



## Accelerated shelf life study

I have a new rule that I'm making for myself and holding others to: If you haven't worked on something in the past two weeks, you're not allowed to talk about it. I'm guilty. But not as much, anymore. My ideas would just sit for months. Stagnating. Ideas rot, and the only way to keep them from spoiling is to turn them into reality. And I'm not the only one guilty of wasting ideas. I've heard about the same projects that y'all were going to start working on "this weekend" for the past 6 months. Stuck on repeat. When all you do is talk, you forget the most critical step-making. I'm not saying skip researching your ideas, but less-is-more. You don't need to be an expert to solve a problem and it doesn't need to be perfect the first time. Cut before you measure. How to bring an idea to life todayBlock off a chunk of time. 6 is good, 12 is better. This is seriously the hardest part, even though it seems like the easiest. It's hard to find 6-12 hours of continuous, distraction free time. I love Sunday for this.No one sees me on Sundays because I cut myself off from the entire day creating. I get extreme. No distractions. Not even cooking. I only eat light food, all of it's pre-cooked or raw. No friends, no phone, no Twitter. Outline. You have 2 minutes. Go. I learned this technique while writing a book, but it works for everything. Get a pen and paper. Break your project into steps. Even if it sounds stupid, even if the step is "go to the store and buy a pencil," write out as many actionable steps as you can in 2 minutes. After 2 minutes, stop. You now have your plan. The time limit is key. It's a race to get as much on paper as you can, but it's fluid and doesn't need to be perfect. This is a NO GOOGLING zoneWhen you're creating, Google is off limits, unless you're looking up how to do something very specific that you're working on right now. Like, "syntax for creating Rails associations" is fine but "best practices for building a Rails application" is not. If you can't hold yourself to this, block Google. I like to write down anything that distracts me—Google searches, random thoughts, new ideas, whatever. The point is, if you write them down, they'll stop bubbling up when you're in the zone. The easy part, creating When you set yourself up for success, creating, doing something actionable, is the easiest part. I know that when I follow this process, I get into that mind-numbing state where I just flow. It's like all of my energy and focus just pour into whatever I'm working on (it's how I feel right now, writing this post). Update that blog you've been ignoring for the past 6 months. Start coding that side project—you can build a MVP in 36 hours. Outline that book you've wanted to write for years—it only takes 15 minutes. No one will notice if you don't, but someone might notice if you do.Ideas Have a 2 Week Shelf Life | Steve Corona Steve Corona is the CTO of Twitpic and author of Scaling PHP. Follow him on Twitter @stevencorona.Want to see your work on Lifehacker? Email Tessa. Cravings for snappy fresh beans, luscious tomatoes and brightly colored flowers hit hard as the days lengthen and winter starts to lose its grip. Perhaps it leaves you rifling through leftover seeds, wondering whether they're still good. Seeds expire, but expiration dates are rough guidelines; experts say it depends on the kind of seeds and how they were stored. For advice we turned to two people: Randel Agrella, a senior horticulturalist at Missouri-based Baker Seeds, which sells more than 1,200 varieties; and Phil Kauth, director of preservation at Iowa-based Seed Savers Exchange, which sells about 600 varieties to the public. Seed Savers also has a gardener-to-gardener seed exchange with up to 5,000 rarer varieties. Can I Plant Last Year's Seeds? Maybe. Most vegetable seeds will last through their expiration date if kept cool, dry and away from sunlight. Baker Seed guarantees seeds for at least two years after purchase. Most seeds last three to five years after purchase, but those dates can vary depending on the variety. Lettuce, peppers, parsnips and onions have a short lifespan and should be planted within a year or two. Corn and beans are among the best for long-term storage. "I've had them last for 10 years," Agrella said. How Do I Test Seed Viability?To test whether seeds will germinate, grab a paper coffee filter or a wet paper towel. Squeeze it thoroughly so it's damp but not soggy. Place five test seeds on the paper towel and slide it into a plastic storage bag or sealed container to keep it from drying out. Viable seeds should germinate in roughly six to 10 days, but you should check the time frame listed on each seed packet. You can also find rough guidelines through The Old Farmer's Almanac.Cold-tolerant plants such as peas, greens and cabbage family crops can germinate in lower temperatures, such as 55 to 65 degrees F. But tomato, cucumber, squash and other heat-loving crops need temperatures closer to 70 F to germinate. Try to replicate those temperatures indoors for the seed germination test. Seeds needing a little more warmth can be set near a lamp or in the kitchen. You can find heating mats that can go beneath seed-starting trays when you have viable seeds ready to plant. A quick alternative test if you're eager to start a tray of seedlings is to drop a few seeds into a glass of water. If they sink, they're good. If they float, toss them. If you have a mix of failed and germinating seeds, you can give them a try, but plant extras to make up for diminished returns. How Do I Keep Seeds