, DO NOT use a temperature above 118 degrees F. Any temperature higher than that will kill the live enzymes in your seeds. I've done this and it works fine.

## Tomatoes

Tomato seeds are saved pretty much this same way.

- Let the fruit you choose for seed stay on the vine way past ripe.
- We pick three from each variety we grow. It's better to have more seeds than you need rather than not enough.
- You will get hundreds of seeds from a single tomato! These stay viable for 4-5 years. I prescribe to the old-timers' notion my grandfather taught me, "Get 'um while you can."
- To remove the seeds, cut the tomatoes open and squeeze the seeds into a glass container.
- Follow the same fermentation steps as you did for the gourd family.
- Dry the tomato seeds the same way also. It's a little harder to be sure they aren't layered, but the extra time is worth the reward.

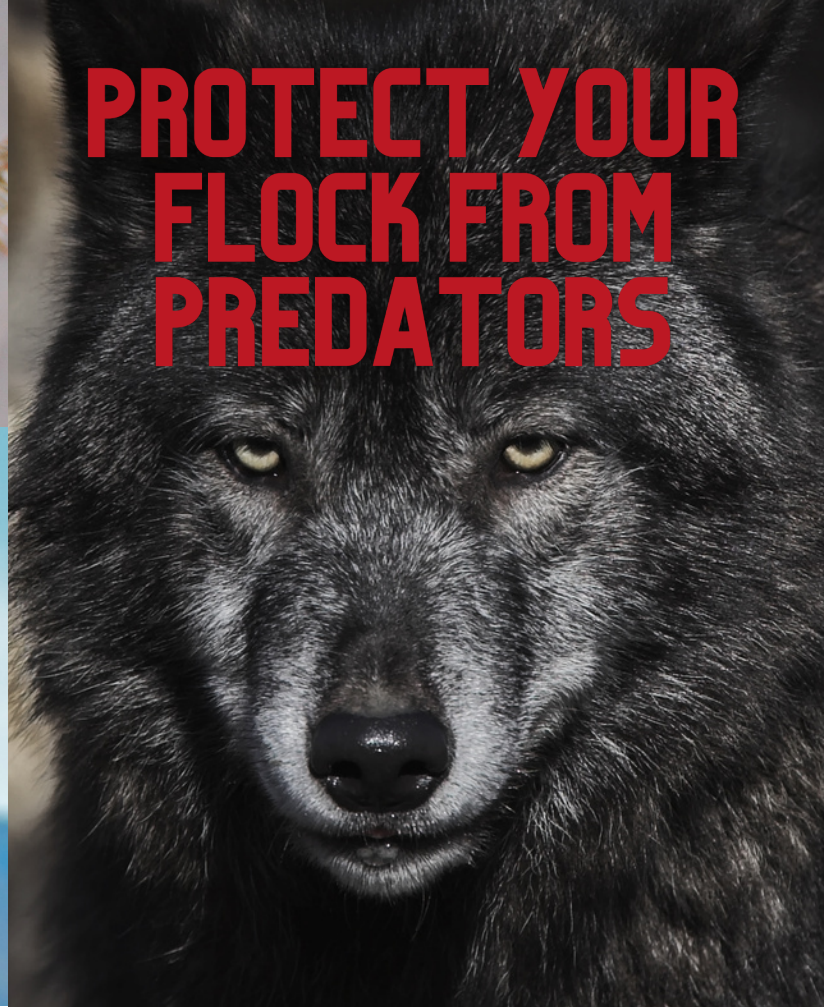
**You can find more seeds saving tips for your favorite plants @ [thefarmerslamp.com](http://thefarmerslamp.com)**







# PROTECT YOUR FLOCK FROM PREDATORS



Protecting our flocks is the number one concern for every chicken keeper. Everything wants to eat them, including us. While it's impossible to protect them from every danger, we can take steps to prevent most attacks on the coop and flocks.

If you are located in an urban or suburban area, your list of predators will be smaller than your rural counterpart. In a rural area, we face larger threats to keeping your flock safe.

During daylight hours, there are different potential predators than there are at dusk or dark hours. The first to come to my mind are hawks. While the night brings dexterous animals and hungry owls looking for an easy food source.

We have coyotes, skunks, raccoons, opossums, snakes, bobcats, foxes, panthers, wild hogs, and birds of prey like hawks, eagles, and owls. We even have the occasional dog passing through that can do more damage in a short time than all other prey animals.

Our birds are free-range so they have the opportunity to run and hide. Animals in confined areas are more vulnerable since they have limited places to hide and run to.

## **1. Train your flock to come to a feed bucket!**

When you are ready to count tail feathers, you can easily get them to return to the safety of the coop and fenced area at dusk.

## **2. Use a mobile coop.**

- By having a mobile coop, your flocks' water, feed, and laying boxes are always close by providing them with the safety of the coop.
- A mobile coop sits high enough off the ground to discourage rats, skunks, and snakes from taking up residence underneath it.
- It cuts down on the egg stealing, keeping chicks or young hens safe. We put rabbit wire under the floorboards and over small ventilation openings. This also makes it easy to clean out.





**3. Build a fenced-in yard** to park the mobile coop in securely when you will be gone for a while. This will keep common chicken predators like stray dogs, coyotes, and bobcats from gaining access to your flock.

