



# THE PREPPER'S SURVIVAL BIBLE

THE ULTIMATE GUIDE TO SURVIVE AFTER THE SOCIETY COLLAPSE  
STOCKPILING, HOME-DEFENSE, CANNING AND OTHER LIFE-SAVING  
STRATEGIES TO SURVIVE TO THE WORST-CASE SCENARIO



**PREPPER'S LONG-TERM SURVIVAL GUIDE** LIAM LONG

**THE LONG-LASTING PREPPER'S PANTRY** LIAM LONG

**PREPPER'S HOME DEFENSE** LIAM LONG

**THE PREPPER'S COOKBOOK** LIAM LONG

**PREPPER'S NATURAL MEDICINE** LIAM LONG

**THE PREPPER'S CANNING GUIDE** LIAM LONG

# **The Prepper's Survival Bible**

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The Ultimate  
Guide to Survive After  
the Society Collapse.

Stockpiling,  
Home-Defense,  
Canning and Other  
Life-Saving Strategies  
to Survive to the

# Worst-Case Scenario

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**Liam Long**

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# **Book 1**

## Prepper's Long-Term Survival Guide

### **Introduction**

A prepper is someone who has prepared for disasters that aren't entirely predictable, though. Some disasters can occur in your

home or when you are traveling. Preppers need to know what they can do before a disaster occurs and what to do when it does.

At a fundamental level, prepping is a shortened version of the word's "preparation" or "preparing," but its modern use has taken it much further. Now, the word is associated with planning and prepping for disaster scenarios and major catastrophes. It involves basic things, such as stockpiling food, water, medicines, and so on—yet it goes much deeper than that.

Ultimately, we want to be prepared during the disasters that can occur and give us the ability to survive.

### **1) When Disaster Strikes**

You'll also want to secure shelter for your family if you're outside already. You can also make sure you have a plan for the unexpected.

### **2) Take Care of Nature**

You need to take care of nature and leave it alone. This means that you can't paint

over rainwater tanks, dig up your well or fill in your pond. If you do that, you may not have water in the future.

### **3) The Power Grid Is Down, And You Need To Protect It**

Your power might be out for weeks or months. When the lights go out, looting usually follows. Your neighborhood may not always be as safe as it was before an emergency or disaster caused a power outage.

### **4) Protect Your Home from Looters**

One of the biggest dangers during a crisis is looters. They are looking for easy targets and will attempt to take whatever they can from homes, businesses, cars, and trucks that aren't protected by security measures.

### **5) Staying Healthy in A Disaster**

When the power goes out, getting water and food can become an issue. Make sure that you have a supply of bottled water and canned foods. A camping stove is a good option, or you could get an electric campfire stove if you want the ambiance of campfires.

Clean water is also a vital issue as many people don't realize that it's easy to contract diseases from dirty water. You can boil your water or get an inexpensive solar shower.

## **6) Protecting Your Family**

When disaster strikes, you need to be prepared for the possibility that some members of your family might not be with you. If this happens, it's essential to have plans in place for reuniting the family. Your first step is to get a method of communication. You can do that by getting a HAM radio license or getting a charged cell phone for each person in the household so you can call them if they aren't home when you are.

## **7) Research Evacuation Plans**

Your evacuation plan will vary depending on your location, but most people think they can quickly get out of an area if disaster strikes by driving out of the site. But what are you going to do if you can't drive? You should have information on where highways are closed, bridges or tunnels are

damaged, and other issues that could impact escape routes.

## **8) Financial Preparedness**

Financial preparedness can help you to survive unexpected disasters. Having an emergency fund set aside for disaster situations can help you handle any financial hardships during a crisis. Finances are something that people often delay dealing with until they have the time.

## **9) Go Green**

Being green means taking care of Mother Earth in general, but it also means being prepared for natural disasters. For example, you might think that using gasoline in a generator is the best option because it runs on gas. Still, generators aren't always reliable for running 20 hours straight without interruption. An alternative would be to get 3-kilo propane or butane fueled generator and use that instead.

## **10) Think Outside of The Box**

We all think about what we would do if

disaster struck every day, but how prepared are you? Think outside the box and try some things out. You can make some incredible discoveries during an emergency and enjoy something that you usually wouldn't even know about.

Your town may not be affected by any of these disasters, but some of them could likely happen to you and your family. Make sure that you're prepared to handle any disaster situation with the help of these tips. Prepare and survive!

Jimmi has been a prepper for over 20 years. After the covid-19 pandemic, he decided to not care what people thought of him and understood the importance of passing on to others all the skills he has acquired in recent years in order to help and save as many lives as possible before it's too much late. He is the author of the book "Prepper's Long-Term Survival Guide". This book is a step-by-step guide to survival in a variety of situations.

# **Chapter 1: Different Scenarios - Different Preparations**

A prepper will always be prepared to address different scenarios. Some of the scenarios which you will be preparing for are:

No matter what type of survival scenario—whether it be a natural disaster or something man-made—a prepper has a plan ready to go to save someone's life.

Having food and water on hand is the most important part of any emergency kit. It doesn't matter how well prepared and stocked up you are if you don't have any food and clean water.

For a natural disaster, you will need to have a stockpile of food and water so you can



stay hidden from rescuers as well as help rescuers find survivors.

Food should be high in calories and have a long shelf life. It's okay to have freeze-dried food as long as it is a combo of freeze-dried and canned foods. Canned food does not last forever but it does last a lot longer than other preserved foods.

### **Have No Fear!**

Well, you will not have to be afraid of facing survival situations This book is going to make sure you have the necessary skills to keep you, and your family alive, in the event of any type of emergency.

You are going to learn what you **MUST** have in order to survive, no matter what type of situation you are faced with. You will also learn how to create shelter, find food and water, and do much more. This way, you will be able to assure that you and your family have the best opportunity to remain alive, and tell your own stories of survival.

The information you are going to learn

in this book is about surviving in all types of conditions, from the desert to frozen tundras. It may not be fun and exciting to think that you will need to know this information, but if you find that you do need it, you will be very happy that you had the intelligence to study what this book will teach you.

For the best results, read through each chapter and practice the skills. Practicing survival skills can be fun and exciting. As serious as the topic is, it is better to approach it with an adventurous and healthy attitude, instead of one based upon fear and panic. This is especially important if you are practicing survival skills with children. Your children need to be assured and prepared, not scared out of their wits.

Do make sure to practice, even if you think you will never need to remember each skill that you learn, it is better to have learned it thoroughly, just in case. You cannot simply read this book and assume you will know how to do each task.

Of course, you can keep this book with

you at all times. But the fact is that you will struggle if you have not given yourself the opportunity to excel in each task, without the pressure of actually needing each skill in order to remain alive.

As you practice the skills you learn in the following chapters, you will gain the expertise which is essential to your chances of survival. You will also gain something else. You will gain self-confidence. This is tremendously important when it comes to handling emergency situations. You will also be able to do something that many people have forgotten how to do, survive independently of man-made conveniences.

# Chapter 2: How to Survive the Worst Scenarios

There are several types of supplies you can make or buy depending on what you are preparing for. To get started, let's talk about the type of emergencies and what you might need for those.

Emergency kits are not something you should just buy and throw in a closet. These kits need to be well put together, have the items necessary for the situation at hand, and be stored in a place where they will be easily accessible. Here are some emergency kit ideas:

## **Be Prepared for An Earthquake**

There are several types of earthquake kits: The most common one is an earthquake kit which comes packaged with two-way

radios, a stockpile of nonperishable food items (including bottled water), flashlights, extra batteries, and instructions on how to use them. Earthquake kits are very easy to find, including stores such as Walmart and Home Depot. These types of earthquake kits can be purchased for about \$50–\$100.

Others buy earthquake kits to prepare for the possibility of an earthquake or other natural disaster. Earthquake kits are not as common as the general type we just talked about, but they are still available and could save you a lot of money if purchased in bulk. These kits can include first-aid supplies (bandages, sutures, medication), emergency water supply (tanks or filters), canned food items such as beans, peas, and tuna, and nonperishable snacks such as candy bars and granola bars along with matches and candles. Emergency earthquake kits can range from \$50–\$200 depending on how many people you need to be covered.

An earthquake kit can also be put together depending on the budget and what you want/need to include. The best thing

about making an earthquake kit is that you can tailor it to your family's needs. Create a list of foods, medical supplies, and anything else you think might be useful during an earthquake. You can then go out and purchase those items or create them yourself. For example, if you would like to save money by making some of your own supplies, you could make your first-aid kits using over-the-counter medicine (aspirin, burn cream) and gauze bandages. You can also make your own emergency water supply by filling up empty two-liter bottles with water or using a filtration system. If you are worried about making your water supply, there are many different types of emergency water storage options available to purchase.

The key is to create a kit that will meet the needs of your family for at least seventy-two hours, if not more. You should also think about an earthquake kit for your car in case you have to leave home quickly.

A lot of people think that you should never use water to put out a grease fire, but that is not true. Use a fire extinguisher (2 ½,

5, 10 lb.) or try to smother it with a lid or pot. Never use flour, salt, baking soda, or other dry absorbents as they may explode. If the fire cannot be controlled, get everyone out and leave the area quickly and calmly, so you do not become injured from debris or smoke inhalation.

### **Be Prepared for A Hurricane**

There are several different types of hurricane kits you can create depending on how much money you have to spend. You can find hurricane kits that include food rations such as MREs (Meals Ready to Eat), flashlights, batteries, first-aid supplies, and many others for under \$50. You can also find hurricane kits that include bottled water, nonperishable food items, extra batteries, and other items for about \$100. These types of kits are created by some of the larger online retailers of supplies.

A lot of people believe that a hurricane kit is unnecessary because most people don't live in hurricane-prone areas. That's true, but it doesn't mean that you shouldn't be

prepared for one to happen. Most people were caught off guard when a storm hits them and they have no idea what to do because they didn't have enough supplies for those types of emergencies before the storm hit.

### **Essential Medical Supplies for Any Disaster Situation**

It is necessary to be prepared for whatever disaster situation may arise. You never know if a natural disaster will strike or if you might find yourself in the midst of a political one. We have taken it upon ourselves to do some research on what will be essential medical supplies in any kind of situation, and we are going to share this with you today so that you can prepare your own survival kit accordingly.

Some of the items that were essential for our list include sterile gloves, gauze pads, adhesive tape, IV catheter sets, medical scissors, waterproof adhesive tape rolls (duct tape), and an EKG machine like the multi-lead M3 cardiac monitor. This is quite a nice little item to have, considering that any



medically relevant problem can arise during a disaster, and the fact that it's waterproof is just an added bonus.

We also made sure to include other items such as burnt cream, gauze rolls, adhesive tape rolls, and even some portable stools if you're going to be on your feet for any length of time. An important thing to remember is that you'll want to have a lot of these items on hand because if there is anything that we learned from our research, it's that there's no knowing how many people will need medical attention during a disaster situation.

The next thing is going to be to prepare your medical bag, which is going to contain everything that you need to treat or treat injuries. This includes bandages, gauze, meds, sterile gloves, first-aid kits, medications, and much more. If you can find a used backpack or something similar, then that would also help with the problem of space.

