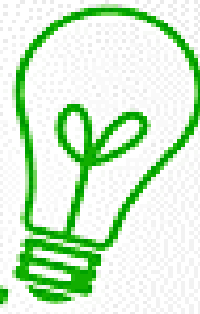


helpful tips



April French's

TIPS FOR FOOD & OTHER THINGS DURING COVID-19

1. When you see dry beans, buy them. These beans keep for a long time and can also be planted and grown indoors or on your lanai for a harvest later as dry beans or as fresh beans.
2. Take any rotten tomatoes and slice into 1/2 inch slices and plant in potting soil. Water once weekly and keep in sunlight. You will have Growing tomato plants within a month or two.
3. If you have a sweet potato that is sprouting, put it in the ground. You may not get additional tubers but you will get edible leaves that can be prepped and eaten like spinach or turnip greens.
4. Save seeds from peach pits, lemons, squash, and set to dry on a paper towel. Plant these in soil and wait a few months. You'll see fruit with regular watering. Be prepared to wait at least a year to see fruit from the citrus or peach trees. Melons and squash will require less time to fruit. See photos.
5. When prepping a miniature garden, be prepared to make trips to your local nursery. This is the safest way to get plants. Arrive just before closing time, wearing mask and gloves and choose plants that are inexpensive and that you will actually enjoy eating. Unless you have a backyard, be prepared to have all of your edibles in containers.

So far I have planted all but 2 of the plants shown from seeds that I have either harvested myself or purchased from my local nursery. The soil is inexpensive, and the plants can be planted in plastic containers, old bowls, or old mugs. Some items like beans can be placed in soil and harvested as micro-greens for salads.

If you cannot plant things at all, capitalize on what can be found in your local grocery that people usually don't choose: dry rice, dry beans, dry pasta. A hack I have found useful is allowing dry beans to sprout in a dark moist environment for easy greens. All you need is water and a pot with a lid. I've included a video in this email. The sprouts are high in vitamin A and other important nutrients. You don't need to use mung beans or soybeans but the concept is much the same.

Stock up on seeds, spices, and nuts high in omegas, antioxidants and fats.

- Pumpkin seeds
- Chia seeds (the micro greens from these are edible and extremely good for you)
- Flax seeds (micro greens from these are also extremely good for you)
- Walnuts
- Pecans
- Sunflower seeds

All of these can be added to salads, dishes with rice or squash, or oatmeal.

My top groceries to buy:

_Onions
Dry Black eye peas
Dry Lentils
Dry Chickpeas
Dry popcorn
Paper bags
Olive oil
Sesame oil
Flaxseeds
Dry pasta (rice noodles, spaghetti, or lasagna)
Garlic
Dried mushrooms
Almond milk (or any plant based milk)
Dried fruit
Grapefruit
Frozen kale
Potatoes (all kinds)
Rice
Flour (Rice, wheat, or all purpose)
Oatmeal
Honey/ 100% maple syrup/ brown rice syrup
Baking soda/powder
Peanut butter

My top spices:

Curry powder
Salt
Pepper
Ginger
Rosemary
Fennel seed
Poultry seasoning
Cinnamon
Ginger
Turmeric
Onion powder

If you have remains of fresh veggies (carrot butts or onion butts specifically), these can be frozen and boiled to be made into a vegetable broth for soups. Additionally there are many vegetables whose leaves and stalks are edible: namely, beet leaves, cauliflower leaves, Tomato leaves, and broccoli leaves.

Cleaning supplies:

Lemon and salt together make a dynamic dirt fighter and disinfectant duo. Additionally, peroxide, isopropyl alcohol, and white vinegar can be used all around the house to clean.

Castile soap and baking soda together can be used Effectively as a laundry detergent in a pinch. I've also personally found success making my own laundry detergent by using grated ivory soap, oxy-powder, and borax powder. This dry detergent recipe requires much more elbow grease to make but is highly effective at cleaning laundry (it can be used perfectly fine with HE washers).



Hair products:

A high hold, moisturizing hair gel can be made on your stovetop with just honey, flaxseeds, water, lemon, and salt (the salt acts as a preservative, and the lemon strengthens the hair follicle and is anti dandruff). I like to add olive oil, avocado oil, and tea tree oil to my own gel. My actual recipe is as follows:

1/4 tsp kosher salt
2 cups water
4 tbsp flax seeds, whole
2 tbsp olive oil
2 tbsp avocado oil
2 tbsp honey
6 drops 100% tea tree essential oil
1 fine mesh colander
1 large mixing bowl
1/4 tbsp lemon juice
1 squeeze bottle/plastic container
1 funnel or spouted measuring cup (if placing in squeeze bottle)

Boil flax seeds in water on medium heat until volume of water decreases by half (or until flax gel leaves a 1mm thick trace on the back of a metal spoon).

Place colander over large bowl and carefully pour Hot gel directly into colander to sift out all flaxseeds

Let gel cool for 30 minutes. Add honey, lemon, salt, and oils last for scent and moisture retention. Gel should be the consistency of a thick mucus.

Use funnel or measuring cup to decant gel into squeeze bottle or container. Gel will keep for up to 3 weeks in the refrigerator, can be used on wet or dry hair, and is extremely moisturizing.

You can use these same oils to make a hair and body butter by melting 1/2 lb of shea butter in a double boiler (water in a soup pot with a bowl on top of the pot) on the stove and adding 1/4 cup of olive oil and 1/4 cup of avocado oil, and any essential oils (I love lavender and rosemary essential oils). Once all shea butter has melted, mix it and all oils together then let it cool. Once it has completely solidified, it can be whipped with a hand or stand mixer for whipped shea butter.

Links and photos:

Growing Mung Bean Sprouts:

<https://youtu.be/-m74YYPVbWU>