- Fencing materials to use would be poultry wire, welded wire mesh, electric netting, and even electric fencing.
- You want to make sure to cover small access points as some predators can fit through small holes you wouldn't think possible.
- Some predators can easily clear 4-foot-high fences, so you can add a game-bird netting or build your enclosure taller.
- Consider leaving junk trees and bushes in the enclosed area to provide additional places to run for cover

**4. Make sure to know which predators are in your area.**

- If raccoons are one of your main challenges, make sure to look at using one strand of electric fence wire about a foot off the ground. Turn it on at night when the chickens are in the coop. A raccoon will always reach out and touch a wire before jumping over or under it which will make a believer out of him.
- Make sure to use rabbit wire or small-mesh if you have skunks, mink, or possums prowling around your coop. Some of these predators get very ingenious ideas when an easy meal is on the other side of a fence. They will reach through chicken wire or try to bite through it to gain access.
- Predators will destroy thinner gauge wire if they can gnaw and pull at it for hours in the night and early morning. So, it's better to start with something they won't easily destroy.

**5. Bury galvanized tin or other welded wire fencing** around the perimeter of the chicken run to keep predators from digging under it. Members of the mink family are notorious for digging under it.

- If you bury or pound it at least 3 inches deep, the animal will not even try since they can smell the buried tin or fencing.
- A layer of 1-inch hardware cloth is enough to stop most fox attacks when they're looking for a delicious chicken dinner.
- If you have a dirt floor coop, it may be a good idea to make sure the henhouse floor is free of food scraps for effective pest control. Mice attract egg-sucking snakes to the perimeter of the coop.



**6. Install a motion-sensor-activated light** that will flood your chicken coop and nighttime predators when activated. This can be highly effective with nocturnal predators who love the cover of darkness! This also helps when you need to visit the coop after dark and forget to bring your flashlight.

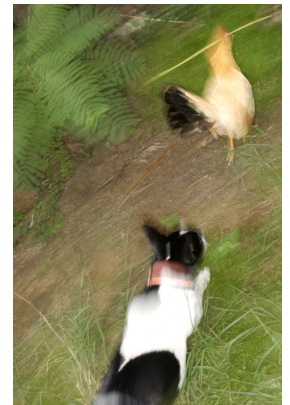
**7. Keep your coop and chicken area where you can monitor sounds** and can easily do a visual check. This means keeping the line of sight free from any kind of cover a predator can use for hiding in the shadows on their way to the fence.

- Most predators are wary of crossing an area with minimal cover.
- Brush piles should be kept at least 500 yards from the chicken coop of your flock of backyard chickens. They provide predators a place to camp out and it won't be long before they seize an opportunity to strike.

**8. Raising chicken-friendly dogs** is an effective way to protect the backyard flock. Having a guard dog with your chickens will stop most common predators.

## 8 Of The Best Domestic Dogs That Make Excellent Guard Animals

1. Great Pyrenees
2. Maremma Sheepdog
3. Akbash
4. Kuvasz
5. Komondor
6. Polish Tatra Sheepdog
7. Anatolian Shepherd
8. Kangal



Also, consider adding watch birds to your homestead. These include guinea fowl, geese, and large poultry that can deter or alert you to a predator's presence.

We hope these guidelines help you keep your flock as safe and secure as possible.



# CANNING BLACK BEAN AND CORN SALSA

Angi Schneider lives on a small homestead along the Texas Gulf Coast with her husband and children. For over 25 years they have sought to reduce their dependence on commercial products and the grocery store by growing and preserving food, living a DIY lifestyle, and cooking simple, tasty meals from scratch.

Angi shares preserving recipes, gardening tips, and how-tos on [Creative Simple Living with SchneiderPeeps](#). She has also written two books on preserving food — [The Ultimate Guide to Preserving Vegetables](#) and [Pressure Canning for Beginners and Beyond](#).



My family loves salsa! We eat it on everything from eggs to tacos. My boys can polish off a quart of salsa and a couple of bags of tortilla chips in no time flat. Sometimes I like to serve a salsa that has a little extra nutrition, you know, to counter the bags of tortilla chips. That's when I pull out our black bean and corn salsa recipe.

Normally I just make black bean and corn salsa as we want it but I also can some with our garden tomatoes, onions, and peppers to use during the winter. The texture is not the same as making it fresh but it's still very good and is a treat during the winter.

This recipe is a pressure canned recipe, there is not enough acid added to make it safe for water bath canning.

Black bean and corn salsa can be made from mostly your garden ingredients and things you probably already have on hand. I'm a use what you have kind of cook, so if it has tomatoes, black beans, corn, onion, peppers, and lime, it's black bean and corn salsa to me.

You can also use store-bought ingredients and different quantities based on what your family likes.

## Making the Black Bean and Corn Salsa Recipe

The process to make black bean and corn salsa without buying canned beans, corn, or tomato products is a two-day process. But it's not like it takes all day each day. There are just things you'll want to do the day before you can the salsa, like freeze the tomatoes and soak the beans.

