

October 23, 2013

Issue 4

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# Ozark Homesteader



*Sustainability – Sufficiency – Sanctuary – Personal Responsibility*

## Quote of the Week:

“Well, if things were that easy, I could mandate that everybody buy a house... and that would solve, you know, the problem of homelessness. It doesn't.” — **Barrack Hussein Obama, President of the United States of America**, The Ellen DeGeneres Show, February 28, 2008, when explaining that forcing all US citizens to buy healthcare insurance would not provide the poor with healthcare insurance. He explained that the problem was the cost of healthcare insurance, not the desire to have it. Then he decided to force everyone to buy healthcare insurance anyway. Go figure.

**Do you have a story you would like to share with other homesteaders? Tell it to us! We are looking for contributors and story ideas.**

## Ozark Calendar of Events:

10/31 – Halloween

11/02 – Homesteaders Swap Meet in Clinton, AR

11/02 & 11/16 – Homesteaders Swap Meet in Harrison, AR

11/09 – Dogwood Hills Guest Farm Homestead Day 10:00 am until around 6:00 pm – Message Ruthie Pepler for more information:  
[www.facebook.com/DogwoodHillsBB](http://www.facebook.com/DogwoodHillsBB)

11/23 – Craft Fair at the Durand Center Atrium (also known as the FedEx/Regions bank) in Harrison, AR 8am-12pm

11/29 - 12/01 – Mountain Man Rendezvous, Petit Jean Mountain, Morrilton, AR

## Homestead Highlight: Whitewater Farmstead

Bill and Ali Ries own White Water Farm or Whitewater Farmstead, which is located in Chimes, AR. They are a non-certified organic and non-GMO vegetable farmstead. They have been homesteading 5 years. Being close to nature and controlling what's in their food is what drew them to homesteading.

Their farmstead is 100% off-grid. They use gas and diesel generators for electricity. They have gravity fed water systems using wells, springs, and ponds. They heat with wood in winter. They hope to have 100% air conditioning by next summer. They rate their homestead at 7-8 on the self-sufficiency scale.

When asked about their favorite garden plant, the Ries enthusiastically reply: “Peppers... Specifically bell pep-

pers... Bugs are not too bad, they grow great in heat, don't prick you like most other summer veggies like okra, squash, and eggplant!! And they are so delicious. We eat 'em like apples!”

As for livestock, the Ries raise Cinnamon Queen chickens for their eggs. They also raise English Angora Rabbits and Jersey Wooly Rabbits.

Armadillos are the most annoying critter on the Whitewater Farmstead. Why? “Can't trap 'em, never know when or where they will come next! They can destroy a crop in no time. They don't even eat the vegetables!!” – say the Ries.

For the Ries, freedom is the most rewarding thing about homesteading. They find that money is the most challenging part of homesteading. There-

fore, Ali works outside the farmstead on weekends. Money challenges seem to be a recurring sentiment among homesteaders.

Whitewater Farmstead offers wholesome vegetables that you can trust are good for your family and very affordable. They also have trial boxes available for weekly home deliveries for \$15 per box. Contact them for more information:

[www.facebook.com/whitewaterfarmstead](http://www.facebook.com/whitewaterfarmstead)

OR

[www.whitewaterfarmstead.weebly.com](http://www.whitewaterfarmstead.weebly.com)

## Off Grid Living – Part 3

In previous editions, I explained that we use 2 deep cycle batteries and an inverter to meet our energy needs, which are very minimal. Now I'll explain how we recharge the batteries.

Believe it or not, we can charge our batteries simply by hooking them up to our vehicles – no generator or solar panels needed.

It's easy enough. I hooked up a power inverter to the cigarette lighter in our Jeep and plugged in a battery charger. The dead battery sits in the passenger side floorboard and is hooked up to the charger. Jennifer has a 2 hour commute to work 3 days a week, which is just about right to charge a low battery. So we have one in the Jeep and one in the cabin most of the time.

If you want to see how simply it can be done, just email me. If you want or need intricate, detailed instructions, try [www.battery1234.com](http://www.battery1234.com). Stephen Harris has a lot of knowledge about alternative electricity. He goes all out to pass along that knowledge, even if he does come across as a little condescending and arrogant. If you can get past that, then you could learn all sorts of things about electricity that you may not have even thought about before. If you try his site, let him know that you read about him in Ozark Homesteader!

Also, if you live in Clinton, AR, try P.E.H Supply if you need any specialty products to help you get off grid. If they don't have it, they can probably get it.

## Sponsored Ads

### P.E.H Supply

Plumbing, Electrical,  
Hardware,  
Septic Systems  
4319 HWY 65 SOUTH  
Clinton, AR 72031  
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Sustainability Simplicity Sufficiency Serenity

## Classified Ads

Whitewater Farmstead will have a booth at the Craft Fair at the Durand Center Atrium in Harrison on November 23rd 8am-12pm.

LOVE stories from the Ozarks.  
[OZARKSTORIES.COM](http://OZARKSTORIES.COM) (Award winning novels and short stories)

We reserve the right to reject any ad for any reason, even unreasonable reasons. We are only responsible for humorous mistakes, in which case it probably wasn't a mistake. Contact us for more information.

