

Actionable intelligence to live a Free & Inspired Life

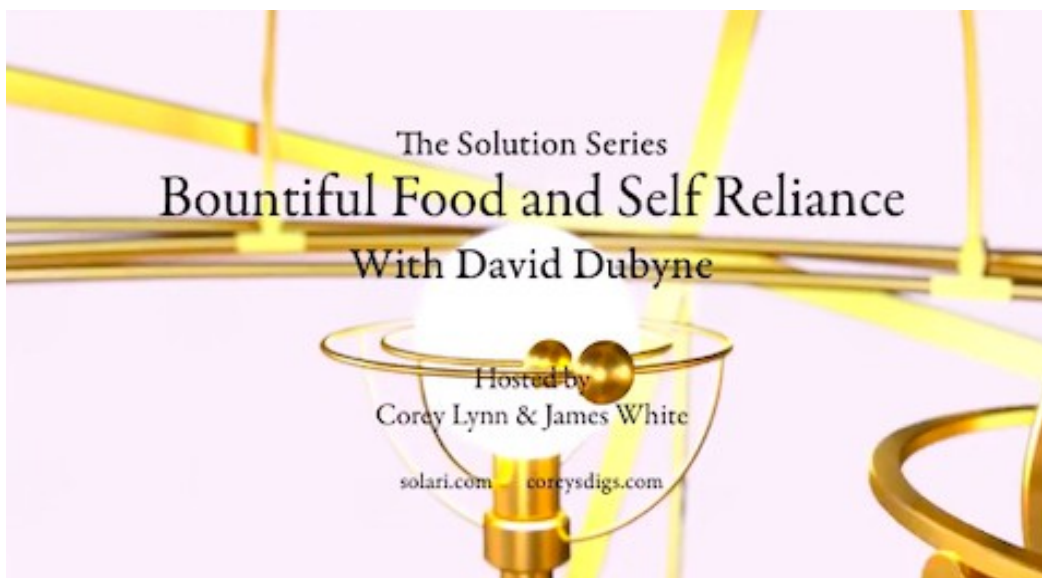


The Solari Report

November 24, 2022

Solution Series: Bountiful Food and Self-Reliance with David DuByne

Brought to you by Solari and Corey's Digs



James White: Hi, this is James White once again for the *Solution Series*, brought to you by *Solari.com* and *CoreysDigs.com*. My cohost for the *Solution Series* is the founder and editor of Corey's Digs, Corey Lynn. Corey, it's always great to be with you. We have a great guest today. I think things are going great. We've had many great guests, and I believe people are responding well. What do you think about the *Solution Series* so far, Corey?

Corey Lynn: We have had fantastic guests. I think it's going quite well.

I received some emails today on the Grid-Down Com's that we did with John Jacob Schmidt. That was a great one. I'm looking forward to today's show with today's guest.

White: We are talking about David DuByne-let me give David a proper introduction. You may have tuned into his Adapt 2030 YouTube channel and Mini Ice Age Conversation podcasts where he discusses timelessness and what you can expect now through 2024. As society resets, you can keep your family and community safe. Civilization is affected by energetic mappable cycles on earth, and the sun repeats is 400-year cycle of low activity affecting global crop production, the economy, and every aspect of our lives. That is what I like so much about David DuByne. He studies cycles, so he can prepare people and offer solutions based upon cycles.

David DuByne, it's great to have you here on *The Solution Series*.

DuByne: Thank you for taking this in a different direction. We can talk until we are 'blue in the face' about the problem, and we all see the problems. I'm just simply presenting information that says, "We are about to get into a massive crop loss period on the natural cycle side of things based on the activity of the sun and 400-year cycles."

We are at the beginning of one, and almost everything you are seeing out there right now is a distraction to keep you away from understanding the natural cyclicity of all these events. Everything we are seeing is a dot on the map of 'problem, problem, problem.' I believe this is a distraction to keep you away from the true understanding that it's a natural cycle and food will get more and more scarce as we move through this.

So where is your solution? Where is your opportunity during these times? If you go to China, there is a saying which is really two characters put together; one is danger, and one is opportunity. You put those two together, and that's what it would mean. So, if you break down the characters, there is the danger element, but then again, don't be afraid to let it paralyze you because it's time to take action.

Going back through history, we know solutions that have worked. That is a good thing to focus on because you get the same fingerprints occurring when these crop loss events happen every 400 years. The population moves, the economy gets reset, and the government thinks of new ways to try to control citizenry during and after the decline.

If you already know that's in play and that we are here and we are going over to here, that's great. Now what is in the middle, and how can we stay safe, protect our families, and thrive during these times? That is really what I want to get at, and the solution base is here.

White: Fantastic! That sounds great! There is nothing that we can do about the natural cycle of things like you mentioned. Just like the four seasons come along, you can't stop the summer from coming, but you have to protect yourself with sunscreen to keep yourself from getting sunburnt. It's that type of situation. We know there are cycles and that things are going to happen. What we want to do is prepare people to be ready for that.

David, you have had a unique situation-you farm yourself. One of our previous guests, Jim Gale with the edible gardening, is someone you are familiar with, and have adopted some of his approaches. Give us a recap on that. It's exciting to hear about some of our future guests, unbeknownst to us, are utilizing some of the things we brought up previously. Give us an update on that if you don't mind.

DuByne: Let's start with the winter: You might look at it as a disadvantage where it gets cold, and everything stops growing, and all the leaves fall off. I've been mapping out the different plant species on my property. Just like the Native Americans would do, they would go through and where something was growing, like wild blueberry bushes or hazelnut bushes or wherever there is a

target species that they want to grow more of – whether it be the turmeric that is growing wild or the lemon grass that is out there – trim around that during the wintertime. It's far easier to do pruning in the winter. Expand the wild area for that target species you are looking for to grow more and more and expand itself out.

My whole goal is that at the end of these years and this transition that we are moving through to have a walk-through edible forest by clearing out plants that I don't want allowing more space for the ones I do want to grow. That is one thing that I learned from Jim.

I have a huge stand of cedars at the bottom of the property. He said, "There are a whole bunch of persimmon trees in there. Over the year, why don't you just cut around the persimmon trees? Don't cut all your cedars down; just cut holes in them and allow the natural lust for life to come out for those persimmon trees. As soon as you give them space, they are going to take off."