- I like to freeze our tomatoes when we first pick them. When they thaw the skin comes right off. You can use fresh tomatoes but you'll need to blanch them to remove the skins. Freezing the tomatoes is just easier.
- Soak 1 pound of black beans overnight. The next day, drain the water and rinse. Put the beans in a pot of fresh water and bring to a boil. Turn down the heat and simmer for 30 minutes.
- While the beans are simmering, mix the following in a large bowl.



# Preserving The Harvest

## Other Ingredients

- 8 cups of corn
- 1/2 cup lime juice
- 1/3 cup olive oil
- 1/4 cup red wine vinegar
- 4 tsp salt
- 2 tsp black pepper
- 5 lbs tomatoes – chopped
- 9 jalapenos – chopped (optional)
- 2 red onions – chopped (you can use white)
- 1 cup cilantro – chopped
- Drain the beans and add them to your salsa mixture.
- Mix well.

## How to Can Black Bean and Corn Salsa

- 1.Put on a pot (or tea kettle) of water to boil. OR heat up the tomato water from the thawed tomatoes.
- 2.Prepare canning jars by checking for cracks and washing in hot soapy water. You don't need to sterilize jars when you use a pressure canner. But you can if you feel like it.
- 3.Prepare lids by washing and drying
- 4.Fill jars halfway with the mixture. Do NOT pack the mixture down.
- 5.Add boiling water (or tomato water) to the jars leaving a 1" headspace.
- 6.Put lids and bands on the filled jars and process according to the directions that came with your pressure canner for beans...75 minutes for pints at 10psi, adjusting for altitude if necessary.
- 7.After processing, allow the canner to depressurize naturally, and then remove the jars from the canner.
- 8.Place the jars on a towel on the counter and let them cool for 12-24 hours.
- 9.Remove the bands and check the seals.
- 10.Label the jars and store them.
- 11.If any jars didn't seal, put them in the refrigerator to use first.



**\*Editor's Note: Look for more great recipes and canning help on Angi's website:  
[Creative Simple Living with Schneider Peeps](#)**



# A2A2 MILK FOR THE HOMESTEAD



I grew up on fresh milk. From the cow to the glass. Papa taught me to milk before I was 7 years old. Betsy, the Jersey milk cow, was the first cow I milked.

For the last 30 years, there's been a strong push to make us believe raw milk is not good for us. It's even illegal in many states. We are told raw milk, which has been used since the dawn of civilization, is no longer safe unless it's treated with pasteurization and homogenization.

If we are to believe the advocates for the pasteurization of all milk at all costs, raw milk is as bad as rat poison. The fact is humans existed long before Pasteur was ever heard of, and milk has been consumed in its raw form since the beginning of time.

In its simplest form, pasteurization sets out to accomplish two things: destruction of certain disease-carrying germs and the prevention of souring milk.

Pasteurization does more than destroy dangerous germs, it also kills useful bacteria at the same time. By subjecting the milk to high temperatures, nutritious components are destroyed as well.

Pasteurization kills the lactic acid bacilli. This means the milk cannot sour naturally but instead decomposes which allows unwanted germs to quickly multiply.

## What Does A1 And A2 Mean?

Over the years, I've been told by friends visiting from other countries: "American milk will make you sick." It turns out they could be on to something. More and more research suggests many of the 1 in 4 Americans who exhibit symptoms of lactose intolerance could instead be unable to digest the A1 protein in milk.

I'm not a milk scientist, but I can tell you what I have studied and read. I met and talked with a man who worked with the State of Idaho dairy farmers. His job was to help them establish healthy herds and pastures. As part of his job, he educated them on the importance of breeding and buying A2A2 cows.

A simplified explanation is, that the solids found in cow's milk are composed of fat, protein, lactose, and minerals. Beta-casein is one of six milk proteins and is produced by the CSN2 gene. A1 and A2 are variants that cause changes in the Beta-casein chain.

When researchers first categorized the exact makeup of Beta-casein protein, the first variant was numbered A1. Later, a chain that had a difference in the 67th amino acid was discovered and numbered A2. When tracing the genetics, it was discovered that the A2 gene was the original and the A1 gene is a genetically engineered mutation.

The A1 variant is responsible for lactose intolerance. A2 milk is digestible by even young children, like our two-year-old grandson who has problems with store-bought milk.





# The Best A2A2 Cows For the Homestead

When looking to buy a milk cow for the homestead, you will have to decide if you want an A2 cow or not. Jersey cows, as far as I can determine, are the only breed that has been crossed as A1A2. Unless you know a Jersey farmer you fully trust, you will need to ask for tests to show if the cow is A1A2 or A2A2 before purchase. Sadly, some will deceive you and you won't know until you experience problems with the milk.

- Jersey
- Scotch Highland
- Guernsey
- Normande
- Brown Swiss

Now, all this study and research has its place, but it doesn't carry that much weight with me. I feel this way mostly because for every study done by one research group, I can find another test result by another group that says the exact opposite.

So how do I know what research or book to believe about what the best milk is for my family? I listen to my own body.

## Our Taste Trial

We did a blind taste test. In this taste test, I was blindfolded. Then my husband poured three glasses of milk. One was pasteurized, organic milk we bought at our local grocery store; one was raw A1A1 milk we bought from a health food store 50 miles to the north of us; the third one was raw A2A2 milk purchased from a health food store about 40 miles to the east of us.