**Leslie Mountain Man  
Rendezvous  
10/12/2013**



Sherry Mattix (pictured, seated) shared this picture with us. This pre-1840 re-enactment camp in Leslie, AR, was open to the public for two days. Visitors were able to experience life on the Arkansas frontier.

Email your picture to [ozarkhomesteader@gmail.com](mailto:ozarkhomesteader@gmail.com) to submit it for Picture of the Week. No copyrighted pictures, please.

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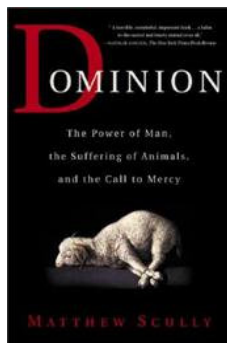
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"Either write something worth reading, or do something worth writing."

— Benjamin Franklin

See your ad in this space. Homesteaders will, too. Email Jennifer @

[jenniferewilcox@gmail.com](mailto:jenniferewilcox@gmail.com)



Read it today!

## Of Days Gone By

By Stephanie McNew

16 years ago when I was a new bride, I was given a cookbook. This cookbook was not what I was used to. There is no print date in "Grandma Keeler's Housekeeper" that we have been able to find. Only a few ads where the phone numbers in Los Angeles have three numbers indicating that the book is old, to say the least. However, the information in the book is ageless. Here is what Grandma Keeler had to say about gardens for the fall:

"October, November, and December - Plant onion sets, Wonderful lettuce, beets, carrots, turnips, radish, parsnips, Six Weeks beans, peas, also some flowering peas and cabbage."

She goes on to say, "Nothing is more profitable than a home garden, being a great source of pleasure to the one who cares for it, and delight to the housewife, as she can from her own garden, prepare the most delicious meals, and no other method returns in cash value so much for so little labor and money invested."

One of my favorite fall recipes out of this book is Pumpkin Pie. Here is the recipe as it is writ-

ten in the book. "Press through the sieve one pint of stewed pumpkin, add four eggs and a scant cup of sugar, beat the yolks and sugar together until very thick; add one pint of milk to the beaten eggs, then add (to) the pressed pumpkin one-half teaspoonful of cinnamon, less than half teaspoonful of mace and the sauce of grated nutmeg, stir the stiff beaten whites in last; bake in a very rich crust without cover."

Here is a modern version.

2 cups creamed pumpkin (one can)

4 eggs separated

1 cup sugar

2 cups milk

½ teaspoon cinnamon

½ teaspoon mace

dash of nutmeg

Whip eggs whites until they peak, set aside. Beat eggs and sugar together, add milk, cinnamon, mace, pumpkin, and nutmeg. Fold in egg whites last. Bake in pie crust until firm in middle.

*Editor's Note:*

We did some research and found that the general consensus is that "Grandma Keeler's Housekeeper" was printed in

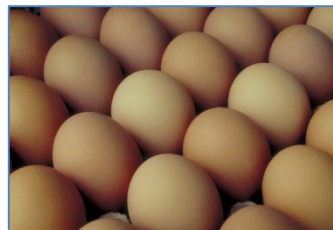
## Winter Egg Production

In the fall and winter, you will see a decline in egg production. Many simple things can be a factor. Molting, light cycle, and diet change are some of the simplest to fix.

Molting in chickens happens three times before the chicken is 18 months old. First, when "big bird feathers" replace the baby fuzz. Then again, just before they are mature birds. The last molt is due to the decrease of light in the fall and winter months. During molting, chickens stop laying so their bodies can use the nutrients they eat to make new feathers. Molting takes 4-12 weeks from start to finish. Adding extra protein can help them achieve this faster.

Chickens need 12-14 hours of light each day to keep them laying. Unlike molting, this can be avoided. Some on grid chicken keepers just add a light or two on a timer to each of the

coops. The \$5 heat lamp bulbs at department stores work well for heat and light. Timers can be found in the lawn and garden departments with a cost of \$6. Set to come on in the morning, the extra time to make up the 12-14 hours. You will have to do the math and notice when the sun will rise.



Otherwise, it's a simple fix. Off grid, some are using the solar yard lights in their coops. These can be found in the lawn and garden department also and will not need a timer.

Diet change can stop laying for up to 4 weeks. Like all animals, chickens need protein to

1910.

We love pumpkin pie, but think we'll use the more modern version. I have made a vegan pumpkin pie, which is actually pretty good. For a low cholesterol pumpkin pie, Google "vegan pumpkin pie". Vegan products do not use eggs, hence lower cholesterol.

## Our Poll Results are in:

### Are you on grid or off grid?

### Final Results:

On Grid: 30

Off Grid: 3

### The on gridders have it!

### Vote on our new poll at

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keep them healthy and happy. Free-range chickens need extra protein when they are no longer getting the bugs they were in spring and summer. Start feeding your chickens while they still have their usual feed will get them geared up for a free choice feeding. So early fall is the best time.

While gathering this information I found that feeding chickens herbs would change the flavor of the eggs. This could be something fun to play with. Remember it will take 2 weeks for maximum flavor.

Submitted by:

Justus Farms - Cleveland, AR  
"Never settle for just a share of  
your dream."