So, we changed that, and it worked well this year transitioning part of that wood line back into a fruit forest line. I put a fence around the front two and a half acres because we wanted to keep our dogs in and to keep the chickens safer because we have coyotes everywhere and natural predator problems. Now I looked at it as, "Wow! We did the initial work for that, but we have trellises that we can roll beans and peas into."

I would have to do that work myself to set out the trellises and build the scaffolding so the beans, peas, nasturtiums, or other growing vines like squash are on it. Instead, I have that perpetually. All I must do is replant it yearly and add and build the soils along the fence line. I have a natural part of my ecosystem that gets more sunlight and airflow, so you don't get the fungus and mold that grows on many plants if they are too tightly spaced. We also ran a bunch of our tomato plants through it.

I don't grow the big tomatoes any longer. The small cherry tomatoes that vary in colors, whether oranges or yellows or the dark (almost black) ones thrive. Just walk up and down, and it's a forest along the fence line. They grow right through it and take hold on both sides. That is what I got from Jim.

He looked at the property, gave me a couple of diagrams on different species to overlay in there that are companion planting species, and then we went from there.

Having talked to him, the overlay is quite interesting in how you look for solutions. Then both of our work has come up.

I took his suggestions to better my property, and now here I am saying, “Wow! It really works! It does work.”

Lynn: That’s so ‘cool’! I grew pumpkins this year. I’m in a townhome so I have very little space. I grew some pumpkins for the first time ever, and I was dealing with what you were just talking about. I was getting the powdery mildew, and was trying to trim the leaves and the stalks and spray neem (margosa) oil on them. I must tell you that I’m not having great success! It’s tricky.

You are saying that by doing your method, it allows it to grow healthier without those issues.

DuByne: That’s all about airflow. If you are going to do microgreens, which I suggest everybody buy hundreds of pounds of seeds of microgreens because you can do that in your home if you have fans. You are going to find the same thing: If you put a tray of microgreens in and try to grow without any fans or ventilation, you will get mold and fungus after four, five, or six days, and you will not be able to eat those microgreens.

Wheatgrass is another one. You need to water that several times a day because you are going to get the spider-web type of mold growth on the bottom layer of your wheatgrass. You need to water those about six or seven times a day to keep the mold down, but then you have all the moisture to deal with.

So, they do go hand in hand, and the better the airflow, the less fungus, and the more sunlight to kill off that fungus and mold. Let nature do the work for you.

Lynn: I was looking through your book and glancing through some of your solutions. I started watching the video Winter Harvest with Eliot Coleman.

That's fantastic. Do you do any of that? Do you do the greenhouse and the beds where you winterize them inside the greenhouse so you can grow all season long?

DuByne: No because the winter garden that we put out is still in the process of being tilled up to get it ready for the cooler conditions. It's an all-outdoor grow.

The plants you are planting right now for an autumn garden, like the kohlrabi, and the rich greens like kales and mustard greens and those sorts of things that will take you through the winter – densely packed with a lot of micronutrients and vitamins –are going to get a head start. We will leave them out, and they will be back up as soon as spring comes. They will survive and grow slowly through the winter. You will get some production out of it – some is better than none.

The primetime right now of September, October, and November in east Tennessee is when everything stops growing, but as soon as it is into February, those plants take off like a weed again. So, we want to leave everything outdoors; let it grow.

We have a huge bed of greens. We also had broccoli, but we switched over to broccolini instead of broccoli because we found that it grows much faster, and once you trim them off, they regrow. A head of broccoli doesn't do that.

As these leafy greens are growing, as you are trimming the leaves for your food source, they continue to throw off leaves. So, you can do that instead of harvesting the full plant. That occurs during winter also.

This year we are going to try to over-winterize the superfoods that I've grown during the summer. I have gynura and moringa oleifera. We have lemon grasses and plenty of aloe vera and that sort of thing. Those will go in the greenhouse to keep it over-wintered, and we will get some starters in there at the same time for the next planting season.

How available is the seed going to be, though? That's my whole thing. We all understand that there are economic breakdowns coming. How much seed is going to be available for the general populous?

If everybody in the world or in America wakes up and says, “I need to buy as much seed as I can right now,” do you think there will be enough seed supply there?

White: Get it right away is what you are saying; buy it as soon as you can.

DuByne: It’s already late. The prices have doubled since last year, and the availability is down everywhere; there isn’t the availability that there used to be.

White: One of the things that you put on the pre-interview sheet that we talked about I would like to talk more about. You talked about local farmers. No matter where you live, there is going to be a farmer within 10-12 miles of you, with some exceptions of course. Generally speaking, there will be a farmer within a 10-mile radius of where your house is. Where I am there are much more in a 10-mile radius.

What are your thoughts about meeting your local farmer ahead of time? We talked about bartering with your farmer. How about trading a day’s worth of labor on the farm to get some food supply? Is that something that you think is plausible? There is a labor shortage right now, and some places are having a hard time finding workers. Would that be something you think could be implemented from the farmers that you know and your experience? If you offered yourself a day’s worth of labor, could you get three to four days’ worth of food for that?

DuByne: It depends on what type of farm it is. Is it a fruit orchard? Are they growing vegetables for farmers markets? Are they running cattle or some sort of egg operation? They are probably not going to let you into the facilities. There are a couple of dairies that are near here. If you were to walk up and say that, they would say, “Sorry, this is an FDA facility. Nobody is allowed inside. By the way, take off your shoes or walk through the mat that they have there to decontaminate shoes.”

White: They’ll spray down your shoes.

DuByne: If you are going on the edge of it, the easiest thing for me in order of what you would want to do to seek these people out first is to go to the farmers

markets and wander around and talk to people. Ask if you can go to the farm and check it out. You don't want to dive in there; you want to check it out first and see if you will sync up with them in your belief systems and whatever that entails for everybody. It might be a little different for everybody, or it might be symbiosis with that belief system on how the world is changing and how the solutions are moving forward.

Community gardens are another great one. There are many community garden projects. You can find that all over these social media posts and places.

Then you start to get a little 'quiver of arrows' together of places to go. The more that you go out there and put your hands in the soil, especially at the community garden, most of those are clued in and connected to those other farms that are out there.

I do want to say that there is a caveat here: I do have people ask me if they can come out and work. I would absolutely say yes almost all the time, but the trust issues these days of trying to keep some anonymity of your supplies and your location and any of the security ops that you want to keep security as 'close to the chest' as you can. You get many offers when you have a farm, and you get many people coming out, but who do you tell, "Yeah, come out every weekend. That would be great"?