Each time I was able to pick out raw, unpasteurized A2/A2 milk over raw, unpasteurized A1/A1 milk, and who couldn't taste the difference between store-bought A1 pasteurized milk when compared to A2/A2 raw milk? That's really easy to do.



It isn't hard to tell them apart just by looking at the milk in the glass. I grew up on A2A2 milk and never had any problems. When I got married and moved away, we drank store-bought A1 milk. I began having all manner of digestion issues. I received a diagnosis of lactose intolerance from my doctor.

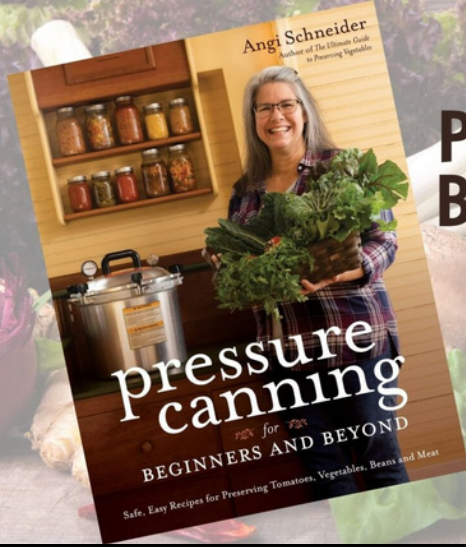
He told me I would suffer from this for the rest of my life. You know me, I'm not one to surrender so easily to any "condition." I did a 14-day cleanse and returned to raw A2 milk. I was no longer lactose intolerant! I've not had any problem again.

Since I was raised on raw milk and my ancestors relied on it for so many of their dietary needs, we believe raw milk, having a longer and better track record, is the best milk for our family's health.

As with all the things we talk about, you must make the best decision for your family. I am simply sharing what works best for us and our experiences.

You can read more about [A2A2 Milk](#) and other [healthy living topics](#) on The Farmer's Lamp.





# PRESSURE CANNING FOR BEGINNERS AND BEYOND

*Safe Canning Recipes to Fill Your Pantry, Preserve the Garden Harvest, and Save Money!*

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**The Farmer's Lamp Guide to Successful Chicken Keeping contains down-to-earth information based on 40+ years of heritage chicken keeping. New, would-be, and veteran chicken keepers alike will enjoy and learn from this book. You'll find knowledge and information about keeping chickens naturally throughout their whole lives from breed selection, housing, health, feeding, egg and meat production, and more! Our desire is to help you embrace the journey of raising chickens for a happy, healthy, flock.**

Imagine a community where you could get help in the garden, expert advice for your animals, and a community rooted in the same values and interests that you have. If you're ready to become more self-sufficient, this is the place for you.

**Get instant access to courses, workshops and dozens of resources, along with monthly trainings and a community, all aimed at helping you have your best farm and garden yet.**

## Enroll today!





## Drink 1 Cup of Lemon Balm Tea to Bring Your Stress to Zero



**Dr. Eric Berg, DC**

Today I'm going to cover a simple way to decrease stress. Stress is actually healthy, as long as it's not sustained.

The body becomes stronger when it goes through a period of stress, but sustained stress is bad for the body. Sustained stress can affect different organs, cause weight gain, deplete certain vitamins, and much more.

A simple remedy for stress:

- Lemon balm tea

Drink lemon balm tea on a regular basis. Lemon balm has certain phytonutrients that help increase GABA. This helps decrease stress and promote a sense of tranquility or calm.

Lemon balm is a great, simple, and inexpensive remedy to lower stress. It even has other health benefits that go beyond lowering stress.



**Dr. Eric Berg DC Bio: Dr. Berg, age 56, is a chiropractor who specializes in Healthy Ketosis & Intermittent Fasting. He is the author of the best-selling book The Healthy Keto Plan, and is the Director of Dr. Berg Nutritionals. He no longer practices, but focuses on health education through social media.**

Disclaimer: Dr. Eric Berg received his Doctor of Chiropractic degree from Palmer College of Chiropractic in 1988. His use of "doctor" or "Dr." in relation to himself solely refers to that degree. Dr. Berg is a licensed chiropractor in Virginia, California, and Louisiana, but he no longer practices chiropractic in any state and does not see patients so he can focus on educating people as a full time activity, yet he maintains an active license. This video is for general informational purposes only. It should not be used to self-diagnose and it is not a substitute for a medical exam, cure, treatment, diagnosis, and prescription or recommendation. It does not create a doctor-patient relationship between Dr. Berg and you. You should not make any change in your health regimen or diet before first consulting a physician and obtaining a medical exam, diagnosis, and recommendation. Always seek the advice of a physician or other qualified health provider with any questions you may have regarding a medical condition.



# THE TRUTH ABOUT HOMESTEADING AND OUR BEST TIPS FOR SUCCESS

The realities and joys of homesteading are often a bittersweet mix. If you are new to the lifestyle, then you may not have experienced much of this.

If you have been a sustenance farmer, like us, or a homesteader on any level, for any length of time, then you are all too familiar with this truth. So often people begin the self-sufficient lifestyle and quickly become overwhelmed by what seems to them to be contradictions.