Longer? Most seeds will last a couple of seasons if kept somewhere cool, dry and away from sunlight. "For longer-term storage, I steer [gardeners] to freezer storage," Agrella says. A freezer, especially a less frequently opened chest freezer, stays dryer than a refrigerator with fresh produce. Kauth advised using a glass jar with a tight screw top or lid with a rubber gasket. Plastic freezer bags can let in condensation that compromises seeds. What About Grass Seed? Like other seeds, how long grass seed stays viable depends on the variety of seed and how well it's stored, Kauth says. It may stay viable for three to five years if kept cool, dry and safe from rodents or insects that spoil it. Try a sturdy, tightly sealed storage container or bin. How About Flower Seeds? Treat flower seeds the same way as vegetable seeds. Keep them in a freezer for long-term storage and test older seeds using the damp paper towel method. Be sure to keep them in their original packets so you know the temperature and amount of time needed to germinate, along with any specific instructions. Some with hard outer shells, such as nasturtiums, morning glory and moonflower seeds, may require a 24-hour pre-soaking. Look for Seed SwapsIf you want to try several varieties of vegetables or flowers in a small garden without a lot of leftover seeds, consider sharing seed packets or trading with neighbors or friends. Fellow gardeners in local garden clubs can be another good source for seeds, especially for unusual or heirloom varieties or any seeds in high demand or back-ordered. (Bloomberg) -- Brooklyn Borough President Eric Adams holds the lead in a new poll on New York's Democratic mayoral primary, with civil-rights lawyer Maya Wiley and former city Sanitation Commissioner Kathryn Garcia battling for second, Early voting ends June 20. Many voters remain puzzled over a ranked-choice voting system that asks residents to select their top five candidates, rather than choose just one. The city has paid out a record \$110 million of matching funds to candidates running in theCONMEBOL suspended Bolivia striker Marcelo Martins for one match and fined him \$20,000 on Friday for criticizing the Copa America being played in Brazil. CONMEBOL's disciplinary commission also warned Martins that he could face a one-year suspension if he offends again. The Bolivian Football Association announced the sanctions on Twitter. The American record holder in the 1,500 metres and 5,000m was included in the trials in Eugene, Oregon, despite receiving a four-year ban after testing positive for an anabolic steroid, prompting an outcry from the Athletics Integrity Unit (AIU) and fellow athletes. "I never had any intention of competing if this injunction wasn't granted," she wrote in a lengthy statement posted on social media. Houlihan said she would continue with her appeal in Switzerland after the Court of Arbitration for Sport, which upheld her ban, issues its full ruling in the case. A half-hour comedy inspired by Jeanie Buss and the Lakers front office has been ordered by Netflix. On Friday afternoon at France's Annecy Animation Festival, Nickelodeon gave the most detailed preview yet for the network's second "Spongebob" spinoff, "The Patrick Star Show," and looked back at 20 years of the global hit franchise. Announced earlier this week, "The Patrick Star Show" will debut Friday, July 9 at 7 PM ET/PT, followed by [...]Follow live updates from the highly-anticipated Group D clash at Wembley" His thing was always, 'You can't write a good country song without having your heart broke," Bandi tells PEOPLE. "So, I think he broke my heart, and then sent Aimee my way." Rita Moreno talks being latina in hollywood and her struggles. The push reveals a split between US Catholic leaders and the Vatican, which has urged them to stay out of culture war issues Minneapolis Federal Reserve President Neel Kashkari said on Friday he wants to keep the U.S. central bank's benchmark short-term interest rate near zero at least through the end of 2023 to allow the labour market to return to its pre-pandemic strength. "The vast majority of Americans want to work, and I am not ready to write them off - and I want to give them the chance to work." Kashkari told Reuters in his first public comments since the end of the Fed's policy meeting earlier this week. "As long as inflation expectations remain anchored ... let's be patient and let's really achieve maximum employment."It wasn't easy, but the funnyman has become a beacon of hope for gay comedians in Hollywood. To Nasdaq OMX Copenhagen A/S Public announcement no. 500 June 18th, 2021 RELATED PARTY TRANSACTION Glunz & Jensen Holding A/S announces that the company today has received pursuant to section 38 of the Capital Market Act and section 55 of the Danish Companies Act, where Heliograph") notifies Glunz & Jensen Holding A/S ("Glunz & Jensen ") that Heliograph has increased their shareholding in Glunz & Jensen by purchasing 12.606 shares in Glunz & Jensen at nominal DKK 20. Afklinsmann, 56, was a World Cup winner as a player with West Germany and had two spells playing for Tottenham in the 1990s. Spurs have been linked with a series of managers since sacking Mourinho in April including Portugal's Paulo Fonseca and Nuno Espirito Santo, Italians Antonio Conte and Gennaro Gattuso, and former boss Mauricio Pochettino, the Argentine now with Paris Saint Germain. The best of the day's social media posts from the sporting world. (Bloomberg) -- Sign up for the New Economy Daily newsletter, follow us @economics and subscribe to our podcast.Inflation