You also want to ensure that whatever

kit you are using has enough room so that it's easy for all the items in it to fit. If there is too much stuff packed inside of your bag, then it could become quite heavy and somewhat difficult for you to carry around with you whenever you go outside.

If you are going to be on a boat or something similar, then you will need to make sure that your storage area is waterproofed. Ideally, you'll want to make sure that whatever you're storing your medical kit in can be submerged without any negative consequences to the items inside of it.

Most of these things can be purchased from Amazon if you're having trouble finding some of them locally. We'd also like to mention that all of these things should already be in your survival kits if they are up to date.

# Chapter 3:

## Bugging Out

The Bug Out Bag (B.O.B.), also known as the Go-To Bag, is a survival pack meant to keep you alive for a minimum of 3 days. The purpose of a bug-out bag is not for long-term survival, but rather as an emergency bag when you need to evacuate quickly.

Whether it's an imminent natural disaster, a chemical spill, or a terrorist attack that threatens your home, you should be able to grab your bug-out bag and get out fast to safer ground. While in most scenarios bugging in at your home is a safer plan than bugging out to places unknown, part of prepping is being prepared for every possibility. For that reason, you should begin your life as a prepper by putting together a bug-out bag to prepare for a home evacuation if need be.

The concept of bug-out bags is

immensely popular in the survival community. The size of the bag, the material it is made of, what it's designed for, and the specific gear you put in it are all very important. Here is the process you should go through when selecting the best bug out bag for you:

❖ **Volume and Capacity.** When looking for a bug-out bag, the first thing to look for is the volume and capacity of the backpack. However, this is something where many preppers run into confusion because even though some backpacks claim that they can hold the same capacity, not all of those backpacks can hold all of the same amount of gear due to the arrangements and design of their compartments.

Look for backpacks that have multiple large and small compartments where ALL of the compartments can be easily sealed by zipper, Velcro, sealed pockets, etc. This will ensure that your backpack can hold as much gear as possible without losing any of it as

you travel.

If you want a backpack that is designed to get you through the day, look for a volume of 40 liters/2,500 cubic inches. For a backpack that is designed to get you through 3 days, which bug-out bags are traditionally designed to do, look for a pack that is up to 50 to 60 liters/4,000 cubic inches. For a backpack that is designed to get you through a week, increase the capacity to 6,000 cubic inches/80 to 90 liters. If you're looking for a backpack that can hold enough gear to allow you to survive more than a week...you're probably not thinking about what your body can physically handle.

❖ **Frame.** Once you have decided what capacity you want your bug-out bag to have, you'll then have to decide what kind of frame you want your bug-out bag to be on. The two kinds of frames for backpacks are those that have internal frames and external frames. Internal frame packs will have an aluminum frame located inside of the backpack. They are significantly

more flexible than external frame backpacks since they reposition the weight of the pack from the shoulders to the hips.

Additionally, internal frame backpacks tend to be slightly lighter and smaller than external frame backpacks, so if you're looking for a pack that has 90 liters worth of capacity to hold enough gear and supplies to last you a week, an internal frame setup is probably not the best option for you. But then again, the vast majority of bug-out bags are only designed to last you for three days, so in that regard, an internal frame backpack should be worth your serious consideration.

Larger, stronger, and heavier than internal frame backpacks are external frames. As the name suggests, rather than having an aluminum frame placed inside of the pack, the frame supports the backpack from the outside. The advantage to having an external frame backpack is the ability to attach more gear and supplies to it. Backpackers commonly use external frame backpacks to attach heavy-duty items like sleeping bags,

tents, coats, and so on. Another advantage to external frame backpacks is the space put between your back and the actual pack, which will decrease sweating as you traverse the terrain.

All in all, if you want a pack to last you for a week or more, the external frame backpack should be your choice. If you want a more traditional, 3-day bug-out bag, go with the internal frame for its lighter weight.

❖ **Build Quality.** Now that you have selected the capacity and frame of your backpack, the next thing to look for is the quality of the build. Your backpack should be designed to hold up well in adverse conditions and be water-resistant, the zippers should work without impediment, and the straps should be thick and adjustable. If you're buying your backpack in person, you should be able to tell if the material is tough and durable just by feeling and handling it.

If you're going for a deal over eBay or

Amazon, it will be slightly harder to tell if the pack is durable, but online reviews and item descriptions should give you the information you need. Besides, if you receive the backpack in the mail and it feels cheaply made, you can always ship it back. The best backpacks to look for are military-grade packs such as an Alice Pack or Three-Day Deployment Bags.

❖ **Color.** Last but not least, you'll have to select a color. Contrary to popular belief, you should consider avoiding more camouflage or tactical type colors, since it labels you either as a law enforcement or military person. When the grid goes down, you want to blend in, not stand out. For that reason, seek out more neutral colors. Green, brown, grey, or even dark blue should work well by allowing you to hide, if necessary, without making you stand out when you are seen. Avoid bright colors like red, orange, yellow, or pink.



- ❖ **Survival Gear.** With this information, you will be able to choose the right bug-out bag for you. The next step is the fun part, filling it up! As a hint, you may want to buy all of the gear BEFORE buying your bug-out bag so that you'll know the general size and type of backpack you need. When your bug-out bag is filled up, its contents must be well organized with the most important items in the easy-to-grab areas.

Don't follow this guide religiously, meaning you can remove or add items as you see fit for survival in your specific location, but it is meant to serve as a general guideline for what you need:

### **Bug-Out Checklist**

- ❖ **Electronic Items:** Assorted batteries, 2–3 flashlights, GPS, Radio (solar), Radio (CB).
- ❖ **First Aid:** Antibiotics, Aspirin, Bandages (assorted sizes), Bandana,

Cloth, Cough Drops, Gauze Pads, Gloves (plastic), Ibuprofen, Mirror, Needles and Thread, Tape, Space Blanket, Tweezers, Tylenol.

- ❖ **Fire and Shelter:** Bandana, Candles, Charred Cloth, Clothes (coat, gator, gloves, hat, jacket, pants, socks), Cord, Cotton Balls, Glow Sticks (avoid red), Magnesium Flint Striker, Matches, Poncho, Rope, Sleeping Bag, 1–2 Space Blankets, Tarp, Tent (optional), Wool Blanket.
- ❖ **Food and Water:** Bottled Water (2–4 bottles), Canteen, Fishing Equipment, Water Filter, MREs, Protein Bars, Water Purification Tablets, Salt, Spices, Sugar.
- ❖ **Hygiene:** Chap Stick, Comb, Hand Sanitizer, Mirror (compact), Toilet Paper/Tissues, Toothbrush, Toothpaste, Soap Bars, Sunscreen.
- ❖ **Weapons and Tools:** 3 Knives (Swiss Army-style, folding knife, fixed-blade belt knife), Duct Tape,

Handsaw, Hatchet, Machete, Multi-  
Tool, Shovel (folding).

# Chapter 4:

# Bugging In

## Urban Survival – Bugging In

If you choose not to bug out and simply hold the fort at home and batten down your hatches, then you need to learn how to do it well in order to increase your chances of survival, especially when disaster brings about anarchy and chaos until government forces are able to stabilize peace and order. This becomes especially important if you consider the fact that most of the nation's population is concentrated on cities and other highly urbanized areas. That means you'll have more desperate competition for living supplies, which means increased danger.

### **SELF DEFENSE**

This will be your top priority if you and your family choose to stay and hold the fort. It is because disasters have the ability to neutralize government's law enforcing, even

for just a while, which brings about anarchy and chaos – it's every person for him or herself. In such situations, expect criminality to be the order of the day in the name of survival. Those who aren't prepared are automatically the targets of the prepared.

There are some things you can do to minimize your risk of experiencing nasty things from desperate people during disasters that can cripple any functioning of government. Just keep in mind that these are merely guidelines and suggestions and shouldn't be taken as infallible truths. At the end of the day, you should exercise discretion on how to apply this in your particular situation and environment in the event of an urban disaster.

### **Darkness Rules**

You can avoid catching the special attention and interest of looters or other criminal elements by boarding your windows and to the extent possible, keep your lights off at night. When the whole metropolis is under darkness without power, even the

faintest of lights can easily draw the attention of unwanted elements.

### **Fortify the Fortress**

Secure your house as much as you possibly can from the inside, so as not to become too obvious and draw undue attention from the exterior. Fortify the doors with extra bolts, door jammers, chain locks and barricades to secure your home's entry and exit points. If they're still not enough to stop intruders, it can at least slow them down enough to buy you enough time to leave through the backdoor or prepare to take them down.

### **The More You Get Together, the More Secure You Are**

As much as possible, work together with your neighbors and community to foster a close solid relationship while there's no disaster yet. The benefits of close relationships with your neighbors include access to help when you need it, better protection for everyone from unwanted people and lower risk of them targeting you

for their personal survival. It's also your best bet for long-term disaster survival. Just think of how they banded together in *The Walking Dead* and you'll see what I mean.

### **Beautiful Sucks**

This may sound blasphemous for many advocates of the beautiful-home-tenet but hear me out. By keeping your home externally unattractive or looking unassuming, i.e., neither built like a palace or a fortress, you make it less noticeable and an unattractive target for looters, gangs or people desperately looking for food or other supplies.

Now I'm not pining for making your house look like a dumpster or an abandoned haunted house. Unattractive doesn't necessarily mean ugly. It just means it doesn't attract attention.

### **SUPPLIES**

When it comes to major supplies like food and water, this is where bugging in beats bugging out: you can stock up on essential

supplies like food, water, medicines and others like weapons, ammunition and other important equipment. While your BOB should be as light as possible, ruling out stuffing it with canned goods for food, you can fill up your pantry and attic with enough food to tide you over for long periods of time until the government is able to bring peace and order back to your city. You also have the benefit of sleeping in your own bed and being protected from the elements.

Stock up on foods with long shelf lives like canned goods, uncooked rice and clean drinking water. In particular, aim for at least a month's worth. You'll never know how long it would take before the government can put things under control and normalize the situation after a disaster has plummeted your city into anarchy and chaos.

Stock up on fire extinguishers as well to help keep your home safe from fires, in case one breaks out accidentally.



# Chapter 5:

# Water

## How to Store Water in a Survival Situation

Although you can last a few days without food in an emergency, your body needs water to function properly. Without clean drinking water, you could become dehydrated and suffer from several medical issues that might keep you from being able to defend yourself against looters. Ensuring you have enough safe drinking water available for everyone in your household during a crisis is important so have several gallons stored in your pantry or basement.

- ❖ To keep water fresh for longer periods, store drinking water only in food-grade plastic containers with airtight lids. For best results, periodically clean your containers with

dish detergent and thoroughly rinse them before filling them up again. If you don't have enough clean containers for your entire supply of water, you can store water in several gallon jugs before transferring it into buckets.

- ❖ If possible, buy commercially bottled drinking water instead of tap water, so you know the quality is consistent and safe to drink. You may also want to invest in a reverse osmosis filter if there is any concern about the safety of your tap water.
- ❖ Always keep a manual can opener and other utensils with your food storage containers to make it easier for you and others in your household to enjoy the contents of your pantry.
- ❖ As an added precaution, consider keeping several water purification tablets on hand so you can always mix safe drinking water with contaminated or suspect water sources if necessary. You can also use these tablets to clean

the plastic container your drinking water is stored in before you fill it up again.