They don't know what to do with their ideas of living off the land idea and the harmony of this lifestyle when confronted with the reality of having to put down an animal or when it's butchering time.

So often, this lifestyle is romanticized, especially here in the U.S. When you start with a romantic view of farm life, the reality can be very disappointing.

By nature, I am a romantic person, as my husband often tells me, but having been born and raised as a farm girl I knew the realities of this lifestyle.

When most people think of farmsteading or homesteading, they envision rolling green pastures with cattle and sheep grazing; ideal chicken coops and chicken yards; chickens roaming free; beautiful clean barns; the nice white farmhouse with the picket fence and at least two dogs in the yard.

While some people do manage to obtain this ideal, most of us do not. Not that all farmers want this version of the lifestyle, but you get the idea.

What you don't see is the years of work that go into building up a farm. The years of sacrifice, planning, and countless hours of hard work, tears, sweat, and yes, even blood.

## A Reality Check

If you're like me, the reality of farm life is this: you wake up before dawn, turn the coffee pot on, get dressed and ready to go out to do chores.

It's raining? It's snowing? It's 20° below zero?

\*Deep Sigh\* It doesn't matter, the chores must be done.

You have a cold, the flu, a stomach virus? Still, the chores must be done.

If you have a sick animal, oftentimes it has to be tended to all night. Birthing season? Sleep becomes a rare commodity.

The one thing you can count on every day on a homestead is the unexpected. A fence gets broken; a piece of equipment goes down; a skunk shows up at the henhouse; the levee breaks on the pond; the late-night awakenings because you have to deal with predators. On and on the list could go.

## So why would anyone want this lifestyle?

The realities and the joys of it: they go hand in hand.

While the realities of farm life are often difficult, challenging, and even exhausting, they are also just as much a part of the joy, surprise, and blessings.

The hardest days, for me, are butchering days. Even though it's been a way of life since I was born, I've never gotten used to those days, and I hope I never do.

But the reality is that something dies for you to put food on the table. It's no different even if you buy your meat at the store. For us being a part of the life and death of the animals we eat is important.

Planting seeds, and watching them break through the ground and do exactly what God designed them to do thousands of years ago is exhilarating.

Watching the hens set eggs for 21 days and then seeing her excitement as they begin to hatch. Then sitting and watching all those fluffy little chicks move around the yard with her and learn how to be chickens.

The excitement, fear, and anticipation that comes when your goat or cow is giving birth and she wants you right there with her. So you are there to comfort her and help her as she gives birth to the next generation of your farm animals. Only a farmer can understand this.



For us, the knowledge of where the food that is on the table comes from, how it was grown, how it was fed, and how it was handled and processed, cannot have a monetary value. They are the essence of a sustenance farming/homesteading lifestyle.

There are also beautiful sunsets; long walks around the property checking fences; a nice cup of coffee or a glass of wine on the back porch looking out over the fields or the woods; watching the wildlife move around the property, all these bring overwhelming feelings of satisfaction, well-being, and gratitude to fill my heart.



## Tips to Succeed in Homesteading

There are a few tips that I believe will help you on your way, or maybe even encourage you if you are already on the journey:

### 1) Deal With and Face the Realities of This Lifestyle

Know that there are good days and bad days just as in any other walk of life. There will be good decisions and bad decisions, you just face them and deal with the choice you make.

We're careful to let beginning homesteaders know achieving their dream will mean plenty of planning, scads of sacrifices, fists full of failures, and tons of trying. You'll have nervous nights, slews of sweat, tons of tears, bounties of blisters, and yes, bloody bandages.

Don't despair! There are ten good things about the homesteading life for every one challenge.

The top benefits that spring to my mind are the:

- satisfaction of being self-sustaining
- knowledge of where your food comes from and what is
- reward for hard work and a job well done
- knowing how your food was raised
- knowing how your food was treated and processed
- independence
- peace
- learning new skills
- solitude and privacy (if you have the land for it)
- excitement of new life being born

I could just keep going, but I'm sure you get the picture.

### 2) Be Realistic When Establishing Goals and Priorities

Set your short-term goals first, then look beyond that into your heart's desires and map out a road that will get you there. Decide what's most important and work toward that.

Dream big without fear, all you have to do is take one step at a time. When my kids were little (eons ago), we had a saying, "By the yard it's hard, but by the inch, it's a cinch!"

In life, overcoming the fear of something is the hardest step. Don't wait to learn all you think you have to know or until you get things perfect to begin.

Doing this will only delay dreams, often indefinitely. Just take the first step no matter how small it may seem to you.

Remember, everyone must start somewhere. Just begin at the beginning...right where you are!

Start with something small, like chickens for instance, and build from there.

Think about what you like to eat and begin growing that. If you don't have gardening experience, you may want to begin with small raised beds or container gardening.

Find a family member, friend, or even a local farmer to mentor you. I would say most farmers or homesteaders are happy to pass on their knowledge to those who want to learn. Besides, who would pass up an extra set of willing hands?

### **3) Expect the Unexpected**

I start every day with a list of things that I would like to accomplish that day and every day something gets added unexpectedly, without fail. You decide what's most important and you go from there.