White: You would let Corey and I come out there and work.

DuByne: I trust you all, especially you, James. How many years have we known each other? We did the radio program together and all these things for so many years. There are some people I trust and I will say, "Come on out, man. Here are the keys. I know you won't burn down the house," and that sort of thing. But others who just walk up and want to work for me, I don't know.

White: I can vouch for Corey.

Lynn: Thanks, James.

DuByne: Corey, here is the thing: Just because of the people that I know that you know, you would be welcome because your reputation precedes you with all

the people who I consider high moral characters. I would be, “Come on out!”

But to have someone blindly knock on my door and say, “Hey, I want to come and work for you. Can I come out?” I would be hesitant. But farmers always need the labor. That is one thing that I want to say: Yes, absolutely, there is always the next thing to do. We are never caught up. The list is still this big, and tomorrow it will be even bigger, even though we did five things today.

Lynn: I once had horses, and a local person showed up. He worked with horses and trained them, and he missed them. He did a lot of landscape and labor work. He said, “Can I do some landscaping for you if I can come out once a week and hang out with and ride your horse?”

I said, “Sure,” and it worked out great. Those were slightly different times back then.

It would be phenomenal to be able to go out. I would love to go out there and see your place because I would learn so much. I think that doing things hands-on is so important. I think that many people are preparing for different things, buying different things, and stocking up on things, but then they are not taking the time actually to do them now.

To try jarring and canning, to try planting or gardening, or to try dehydrating food and of these different things so that you already have the skill and knowledge and you feel comfortable with it, moving forward in certain things makes it more comfortable in the long run so you’re not in a panic state.

What do you do as far as storing for the winter? Do you do jarring or canning? Do you stock up on meat and freeze it? What types of things do you do to prepare for winter, especially knowing that if we were to run into some sort of lockdown or just getting ahead of mass inflation?

DuByne: All of the above. Yes, we do dehydrate. Here is the thing: We live near an Amish farm, so if we can’t grow it ourselves, we go to their farm.

You must realize that in the scalability of how much energy you have and how many people you have living there, you are going to be limited on the amount

that you can produce. That is simple math; how much labor goes in is how much produce comes out.

You can try to grow everything, but again, you want to be an expert at something. For me with the cherry tomatoes, I'm trying to wire that down to where I can grow those anywhere – upside down, in space, up in an attic, through lights, whatever. The leafy greens like okra are a 'no-brainer', so I like throwing that sort of thing out. I also like to grow some different types of Asian vegetables that are also 'no-brainers' like kong xin cai (water spinach) or morning glory. It grows prolifically, and you always need to continuously trim it; you get endless leaf out of that.

You want to go for the ones that have the least amount of work involved. But then what do you do with it once you get it? We have a huge amount of basil plants growing. We have seven different types of basil.

The first thing I do when it goes to flower, I cut all the flowers, and then I put them in white vinegar. Then I let that turn into a flavored vinegar with the basil flavor – just straight white vinegar that you can get at any store. You get big two-gallon bottles.

I try to use everything we have to create another product as a byproduct. So, the tomatoes are dried, and then we turn them into sundried tomatoes because we add our own garlic, and we grow our own herbs that we put in – mainly either basil or some sort of cilantro or celery. We have a couple of different types of celery, mainly for cooking; we grow the small ones, not the big, thick ones you think of.

We add our own flavors, and then put the olive oil in. That allows us to store olive oil and a food source, and an anti-bacterial all in one jar.

Those are all the different things that we do. I'm into tinctures right now. I know there is a natural medicine benefit. We only buy 100-proof alcohol. Many people call it 'rotgut'. I went to the store to buy a large number of bottles of 100-proof vodka, and they were like, "You drink this? This stuff is 'rotgut'."

I said, "Of course, but I want to use this for tinctures."

They said, “Oh, use this one over here. It’s 120-proof. You might want to use that one.” So, I do everything from Everclear all the way down.

White: Explain what the tincture is. Do you boil something down to a smaller liquid form or something?

DuByne: Parts of the plants and the seeds of different plants have medicinal value, depending on what it is. Once you put that in alcohol, it takes out the volatile compounds and things you want that you know as medicine. That is the way they did it back in the 1800’s. That is why medicines back then were bitter and broken down and taken out as a tincture. That is why people would always add hot water to thin it out.

Goji berries, which are a superfood, and Chinese apples are a good example. If you put those two together in a quart jar and fill it with alcohol and let it sit, you have a superfood liquid drink. If you start to get sick, you want to put that into your system.

There are so many of them, and I’ve been learning so much. There are also different mushrooms like reishi mushrooms. So mushroom tinctures and wild lettuce, which we boiled down with the rice cooker, are good ones.

How do you store those things at the end once you get your product done? You need to preserve it somehow. Preserving it in alcohol is the best way, and then you can preserve it for years and years.

Start with the quart jars. Then once you filter it off –I usually use brown, non-chlorine coffee filters to remove any kind of debris out of there. Then I put it in black glass tincture bottles. That is a medicine I make. There are all these different ones that are out there to be used for salves, balms using jewelweed, and tobacco mixed with beeswax for poison ivy. These are old Native American cures when you mix these together.

You can turn these things into salves by using beeswax and using alcohol for the tinctures.

I think you would see on my back shelf that it is loaded with everything that we

store, including beans and all the things that we dehydrate. It's all in glass, and it's all meant to store for a long-time using alcohol.

If you have a dehydrator, you must have two. The motor went out in one of ours, and luckily, we had a backup, and we continued on. Then I bought another two because 'two is one, and one is none'. Three is better because once it breaks, you still have two.

When the supply chain is breaking down, you're not going to be able to get this 'stuff'-I'm serious. By the middle of 2023, you will not be able to buy a dehydrator if 'your life depends on it' because of the supply chain. Whatever is in there now, once it runs its course, there will be nothing coming for five to ten years after that until things start up again.

White: That brings up another point that I wanted to bring up with you. We know that when everybody realizes that it's time to start gardening, there will be a run for garden tools; there may be a shortage of garden tools, and there most likely will be. What are the key garden tools?

Right now, before the pressure hits and you have some extra money, what garden tools will you need? You will obviously need a shovel and a rake. What are the key garden tools that you will need as you are working through your solutions in the worst-case scenario or if the power goes out or something like that?