Even if you grow vegetables and fruit, know how to hunt in a survival situation, and have a generous supply of water in your pantry or basement. You still need to have enough food stored so that you don't have to go outside during a crisis.

If you follow the guidelines that have been explored here, you should have no trouble keeping yourself and your family completely self-sufficient. Just remember to store food items high in protein, carbohydrate, fiber, fat, vitamins, minerals, antioxidants, and good cholesterol. Store foods with a long expiration date like dried fruit or canned goods on the bottom of your storage shelves, so you utilize the freshest ingredients before they expire.

Finally, don't forget to store fresh water in food-grade containers with airtight lids. If you do your research, store water properly, and constantly rotate your food supplies

every few months, you should be able to make it through any type of crisis without having to rely on outside assistance.

Water is one of the most important resources that a person must have in case of an emergency or natural disaster. Without it, people can die within days. This chapter will show you how to properly store water to ensure that you and your family will have access to it in case of an emergency.

As with all types of emergencies, you should gather as much information as possible before a disaster happens. Research the area you live in and which areas are most likely to be hit by certain disasters such as floods, storms, earthquakes, etc. These elements can greatly affect where you choose to store your water reserves.

## **How Much Water Should You Store?**

The amount of water that you need to store truly depends on the individual. There are a lot of factors that will determine how

much water you should have stored. Each person has a different weight and different levels of activity, which impacts how much they drink per day. People who live in warm climates drink more than those who live in colder temperatures. Also, the more people you have in your household, the greater amount of water you will need to store.

### **General Guidelines on How Much Water to Store**

- ❖ One gallon per person per day is a minimum for drinking and sanitation.
- ❖ A normally active person needs at least half a gallon of water daily for drinking, cooking, and sanitation.
- ❖ Children, nursing mothers, the sick, and the elderly will need more water.

An emergency or crisis is not when you should find out what works for your family. Be prepared in advance by storing the recommended amount of water per person. If you are forced to ration water during an emergency, you will at least have a reserve of

water available.

## **Types of Water Storage Containers**

When you store your water in containers, you should treat them with disinfectant to kill any harmful bacteria and other microorganisms that could reside inside. Chlorine is the most common chemical used for this purpose, and adding eight drops of bleach per gallon or two drops per liter of water will make it safe to drink.

You can store water in many different types of containers and in several ways. You can buy large plastic containers that you keep outside and fill with tap water when needed, or you can purchase commercially bottled drinks such as juice and soda pop. These bottles can be washed out and reused. If you plan to store water in plastic bottles, stay away from containers that have the number one or two on the bottom of them because they contain phthalates that can leak into the water. Also, try not to use any bottles made out of colored plastic since these contain lead and can contaminate your water supply.

Another option for water storage is to purchase commercially bottled water that is already stored in sturdy, sealed plastic containers. You can buy these bottles just about anywhere, and they are already treated with disinfectants, so you know the water is safe. It also makes it easy to grab and go if necessary.

Other types of containers that you can use for water storage include jugs made from a variety of materials such as glass, plastic, and ceramic. These can also be reused several times before they start to wear out. Ceramic jugs are opaque, so it will be harder for light to pass through them and cause algae growth or the development of bacteria that could make you sick.

# Chapter 6:

# Food

Food is the next most important element in your survival journey. Without it, you can't hope to stand the rigors of the environment, and it provides the much-needed energy and sustenance in a harsh and unforgiving landscape. In this section of the guide, you'll learn about where to find the food that you need, what the best kinds of food are for you, and how to prepare such foods. It's important to be aware of how to cook and store food once you're in the wilderness. The knowledge contained in this chapter will allow you to pick out the right equipment before embarking on your survival journey.

Food provides energy, which is vital once you're on the trail. Without it, you could quickly fade away and not have the strength to do essential tasks that will help you to stay alive. Food provides a morale boost, and it is



a great distraction from the difficulty of the situation that you find yourself in. Food is absolutely vital to life in the wild. It is of the utmost importance that you receive the vitamins and nutrients that your body needs to stay healthy and strong while in the wild.

## **Where to Find Food**

Food of many different kinds is all around you. You just need to know the best places to find it based on the environment that you find yourself in. Let's look at some of the places you could encounter on your survival journey and how these differ in terms of the food you can expect to find and also how you can access it.

### ***Wetlands***

Wetlands are home to a huge variety of life because they contain large bodies of water, as the name suggests. In these bodies of water, you can find all kinds of life. Animals from all over the region come to drink at these water sources as well, and this means it is much easier to track and trap prey.

Examples of these water sources in wetlands include ponds, lakes, streams, and rivers. You can find frogs, toads, fish, mollusks, crustaceans, and snails in these areas. In addition, aquatic life can be located in the muddy bottoms of these rivers, streams, and ponds.

Near the ocean, eating is even better. Various kinds of fish, crabs, mussels, clams, and seabirds all present an excellent opportunity to grab something to eat. Tidal pools are a fantastic way to find prey that is trapped when the tide goes out. Always be sure to be careful what you eat and ensure that it is not poisonous.

### ***Valleys and Mountains***

Inland areas can contain both mountainous, rocky regions, open fields, and forests. One of the most accessible sources of food you can come across in these regions is insects, such as grasshoppers, locusts, and crickets. Termites, ants, grubs, and other similar creatures can be found in rotting plant matter, logs, and vegetation. Frogs,

salamanders, birds, eggs, and worms can also be eaten, but caution is needed with some kinds of frogs and salamanders that can be toxic to humans. Eating these kinds of animals won't cause you to gain weight or provide a sufficient amount of energy, but they will keep you alive in the short term. It is about making use of what you have when you are able to find it. There is no room for sentiment when you're faced with a potentially perilous survival situation.

### ***Deserts***

Food is typically harder to come by in arid regions due to the lack of water. Desert areas are more of a challenge to find any kind of protein source because there are fewer animals that live there due to the extreme dryness of the climate. Finding food in these regions can be a challenge at the best of times, and so you have to take what you can get when you can find it. However, there are certain kinds of animals that have found a way to exist in these regions, despite all odds. These include yak, various burrowing squirrels, and rabbits, among others. Snakes

can and have been eaten in the desert. They are a good source of protein when there is little else to be found. Scorpions are also present. They may not present to be the most glamorous source of food, but they will help you to survive when there is nothing else. Be careful of hunting them. When you encounter one, hold it down with a sharp stick and remove the tail. Next, peel off the shells, and roast them over a fire. Insects and various kinds of burrowing lizards are also common in these regions. These can be treated the same way as you would the scorpion: split small lizards open, remove their internal organs and roast them over a fire with a sharp stick. There are numerous ways to prepare insects, which will be addressed later in this guide.

There are a number of key problems you might face when hunting for food in the desert, and it is best to be prepared for this. The first is that animals that live in these arid regions are often well-camouflaged and adapted to protect themselves if they are faced with danger. As a result, they are

difficult to catch because they are well suited to a lifetime of avoiding capture by larger predators. The second issue is that time able to be spent hunting for food is limited because of the inhospitable climate.

## **Tips for Finding Food in the Wild**

These are some helpful tips for finding food in the wild and strategies for planning your approach to finding food before you even embark on your survival journey.

The first tip you need to be aware of is to avoid brightly colored creatures, as these are colored in such a fashion as a warning to predators. These animals can contain bitter substances, toxic chemicals, or spines or hairs. They can also bite or sting. This does not mean that all brightly colored animals are dangerous, but that the vast majority are.

Before you go out, do your research thoroughly so that you know where to find food and what to expect in any survival situation. Although you might have the right

equipment, this doesn't mean that you will be able to use it effectively. Therefore, you need to plan ahead thoroughly and use your knowledge wisely.

Carrying various guidebooks can be an invaluable help in survival scenarios. However, you might not know everything about the subjects you most require an understanding of. In these cases, you will need to get a book that helps you to access and use this knowledge on the spot. Great examples of these guides include plant guides and guides to different kinds of animals familiar to the region you will be traveling to. Plants, in particular, need special attention, as there are many varieties that look like each other. Educate yourself on plant identification before going into the wild.

Always remember that unless impossible, you need to cook all food thoroughly in order to eliminate pests and diseases. Cooking food also makes it more palatable and pleasant to eat. In addition, the warmth acquired from hot food can raise morale, so before you begin your survival

journey, always be sure you know how you are going to generate heat and power so that you can cook your food thoroughly.

If you're going into the wild, you're going to need to know how to hunt and kill various forms of wildlife. While it would be nice to find food laid on, in the wild, the initiative is required in order to gain the food you need for eating. Therefore, you have to be prepared to trap, hunt, and catch animals, birds, and fish. Educate yourself on proper methods of trapping and the tools you'll need to take along with you in order to construct said traps.

In emergencies, you'll need to have this knowledge stored. What will you do if there is a sudden food shortage and the shelves are bare? Money will profit nothing. Only your knowledge of the wild will matter because you'll be equipped to take advantage of the conditions around you. Having a general understanding of how to find food starts with being prepared and being educated. With that being said, let's look at the most important foods that you will need to be going for and

what you should be looking to hunt and eat based on your skill level in survival situations. Not everyone has the skill to go after the same food. Some people are more experienced. You should not spend unnecessary energy seeking after large game, for example, if you do not need to be doing that. Rather focus on things you are able to manage.

## Hunting

There are many animals which call the freezing wilderness their home; you should be able to capture some of these with the aid of one or two simple traps. Before setting traps it is best to be certain that you can create a fire; this is the safest way of eating any animal meat. Of course, if you are that hungry and there is nothing else available then raw meat will have to do.

The easiest trap to set is a simple noose. You can decide where to place this trap by studying animal trails. If it is actually snowing the prints will be very obvious, even if the ground is frozen the path they take



through the wilderness should be noticeable. You should be able to guess the size of the animal from the size of the prints it leaves and the amount of damage it causes as it moves through the undergrowth. If you follow the tracks you are likely you find either a watering spot for the animals or a common feeding ground. This is an excellent place to put your snares as the more animals there are in an area the higher your chance of catching one.

Using some of the rope that you have with you; possibly from your paracord bracelet, fashion a loop and make a knot which allows you to pull the noose tight. You should then tie the loose end of the rope firmly to a strong object; such as a sturdy tree. Then, place a stick in the path to hold the noose part in the air and in the animal's way. This takes the tension of the rope; without the stick the noose will automatically tighten. The principle is simple, the animal walks into the noose and the stick springs away. The more the animal struggles the tighter the noose gets. Ideally place several of

these around the feeding ground to increase your chances of catching something.

# Chapter 7:

## Hygiene

While shelter, food, and water are the three most vital aspects of camping, hygiene is not something you can ignore. Poor hygiene is a sure way to pass on diseases to everyone in the group, contaminate water sources, and attract wild animals to where you are camping. One of the golden rules of hiking and camping is that you leave no trace of your passing through an area. All forms of trash need to be carried out with you—with a few exceptions—until you can dispose of it correctly. This may mean that you have to take more than just several baggies with you wherever you go.