Over our second cup of morning coffee, my husband and I discuss what each of us has "planned" to accomplish that day. A day has never passed where something didn't happen to change our priorities. You must be flexible in life, but flexibility is key to successful homesteading. Learning to adjust your priorities on the fly, quickly becomes old hat!

### **4) Don't Be Afraid of Failure**

Even though I was born and raised on a farm, I don't know it all. We still learn, try new things, and fail.

The enemy is not failure, the enemy is fear. Faith cannot live where fear abides. They are opposite and contrary to one another. We have to see failure as an opportunity to learn and grow.

Failure is the opportunity to stretch and secure a skill, earn experience, and gain growth. Believe it or not, things are not in our control. Maybe you just simply didn't know, or you took a shortcut that didn't work or tried something new.

Things will go wrong even with tried and true ways. Learn from the failure and move on.

### **5) Don't Be Afraid to Ask Questions**

When I was a little girl, I asked a lot of questions. Someone in my family was trying to discourage me from this and my grandfather made me feel better. He said, "Rhonda Lynn, (he always used my first and middle name) the only stupid question is a question that you already know the answer to."

He was right, of course. He always was – as far as I'm concerned. So, you shouldn't be concerned about what anyone thinks of you. If in doubt, find out. Ask those questions, I know I sure do. Just ask my husband!

Know that no homesteader or farmer ever gets to the place where they know it all, never.

### **6) Don't Worry About What Other People Expect or Think**

You and your family know the reasons you're on the homestead journey. You know the things you want to accomplish and what really matters to you.

While seeking the advice of others is important, you cannot let their expectations and the things they do or say cause you to feel inadequate, stressed, or like your way isn't worthwhile.

We live by a saying of my Papa, "There's as many ways of gettin' a farm job done as there's farmers. Ya gotta be willing to listen, help, and learn from 'em, even it's just to see what not to do."

### **7) You Have to Have a Sense of Humor**

Granny always said, "Rhonda, it's better to laugh than cry." From the time I was a child, she would say this to me in various difficult situations.

The older I get, the more I realize she is so right! Getting frustrated or upset in any given situation can cause things to spiral out of control.

Frustration skews our view and dulls our senses. Learning to laugh at yourself, at your mistakes, and with those who are laughing at you is an important life lesson.

### **8) Refresh and Refocus**

It's important to give yourself a break when you become overwhelmed. Just taking a short 10-minute walk is proven to reset your mind, emotions, and gut.

You may take a walk around the block, down the road, around your property, anywhere you feel safe and can enjoy some fresh air and nature's beauty. Use this time to refresh yourself on the intent of your lifestyle choice and aspirations.

Taking deep focused breaths while walking allows the body to exhale the poisonous gases that build up in our lungs when we are stressed. This happens because we begin shallow breathing and don't clear our lungs when we experience stress. This in turn causes more stress...see the catastrophic cycle?

Deep breathing also increases blood flow to the brain, heart, and other vital organs allowing them to relax and re-energize. Try it.



Take a deep breath in, really expand that chest cavity, and fill up that tummy. Hold to the count of 6 and exhale fully, pulling that tummy in tight. Now hold out to the count of 6. Repeat those 9 more times. I promise you'll feel better!

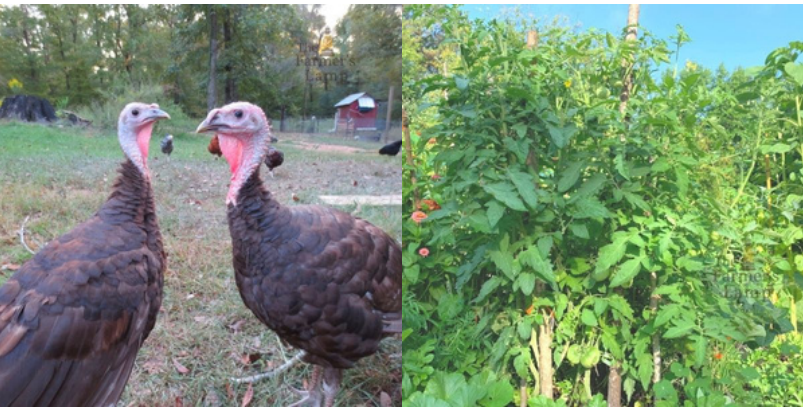
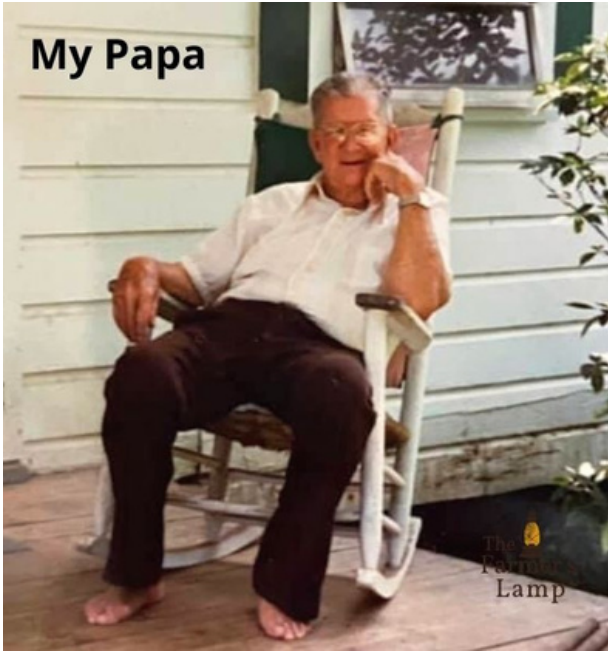
I hope you found some encouragement and some freedom. I hope you can take a deep breath and just let things go because you spent time reading this article.

