

# My Easy Go To Meal

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Do you ever have trouble coming up with a meal, whether it be for noon time or supper time? As I have gotten older it seems to be more of a chore for me so today I want to share “My Easy Go To Meal.”

My Easy Got To Meal is what I fall back on whenever I just don't know what else to make. Being my husband is really a meat and potatoes guy I always have potatoes on hand and because we are blessed by a couple of members in our church who raise beef and give us beef for a Christmas present, I always have beef available.

Hamburger Gravy, Mashed Potatoes and Corn. I freeze corn in the fall so thankfully I just have to go to the freezer and grab a bag of it. My Hamburger Gravy recipe isn't anything special just a simple fry it up, add some onion soup mix, pepper and salt if needed, I do also add a little beef broth and Kitchen Bouquet (for coloring), then I thicken it up with cornstarch. Of course I peel, cut up and boil the potatoes until done and then mash them with the old fashion potato masher.



Potato Masher

All these years I have been cooking and I did not realize that mashing your potatoes with a mixer make them gooey, of course if you go by what my grown kids say, I always used instant potatoes when they were growing up. I have become a whole lot more conscious of preservatives in foods, I really believe they have a lot to do with our unhealthy society.



Mashed Potatoes with Parsley

### Dress Up Your Mashed Potatoes:

- Did you know you can use cream cheese in your mashed potatoes? I have never tried this but I have had them before and they are good.  
<http://www.marthastewart.com/319180/big-marthas-mashed-potatoes-with-cream-c?czone=entertaining/holiday-entertaining/side-dishes&center=276958&gallery=856477&slide=319180>
- Also I have had mashed potatoes with sour cream:  
<http://www.centercutcook.com/the-best-mashed-potatoes/>
- And why not dress up the mashed potatoes with some garlic and/or parsley?  
<http://www.deliciousasitlooks.com/2012/05/restaurant-style-garlic-mashed-potatoes.html>
- And for those of you that need a dairy free mashed potato try these.  
<http://www.deliciousasitlooks.com/2012/05/restaurant-style-garlic-mashed-potatoes.html>

### A little extra tidbit, the health benefits of eating potatoes:

- Did you know they are an excellent source of Vitamin C?
- Also they have more potassium value than a banana.

Potassium is a mineral that helps regulate fluids and mineral balance in our body cells, also can help to maintain normal blood pressures. Potassium is vital in transmitting nerve impulses and muscle contracting.

- Great source of Vitamin B6 & why do we need B6? B6 is one of the complex B vitamins, plays an important role in converting food into energy and helping the body metabolize fats and proteins. The B vitamins are also important for healthy hair, skin, liver, and eyes.
- And they are gluten-free!

Of course eating french fries and potato chips aren't of the value of eating a baked potato, they add lots of fat.



Nutritious Potato

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## [Use Hydrogen Peroxide In Your Garden](#)

Use Hydrogen Peroxide In Your Garden

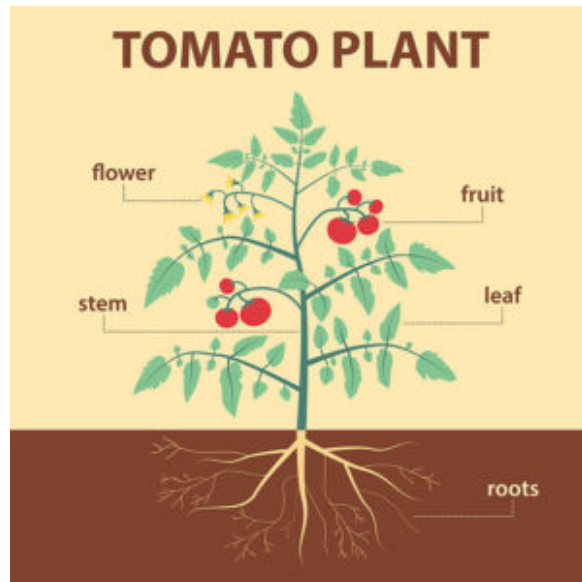


Healthy Plants

Wow, who would have ever thought hydrogen peroxide would be good for a garden? I was really surprised to learn this, so check out how to [“Use Hydrogen Peroxide In Your Garden.”](#)

I know Hydrogen Peroxide is a very good cleaning agent, but I have never thought of it to be useful in the garden because of the oxygen element. Hydrogen peroxide has an extra oxygen atom, it is this extra oxygen atom that makes the hydrogen peroxide so useful.