### Waste Management

#### *Food Scraps*

Even if everyone is starving by the time food is ready, there are going to be scraps that

remain that aren't eaten. One way to prevent scraps or remains of meals from being left over is to carefully consider what kind of food and how much you prepare, so as not to create any waste products. However, if scraps do remain, you will need to clean it up by double-bagging (or placing it in a sealable bag) and storing it away from the camp (bear canisters or likewise) to prevent animals from getting into it. Never burn or bury leftover food as this will attract animals to you. Animals that get used to human food become a nuisance animal that associates people with food. This will cause them to go to humans for food and can lead to animal attacks. Not only that, but human food isn't good for animals and can lead to them getting sick.

### ***Packaging***

Many of the foods you take with you when you go camping will come in some sort of container. Any boxes or paper wrappings can be thrown into the fire to dispose of completely. However, metal (such as foil) and plastic shouldn't be burned. Wrappers and food containers left behind once people

leave an area looks terrible and can be a danger to any animals that may come across them. There is nothing worse than an animal that slowly starves to death because it got its head trapped in some trash left behind.

Wrappers can be added to trash bags, and larger containers can be placed back in backpacks when you leave the area. Dispose of this trash in marked trash containers on your route when available.

While you are on route and you spot trash lying around, consider picking it up and throwing it away in the bins. This way, the next person who follows the trail doesn't have to see trash littering the environment.

### ***Waste Water***

You will be using water to wash your hands and your cooking utensils. Any water used in the camp that needs to be disposed of is known as wastewater, and shouldn't be thrown out in camp. This wastewater needs to be strained of any solids before you can dispose of it. It should be disposed of 200 feet from the camp in a scattered pattern to not

allow it to pool. This water should not contain any harsh soaps that can damage the environment. Refer to Camp Hygiene to see which are the best soaps to use when camping.

### ***Human Waste While Moving***

Most people do not like to talk about having to use the toilet on the trail, but when you got to go, you got to go. However, while hiking there are no such luxuries available, and you have to deal with this. Human waste—which contains many different pathogens—can contaminate water and food supplies and spread many kinds of diseases which can infect both humans and animals. And frankly, no one wants to see human waste while they are enjoying their nature walk.

When on the move, it is best to urinate off of the trail. Ideally, you want to choose a spot to urinate that contains rocks, gravel, or even pine needles. Dilute the urine with water—if you have the water to spare—before moving away swiftly. The scent of urine can attract certain animals.

Many hiking trails have their own rules about how to dispose of feces, so be sure to follow up on that before finding yourself in a situation where you need to go with no toilet close by. If there are no portable toilets in the vicinity of your hike, don't fret, there are ways of dealing with the situation. Firstly, you can complete your business in a double-bagged Ziplock bag, which can be sealed after adding any toilet paper used. Any toilet paper that accompanies you should be scent-free and plain white. This baggie will have to go with you until such time that an area with the correct disposable means is reached. This pack-out method is not something everyone wants to do. If you are one of these people, research your trailheads to know what amenities are available to you when you are backpacking.

## Camp Hygiene

Personal hygiene is vital to keep you healthy and prevent any infection or disease from spreading in your camp. There is nothing as bad—or infectious—as an upset

stomach in a camp full of people. It can rapidly spread disease, cause dehydration, and weaken you. The best way to prevent diseases from swallowing up your camp is to ensure that everyone continues to maintain their hygiene habits.

### ***Personal Hygiene***

Washing hands should be something that you do religiously, whether you have used the latrine pit or not. Most soaps are too harsh to be used in a natural environment, so be sure to only use biodegradable soaps. There are many brands that you can choose from that can be used on you and your clothes. Alternatively, especially if you are in charge of cooking, hand sanitizer is quick and waterless. When choosing a hand sanitizer, ensure that it is alcohol-based and unscented. You want to avoid scents in all your hygiene products as many of them tend to be sweet and attract unwanted attention from the wildlife. Deodorant that is scented is strongly discouraged.

Bathing may not always be possible,



especially if the weather is too cold.

Unscented baby wipes are items that can help mask your scent as well as keeping you clean. EST Outdoors has its own wet wipes. These biodegradable cloth wipes measure eight by twelve inches and come in packs of 40. These wipes are handy to quickly clean your body, your hands, or a surface you want to work on.

When camping with many other people, you also need to consider keeping your breath minty. And though you could chew gum every day, brushing your teeth is far better. There are several natural toothpastes that are better for the environment as they contain less fluoride. When you are ready to spit after brushing your teeth, take a mouthful of water to help dilute the foam and spray it in an arch well away from camp.

### ***Food and Water Hygiene***

Hygiene should also be extended to your food and water supply. Freshwater shouldn't be used directly from its source for consumption. There is a chance that it can contain pathogens that can make you sick. If

you aim to drink the river or lake water, purify it first. There are many ways that you can purify water. The first is to boil the water in a clean container. It will need to be at a rolling boil for at least a minute or up to three minutes if you are at high elevations. Once the boiling period is over, allow the water to cool for 30 minutes before decanting it into a clean container. If the water you collected was murky, this should settle after the water cools. Instead of decanting possible solids into your drinking water, slowly pour the top layer of the water into a drinking container and dispose of the rest.

Alternatively, you can use a filtration system or filtration straw to clean your water for consumption. When choosing the right filter to use on your camping trip, look for one that has pores small enough to remove all microorganisms and possible pathogens. It is wise to follow all manufacturers' instructions on a particular product to ensure you are using the filter correctly. This will extend its lifetime of use. A filter is one of the only ways to remove both solids and

microorganisms from your water supply.

If you have no room for a filtration system, you can use water purification tablets. The main chemicals in these tablets are similar to what is added to the drinking water from your tap—iodine, chlorine, or even chlorine dioxide. These chemicals can generally kill off parasites, viruses, and bacteria which cause disease. Each brand of purification tablet has instructions on how to use them correctly. Generally, it is as simple as adding the tablet to the water you want to use and then covering the water for 30 minutes before drinking it. There may be an aftertaste with some products which may require extra steps to get rid of—such as leaving the water open after the tablet has done its work to get rid of the smell and taste of chlorine. Although the tablets can clean the water you drink of microorganisms; they cannot clear up any debris that may be in the water.

Once you have cleaned your water for use, you can use it to clean any surface you will be working on with the food you want to

prepare. Although boiling water can be added to dry rations to make a good meal, some people like to camp with fresh supplies. Or they like to hunt or forage for fresh supplies while on the trail. The standard rule of thumb for any food type, is that if it's meant to be cool it should stay cool, and if it's meant to be hot, then it should stay hot. The temperature range 40–140°F is known as the danger zone as this is where most bacteria thrive. Food supplies need to remain out of this range for as long as possible to be considered safe for consumption.

Any perishable foods should be the first to be consumed on your hiking trip unless you have some way to keep them from going bad. Any areas where you will be preparing a meal should be kept thoroughly clean before, during, and after the preparation is complete. Cross-contamination of foods is one way that you can pick up any number of stomach-turning bacteria. It is best to have an area where raw food is handled and a completely different area that handles cooked food. Containers used to store raw food should

never be used to store the cooked food afterward, unless thoroughly cleaned beforehand.

When packing a cooler box, any food that has the possibility of dripping (such as raw meat) should be double wrapped or bagged and placed at the bottom. When cooking meat, ensure that it is cooked well and allowed to rest a few minutes before eating. Do not leave food out overnight to be exposed to bacteria. As soon as people finish eating, bag up all remaining food and store it away appropriately. All containers, crockery, and cutlery should be washed with soap and hot water before they are used for the next meal. This not only prevents cross-contamination of bacteria from food particles but also prevents you from picking up an illness from someone in your group. Another sure way to prevent any form of cross-contamination is that everyone cleans their hands when they help to prepare food and before they eat.

### ***Wound Hygiene***

No matter how well you have cleaned a wound, there is always a chance that infection can become rooted in the injury. If anyone in the group has an injury, it should be monitored closely for signs of infection. Even something as small as a scratch can introduce bacteria that will multiply and cause a problem.

Mild to moderate forms of infection in injuries manifest as redness, swelling, and heat in the immediate area. There may even be worsening pain or pus. A person suffering from a serious infection may have a fever, chills, and swollen lymph glands. They may even have faint red lines that are moving away from the injury. This is a sign of lymphangitis—an infection of the lymph channels—a serious condition that requires antibiotic treatment soon. If this symptom cannot be managed, the patient will need to suspend their camping trip to get medical assistance.

All infection starts as mild, and if you manage it early on, it will not progress to something serious enough to warrant a

hospital stay. The first step you need to do is to soak the wound in hot water for about 20–30 minutes four times a day. Add some salt or antiseptic solution to the water to help clean the wound and sterilize it. A cut should be opened by pulling at the edges to clean it, especially if pus is present. When the wound swells and turns red, despite cleaning it as best you can, you can draw a circle around it to monitor the progression of the infection. If the redness starts to dissipate, the treatment is working. However, if the redness continues to grow beyond the line, the infection is spreading, and it is time to leave the camping vacation.

A camp's hygiene in terms of its waste, food, water, and wound care is what will make or break a camping trip before you have had a chance to settle in. Everyone should be able to openly talk about hygiene while maintaining their grooming habits as not to spread any possible diseases.

# Chapter 8: How to warm up and cool off

Whilst a shelter is essential, being able to create a fire will allow you to stay warm, cook food and even keep unwanted animals at bay. However, unless you happen to be carrying a box of matches or a lighter you will need to get your fire started the old fashioned way. In fact, there are a variety of different methods which can be employed to get your fire going:

## *Flint and Steel*

It is highly likely that you will have something that is made of metal on your person; this can be a penknife or a belt buckle. Striking this with a piece of flint will create a spark. The spark can be used to ignite some very dry grass, or other type of kindling



you have managed to locate. It is essential to have a quantity of kindling ready as well as a few slightly bigger sticks to help get the fire going properly. You will also need some sort of cloth to hold the flint with; this will prevent you from getting burned.

The sparks generated should land on your kindling and you will need to gently blow them to ensure the fire starts. As soon as you have a flame you can add a little more kindling.

### ***Rubbing***

If you do not have metal or are unable to find flint then you may be able to employ this method which uses just naturally found products. The first thing you will need to locate is a piece of hard wood; it will need to be roughly two inches thick. You will then need to gouge a straight line down the middle with it, your survival knife will do this easily but stone or similar object can work. The aim is to create a thin groove in the wood approximately quarter of an inch wide. You

will then need to find a stick and create a point at one end of the stick. To create the heat necessary to start a fire you will need to run the stick the length of the groove in your wood with as much force as you can muster. The stick should remove tiny shavings from your wood base and these will be ignited by the heat of your movement. Again you will need to blow gently as you add tinder to your wood and coax the flame into existence.