DuByne: Just like Corey and I sitting here – different tools in different sizes. There are men's tools and women's tools. I like the rakes, especially the women's rakes. They're not so heavy, and they're smaller. For me, I like to get those because we grow a lot of things in shipping pallets. We rip out the center wood, and quarter it out to grow specific species in there. You don't get very many weeds compared to growing it in a garden where you are always weeding. Putting it in a shipping pallet is the way we grow it. We put so much extra time in our pockets by not having to weed.

White: Are you talking about the wooden pallets they put in the back of a grocery store?

Lynn: He sent us the pictures. Did you see those?

White: I have the picture here, but I haven't open them yet.

Lynn: They're in the picture. I was looking at that, thinking, "Wow, that's a pallet! That's very 'cool!'"

White: I've got it now. I'll include these pictures during this portion of the show. (*Solari* website)

DuByne: You can drop those pallets in anywhere. People always think that a garden has to be some super-giant thing. No, it can be this size. If you want to 'squeak it' in and have it ergonomic and not in the way of anything, just put a shipping pallet in and break it off. You can do it in half where half of the pallet is one species and the other half is the other. We do a lot of lettuces like that.

Right now, is a great time to start growing lettuce. It's cool in the mornings, and there is nice sun in the afternoons. In the summertime, you can't grow lettuce because it's too hot, but right now is a good time. In those pallets, lettuce is amazing because it grows so well.

Lynn: And that's deep enough for the soil for the roots system?

DuByne: Yes, if you use the box and then the divider on the top. It's empty on the bottom, and that goes into the soil.

We churned it all up and then add a great deal of mycorrhiza and kelp and calcium. We put in a load of busted up oyster shells and a few other things like worm castings. Then we mulched it and get that soil fairly good. We threw a load of mulch in there to give it some fluffiness, and then we put those shipping containers on top. So, when it does go, it can continue to grow down if it wants to.

I'm sorry, I didn't answer your question because I got off on a tangent. So, where Corey might use some smaller tools than I would, if you are going to be raking all day long, you will want something heavier. Otherwise, you will want something lighter.

If you are looking at those, there are plastic rakes and different sizes of rakes. Not all rakes are the same. Some have bigger teeth, and some have more rounded teeth that aren't digging as much into the soils. I think I have six or seven different kinds of rakes. That would be the same for shovels.

Some of those long cylindrical shovels so you can dig nice, smooth holes, or maybe posthole diggers are necessary. We found that the wine vines we put along the fence on one side were planted much easier by using a posthole digger to get that perfectly round because they come in the round wrapping anyway. Then you can just drop them right in.

You will need long shovels and wide spades, but you are also going to need tiny tools that are long enough to use with your foot. But then when you get down on your knees, you will need a whole bevy of hand tools that are small shovels and the three-pronged rakes so you can move soil around.

You will have to scale it from small while you are down on your knees to the plant itself, working the dirt and the soil, and scaling it where you are preparing the soils, and then some things in between. The women's tools have smaller handles. So, there is category of women's tools, and they are lighter and the handles are smaller, and it's meant for women working outside that are not going to be doing the super-heavy strenuous job of moving six tons of dirt with a shovel. They are more into the finessing and fine-tuning end of it.

Pitchforks are also important. I have two different types of pitchforks. One is really tight together with the forks, and the other one is like what you would see Ma and Pa Kettle holding.

Once you do plenty of cleaning, there is always going to be a huge amount of grasses and debris and clippings and things. It's much easier to hit that with a pitchfork and throw it onto a tarp.

Tarps are another thing to buy. I would stack tarps to the ceiling because they break all the time, and you will be going through an endless supply of tarps. Right now, all those things are made in China. So, if you can find any of those tarps, get them while you can.

Another ‘nugget’ of where to find these are at estate sales. You can find estate sales listed anywhere; choose your social media platform or choose your community newspaper.

The people who bought those tools in the 1950’s and 1960’s, the steel that is used now is so different on the tool quality. You just have to repair the handles of the older tools.

White: You’re right about that.

DuByne: You’re going to find a handle-maker. Luckily, there is a person here who makes hickory handles. So, I buy ten handles, which are cylindrical. Buy as many handles as you can. I assure you that turning a handle to make it into a handle, you won’t even believe how much work that is. But even to sharpen it down so it comes to the low point where it will fit back into the tool again is a skillset in itself, and on how you need to sand it off to get it to fit back in the tools and how to secure it with nails or lug nuts and screws.

I also have some handsaws. I have two stand-up handsaws and a number of small little ones to get in between weeds. I also have one of those push mowers that were around in the 1940’s with no motor.

White: I have one of those, too.

DuByne: Those are the kinds of things that you will need.

White: Believe it or not, one of those came up on a social media ‘For Sale’ listings, and it was \$30 for this push mower with no motor. I said, “I’ve got to go get that!”

I sharpen the blades, and it’s ready to go.

DuByne: I watched a couple of YouTube videos on how to do that. It showed you how to run it backwards and use some kind of gel to buff it up. Then you oil the wheels, and you’re ready to go again.

Lynn: Speaking of tarps, what are the tarps called that you use, specifically for

covering plants? What do you use for winterizing them?

DuByne: It's row crop covering. It's like a skim that you use over light sometimes; it's rather thin. From our own experience, I will save you the trouble of ruining your row crop. We would use bamboo poles and then attach the pepper plants. You saw some of those images, and those pepper plants are as tall as I am now.

At the beginning of the year, we had some nasty storms blow through here. They were about 60mph winds. So, we put the row cover over everything because we didn't want it to get damaged last year around this time with the early frost coming in.

With all of the wind action, the bamboo ripped holes. So everywhere we looked, there were 40 holes going up through the row cover where the bamboo had punctured through that row cover.

Then we thought, "Let's just use a pot and then put it over." That way there's no stick to rub on anything. So, we learned that if you are going to do it, get dozens of plastic flower pots, and make sure you cover that so that there is no stick protruding. Then you can lay it over.

Lynn: That said, bamboo is the 'bomb'. I always keep bamboo sticks around. I've used them for curtain rods and all sorts of things.

DuByne: You can keep those things forever.

Lynn: I know! They are very handy!