There are a number of good reasons why the Hydrogen Peroxide is good in the garden, I will be trying this out myself.



## Preventing Root Rot

### 1. **Hydrogen Peroxide Uses Against Root Rot.**

Overwatering can be one of the causes of root rot, it can also be poor soil aeration. Giving your soil enough space for air and nutrients to get through to the roots of your plants is the best way to see your plants flourish. The bad news about having root rot is that you don't generally notice it until it has really taken over your plants, but the good news is you can treat it with Hydrogen Peroxide. Use a weak solution, mixing one part chemical with two parts water. Carefully pour it around the roots and the base of your plant to kill off the bacteria. This will also kill off any bacteria or fungus, establishing a good root system will give you healthy thriving plants.



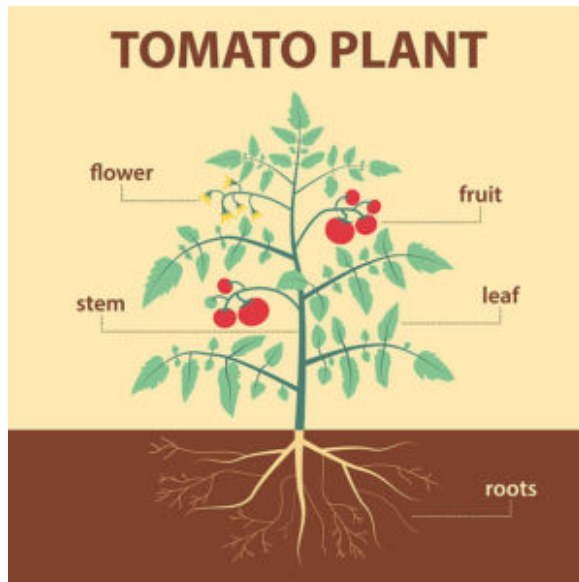
Use Hydrogen Peroxide for faster germination.

## 2. **Using Hydrogen for Faster Seed Germination**

You can use hydrogen peroxide to help seeds germinate more quickly. Hydrogen peroxide softens the coat of seeds and kills any pathogen present on seed coat thus increase the germination rate and help the seed germinate faster. Soak your seeds in a 3% hydrogen peroxide for 30 minutes. Rinse the seeds several times with water before planting and plant them as usual.

## 3. **Hydrogen Peroxide for Mold and Mildew**

Hydrogen peroxide has an oxidizing property that is fatal for mold and mildew. Mix a liter of water with 10 tablespoons of 3 to 6% hydrogen peroxide depending on the level of infection. Spray this solution on plants daily until the fungus disappears.



Healthy Roots

#### 4. Strengthen Your Plants Roots System.

Hydrogen peroxide has an extra oxygen molecule over water, that helps plant's roots to absorb nutritions from the soil. Watering plants with hydrogen peroxide solution will introduce more oxygen into your [soil](#). and it will give it a kick start or help an ailing plant get back on track. Use about two teaspoons of 35% hydrogen peroxide to around one gallon of water and then use it on your garden every other time you go out to water your plants.





Getting rid of those bugs  
and insects

## 5. **Keep The Pest Away.**

All gardens have bugs and insects, some are helpful like the honey bee and then there are those downright pests that damage the plants. Using a 1% hydrogen peroxide solution, it is safe to use and will keep away insects and kill any eggs. It is a safer and cheaper means than the store-bought insecticides which are full of toxic chemicals harmful to pets and wildlife.



Ridding your garden  
of weeds

## 6. **WEED KILLER.**

Using a weak solution of hydrogen peroxide is good for plants without harming them but a stronger solution will take care of those weeds. A 10% concentration will kill the weeds, simply mix it with water in a spray bottle

and target those nasty weeds, be careful not to get it on the plants it will kill them also.