### ***The Drill***

This uses a similar technique to rubbing but requires more practice to get it right. You will, again, need a stick which has a point on it, or you have created a point. You will then need to cut a small hole in the base board; this should be approximately an inch from the side. This is the point of a v shaped notch you will need to cut next. The V is then filled with your tinder to start your fire. The point of your stick is located in the hole at the peak

of the V. You will then need to spin the stick by having one hand either side, constantly moving in opposite directions to each other whilst pushing the stick down.

After a few moments you should start to see smoke and you will be able to blow gently to encourage the flame into existence and add more tinder and wood.

There are a variety of other ways to start your fire, but these are the simplest for anyone new to starting fires. Of course, if you have glasses or a magnifying glass you will be able to amplify the sun's ray and create a fire. As with the other techniques, you are after smoke and then blowing gently with tinder to create a fire. It can be a good idea to practice these techniques in your own garden; this will ensure you have these skills if you ever need them.

### ***Essential Tip 1 - North***

Navigating may be one of the biggest issues you face if trying to find your way back to civilization. It can be easy to become

disorientated and simply walk in a large circle. If you have found a river then you will be able to follow this; you will have a source of water, potential food and are likely to be heading towards civilization providing you follow the flow of the river.

However, you can also navigate by knowing where North is. At night time it is easy to work out which direction North is; simply look at the sky and locate the big dipper; there are two sides in line at one side; directly above these two is the North star and north.

Of course, if it is cloudy or daytime you will need to locate North via a different method. At the middle of the day the Sun is in the south, keeping the sun behind you will ensure you are heading north. You can also look at the trees to see which side has the most moss; this is an indication of north. Alternatively place a stick in the ground and mark where its shadow is. Then wait a little while and put the stick in the ground again and mark its shadow. You can then draw a line between the two marks which goes from

east to west. You should then be able to look at the sun and assess which way it is moving; the opposite side of this is north.

### ***Essential Tip 2 – Natural resources***

There are an abundance of survival aids all around you, if you are prepared to look. For example, should you have been fortunate enough to have found a river then you will be able to follow it to find civilization. However, it may not be possible to keep it in sight at all times; depending upon the thickness of the woods. This is an opportunity to use the natural resources to lash several sturdy trees together to make a temporary raft. It is possible that the river will become too rough for a simple construction but it will move you much quicker and with a lot less energy than trekking through the undergrowth. Just be sure to take a sturdy stick with you to help you steer or row if necessary.

### ***Essential Tip 3 – Defenses***

One of the things that many people

forget is that there are dangerous animals which exist in the wild. Even with a fire they may be tempted to come close and assess the possibilities. To avoid any incidents you should consider placing defenses around your perimeter; these should be far enough away to give you warning and close enough to see what you are dealing with.

A good defense can be achieved by circling your camp with bits of brush and small pieces of wood; no animal will be able to creep through without making a noise. You can also string up some wood or metal which will jangle against itself or another piece to make a distinctive noise. The aim is to ensure you are awake and can deal with any issue.

### ***Essential Tip 4 - Signaling***

If you are waiting to be rescued or walking but hoping to be discovered then you will need to be able to signal any rescuers. There are a variety of ways of doing this but it is important to have decided what you will

do before they arrive. The smoke from a fire will always stand out on the landscape. If you have a mirror you can use it to bounce the sunlight back into the eyes of any pilot to ensure they know you are there; just don't do this for too long as you will blind them.

You may even be able to lay large logs into an SOS pattern in a clearing; you will need to assess the situation and decide the best course of action.

# Chapter 9:

# Electricity

Power sources in your home would include things like generators. You'll need a generator to operate items in your house unless you get an alternative form of power, such as a solar panel setup with batteries that can power electrical items in your house during these types of disasters.

If you have a gas generator, then that will be your power source for any type of disaster scenario. If you don't have a generator, then chances are you'll have solar panels with batteries hooked up to them, which will give power to your electronics and charge items like cell phones in case there is no outside outlet available after the storm has calmed down.

If you live in a small apartment building or mobile home with a gas stove, then you'll want to have an outdoor propane tank for



each of these things.

If you live in a larger house or condo, then you'll probably want to have an alternate power source and alternate energy source. You can also want to invest in a backup generator that propane tanks can be attached to as well.

If you live in a larger home, then you have more options than the average person when it comes to power sources and energy sources.

For example, if you have electricity and a backup generator, then you'll have power when any of the other sources are down. Other than that, generators are very common in homes and apartments because of their reliability when it comes to emergency situations. In most cases, people use it as their primary source of power on an emergency basis which can be a good or bad thing depending on the situation.

Modified sine wave generators—these are the most common and basically the cheapest. They can be purchased for about a

couple hundred dollars and come in a variety of watt outputs. The biggest problem with this is that they produce a modified sine wave which can be damaging to some electronics. So if you're going to use this as your primary source of power, then you'll probably want to purchase additional surge protectors for your more expensive electronic items like computers, televisions, laptops, and so on.

Electric generators—surprisingly, these are more expensive than modified sine wave generators and only last 50 percent longer as well. If you live in a trailer or an RV, then these can be ideal because they are self-contained and don't require any external hookups. However, since most of them run on gasoline, you're going to want to have a secondary power source if you need electricity for longer periods of time.

Fuel generators—these are generally the most expensive type of generator and also the largest. They can be very dangerous and need to be operated by experienced professionals who know what they're doing. If you try to operate one yourself, then there's a good

chance that your whole neighborhood will lose power in addition to you.

Fuel generators send fuel through a combustion engine, and then the mechanical power generated is sent to an output device. These are generally very large and have numerous safety issues associated with them. Not only that, but they're also very loud, which makes them unbearable for most people to operate.

If you have a fuel generator, then you'll want to invest in a surge protector and automatic gas shutoff as well.

The reason it's important to have a backup generator is that it can run for long periods of time without refueling or losing power. In fact, most run on propane which is cheap and abundant compared to other types of fuel that are available in most areas.

If you have a gas generator that can be hooked up to your propane tank, then you're going to want to tell everyone in the area that they can take free gas from your tank should something happen. Most people find this

offensive because you have a fuel source, and they don't. However, if the power is out for a long period, then it becomes less offensive as the days pass by.

That being said, these are the things I would store on hand if something like this happens:

Propane tanks —the most common power source is propane tanks if none of it is available after the storm passes.

Power generators—the most common energy source is usually gas generators which come in a variety of different watt outputs. However, it's important to have one that fits the needs you have in your home or apartment.

It is also a good idea to invest in a backup generator as well. You can either buy the generator or rent one at an hourly rate from a local hardware store. Because, for example, if you needed electricity for your refrigerator after the storm passes and don't have solar panels and batteries hooked up, then it would be best to have a backup

generator so you can save the food you currently have on hand instead of having it go bad.

Solar panels—There are solar panels that you can hook up outside your home for free power after disasters. I've never used them personally, but they seem pretty cheap and easy to hook up if you're the type that doesn't want to invest in a backup generator or already have an alternate source of power via electricity. If you're just starting out and want to save money on batteries and such, then I recommend using solar panels over anything else listed in this chapter.

Solar batteries—to go along with your solar panels, you'll need some sort of battery backup system as well so you don't lose power during nighttime or cloudy days. I personally use Sanyo Eneloop rechargeable batteries, and they work great. And if I'm away from home for an extended period and need power, then I just hook up a solar panel to the battery system and can have power for up to 8 hours with a single charge.

The next thing you'll need to do is make sure that you have an alternate form of heat during colder months like wood stoves, fire pits, and gas or electric space heaters that run off propane or electricity.

When it comes to these things, you'll also want to know if your home is on a septic system or not. If you don't know, then you'll need to see what type of system your home uses and if it is hooked up to a city sewer. You'll also want to make sure that any storm covered roads are also prepared for in case they get washed out during a storm or if there is a flood and the water gets above the road.

# Chapter 10:

## Useful Tools in Everyday Life

One flashlight with batteries and extra bulbs.

- ❖ A hand-cranked or solar-powered radio or lantern for communication over long distances, including shortwave bands if opposed to FM and AM broadcast transmissions. Ensure that it is weatherproof and built-in battery or crank. These are essential to use as your primary source of light since they are often the only means by which you can communicate outside during an emergency besides shouting, which can be difficult to do when out in the woods. They can also be used as an alarm, signaling someone nearby with an SOS calling signal.

- ❖ Four batteries and an extra power pack.
- ❖ A signal mirror or signal panel with a bright background.
- ❖ A whistle with lanyard, which can be used to signal for help. You should also have a secondary method of signaling that is not dependent on the environment and will work even if you are wet, sleepy or otherwise incapacitated. This could include emergency flares and floating devices or smoke signals. Anything that will let people find you when it's needed.
- ❖ Two emergency blankets. This is your portable shelter for cold weather situations. This should fit into every BOB and go bag, even into your car. If you don't have a space for it at home or vehicle, then get creative by carrying it in a stuff sack or pillowcase. Ensure that you have enough to last at least two days for each person.
- ❖ Two emergency sleeping bags.
- ❖ You need a waterproof tarp with



grommets to put over your BOB or go bag to protect it from the elements. You can also use this as a ground covering and place it under your tent to keep out water and debris.

- ❖ One set of lighter, waterproof matches, and waterproof fire starter.
- ❖ A first-aid kit having at least a small medical reference book, a good quality first-aid manual, sanitized dressings and bandages, disinfectant, insect repellent, antihistamines (for bites and stings), antiseptics (for cleaning wounds), tweezers, scissors, safety pins or shears for cutting bandages (if needed), paracord or string to place around your BOB to keep items from getting lost and also for multiple uses such as hanging your bag or tent.
- ❖ Good-quality fixed blade knife. At least three feet of 550 paracord, or parachute cord. A compass with protractor and map of the area, preferably waterproof.

- ❖ Multifunctional tool (knife, pliers, serrated blade, can opener, screwdrivers).
- ❖ Whistle or signal mirror.
- ❖ A self-defense weapon such as a handgun or pocket knife (pictured above).
- ❖ Matches or waterproof fire starters.

In addition to your go bag, there is another type of bag that you can use for your kit and keep in different places. These are what we call bug-out bags (BOB). These are designed especially for outings in which you may need to leave home permanently and will most likely include extra survival Kit. These kits are usually kept stocked with additional gear and can be used in case of an emergency. In the following list, I have listed some supplies that every BOB bag should have.

For a basic BOB, you will need some items from the following list:

- ❖ First-aid kit.
- ❖ Medical supplies (bandages, tweezers, antiseptic wash, scissors etc.)

- ❖ Iodine tablets or drops or iodine pills (for water purification).
- ❖ Duct tape for repairs and other uses.
- ❖ Good-quality pocket knife with a sheath and extra blades and sharpening stones.
- ❖ Lighter, waterproof matches, and waterproof fire starter.
- ❖ A first-aid kit with at least a small medical reference book, a good-quality first-aid manual, sanitized dressings and bandages, disinfectant, insect repellent, antihistamines (for bites and stings), antiseptics (for cleaning wounds), tweezers, scissors, safety pins or shears for cutting bandages (if needed), paracord or string to place around your BOB to keep items from getting lost and also for multiple uses such as hanging your bag or tent.
- ❖ Multifunctional tool (knife/box cutter/screw driver/saw).
- ❖ A backpack to carry all of your gear.