One of my concerns I would love to get your thoughts on is soil. Most people who are not farmers or homesteaders go to their local hardware store and buy bags of soil that says it's good for vegetables and flowers. Most people don't know a great deal about soil. I realize that we can watch YouTube videos and all of that – not to give kudos to YouTube who just 'nuked' me.

What can people do? Let's say that you don't have access to that and you need to work with what you have on your land, and you need to get your soil working

good for you. What types of things can you do with what you have at home? What are some simple products that you might be able to get ahead of time and store for that?

DuByne: I would get a book by JADAM. It's a method on how you use household waste such as in the rice you were going to throw away or something that has starches in it like an old pancake, and how you put this into water and get the fungus to grow there – the positive fungi – so after 7-10 days of 'brewing' this batch, you can have your own soil-building microbes to add directly into the soil. That costs pennies. How much does it cost for a bag of rice? Then you throw some sugar in a bucket and aerate it for two weeks. Then you strain it off and get your batch of EM to be able to start the soils to grow.

The realization will set in for many people as James said, "We need to get garden tools." Maybe you are a lucky one and get there and can buy some. A farm coop is another place to go. If your local Home Depot is out of material, just go to the farm coop. They have much more things there for farmers, so they are extra stocked in tools many times at the beginning of the season, but not so much now because almost everything is bought.

Then people will want to plant a garden, and they run into, "It's 100% clay here. Now what? I thought it was easier. I thought all I did was put in seeds and add water and we'd get food." It's not like that at all.

I'm not even an expert and shouldn't even be talking about it. I've only been doing it two and a half years to try to build the soils that you see in those gardens that I have pictures of. I'm trying to get those soils healthy enough that that level of production can come out of that space. It's taken me years to get there.

White: It looks great! There are huge vegetables you have. They look awesome! It makes me want to have a salad.

DuByne: We always, always have enough. We never buy any leafy greens or tomatoes or peppers or any of that. We always have okra and all those kinds of things. We have never-ending amounts of fresh vegetables for stir-fry. That is all taken care of. Even the broccolini and broccoli type things we have plenty of.

It's when you get into meat that you start to have a problem of where your meat or protein source will come from.

Building the soils is important. If you can, save all of your leaves this year. I'm doing this now and I've already made a few piles from last year that have broken down quite good. I live in a forest. I have 27 acres here, and only six acres is not forest. I have 12+ acres of forest land.

I blow all the leaves with a blower into a certain spot, and then I ring them and let them decompose and break down. There you have some humus that you can start using to put into your garden. Or, if you don't do that, you can wander through the forest and dig down through the thick leaf layer. Then you'll get to what looks like spider web material there. That is the positive fungus mold that you need – that bacterium – to go 'rocking' in your garden and start breaking down. Then you can build up the soil.

It's free. You just need to wander around the forest and dig through the layers of the top leaves to get that leaf humus. Only take the first $\frac{1}{4}$ or $\frac{1}{2}$ inch of soil, too. Start using that to build on top of some straw.

I've seen many people who want to have a foot-deep bed. They will dig down a foot and a half or deeper, and will lay a bunch of logs and sticks at the bottom to fill up that space. Then that decomposes over time and holds moisture as well. That's a quite hearty thing that will take a couple of years to break down. Then they layer it on top with straw, and come into the forest humus.

Finally, the very top layer is that material you buy from Home Depot or your local hardware garden center. That is the top layer of what they are using to grow. Then they're always adding microbes and mycorrhiza and the forest humus inside to get this live, living, building soil that continues to regenerate.

Not many people get that concept. They go from, "I've never gardened before," to, "Wait! The world just fell apart, but I've got a shovel." That is a huge thing for people to digest. How is the awareness psychologically going to move in with this whole food-growing thing? I don't have an answer.

White: You talk about the forest and digging through the leaves. The time to

do that would be at the end of the fall season after all the leaves have fallen. You can go into the forest. Depending upon where you live, there are plenty of woods or forest. Especially around here. Will that store? Usually, you don't plant again until the spring. Can you take that layer and store it somewhere such as in a container? Will it stay good if you put it in a cool, dry place over the winter? How do you maintain that, or do you have to use it right away?

DuByne: You throw it in the place that you are going to plant because it's soil also; it's another soil.

You can get that humus at any time of the year, just depending on how deep you dig. The humus is rather thick, at least here in east Tennessee. That layer goes down a good half foot/six inches down that you can harvest at any time. But if you want to make your own compost tea or your own leaf mulch, you just need to keep piling those leaves in a certain place and keep getting them wet. Nature will do that for you; it will knock it down and knock it down. You will see at the end of the year the super-giant pile of leaves that kids used to jump in has turned into a flat mass.

Generally, around 12 months, it will go from what you consider this year's leaf dropping on the forest floor to picking up hundreds and hundreds of pounds of those and trying to keep crushing them down. I don't even put it in a bin. There is a natural dip in the forest not too far from here, so I throw as many leaves as I can get in that area; I keep loading it in there. I let nature do it for me.

It is a soil already. So, to 'preserve it', as you are talking about, you don't want to dehydrate it. That would make it go dormant. I would take it and put it in the same spot that I want to grow next year, and just keep layering it and getting my beds preseasoned. Then when it is time to plant, use a rototiller (which you are going to want or have access to one because doing it by hand is difficult) to mulch all of that. Then toss in any of the soil adjuvants that you want to toss in as well.

So, from zero to being able to get that humus by yourself as you are starting today to create leaf mulch, it takes one year. You can go into the forest at any time and just spread apart leaves and dig out that humus. It smells quite earthy, too.

By the way, full minerals come from that. I had a very good interview with Clive De Carle in the UK. He was telling me all about fulvic minerals.

White: I've never heard of them.

DuByne: He said, "It comes from soil forest humus." In a rudimentary way, if you want to be able to do that and 'distill' that down, and let it soak in water and do the purification process, you can get your own fulvic minerals out of the forest. Or you can go where there are veins of fulvic minerals already compressed for you like they are in the UK. There is dense minerals there that they harvest and mine out.

White: Can you eat that? Is that for human consumption, or is it for planting only?

DuByne: Both.

White: Really? You can drink a tincture from the forest floor and it's healthy for you in certain cases?

DuByne: Yes, but it requires a little processing. I'm not going to get a handful of dirt and throw it in a cup and then drink it. That's asking for problems.

White: I know that!

DuByne: That is not advice. Please do not put dirt in a cup and drink it!