## 7. **DISINFECT POTS & GARDEN TOOLS.**

Doesn't it make sense to clean those pots and tools up, if you have used them in the garden where there has been a fungus or you have had diseased dirt or plants in a pot you would want to clean them up! To disinfect your tools, remove dirt and debris then fill a bucket with hydrogen peroxide solution. The solution should be a gallon of water to two cups of hydrogen peroxide.

Then rinse out the pots with the same solution.

Solution Chart for hydrogen peroxide mix:

<https://www.pinterest.com/pin/33214115972092357/>

Uses for hydrogen peroxide:

<http://diplly.com/hydrogen-peroxide-uses/5?publisher=different-solutions&sf=ljvdodr>

So there you have it how to, "Use Hydrogen Peroxide In Your Garden." I hope this was useful to you having a beautiful thriving garden.



Vegetable Garden Produce

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# Homemade Treatments For Vegetable Garden Pests

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## Homemade Treatments For Vegetable Garden Pests

I know some of you live in an area where your garden has been in for quite some time, but here in Northern Wisconsin it is just starting to be time for the vegetable garden to be planting, but it is a good time to take control of those pest that try to invade your vegetable plants, so today I am going to share some "Home made Treatments For Vegetable Garden Pests."

One year I had a lot of trouble with rabbits eating my plants, then the next year I had trouble with bugs on my cauliflower and then there is always some kind of bug or creature that disturbs my tomatoes, hopefully this year I can get a good control on these invaders.



Dog hair works great!

Do you have unwanted cute little creatures showing up to eat your vegetable plants? Those cute little rabbits and the gorgeous brown eyed deer! I haven't had a problem with the deer but rabbits are another story! One thing I have going for me is that I have a beautiful Golden Labrador who like to potty in areas outside my garden so that definitely helps to keep the creatures out.

Remedies for those cute invading creatures, of course a fence is always a good answer but costly so let's look at some "Homemade Treatments For Vegetable Garden Pests."

- Close up that salad bar for those cute brown eyed invaders with some strong smelling soap, Irish Spring is a great one to use. Shred it up, can do it in a food processor and then wash it out with a little vinegar to get the soap smell out. Once you have that soap shredded you can sprinkle it around your garden, I have read it is good around in your flower garden, the deer especially like hosta plants.
- Now how about a really low cost way to keep those

invaders out, tying those plastic grocery bags on a post, blowing in the breeze makes noise and gives the appearance of someone in the area.

- Human or dog hair works great, trouble with human hair is usually when it is cut it has been washed first so then losses the human scent, but with dog hair the scent is there and deter the creatures from your garden.
- You can also use a tin pie plate, punch a hole in the top part of the pie plate and tie a string onto it and attach it onto something where it can swing, place it in your garden or near by.
- One of my favorites is the homemade repellent, works great for keeping those rabbits at bay. Just get yourself a gallon jug, mix up 5 garlic cloves, 1 tsp crushed red peppers, 1 gallon of water & 1 Tbsp of dish soap. I have used this for a couple of years and works great.
- This year I am going to put some post around my garden and drill a hole big enough to put some cheap solar lights in and I am thinking this will keep critters away, hopeful it doesn't give them light to see a great salad bar available.
- And of course don't forget the old faithful Scarecrow!!!



Scare them away!!!

Links for Garden Pest:

1. <http://thecoastalhomestead.com/diy-critter-ridder-recipe/>
2. <http://oldermommystillyummy.com/2012/07/deer-guard.html>
3. <http://www.offthegridnews.com/survival-gardening-2/9-tricks-to-keep-your-garden-animal-free-without-a-fence/>

I hope these “Homemade Treatments For Vegetable Garden Pests,” are helpful to you and aide you to have a beautiful bountiful vegetable garden. Come back real soon for a post on how to treat vegetable for those nuisance bugs and little pests.

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## [Essentials For A Beautiful Flower Bed](#)

[Essentials For A Beautiful Flower Bed](#)



Having a beautiful flower garden is something I have always thrived to have, seems like every time I get my garden looking good I move. I am hoping these plant “Essentials For A Beautiful Flower Bed,” will aid you in having the flower garden you desire.

To get started the decision of having annuals or perennials flowers needs to be made.

The Pros of Annuals:

- Annuals are easy plants for beginner gardening.
- Are widely available and easy to grow, just follow the simple planting & growing instructions.
- They are great bloomers, they do bloom their heads off



all season.