Make sure that your bag is large enough to hold all your gear. The bigger the better, but must fit within your means, and it should also be easy to carry. Remember that you will need to leave some space for food, water, and supplies, as well as having room for shelter, compasses, and other items.

# Final Words

For those of us living in the modern era, our lives have never been so dependent on the outside world and its steady stream of goods and services. An interruption in that flow would mean rapid and irrevocable consequences for our society. Being prepared for an emergency will help you manage your resources more strategically with an eye towards long-term survival within your local area. Each of us should plan to survive a year or more without outside support. That includes stocking up on crucial everyday items as well as some less common supplies and developing skills that can put these things to use when times get tough.

There are many things to consider. Some of these are more practical than others, but all of them should be given at least a little bit of thought. The best preparedness plan is one that suits your individual needs and circumstances. You may not have room to

store hundreds of gallons of water and cans upon cans of goods, but you can still be as prepared as possible with a realistic setup.

Preppers are individuals that tend to be preoccupied with the idea of disaster and are looking for a way to prepare for it. They tend to be most survivalism, or preparedness, is a type of self-reliance. It may consist of allocating resources (money and food) or coping mechanisms such as disaster preparation. It can be health-focused (e.g., exercise), economic focused (e.g., hoarding water or gold), spiritual-focused (e.g., barter), or any combination thereof. Preparedness is a response to concerns about adverse events, both natural and manmade, that may threaten welfare in the future.

What is considered 'prepared' is affected by the population and their occupation, location, and access to resources. Preparedness generally consists of three general levels: basic needs, emergency response, and personal preparedness. As such, a level of preparedness may be seen as a continuum with various degrees or steps to

take depending on the interests of the individual. The most extreme forms of preparedness are referred to as survivalism, prepper, or doomsday prepping (DODP).

Prepping can involve several different types of preparations. These can include things such as storing food and essential supplies, developing a survival kit, or preparing in special ways for disasters. It can also involve building an emergency shelter, and generally seeking out alternative forms of energy. In the case of prepping for a disaster such as a natural disaster, disaster preparedness may involve stockpiling enough food and water to survive in the event that electricity networks fail. Growing one's own food is typically more expensive and time consuming than purchasing it if it is not necessary, yet it does enable some degree of self-sufficiency for years, even during periods of poor weather.

Preparation in this sense may ensure good outcome in life by helping to cope with inevitable problems. However, it can also be a psychological challenge, and may prevent

you and your family from getting the most out of life. There is a concern that some people may prepare for threats that are unlikely to come about or prove difficult to handle.

Preppers often have a great day-to-day appreciation for the utility value of items which don't have an obvious survival application in the short term. This is why they criticize their own side for not having sufficient preparedness. They believe that preparation for a disaster should be an all-inclusive process—with the goal of ensuring that everyone in the family can be as comfortable and mobile as possible, without having to rely on others.

A survival gear list like this one makes no attempt to provide information on how to obtain these items and does not recommend them to those seeking survival skills. This list does, however, give some general guidelines on where people should devote their efforts if they want to acquire these skills; through training courses and books especially geared towards preppers.



Some people have looked at the prepping movement as a means of preparing for the apocalypse and thus making sure that you and your family survive. This is an extreme view of things, however, and one can hardly say that everyone who preps is looking for a lunar landing. Some people are simply trying to expand their skillset; others are looking to be more self-sufficient or make money from home.

Prepping is an activity that many people are interested in, but it's not something everyone should get into. It's worth noting that the original definition of this term was a "motion to advance certain proposals in the House on a non-Government or non-Party basis, which may include a call for additional members." In short, it then means one does not expect others to help them.

## **Book 2**

# The Long- Lasting Prepper's Pantry

# Chapter 1: Water Sources and Storage

It is a known fact that without water, humans will die after a very short period in the wilderness. Therefore, water is simply essential for basic human needs and cannot be ignored. The Rule of Three suggests the following theories.

Rule of Three divides significant aspects of survival into multiples of three. For example, humans cannot live for three minutes without air. You cannot live for three days without water, nor three weeks without food.

If you're in a group, you'll need to ration water according to how long your journey will be versus how many people are on the team. If it's just you, the situation becomes more straightforward. The key to water

management is conservation. It would be best if you showed that you could plan ahead for several days and keep your supply going until the moment that you can be rescued. But first, you need to find and prepare the water, depending on where it is.

Where you can obtain water is mainly dependent on where you are in the world. Water is not readily available in the desert and thus must be carried along before entering the area. In the jungle, there are no such shortages. However, water may not be drinkable due to it being toxic, polluted, or filled with dirt or sand. If these issues are the case, then you'll need to bring a filter with you so that the water can be drinkable. In addition, you can make use of water purification tablets. Both of these things are necessary. But, in order to avoid putting the cart before the horse, let us look at the way in which you can procure water.

Water is always around you, but it may not be as convenient as you'd like it to be. You can get water from a gutter downspout by hanging an N-95 style particle mask in a

window and using the end of an old broom handle (it should fit into the netting) to push the water into a container.

If there's no rain or it doesn't rain for days, you might have to start looking for other sources of water. Keep in mind that contaminated water can kill you, so make sure to get your water from a clean source.

## Finding Water

Water can come from many sources. The most common of these are rain, snow, lakes, rivers, and ponds. No matter where you are in the world, there should always be water available. Start by making sure you aren't wasting the water that you already have. Next, seek out other available sources of water. Remember, sometimes sources aren't apparent to the untrained eye. You will need to do your research before you find yourself in these situations so that you're able to find water when the time comes. The first thing you need to do is to be aware of the most common sources of water. These are areas that you can see and can easily access. Let us

look at some of these areas.

Many people wonder if they should drink water at all if it is not clean or purified. The truth of the matter is that you will die a lot more quickly from dehydration than you would from water-borne diseases. Sometimes you have to make a choice on the spur of the moment. The best course of action, though, is to always look after your health. If you're prepared in advance, you stand less chance of finding yourself in these situations.

When you find a source of water, always assess it before drinking. Where is it situated? If it's a stream, does it flow downhill? If so, there may be contaminants further upstream that you're unaware of. For example, rotting animal carcasses and other waste can all contaminate water and make it unsafe to drink. Always purify and boil your water if you're able to. Never assume that water is safe to drink unless you can identify and know it is completely drinkable. With that being said, valleys are a great place to find water because water always flows downhill. You can use this to your advantage.

## Puddles

Water can be found in small depressions in the ground that collect rainwater and runoff water after storms and rain showers. You can also find this water pooled in crevices in rocks and caves, as well as in the hollows of trees. Don't drink water found in trees that are poisonous. Always assess the water in puddles for signs of life and algae. If there is significant microscopic life living there, move on to other sources.

## Rain

Rainwater is the best source of water you can find if you are lucky enough to have a shower. Unless rainwater has run off another surface on its way to the ground, it is perfectly safe to drink and is purer than other forms of water. Collecting rainwater can be done in many ways: through using plastic pots, using clothing items to collect water and many other methods of collection.

## Digging a Hole

Digging a hole can sometimes yield

water if you dig in the right spot. If sand is wet or if you can perceive water under the surface, you can dig down to reach it. Let the water slowly fill up the hole. If you're at the coast, dig on elevated ground in order to avoid accessing saltwater. Digging near patches of vegetation can sometimes yield a good amount of water if you dig to the right depth.

### Dew

If there are known dew in the area, you can access this if you construct a dew trap. Dig a small hole in the ground and place a cup at the bottom. Cover the hole with clear plastic, secure the plastic in place, and you should be able to harvest some of the dew in this way. You can also lay a cloth on the ground to collect some of the water. Make sure to wring it out at dawn before the sun comes up, or the water will evaporate and be lost. Dew traps don't typically yield the most water. However, if the dew is reliable, it is an efficient way to get some water.

### Flood water



Don't drink floodwater or stormwater unless it's been boiled for at least five minutes. Floodwater can contain dangerous contaminants, including heavy metals, pesticides, raw sewage, and dead animals and people.

If you live in a kind of area that experiences flooding on a regular basis, make sure your home is on higher ground. You should also have at least a gallon of water per person stored for emergencies.

### Snow

If there's no snow on the ground when it starts to get really cold outside, make sure you're keeping the water in your house from freezing by adding an antifreeze chemical to the water lines or moving containers indoors. If there's already a foot of snow or more on the ground, it's better than drinking contaminated water because it isn't going to be contaminated by any floodwaters that might be flowing as well.

### Drinking bottled water

Many people don't realize that bottled drinking water is considered nonpotable in some places. Find out where you live and whether or not bottled water is safe to drink before bringing it home for use. If you want to store it, keep all of your bottles in a tub of water so the lids don't freeze. If your water was stored from a contaminated source, you might be able to get rid of the lids by boiling them out and down with a spray bottle filled with vinegar, then wash the bottles out well with dish soap and rinse them thoroughly after use.

Water that is condemned—when a water supply is declared unsafe for drinking, it may not be safe for bathing even if you boil it. If you're faced with this situation, look for another source of water to wash your hair and body and get clean.

## **Storing Water**

Storing water is one of the most

important things you can do to prepare for disaster. When you're in the middle of a disaster and suddenly have limited access to water, what will you do? How will you get clean drinking water or enough to drink for your family without using a lot of it? Are there other ways to store that drinking water so that it won't go bad? The answer is Yes!

Distillation—it is an efficient method of purifying any source of liquid into fresh drinking water. The only problem with distillation systems is that they are heavy and require a constant power supply to keep the heat required to boil off the water. If you are in an area where you do not have access to AC power, a crank-operated distillation system may be your only option for a temporary purification method.

Boiling—it is another way to obtain drinking water that's fast, easy, and cheap, but it has its drawbacks. Boiling requires at least four gallons of boiling water for every gallon of drinking water. If you have multiple people in your family or many people in your business and you want to boil lots of water,

this method can be time consuming and energy-expensive as well. Also, if you are a single person or a small family, boiling water will require more time and energy in relation to carrying the containers of water that need to be boiled.

Solar still—it can be set up in your yard or even inside your home for efficient and fast water purification after an emergency. The sunlight is converted into heat that evaporates the water through an evacuated tube. The hot air can then be used as a heat source for cooking or heating.

Drinking-water containers—if you have a well, have one gallon containers made of plastic grade HDPE (high density polyethylene) available for drinking when the power goes out. They can be used to store water from the well or for other uses. If you use plastic containers that have a screw-on cap, be sure they are sealed well.

Glass—glass jars can be used to store your water for a long time. You will need to know what type of glass jar works best. For

storing drinking water, you will want to use food-grade glass. It is also better if the container has a wide opening, so it's easier to get the water out once you need it. If you do use glass jars for drinking water, make sure they are sterilized first and keep them filled with cool tap or bottled water at all times during an emergency. A note about using a clear glass jar: Do not store the drinking water right out of the tap. This is known as pumping water or re-use, and it's not good for the faucet. Water will leach out of the fixtures in your house and can contaminate your drinking water supply. If you have a well, there is no need to worry about filtering sediment from this water because you should be filtering this water anyways by purifying it with a sediment filter.

