

Start a  
Fiber CSA

Design the  
Perfect Porch

Become a  
Master Gardener

HOBBY FARM HOME

# HOBBY FARM HOME

March/April 2012

True Country Living

TWICE as nice  
Beautiful and  
Bountiful Vines

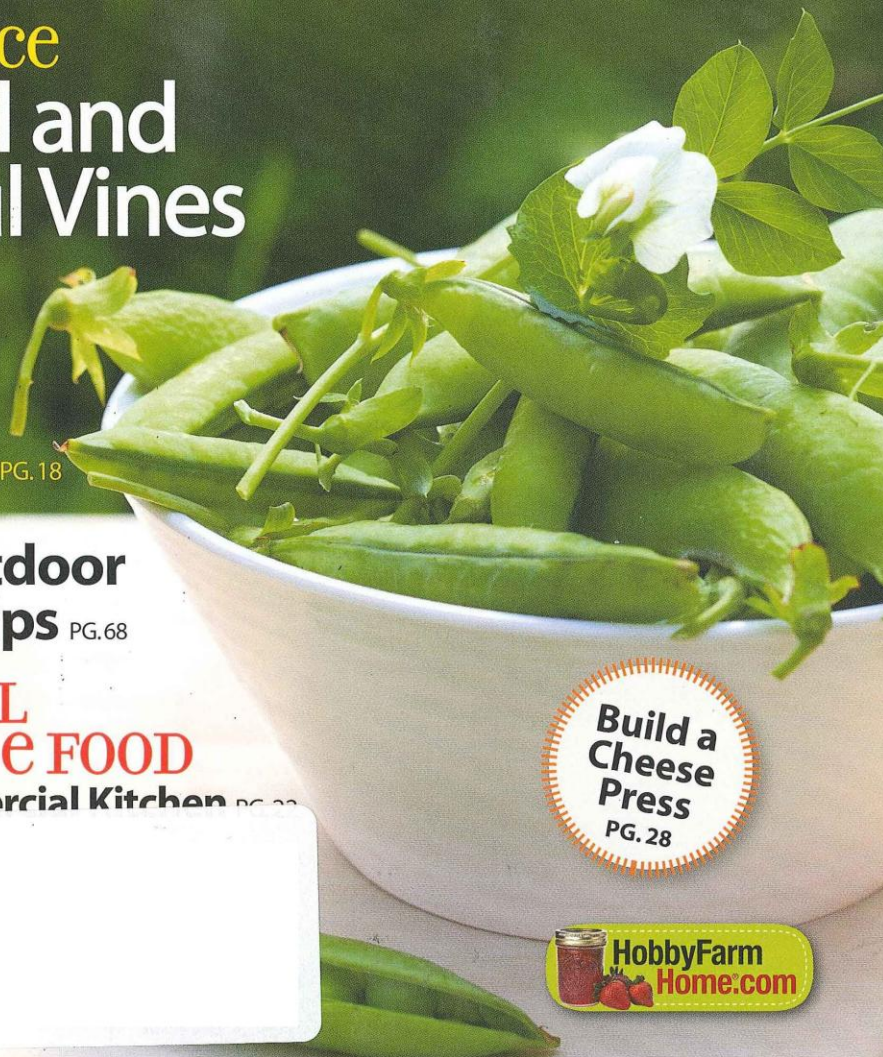
SERVE UP  
7 Saucy  
Recipes PG. 18

Practical Outdoor  
Kitchen Setups PG. 68

MAKE & SELL  
HOMEMADE FOOD  
without a Commercial Kitchen PG. 22

Build a  
Cheese  
Press  
PG. 28

HobbyFarm  
Home.com





## Vintage Veggies

These beautifully illustrated, vintage, French seed-packet labels date back to the 1920s. Found in an old seed merchant's shop, they never made it on the front of seed packets. Each label is a work of art and looks beautiful framed as wall art, decoupaged for projects or simply used as a greeting card; [www.simplyfrenchvintage.com](http://www.simplyfrenchvintage.com)

Circle No. 207 on Reader Service Card.

## Digital Digging >>

Your mobile phone can be your best gardening friend, especially if it has the Burpee Garden Coach installed on it. Users sign up for this mobile tool by texting their postal code to Burpee at 80998; then they begin receiving text messages that offer information, such as timely growing reminders, planting instructions, harvesting tips and fresh veggie recipes; [www.burpeehomegardens.com](http://www.burpeehomegardens.com)

Circle No. 203 on Reader Service Card.



# THE GET GARDEN-FIT CHALLENGE ALLERGY ALERT



It's hard to focus on farm-garden chores when an allergy attack leaves you with itchy eyes or a runny nose. We asked for your tips to keep seasonal allergy woes at bay; here are some of your suggestions:

We use a nasal spray called Ayr. It's a salt solution that's a gel, and when you get through with the coop-cleaning and you blow your nose out, you can see all that it traps. —*cweick, Hobby Farms Forums*

The natural way to deal with allergies is to take a teaspoon of raw honey each day. The honey has to be raw and not pasteurized so your own body builds up to the pollen in it. The honey has to come from your [immediate] area to have the right stuff in it. For example, I wouldn't buy honey from California, as the plants growing there would be nothing like northern Michigan. —*The Bird Lady, Hobby Farms Forums*

My daughter uses a neti pot and swears by it. I've been too chicken to try it. Local honey. Masks during dust storms and when the wood stoves are going. Staying hydrated helps, too. Hot tea with lemon and honey is our cure-all! —*Debbi, Hobby Farms Forums*

As often as possible, I take a shower right before bed. This gets the pollen out of my hair and off my pillow. Also, I have to admit, I go the drug route. Claritin-D or Zyrtec-D seems to calm the nasal river and sneezing. —*kmw, Hobby Farms Forums*

Local, raw honey. My husband swears by it. Raw milk works, as well, at least in the summertime. —*Crabapple Pond, Facebook*

Nasal crom is an over-the-counter nasal spray designed to prevent nasal allergies, and it really works. I suffered from terrible year-round allergies for 20 years, and now, nothing. It's life-changing! —*Kimberly Clark, Facebook*

Local raw honey (we have Tupelo here) and a glass of water with 1 tablespoon organic apple-cider vinegar (with the mother) down the hatch once a day! It does taste, um, interesting, and my girls ask me if I'm drinking "the stinky stuff," but I swear by it. —*Souper Chicks Recipes "Simply One Dish," Facebook*

Eating one to two cloves of garlic. Garlic is a natural remedy for many ills, including the common cold, and it helps boost immunity. For sore throats and coughs, minced garlic with a little honey and lemon help, too. —*Krista Schmid Thomas, Facebook*

### IN THE NEXT ISSUE ...

As April showers give way to May flowers—and late-spring sunshine—we gardeners need to protect ourselves from UV rays.

What tips do you have for being smart about sun safety? Join the conversation at [www.hobbyfarmhome.com/sunprotection](http://www.hobbyfarmhome.com/sunprotection), Facebook ([www.facebook.com/hobbyfarmhome](http://www.facebook.com/hobbyfarmhome)) or on Twitter (@HFHMag).