Lynn: I have a distiller. So how would you take something like that and distill it? Is that what you are saying? I'm trying to visualize how you would do that.

DuByne: Again, this is not medical advice. This is what I heard from a person who does the production of fulvic minerals and sells it. In a rudimentary way – and we were describing going back in time thousands of years – we were looking at how animals and people got these base nutrients back into their bodies.

Well, they would take the forest floor. You move all the leaves away and scrape

off the top layer, and then to get down into the deepest, richest compost that you can. You want to then put that into the water, and will let it sit there. You will let that come out a solution. You are going to heat it up a little, depending on what time of the year, but you don't want it anywhere near boiling; you want it to come up to 120 degrees. Then let that sit. Once that settles, then you want to do several different batches of straining.

The mineral compounds are then going to be in the water solution; they will come out in the water. At that point, it's only about taking the contaminants out – either the forest debris itself or any microbe or pathogen bacteria that is in there – and removing that.

If you had a big tea bag of forest floor and dipped it in water enough, you could remove all the microbes that wouldn't make you sick. That is the idea of what you are getting at.

White: And what is the advantage of these?

DuByne: These are fulvic minerals.

White: I've never heard of them before. Why are they better than other minerals? What is with the fulvic minerals that makes them special? Do you know that?

DuByne: If you are looking at your body as a full organism, what kind of mineral salts and vitamins does your body need to continue to thrive? If you step back into the animal kingdom, you always find animals at these fulvic mineral deposits licking, scraping, and ingesting. Why do they always go there? Why do the deer lick the salt? They are there for the minerals.

At the same time, the animal kingdom revolves around having these same fulvic minerals that they seek out. They know instinctively that it's something that if they ingest it, their body will function better.

White: That's great stuff!

DuByne: It's a full range; it's not just one. Our bodies are so depleted of so

many things. Throwing magnesium back into your body would probably be one of the best things to get you back healthy. This isn't medical advice; I'm just saying that I read some peer-reviewed research, and the number one thing that most bodies are lacking are minerals, and magnesium is at the top of the list. If that gets put back in a good proportion, then everything else starts to function more correctly, and it's the same thing with the fulvic mineral; once those get put back in, the balance starts to rearrange itself.

Lynn: A couple of other things that would be important items for people to get would be Ball jars and Mylar bags for storing. As far as storing, whether you have a small garden or a homestead, or maybe you don't have that set up yet at all and are going to your local farmers, what do you recommend? What do you do for winter?

I realize that people can buy buckets full of rice and whatnot, but to get nutrients in vegetables and fruits and herbs, what do you think would be the smartest things to get in order to store for the winter? What are you jarring for that?

I'm always curious about shelf life because I hear different things on that.

DuByne: I'm a shelf-life investigator. I believe that is the key to thriving in this time and knowing what the healthy foods will be and what the expiration date is. Some things never go bad, like honey. If it's truly honey from a source where they take the caps off, spin it in a centrifuge, and you get honey. If it's not heated and boiled and pasteurized, it's good forever.

They go back to some of the Hittite tombs from 5,000 years ago in Jordan, and in the whole Hittite Empire, they have found things stored in mushrooms (jars) that are still good after 5,000 years. So, you look at some of these things like honey, which you are going to need.

Tea and coffee are things that you will want to have. Squashes, pumpkins, and gourds are so easy to store. I've had them last for up to eight months – over the winter, of course, because it's cooler.

The key to storing pumpkins (and this is 'old-timer knowledge' from the old-

timers telling me this or the Amish people) is in a rack in your garage, since garages generally stay cooler or freeze, although you don't want your melons to freeze completely. The problem is that if they are resting against wood or plastic in a box or a crate, they are going to start to mold and decompose wherever it's touching.

The secret is to put some straw there; it lays on a bed of straw. Don't let the pumpkins or the melons or gourds or squash touch each other. You have to leave a little space between them and put them on a bed of straw, and they will stay good for eight to nine months easy.

White: You mean the pumpkins that you can buy from a store today, you can take one of those pumpkins right from the shelf and put it on straw and have it last for eight months?

DuByne: Yes. It depends on how much the stem will rot away. Some of these store-bought pumpkins have been chemically-treated as well. It's good to know the source of your pumpkins.

We get our pumpkins from the Amish. We get all kinds of pumpkins – the red ones, the blue ones, and the regular Jack-O-Lantern pumpkins. They have different types of squash and butternut squash, zucchini squash, and all those things. Any of those will store properly if it's on the straw.

The thing that you will find with the pumpkins that I found last year was that the rot will start down the stem somewhere, and then immediately, once you start to see any kind of white or mold on the stem, you will need to use that one and get it away from the rest of them. Just wander through once a week and see if any of the stems are starting to show some signs of rot. That is where it will start.

But, yes, you can store pumpkins through the wintertime by putting them on a shelf on straw. For the store-bought ones, I would say yes, but just make sure that they don't have the chemical on them.

Lynn: What if you wanted to cut one of those open and cube it up and jar it? Do you ever do it like that and preserve it in that manner?

DuByne: I hear many people say, “Canning, canning.” My idea of jarring up something in Ball jars or canning are things like bulk beans. We will get the half-gallon jars and put that in. We canned a large number of tomatoes last year, and it is an enormous amount of work; it’s an enormous amount of work.

We found that dehydrating was a faster way to achieve some of the same goals where we can then rehydrate some things. I know that making spaghetti sauces and tomato sauces is going to be a bit different than trying to reconstitute dried tomatoes, but tomato paste works really well if you are looking to stock up.

You can find quartered tomatoes or halved tomatoes that are in halves already in cans. The paste is excellent.

We only have so much time. It takes an enormous amount of time to can. Some of our jars popped open at the end. I don’t know if the seals weren’t that good or what happened, but we lost a couple; they just popped open.

My wife always says, “Let’s eat fresh while we’ve got fresh, and then if we need to, we can eat.” So, every time we get something, instead of going for the canned food and then taking the new canned goods that we have, we will always try to eat fresh first, and then if we have to use something, we will. But to put a huge amount of pumpkin in jars, it’s better to freeze it.

It’s the same with juices. They save well. If you can get a a large amount of fruit, and you think, “That is too much space in my freezer,” then juice it and freeze that juice.

I wrote a note here of what I’ve specifically been looking for: Get miles of cheesecloths because whenever you are going to squeeze something out, after you process it, you will want to keep all the debris and just get the good ‘stuff’ out. So, get cheesecloths.