### Waterproofing Your Bottles

How long will your bottled water last? If you must use a water source that has been exposed to nature, there are a few precautions you may take to extend the life of the water. Make sure the caps are secured and store them in a cool, dark place. This will keep

sunlight from degrading the chemicals in plastic and lessen the chance of algae growth inside your bottles. In addition, adding chlorine bleach to tap water for storage will help preserve it longer and keep it safe to consume.

During an emergency, whether you have stored water in a well or a safe place, but are still concerned about how long your water will last, you can keep track of the date by writing it on the bottom of the container. This way, if you can't get back to using cold water as soon as possible, you will know how long you've had to drink it.

### Vinyl Bottle Storage

Water sealed in plastic beverages bottles is treated with chemicals to avoid cross-contamination and expiration dating is also required by law. The United States of America Food and Drugs Administration (FDA) requires that all water-filled plastic containers must be labeled with the date they were filled. In addition, these containers are also color coded to let consumers know the

type of water that is being stored inside a container.

To ensure the bottles are preserved, vacuum sealing your plastic bottles is a good way to keep them fresh and prevent cross-contamination. If you are left without a vacuum sealer for a prolonged period, try using a plastic bag or other type of covering to prevent the air from getting between the bottles and preventing the vacuum seals from forming.

One other way to keep your bottles sealed is by using freeze-dried fruit pack, which can be purchased in some stores and online. This is an alternative to storing water in jars that usually includes a powdered mix that you add water when you drink it instead of needing pre-measured packages.

If you live in one remote location, you can give your family and animals additional protection from flooding by installing overland water runoff ditches to direct floodwaters away from your home. The ditch must be at least four feet wide and three feet

deep. This will reduce the speed of floodwater hitting your home on the ground level by directing it around your property.

## Water Treatment

If your water has more than the usual number of particulates or other contaminants that have settled on the bottom of the container, strain it through a few layers of clothing or a piece of cotton cloth before using.

Cooking water—one gallon of tap water takes up to an hour and a half to boil away (depending on your altitude), so it could be used for cooking later. If you use this water for cooking, it will help to make your food more palatable by pulling out the existing minerals that are in the water. When your water boils down to just a few cups or even one cup, you can add rice or pasta as a filler so you can stretch out your meal with the rest



of the water.

## **Chapter 2: How To Store Food**

What is food storage? It is food that is

stored to be eaten at a future date.

There are two different types of food storage: short-term and long-term food storage. Let's compare short-term food storage to a long-term food pantry. You have someone coming over for dinner, and you couldn't go grocery shopping last week. You go to your pantry and find that you already have all the ingredients for something you can whip up quickly. Food storage is going to save the day. Or if you have children, there's that ever-present question of "Hey mom, what's for dinner?" that can be answered by your short-term food storage. In practical terms, short-term food storage means always being ready for a series of meals without needing to go to the grocery store. Short-term food storage's purpose is to get you through small crises or to get you over the hump in a long-term crisis.

Long-term food storage, on the other hand, is made up of basic ingredients, which can be stored for twenty years or more. These are also foods that are difficult to grow or develop on your own. #10 cans and four- to

six-gallon buckets are commonly used for long-term food storage. A #10 may store little less than a gallon of food. Consider the size of one of those giant metal coffee cans you see in the grocery store—roughly the size of a #10 can. Rice, oats, wheat berries, dry beans, spaghetti, macaroni, non-fat powdered milk, flour, sugar, brown sugar, honey, molasses, maple syrup, baking powder, baking soda, and other foods are commonly found in long-term food storage.

When deciding between short-term and long-term food storage, you may be surprised that it's better to start with long-term food storage first. Long-term food storage can be put together in much less time, with much less money, and it can take care of your family for longer than short-term food storage.

Variety buckets, readymade ingredient buckets, and buying in bulk and packaging the components yourself are the three basic kinds of long-term food storage.

## **1. Variety Buckets**

These buckets contain a variety of different meals, usually sealed in Mylar to keep oxygen, water, and light out of the containers. A variety bucket might contain several servings of oatmeal, of chicken à la king, of chili, tortilla soup, powdered milk, and orange drink. The meals themselves may be different, but that gives you an idea of what could be found inside.

A variety bucket means that you are going to get a variety of different foods. You're not going to eat the same thing every day; instead, you'll have different meals. Each meal will be sealed for you in Mylar. Each meal is as simple as add water and eat. These buckets are easy to use.

That ease, however, comes with a price. These buckets are very expensive. At the time of writing this, Costco currently sells a Deluxe Survivor Variety Food Storage Buckets for about \$190 + tax. They break the contents down for you: it will feed one person 1,916 calories a day for six weeks, two people 1,916 calories a day for three weeks, or four people 2,012 calories a day for ten

days.

If you are a single person, that might be just the way to go. Pick up eight of those and you'll have food for an entire year for around \$1,600. The problem is when you get into families. Using that bucket, a family of four would need three of those per month. After tax they may end up paying \$600 for one month of food or \$7,200 for a year's worth of food. The more people you have in your family, the more prohibitive it can be.

## **2. Prepackaged Ingredient Buckets**

The second type of long-term food storage is prepackaged ingredient buckets. It is a five- to six-gallon bucket with one ingredient and generally sealed in Mylar with oxygen absorbers. Think of a six-gallon bucket of flour or of salt, of sugar, of macaroni. Those are types of prepackaged ingredient buckets.

These have some great advantages to them. You can choose things that your family will eat. One of the main rules of food storage is that you only buy food that you know your

family likes. There's no point in purchasing a long-term bucket if you aren't going to appreciate eating each food in it. Another advantage is that these buckets are cheaper than a variety bucket.

When you buy a five-gallon bucket of flour, it's going to be a whole lot cheaper a variety bucket, because you can make thirty different meals with it. You might be surprised at what you can make with flour. Emergency Essentials has around twenty different five-gallon buckets with different ingredients.

They call these Super Pails and they include things like beans, wheat, sugar, cold cereals, oats, rice, powdered milk, popcorn, and other items. At the time of this writing a five-gallon buckets of cereal costs approximately 35 dollars, while beans cost 80 dollars, and wheat 50 dollars. You can do so much with wheat, sugar, rice, milk, oats, and beans. The prices are better than the variety buckets, but there is a much more economical way to store your food long-term.

### **3. Buying in Bulk and Packaging the Ingredients Yourself**

Buying in bulk and packaging the ingredients yourself is by far the cheapest way to purchase long term food storage; you just have to package it yourself. There are only a few things to buy: the ingredients, the buckets, the Mylar bags and oxygen absorbers. For example, if I purchase wheat berries from a company called Azure Standard it would cost me about 27 dollars (after shipping) to fill a five- or six-gallon bucket.

The Mylar bag and oxygen absorber would cost me another two or three dollars. I could package my wheat berries for around 30 dollars for a six-gallon bucket. This is a savings of 20 dollars over a bucket prepackaged for me. If you have a Latter-day Saints cannery near you (you don't have to be a Latter-day Saints member to use their cannery) the cost would be even less.

## **How to Efficiently and**

## Safely Store Food

Purchasing and stockpiling food supplies in the event of a disaster is a strategy that everyone should adopt. Having a backup supply of food is critical in any disaster and will dramatically increase your odds of survival. When a disaster occurs, your local grocery stores will immediately run out of food supplies or food will quickly be looted and stolen. If there is a power outage, everyday foods that need to be kept cool will quickly disappear. Without a proper food supply, you will find yourself venturing from your safe house looking for food resources. Leaving your safe house to seek food puts you in danger and also exposes your house to looters. If you begin to run on a caloric deficit your energy level will slow and your decision making will also become cloudy. You shouldn't count on government aid and supplies as they could let you wait for weeks. These supplies could also be rationed off only leaving you with the bare minimum food and water intake. In light of this, we will discuss the ways to properly store, choose, and create



your food stockpiles.

## **Food Storage Enemies**

Maintaining the quality and preserving your food source should be your top priority when it comes to creating a food supply. Nothing is more dangerous than a disaster occurring and realizing that your food supply has been contaminated. To keep your food preserved you should avoid the following enemies:

### ***Heat***

Heat will dramatically decrease the shelf life of your food supply. Your food should be stored in a cool area, preferably climate controlled. A small air conditioning unit might be a wise investment if you are building a large food supply room.

### ***Air***

Exposure to air can also dramatically reduce the shelf life of your food supply. You need to make sure that you are familiar with vacuum sealing if you are going to properly

store your food. Investing in oxygen absorbers will allow you to remove any oxygen that could contaminate your food supply.

### ***Light***

Light is another enemy of your food supply. Light will not only decrease the shelf-life of your food, but it will also increase the heat in your room. Make sure your food is kept in a dark place.

### ***Expiration Dates***

Even though you are saving up food for your emergency supply, you need to make sure you rotate it. Many types of food have expiration dates that you need to be aware of. Rotating your food is the best technique to solve this problem. Your food storage supply should be used and eaten to avoid food hitting the expiration date.

### ***Pests***

The last enemy of your food supply are pests. There are many different types of household pests that can chew through and

contaminate your food supply. You need to actively monitor your food supply for any pest development and take the proper steps to fix the issue in case it occurs.

### **What Should You Stockpile?**

Creating your food supply can be overwhelming and we suggest you to start step-by-step. Start tracking your family's eating habits and how much food you consume during a week. Take notes on your family's favorite meals and see if you can replicate them in a survival situation. Easy meals that can be cooked during a survival situation include:

- Skillet Meals
- Casseroles
- Chili
- Stews & Soups

You would be surprised at the number of dishes you can make with survival food. Recipes that are high in canned foods, herb

and spices, grains, rice, beans, dehydrated dairy, flour, sugar, and different sauces can all be made from your survival supply. Unfortunately, recipes that include sour cream, cream cheese, large amounts of dairy, certain vegetables, and high protein sources may be difficult to store and cook. As we mentioned above, see if you can copy your family's current recipes and create them with preserved foods.

### **What to Consider**

When putting together your basic food stockpile, there are a few things to keep in mind. You should have a balance of large meals that take time to prepare and smaller meals that require little time to prepare. You should also think about your storage space and the amount of room you have. Large things like rice and grains will take up a lot of room, whereas cans and mason jars can be readily stacked. You need also to be sure about the nutritional value of all your supplies. Having a food supply high in nutrition will ensure your health during

survival periods. Consider the shelf life of the food you're buying, and make sure you're rotating it appropriately to keep it from going bad. Finally, your food supply should be stocked with goods that will swiftly deplete within the first 48 hours of a crisis.

If you want to avoid food deterioration, make sure you store your food supply in the right containers. Knowing which container to use for certain foods is a huge part of understanding and implementing proper food storage. Remember nothing is worse than a disaster occurring and you realizing your food supply has been contaminated. Lucky for you, there are numerous different food storage containers on the market that will help you preserve your food supply for long periods of time. As follows some details about food storage containers you can use.

