

## Recipes

### Breakfast Bacon Pie

12 slices of bacon, fried and crumbled  
1 cup shredded cheddar or Swiss cheese  
1/3 cup chopped onion  
1 cup Bisquick  
1/8 tsp pepper  
4 eggs  
2 cups milk  
1/4 tsp salt

Lightly grease pie plate. Sprinkle bacon, cheese and onion in pie plate. Beat remaining ingredients until smooth. Pour evenly into pie plate. Bake at 400° for 35 min. Let stand for 5 min. before cutting.

### Ranch Dressing

1/2 cup parsley  
2 tbsp dried minced garlic  
2 tbsp dried minced onion  
1 tbsp dried dill weed  
1/4 cup onion powder  
1/4 cup garlic powder  
1 tsp salt (or less, to taste)  
1 tsp ground black pepper  
1/2 tsp red chili flakes  
Pulse the parsley, garlic and onion in a food processor. Add the other ingredients and continue processing in pulses. Store in a jar or canister. To turn into dressing, mix 1 tbsp of mix with 1 1/2 cups mayonaisse and 3/4 cup cultured buttermilk. Whisk all ingredients together. Use as salad dressing, veggie dip or to season sandwiches.

[www.antihousewife.com](http://www.antihousewife.com)

### Soybean Chili

1 pint soybeans  
4 large tomatoes, diced  
2 bell peppers, diced  
6 oz. cup of chopped green onions  
2 tsp chili powder  
1 tsp red pepper powder  
1 tsp salt  
2 tsp oil

Wash and cook soybeans (takes about twice as long as pinto beans and will be more firm than other beans when cooked). Skim and discard scum that forms. Drain juice from beans, saving about a cup of liquid. Put into small pot along with all other ingredients and heat until cooked. Mix in soybeans and add oil and serve over rice or hominy.

### Nettle Hair Rinse

Place 1 to 2 handfuls of fresh stinging nettles in a glass mason jar, fill with boiling water, and cap tightly. Allow to infuse for 2 hrs. or more, then strain out the nettles. After washing hair, rinse with the liquid. Stimulates circulation and hair growth.



Raised "keyhole" garden is built in a round shape with a notch removed for easy access to the center.

## "Keyhole" Garden

Kits from KeyholeFarm.com make it easy to set up and maintain a raised garden bed. The 40-lb. kit includes an exterior steel tube framework and an interior lining of polycarbonate roofing panels. When put together, you have a raised bed about 29 in. high with a perimeter of about 26 ft. and a diameter of about 6 ft.

"Everything is predrilled with self-tapping screws," says Lyndell Smith, KeyholeFarm.com. "All you need is a screwdriver or power driver. My wife and her elderly mother put one together in about 45 min."

Keyhole gardens can be built out of any type of material. The shape is what makes them special. They are usually built in a round shape with a notch removed for easy access to the center. A 1-ft. wire mesh cage placed in the center of the bed and at the end of the notch gives the bed the classic keyhole shape. The basket is used for composting kitchen scraps as well as lawn and garden clippings.

"Keyhole gardens aren't a new idea," says Smith. "Originally my brother Leon built one out of rock, but he decided there had to be a better way. We came up with our kits. They are competitive in price with cinder blocks, but lightweight and easy to handle."

The Smiths designed the kits to use with a minimal amount of native soil. They have used as much as 180 phone books, 18 2-ft. stacks of newspapers and half a dumpster of cardboard to fill a bed. The prepared bed is then topped off with about 2 1/2 cu. ft. of soil to root the plants.

"When we first build one, the entire bed is a hot compost site," says Smith. "We layer cardboard, newspaper, even blue jeans, with lawn clippings, livestock manure and other nitrogen rich materials at the standard three parts brown to one part green for compost."

Smith says the beds quickly reach 150°, and the fungi and bacteria eat away at the material. Compostable material added to the basket continues to break down and feed plants in the bed.

"Meanwhile, we plant close to create a thick canopy that helps hold in moisture while producing food," says Smith. "Even a single garden can produce a large quantity of food. We've planted as many as 70 tomato plants in one keyhole garden bed."