Over the years, we've found balance and outlook are critical to success in life. We often counsel those who are beginning their homesteading journey. Many people are unbalanced in their ideas and expectations of this lifestyle.

We begin with "all things in moderation", teaching the importance of recognizing that your journey is unlike anyone else's. While there are some root things common to homesteading, you decide what your goals are and how you will achieve them. Your decisions determine the steps you and your family take.

I'm sure you know the old saying, "Experience is the best teacher." Well, it's true. No matter how much book knowledge we acquire, we all learn by doing. I agree we should read and make ourselves familiar with the task at hand, but getting out there and just doing it, even failing at it, is the only way to conquer the thing.

Be sure you give yourself and your family a large learning curve. Above all else, enjoy the journey! Your enthralling, fantastic, gripping, humorous, inspiring journey!







During the outbreak of 2015, the USDA and other government agencies forced the mass culling of many flocks to “prevent the spreading.” Some backyard chicken keepers reported their flocks were seized and killed without showing any signs or symptoms of avian influenza.

1. At the first sign of trouble, give the entire flock apple cider vinegar water.
2. Immediately isolate and carefully watch over any bird in a questionable state of health.
3. We believe the best way to deal with disease is through prevention.

Ensuring your flock is provided with what they need to have healthy immune systems is the primary way to ensure little to no disease enters your coops. This can be achieved by making a few simple additions to their diet.

### Prevention of Disease in Your Flocks

We strongly suggest giving your flock, or any livestock, garlic, and apple cider vinegar (ACV) water to boost their immune systems and help them fight disease.



### 1. How to Give Garlic to Your Flocks

- We recommend mixing quality granulated or powdered garlic in their feed a few times a month.
- Sprinkle the top of the feed in the food bucket to ensure there is a good layer and mix it.
- For those who want an exact measurement, the recommended ratio is 2% garlic to however much feed you use.

### 2. How to Provide Garlic ACV Water

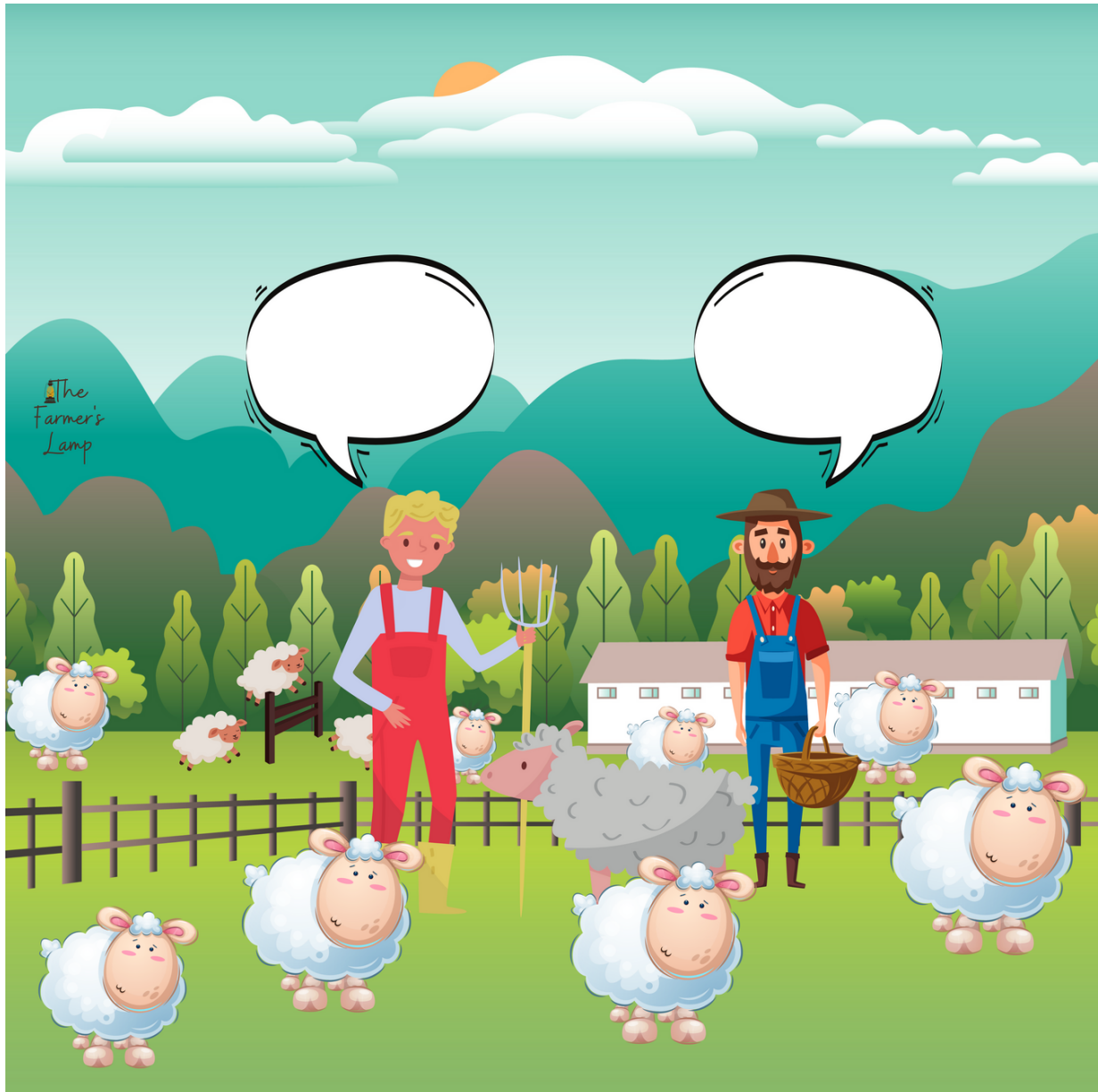
- Mix one clove of finely minced garlic and 1 tablespoon raw, organic apple cider vinegar in one gallon of water.
- Offer this for two-three days at least twice a month.
- When the seasons are changing, offer it for a full week.
- If your flocks experience stress of any kind, like a predator attack, offer it for two-three days.
- At the first sign of any illness offer it for a full week.