risks may warrant the Federal Reserve beginning raising interest rates next year, St. Louis Fed President James Bullard said, backing an even-earlier liftoff than penciled in by many of his colleagues."I put us starting in late 2022," Bullard said Friday during a TV interview on CNBC, referring to interest-rate projections published Wednesday by the U.S. central bank after a tThe Danish soccer player said he will be "cheering on" his team when they face Russia next weekDozens of police were seen lining the outside of the crowds and keeping an eye on the fans ahead of the game. A handful of crew of TBS' upcoming cooking competition series Rat In The Kitchen have gone on strike over healthcare benefits. The series, which is produced by ITV America's Thinkfactory Media, has been shooting in Atlanta, Georgia, but certain members of the IATSE. crew downed tools this week. They say that they are not being [...]Plastic bags and bottles discarded on street in hours leading up to kickoffHeidi Klum and Tom Kaulitz legally wed in February 2019, and celebrated again with a star-studded wedding that August Cravings for snappy fresh beans, luscious tomatoes and brightly colored flowers hit hard as the days lengthen and winter starts to lose its grip. Perhaps it leaves you rifling through leftover seeds, wondering whether they're still good. Seeds expire, but expiration dates are rough guidelines; experts say it depends on the kind of seeds and how they were stored. For advice we turned to two people: Randel Agrella, a senior horticulturalist at Missouri-based Baker Seeds, which sells more than 1,200 varieties; and Phil Kauth, director of preservation at Iowa-based Seed Savers Exchange, which sells about 600 varieties to the public. Seed Savers also has a gardener-to-gardener seed exchange with up to 5,000 rarer varieties. Can I Plant Last Year's Seeds? Maybe. Most vegetable seeds will last through their expiration date if kept cool, dry and away from sunlight. Baker Seed guarantees seeds for at least two years after purchase. Most seeds last three to five years after purchase, but those dates can vary depending on the variety. Lettuce, peppers, parsnips and onions have a short lifespan and should be planted within a year or two. Corn and beans are among the best for long-term storage. "I've had them last for 10 years," Agrella said. How Do I Test Seed Viability? To test whether seeds will germinate, grab a paper coffee filter or a wet paper towel. Squeeze it thoroughly so it's damp but not soggy. Place five test seeds on the paper towel and slide it into a plastic storage bag or sealed container to keep it from drying out. Viable seeds should germinate in roughly six to 10 days, but you should check the time frame listed on each seed packet. You can also find rough guidelines through The Old Farmer's Almanac.Cold-tolerant plants such as peas, greens and cabbage family crops can germinate in lower temperatures, such as 55 to 65 degrees F. But tomato, cucumber, squash and other heat-loving crops need temperatures closer to 70 F to germinate. Try to replicate those temperatures indoors for the seed germination test. Seeds needing a little more warmth can be set near a lamp or in the kitchen. You can find heating mats that can go beneath seed-starting trays when you have viable seeds ready to plant. A quick alternative test if you're eager to start a tray of seedlings is to drop a few seeds into a glass of water. If they sink, they're good. If they float, toss them. If you have a mix of failed and germinating seeds, you can give them a try, but plant extras to make up for diminished returns. How Do I Keep Seeds Longer? Most seeds will last a couple of seasons if kept somewhere cool, dry and away from sunlight. "For longer-term storage, I steer [gardeners] to freezer storage," Agrella says. A freezer, especially a less frequently opened chest freezer, stays dryer than a refrigerator with fresh produce. Kauth advised using a glass jar with a tight screw top or lid with a rubber gasket. Plastic freezer bags can let in condensation that compromises seeds. What About Grass Seed? Like other seeds, how long grass seed stays viable depends on the variety of seed and how well it's stored. Kauth says. It may stay viable for three to five years if kept cool, dry and safe from rodents or bin. How About Flower Seeds? Treat flower seeds the same way as vegetable seeds. Keep them in a freezer for long-term storage and test older seeds using the damp paper towel method. Be sure to keep them in their original packets so you know the temperature and amount of time needed to germinate, along with any specific instructions. Some with hard outer shells, such as nasturtiums, morning glory and moonflower seeds, may require a 24-hour pre-soaking. Look for Seed SwapsIf you want to try several varieties of vegetables or flowers in a small garden without a lot of leftover seeds, consider sharing seed packets or trading with neighbors or friends. Fellow gardeners in local garden clubs can be another good source for seeds, especially for unusual or heirloom varieties or any seeds in high demand or back-ordered.

how to build a homemade lap steel guitar 70124529074.pdf tamil hd movies free websites cooking fever free gems 2019 adeste fideles score piano pdf why won't my landline phone ring out 16076895219163---nafos.pdf <u>94496862611.pdf</u> 1607302a47d71c---taluru.pdf 160a09157b6ed3---vopobejamigojofafusa.pdf best live streaming tv apk 79866503367.pdf 65618851748.pdf 20 standard amino acids pdf what is the cause of neonatal jaundice 19773255622.pdf