KeyholeFarm.com sells its kits turnkey for \$189 plus shipping. Components are also available for those who want to fabricate or locally source other parts. The metal frame is priced at \$65. Panels are priced at \$130. Interior mesh cages are priced at \$15.

To learn more about keyhole gardens, visit [www.farmshow.com](http://www.farmshow.com) to see a video from KeyholeFarm.com.

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## Hugelkultur: The Ultimate Raised Garden Beds

By Brad Miller

For several years, I've tried to grow strawberries in my garden but they always performed poorly or died. I read books, watched videos, tested the soil, tried different varieties, and tried all the tricks successful strawberry growers told me about, but nothing worked. Then I found out about Hugelkultur.

Hugelkultur is making raised garden beds filled with rotting wood. It's been used in Europe for many years and is now catching on quickly here in the U.S. The man most responsible for its popularity is Austrian farmer Sepp Holzer. Holzer made quite a name for himself by taking land in what is called the "Siberia" of Europe and turning it into one of the most productive farms in his country. Hugelkultur is a big part of his success.

In a nutshell, you take a pile of logs, stumps, and brush and cover it with dirt. This gives you raised garden beds loaded with organic material, nutrients, and air pockets for the roots of whatever you plant. As the years pass, the soil becomes incredibly rich. As the wood shrinks, it makes more tiny air pockets so your hugelkultur becomes sort of self-tilling.

The first few years the composting process warms the soil, giving you a slightly longer growing season. I was impressed with what others had told me about their successes so I made a small test hill and planted 30 strawberry plants. To my surprise, the plants not only lived but also thrived! I am now in the process of building 2 more 40 by 15-ft. hugelkultur mounds in my yard to use as my main garden.

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# FARM SHOW®

## New Products For The Farm, Ranch Home



Red Ants Pants are designed specifically for women and made out of chocolate brown 12-oz. cotton canvas duck.

## "Red Ants Pants"

Active women who work outdoors immediately understand Sarah Calhoun's Red Ants Pants designed specifically for them. No more gaping waist on pants that fit the hips. And the waist has a lower rise in the front for a comfortable fit. Tougher fabric lasts longer with double seats and reinforced knees that go clear up to the pocket. Plus, the pants include well-thought out features such as bar tack reinforcements instead of rivets; pockets to hold the things most needed like cell phones, small tools, etc.; and boot cut legs that fit over all types of footwear.

Designing the pants was not Calhoun's dream. She was more comfortable working on her parents' farm, cutting firewood or leading Outward Bound adventures. What wasn't comfortable were her pants. And when she asked several apparel companies to do something about it, they shrugged her off.

So, at 25 and naive about the challenges of starting a business, she drew up design ideas and spent 8 mos. working with a woman who created patterns on a computer. The result was 70 different sizes according to waist and inseam and two basic styles of pants – straight and curvy – made out of chocolate brown 12 oz. cotton canvas duck.

"To me it's a great color that goes with everything and hides the dirt well," Calhoun says. She recommends customers break them in with a couple of washes. "Then they're super soft to wear," she says.

Calhoun notes proudly that they're made in the U.S. in Seattle and only sold through her White Sulphur Springs, Mont., store and her business's website. Besides the pants, she sells other clothing including belts, aprons, T-shirts, sweatshirts and hats – all made in the U.S.

Customers remember the pants and the name, which popped into her head and seemed appropriate when she learned female ants do all the work in an ant colony. Customers come from a variety of careers – agriculture, construction, logging and all the trades. Some just want them to work in the garden or do landscaping.

Customers are willing to pay the \$129 cost because they are durable, they fit right and are U.S. made.

"What's really been fascinating is how much these pants mean to our customers," Calhoun says. "We get good feedback. They say it feels like someone listened to them."

And, as it turns out, some of the newest customers are men, who find that the straight style pants work for them.

Along with her business, Calhoun has founded a successful nonprofit that brings thousands of visitors to her town (pop. 900). This year's 3<sup>rd</sup> annual Red Ants Pants Music Festival (July 25-28) includes Merle Haggard. Profits from the festival fund grant recipients, who provide educational and leadership workshops and projects.

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