- Annuals are great for where you want a lot of flowers.
- Annuals aid you in changing the look of your garden every year.
- Annuals are good for containers.
- Want flowers now? Annuals bloom right away.

The Cons of Annuals:

- They generally need more watering and fertilizing.
- And planting them every year can be a chore.

The Pros of Perennials:

- They come back year after year.
- They tend to need less care than annuals.
- They bloom for weeks
- Root system stays alive for years, even decades.

The Cons of Perennials

- They have a shorter bloom time.
- They may take a year or more to get established.
- May take a year or more to get established.



## PLANT ESSENTIALS:

Plants are like people they have their own unique personality and like different things, water, sunlight and soil. Some plants like it hot and sunny and some like it cool and shady.

It is all an experiment, a trial and error, so relax and have fun with your flower garden. How much time do you want to spend gardening? Plants require care, so the size of your garden will determine how much time you want to be willing to work on producing those beautiful flowers, starting small and increasing the size as you go. So if you want to have those flowers you so enjoy use the, "Essentials For A Beautiful Flower Bed."

**SUN** : Like anything, humans, plants, animals they all take energy and sun is the great source of energy. Because plants need sun to grow, which many of them need 6 to 8 hours of sunlight, what plant you are planting where. Of course there are those plants that thrive in the shade, shade and part-shade plants will do best where they don't get hot afternoon sun.

**TIP:** Don't know how much sun you get in your yard, try this, one day spend time watching how much sun your chosen flower

space gets.

**LOCATION:** Of course location has much to do about the sun/shade element and which plants you pick to plant. Consider if you are planting in a pot or in an actual flower bed, both annuals and perennials can be planted in either. Perennials do very well in the flower bed as their roots continue to stay alive in the ground and especially in very cold climate, of course with the right care.

**Zone:** Know your planting ZONE, it is critical for some plants. <https://garden.org/nga/zipzone/> Your seed packets generally provide the zone planting information. I live in Zone 4, the winters can get very cold, sometimes down to 30 below zero, some perennials would not survive in those temperatures.

**WATERING:** Another essential for having a beautiful flower garden. You may need to water your plants regularly to keep those plants healthy and blooming! Watering your plants that are in container is critical because they dry out faster. How often to water? It depends, hotter and/or air pulls the moisture out of plants and soil quicker, so more watering is required.

**AN EASY TEST:** Put your finger in the soil, does it feel moist 2 to 3 inches down, then you are good! For container plants I always use those under the pot saucers, keeping them full then your plant can drink when it is thirsty!

Also depends on how often it rains and how humid the climate is. If your plants are looking wilted obviously they need a drink! Water slowly and deeply, watering in the early morning hours or in the cool of the evening.

**NUTRIENTS:** Plants need nutrients just like we do, to keep growing and stay healthy. Plants need nitrogen, phosphorus and potassium, if the soil doesn't have enough of these needed nutrients you may need to add some manually. There are fertilizers you can buy that will add the needed nutrients to your plants. I have some common household products to enhance my plants, epsom salt and used coffee grounds add nutrients to any garden, flower or vegetable. Mulches help to keep weeds out and water in! There are all kinds of mulch, pine needles to bark chips. For perennials a long lasting mulch like bark chips is the best.

### **A FEW GOODIES:**

- In northern climates annuals are best for color in containers, although there are annuals like zinnas, marigolds or nasturtium I have found work beautifully planted right in the garden.
- Spring is a good time to begin growing.
- Start planning before the snow melts.
- Fall is a good time to plant trees, shrubs, bulbs and some perennials.



Plant Ideas

## PLANT IDEAS:

### Shade Plants:

#### Annuals:

- Fushia
- Lobelia
- Impatients
- Coleus
- Begonia

#### Perennials:

- Astilbe
- Hosta
- Bleeding Hearts
- Foxgloves
- Columbine

### Sunlight Plants:

#### Annuals:

- Cosmos
- Marigolds
- Petunia
- Geraniums
- Sunflowers
- Morning Glories

#### Perennials:

- Russian Sage
- Lamb's Ears
- Black-eyed Susans
- Phlox
- Pansies
- Daylillies

Ta-da you are set for enjoying a beautiful  
flower garden!!