Coffee filters is another one. You don’t want the bleached coffee filters; you want the brown paper coffee filters. That way you can run anything through and remove the debris.

Lynn: That comes in handy for many different things.

Let me ask you the difference between a dehydrator versus a freeze dryer. Do you have both?

DuByne: No, I just have the dehydrators. A freeze dryer is expensive and almost impossible to find now. I'm 'shooting myself in the foot'. I should have gotten one last year, but I was thinking, "Do I want to spend \$4,000 on a freeze dryer?"

Now I'm looking, and they're not even available. I probably should have bought that. But in terms of 'bang for your buck', and the amount of time that you must spend to get ready; you will spend 50 hours canning if you are talking at the level that you want to do with pumpkins to get all that ready. That is going to be days prepping it and drying it and preparing it and boiling it and getting it ready. Then you have to put it in the jars. Then you have to boil those and let them rest.

Canning is a huge operation. That is why families did it together. The more I go back in history, I realize that much of this that we talk about so casually, like you are going to do canning, that was a family affair. Fifteen people got together to hang out for the weekend. That's how much work it is.

Lynn: The only thing I've done with jarring was making jams. That, in itself, was time-consuming. What brand dehydrator do you recommend?

DuByne: Nesco was a good one; both Nescos have outlasted the other one.

I forget what brand the other one is. I think it is Westinghouse or something; it was a round one. I thought, "Oh, that's cool! You can stack them and stack them."

The thing was that when we were drying all the tomatoes, the juice would fall. Generally, on a food dehydrator, you can wipe the entire plate clean on the bottom layer. Where the fan comes out, you couldn't even separate it. I had to take the screws out of it to finally get behind there to clean it. It was just a mess. It was a poor design, so we never bought another one.

Nesco is a square one. What we found was that if you continually buy the same

brand and your motor breaks, you still have the trays. Then you start stacking more trays. You can turn your heat down a little longer, but then you can dry 10-12 trays of something easier – like basil leaves and different kinds of leafy things.

White: I paid \$100 for an air fryer, and it has a dehydrating feature on it. It even has a couple of racks. You can't put much in there, but you can dehydrate a bag full of jerky. Even that only costs \$100, and that would fit in most people's budgets, I think. You won't be able to do bulk dehydrating, but if you just do a little each day, eventually it's all going to add up.

DuByne: Please don't think about doing it each day. It is a lifestyle that you are doing consistently through the time when there is abundance. So, if you think that you are going to wait until the end of September and buy all this produce at the market and dehydrate and can it right now, that's not the way it works. It could for some if you have the labor pool around you to help you do that at one time, but from the spring when our basil started to come in, and the cilantro and the different spices that had started to come in, we would continuously pick it, dry it, dehydrate it, powderize it, and put it up. It's been like that continuously through the summer for everything.

Now we have a nice 'stash', but it's a continuous motion. It wasn't like, "Rush and get it all done at the end of the year." It was, "Take the extra bounty and harvest."

I have many different vinegars now; I have six good, solid types of different vinegars from the different basil flowers, and I've been letting that sit for two to three months in some cases, and six months in others. Some of the alcohol steeps for the tinctures has been eight months, so I know that almost everything is out of there now. I'll use the cheesecloth and strain all of the goji (see wolfberry) out of there.

The thing is that you must incorporate it into your lifestyle. If you think it's going to be like, "I'm going to continue to live my life, and then I'm going to pop in for five minutes at harvest season and then store enough food for the rest of the year for me," it just doesn't work that way.

Lynn: Right.

DuByne: Corey, you just agreed with me, so you know how this works.

Lynn: It's a lifestyle.

Let me ask you this: What are your top herbs or plants for medicinal purposes that you think would be wise for people to start growing?

DuByne: Definitely the Echinacea and the elderberries. Those are known antivirals as well as the garlic, but you have to plant the garlic in the winter to get it to come up. There are a few tricks to that.

We are always going through the spring onions. Calendula is an easy one to grow. Any of those kinds of thing are good.

I haven't done this yet, but I've been experimenting with the marigolds – the dark orange marigolds. You can make a tincture and an antibiotic out of those. If you boil down the heads and slow-boil it, and then you finally get the syrup at the bottom, then you can harvest that off, which is an antibacterial. As long as you don't go over a certain temperature range you will still have that quality.

Things that we've used in the past are things that your grandma used to say like, "We always grew x, y, and z." What are the old grandmas telling you? What did every grandma have in their garden? They always had chamomile for tea for upset stomachs. They always had Echinacea growing and elderberries. Lucky enough, we have wild blueberries, so I would be growing blueberries as well for antioxidants. Grow anything that you can get as a vitamin C source as well.

If you are going to be talking about micronutrients and using your food as your medicine, that takes it to a whole new level: Basil, spearmint, peppermint, and other mint plants. You only need one pot. You're not going to run through that much peppermint in a year. It's great to grow it, and you have the chocolate peppermint and the regular green peppermint, but in reality, we only used a tiny bit of peppermint, spearmint, etc.

You can buy those in seed packs online right now, which I would highly suggest

to anybody. Get the 12-pack of the most common seeds. You just throw them out, and your garden comes up.

Those are some of the top choices that I would recommend that are easy to prepare, incredibly easy to identify, and there is huge, Himalayan-sized information on how to prepare it across the internet and how to use it. You've got to have all three. You must have the information on how to prepare it. Don't go for some obscure species.

White: As we are getting towards the end of the interview, I would like to ask you one final question: What would you let people know as far as the best high-density nutritional foods to store for the winter? For people who are on a low budget and don't have gardens or acreage to grow things, and they have to go to their local grocery store or farmers market, what can they get that is the highest density and most nutrient-rich food that will last them through the winter?

DuByne: Nuts, dried fruits, and butters like peanut butters, almond butter, and anything like this are good. Also get the oils. Get avocado oils and olive oils. These have an enormous amount of fat-burning content, and there is a lot of energy density in it.

The protein is one thing, but the energy and the calorific value that is included in the foods is another.

Review the nuts. Any nut you can eat that is a hard nut has also been made into a butter, and those are not very expensive in the stores. They might be double the price of a jar of peanut butter, but if you are getting almond butter or cashew nut butter, that is something that is on a level step up.