We hope that your homestead flock does not face this infectious virus. Being prepared is the first step to protecting them.

We recommend you begin boosting their immune systems now to aid in prevention and to help ensure a happy, healthy flock.



# JUST FOR FUN



**Write Your Best Joke or Funny Caption For This Cartoon!**  
The winner will be announced in TFL Newsletter and published in the next edition of The Farmer's Lamp Community Magazine.

Submit your jokes by email to: [tflcommag@thefarmerslamp.com](mailto:tflcommag@thefarmerslamp.com)



We wish these puzzles could be interactive but for now use your imagination to mark them off the list. We hope they entertain you.

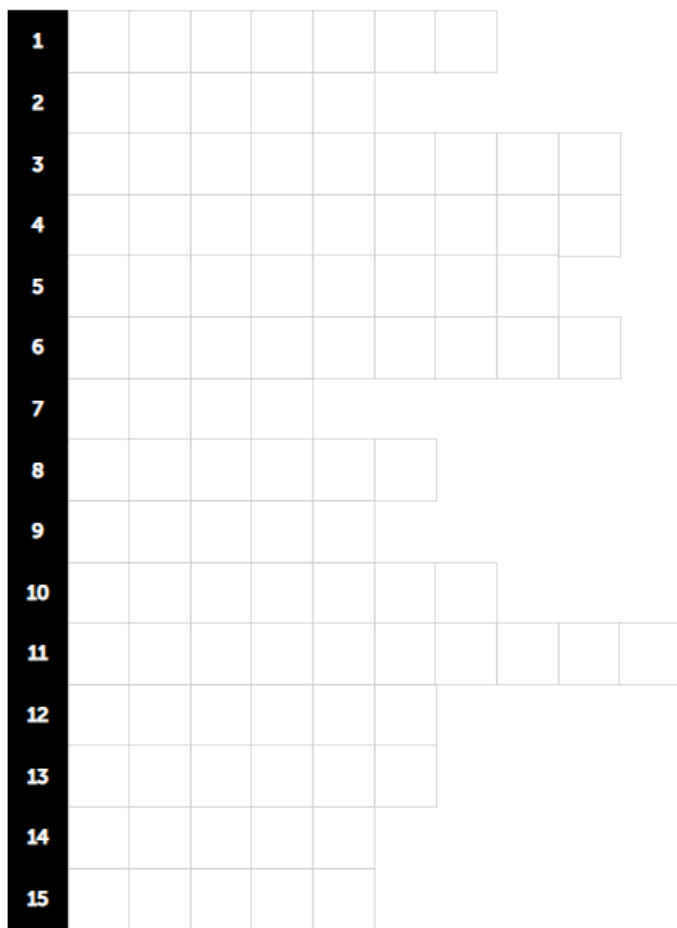
JUST FOR FUN

## Around the Homestead Word Search



- |             |              |
|-------------|--------------|
| CHICKENS    | DUCKS        |
| SHEEP       | POND         |
| WATERSOURCE | COMPOSTPILES |
| GOATS       | LIVESTOCK    |
| GARDEN      | CHICKENCOOP  |
| GEESE       | GUINEAS      |
| DOGS        | CATS         |
| GOSLINGS    | CHICKS       |
| POULTS      | PIGS         |
| COWS        | MULCH        |
| HOMESTEAD   | GREENHOUSE   |
| KIDS        | LAMBS        |
| BARN        | FENCES       |
| TRACTOR     | PRESERVATION |
| CANNING     | DEHYDRATING  |

All of these words can be found in this edition of TFL Community Magazine



1. **erkonni**
2. **radeb**
3. **vkioatlsc**
4. **mdhotseae**
5. **nhikcces**
6. **pteoasrdr**
7. **cpoo**
8. **stesrs**
9. **laass**
10. **ganninc**
11. **erspinegvr**
12. **dganre**
13. **oceoyt**
14. **usknk**
15. **niaav**

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