There are different types of beans; you will have to do the research yourself, but black-eyed peas grow really well for us. If you put most of those beans on a flat tray, put some soil on them, pack it down, and just barely cover that and water them, you will get a whole tray of microgreens. If you want to do a holistic circle on it, you can turn those into microgreens in your garage or your house if you get a store-bought bag of beans.

By the way, microgreens from black-eyed peas are the most supple, sweet food.

They are very close to the sunflower on the texture of the snappiness and things. So, if you are thinking about calorific density or something storable that you can turn into another product, start linking levels up here. For example, you can boil beans for a stew, microgreen them, and there are many uses for them.

White: Let me get this straight: You are saying that you can buy store-bought black-eyed peas, take a baking pan, lay them along the bottom of a baking pan, put soil over the top of them, water them, and then micronutrients will pop up through the soil?

DuByne: It's a bit different fashion than that. You definitely want to get some holes at the bottom. You can get those rectangular black trays that are made for growing microgreens or starters for a dollar. You put your soil on there first, and you pack it down with a piece of wood so it's not concrete hard, but it's packed down. Then you lay your beans on top of that, and cover those with some soil at the end. So, you want your base layer a couple of inches deep. You can use store-bought stuff, too. Dig it out of the bag, put it in there, and tamp it down. Then put your beans on it, and put a quarter-inch of dirt over the top of that. Then just water it once a day, as long as it's not over-watered. Check on it.

Then an entire tray will come up, and they are so delicious. I've sprouted a huge amount before. Chickpeas are terrible; don't even waste your time. You're going to get this stringy mess that is inedible. But black-eyed peas are super-cheap, and they're delicious.

Pinto beans are fairly easy. I've never had good luck with black beans or the red beans. Don't waste your time on those either. Go for something that is a no-brainer. Black-eyed peas and pinto beans are good to grow up as microgreens.

Lynn: That is very 'cool'.

White: That is good information. We appreciate you taking the time here.

Lynn: I could go for another hour.

White: I know! There are so many things that we need to talk about!

This was great, David. We really appreciate you taking the time to talk with us.

DuByne: James, can I say one last thing?

White: Of course.

DuByne: Everything I'm telling you and explaining to you I never knew how to do before; I had to learn it. Now I've learned it and now I know what I'm doing. I'm perfecting my skill every step of the way.

I didn't know how to grow the microgreens. Canning things and reading about how to put basil flowers in vinegar to get a flavored vinegar – I didn't know how to do that. I experimented with it, and I did it, and it worked out. Now I know I can replicate it.

If you are looking at this and thinking, “Man, that guy gave us a mountain of information. There is no way I can understand and do all that stuff that this guy is doing or talking about,” you can. That is the whole message: You can.

I learned it, and anybody else can learn it, too. It's just about putting your fingers in the soil and actually doing it so you can learn it. When you do it, you remember it.

Lynn: And it's rewarding and gratifying in so many ways, too. You get excited and enthusiastic about it. Just try one thing at a time.

White: Those are great words. That is great and I agree. Even if you fail, you've at least learned something.

DuByne: You have to learn what not to do.

Lynn: Exactly. Now where can people find you?

White: Yes, tell us where people can find out more about you.

DuByne: We are streaming on Revolution Radio, on eight different platforms, Thursday from 10 pm to midnight on Studio A Revolution Radio. We are trying

to get that to be more of a live format uncensored over there, but we do stream out on eight different platforms.

The Adapt 2030 Channel, which you can find anywhere, is on BitChute, BriteOn TV, where I have my own show there Fridays from 2 pm to 3 pm with Mike Adams, and then <http://BriteOn.com>, where I have all my regular Adapt 2030 videos. They are also up on Rumble and YouTube and some other platforms where people post some of my information.

Then I have a podcast. It's the Mini Ice Age Conversations podcasts, which are on anywhere podcasts are hosted across the net. There are so many venues where you can listen, but it auto-populates out to 14 or 15 different venues. If you look for the podcast or the videos, they are quite easy to find on any search engine that you would use.

White: You have a book, too. Where can people find your book?

DuByne: I haven't updated the book since it was written prior to COVID. There is plenty of information that needs to be updated in the book. It's called *Climate Revolution*. The solutions are still valid, but the information up to what we've seen regarding the earth's changes and the exponential increases needs to be updated. That was then; this is now. We have some good base data. Now, where is it going to go from here?

White: David DuByne, we appreciate you joining us today on the *Solution Series* brought to you by *Solari.com* and *CoreysDigs.com*. This was a great episode. You can go to *Solari.com* or *CoreysDigs.com* if you want to sign up for the *Solution Series*. We appreciate David DuByne being here today with us.

Corey, is there anything that you would like to say before we close the interview?

Lynn: No, it was great to finally meet you. I appreciate you coming on and sharing a wealth of information. We will definitely have to keep in touch.

DuByne: Will do. I'm here in east Tennessee.

One more thing: We are building a series of 12-foot-tall yurts and putting foundations on them and having wood decking all around it so that other people who want to come out and work and stay on the farm will have a place to stay and have their own glamping yurt. It might sound all fancy, like a glamping yurt, but it's really nice and spacious.

There are fire pits and a little septic with them. There are some showers and those sorts of things next to them. So, if you come to work, come to the main house to eat and enjoy, and then you can blaze off and have your own space in the forest or out in one of the fields. So that is our next movement.

We are thinking about making this a full community here for a pullback spot in case something drastic happens. I will put out the information on how people can get here. On a daily basis, we are trying to turn it into something magical and special to bring harmony back to us within the ecosystem that provides for us.

Lynn: That's awesome! Sign me up, I've always wanted to stay in a yurt.

White: Me too! We will leave it at that as we are running out of time. We want to thank our guest, David DuByne from the Adapt 2030 YouTube channel. Check him out on all those different platforms.

Of course, from my cohost Corey Lynn, I'm James White for the *Solution Series* saying goodbye for now.

MODIFICATION

Transcripts are not always verbatim. Modifications are sometimes made to improve clarity, usefulness and readability, while staying true to the original intent.

DISCLAIMER

Nothing on The Solari Report should be taken as individual investment advice. Anyone seeking investment advice for his or her personal financial situation is advised to seek out a qualified advisor or advisors and provide as much information as possible to the advisor in order that such advisor can take into account all relevant circumstances, objectives, and risks before rendering an opinion as to the appropriate investment strategy.