## Water Purification

Collecting rainwater—if you live in an area where it rains regularly, rainwater is your best source of water because it is generally clean and free of contaminants. Collecting rainwater is easy as long as you have a roof over your head. If you're out camping, it's much easier to collect the rainwater in a rain barrel or one of the collapsible reservoirs often used for camping, than to go through all of the methods of collection described below. If you're home in an urban area, you can place a large umbrella outside your backdoor as a collection device. In the spring, if there's still snow on your roof and it melts into your gutter downspout, you'll have some extra clean water for washing and flushing as well. Rainwater is also great for watering flowers and plants.

Collecting snow—be sure to have a gap between the snow on the roof and the eaves of your home so that rainwater may fall into the downspout. If there's a snow-covered roof covering your entire house, you'll need a

way to collect it.

If you find yourself in one area where it snows a lot, you can create an insulated container for collecting snow by cutting and sealing large plastic garbage bags, then putting flakes into one bag at a time and leaving them in place until all of the snow has melted. You can then remove them as soon as they've gathered enough to rain down (which should be within thirty minutes).

If you're going to collect your snow from a roof using a bucket, try to choose one that is not lightweight and permits easy access for pouring the water that has collected into the bucket.

Collecting rainwater from the gutter downspout—this is a very simple and efficient way to collect rainwater if you live in an area where it doesn't rain very often. Place some T-shirts or old sheets (avoid bed sheets because they may trap contaminants) in the gutter downspout at least three feet above the ground and run them up either side of your house with all of the items hanging

over the edges. When you see the water collecting, take it to a container and let it settle over the course of an hour or two.

Collecting rainwater in vacuum bottles—you can collect each batch of rainwater into a vacuum bottle and then can store them in a clean container for later use. You can use one-gallon plastic or glass vacuum bottles with screw-tops or five-gallon translucent plastic containers with snap-lock lids. Be sure to put label each bottle with the date, time, place where collected and a comment about how much rainwater you collected.

Collecting rainwater with a tin can—if you don't mind getting your hands a little dirty, you can easily collect water with a tin can. Punch some holes in the bottom of the can and place it under the gutter spout during a significant rainfall. The water will fill up the tin can, and you'll easily be able to pour it into another container afterward.

Collecting rainwater from roof tiles—your roof is actually one of the best places to collect rainwater because most contaminants



stay on the ground rather than being washed into your gutters by the rain.

To survive, water is very essential, so everyone must know everything about it. We must have a regular water source always on hand. However, after we are settled in our new home, we may not have the regular water source. We must know how to purify water for our use. The methods and procedures described here will help us do that.

# Chapter 3: Canned Food

## Why Canning?

Since the beginning of time, humans have tried to preserve food. All over the globe, drying, salting, or fermenting food is still practiced. Canning is an addition to the growing list of ways we can preserve food. Napoleon Bonaparte offered a reward to anyone who could find a way to preserve food safely and efficiently. Nicholas Appert, 15 years later, introduced the first heat-processing method for food, sealing it in clean jars and waxing them. As science improved, much more has been done to improve the process over the next 100 years.

We are now in the 21st century. Canning is a great hobby. First, food preservation is still important. Our food supply is more reliable, diverse, and abundant than it was 50 years ago. However, commercial preservation is still necessary.

There have been many questions about the health effects of these commercial methods. Cans of commercially canned food often have higher levels of sugar and salt than homecanned foods. Some manufacturers add other ingredients to enhance the flavor, texture or nutrition of foods. You can preserve your food's healthful benefits by canning at home.

Second, canning is a great way to live a greener lifestyle. You can preserve fresh fruits and veggies that you grow yourself, or that have been grown close to you, without having to travel thousands of kilometers. This reduces the carbon footprint of food processed in commercial kitchens.

Home canning is an excellent choice for food preservation because you can guarantee the freshest food. You can guarantee high-quality, fresh food when you buy local produce or grow it yourself. You can ensure that your produce is fresher than canned food by canning it at home.

The last, but not least, is the pure

satisfaction that comes with opening a canner of summer produce and being able say, "I canned it!"

## How Canning Works

Fresh foods lose their freshness, which can be caused by oxygen loss, moisture loss, activity of food enzymes and microorganism growth. Fresh foods naturally contain oxygen, moisture, enzymes, and other elements. These elements start to degrade as food ages and lose their freshness. As fresh food ages, microorganisms like yeast, bacteria, and mold grow quickly and can get into food via insect damage, bruises, or diseased food tissue.

Safe home canning techniques remove oxygen and destroy enzymes. They also prevent the growth and spread of bacteria, mold and yeast. Properly canned jars have a vacuum seal that keeps liquid in place and air out.

## Equipment Needed

You will need some basic equipment to start canning. These basic pieces may seem appealing to you, so before you accept their offer from your older relatives or friends, make sure they are in good working order. They can be purchased at any store that sells basic canning supplies if they are not in good condition.

### 1. Canners

A water bath canner, a large kettle with a rack that allows you to submerge filled jars in boiling water, is called a water bath. This is a good method for making preserves, jams and pickles, as well as preserves, jams and tomatoes. These foods are more acidic so they can be cooked at the boiling point of the water (212 F or 100 C). The kettle should be deep enough to cover the jars with water. It should also have a rack to keep the jars in place and a tight fitting lid.

A pressure canner can be used to can low-acid foods. To be safe for consumption, meats, fish, poultry, as well as vegetables that have a low acid content must be cooked at temperatures between 240-250 F (115-121 C). Only a pressure canner can achieve this at home. These canners include a jar rack, a gasket, safety release, and steam vent. When pressure canning, it is important that you strictly follow all instructions.

## 2. Jars

There are many sizes and shapes of canning jars, but they all come in tempered glass and are specifically made for canning. Half-pints and pints are the most popular sizes. Avoid using jars made from pre-prepared foods as they can break or leak during home canning. Canning jars must be free from chips and cracks. Jar rims should also be smooth for a good seal.

## 3. Lids

Flat metal lids for canning jars are the most popular. They have a sealing compound ring on the underside and a screw top band that holds it in place. Flat lids should only be used

once. However, screw top bands can be reused if not bent or rusted.

A second type of lid is made from zinc and has a porcelain lining inside. This lid must be used in conjunction with a rubber sealing band. These lids are less popular than the two-piece ones. These rubber rings should not be re-used, and the porcelain in the zinc cap shouldn't have cracks or chips.

#### 4. Other useful equipment

Other than canners and lids, canners and jars can also be used to make canning easier and more secure. As a canning kit, you will find a widemouthed funnel, jar lifting tool, and a non-metal utensil to release air bubbles from filled containers. The vegetable brush is a good tool to clean your vegetables. For canning, sharp knives and a food processor or food mill are required. A large kettle, Dutch oven, or other cooking tools are also useful.

## **Canned Food**

Low-acid foods and canned meats usually last 2-5 years. Acidic foods expire

sooner than other types of canned goods. These last 12-18 months. Should you pay attention to the package dates? With canned (and dry) food, you'll often see a few types of dates. There is a "best by" and "use by." If a can is past its "best by" date, it's still safe to eat. It just means that its nutritional content will go down as time passes. Even "use by" canned foods can usually be eaten a bit after their date.

## **Canned Soups**

In general, the same rules for canned fruit/vegetables/beans apply to canned soups. Plan on keeping these for 2-5 years at max.

## **Rice**

Rice lasts a long time, so it's an ideal stockpile item. Uncooked white rice, wild rice, jasmine, Arborio, and basmati rice last for years. You don't really need to worry about expiration dates in terms of safety. The nutritional value does go down over time, so write down the "best by" date. Regardless of



its age, if the rice looks normal and is completely dry, it's safe for consumption.

Brown rice, however, doesn't last long before it goes rancid. That's because it has more oil in it. In the pantry, it lasts 3-6 months. To extend its life, put it in the fridge (6-12 months) or freezer (12-18 months)

## **Pasta**

Like rice, dry pasta lasts a long time. It can be eaten 1-2 years past its expiration date. If it looks dry, looks normal, and smells normal, it's safe to eat. It won't contain the same amount of nutrients, though.

## **Dried Beans**

Dried beans last for years when stored properly. Nutritionally, they do start to lose nutrients 2-3 years after their "best by" date.

Dried beans will be safe to eat as long as you don't notice any bugs, mold, or odd smells.

### **Jarred Sauce**

Unopened, a jar of tomato/marinara sauce is at its best for 18-24 months. It will be safe to eat for around a year afterward. Always make sure it looks and smells normal before eating.

### **Oats**

Stored in their original container, rolled oats keep all their nutrients for 18-24 months. They'll be safe for longer after that. As long as the oats are dry, you don't see any mold, and they smell normal, they're most likely safe.

### **Flour, Baking Soda, And Baking Powder**

Unopened all-purpose flour stays fresh for 6-8 months. You can keep it at its best for up to a year in the fridge or for 2 years in the

freezer. You'll know flour has gone bad when it smells rancid, sour, and musty. If you see any bugs or other contaminants in it, throw it out.

Baking soda and baking powder don't spoil, but they start to lose their effectiveness after their package date. Like flour, they can also become contaminated, so keep their lids sealed. They're at their best for about a year.

## **Canned Milk**

Unopened evaporated milk is at its best for about 6-12 months. It shouldn't be frozen. Condensed milk usually has a "best by" date of about 18-24 months, but it's safe for a long time afterward if it's stored properly. Canned coconut milk's shelf life is between 2-5 years. Coconut milk in a carton, unopened, should last 3-4 weeks after its package date. No matter what type of milk you're using, signs of spoilage include an odd color, smell, and/or flavor.

## **Honey**

Honey is one of the few foods that last forever. As long as it's protected from outside contaminants and kept away from direct sunlight, it will be safe to eat for the indefinite future. Over time, it can crystallize, but it's still safe.

## **Peanut Butter**

Peanut butter contains lots of oil which eventually goes rancid. Unopened peanut butter will be okay for about one year past its expiration date. Keeping it in the fridge or pantry doesn't seem to make a difference. Once regular peanut butter is open, it lasts for 3-4 months in the pantry and 6-8 months in the fridge. Keep in mind that the timeline doesn't include natural peanut butter, which goes bad quickly in only 2-3 months. I don't recommend natural peanut butter for stockpiling for this reason.

## **Sugar, Salt, And Dried Spices**

Sugar, salt, and dried spices don't go bad in the traditional sense. The quality just goes down. Spices will start losing their flavor and nutrition after 3-4 years of storage.

### **Cooking Oils**

Oils go rancid. Some last longer than others. Canned olive oil will last longer than regular olive oil. Unopened sunflower seed oil and coconut oil last around 2 years while unopened peanut oil lasts 3 years. You can extend the life of most oils by keeping them in the fridge.

## **Chapter 4: Frozen Food**

Freezing and refrigeration are the most common types of preservation in homes around the world today. Where refrigeration slows bacterial action, freezing comes close to totally stopping microbes' development.

This happens because the water in frozen food turns to ice, in which bacteria cannot continue to grow. Enzyme activity, on the other hand, isn't completely deterred by freezing, which is why many vegetables are blanched before being packaged. Once an item is defrosted completely, however, any microbes still within will begin to grow again.

## What Can Be Frozen?

Except for eggs in the shell, nearly all foods can be frozen raw, after blanching and/or cooking. So the real question here is what foods don't take well to freezing. The following list includes the foods you generally cannot freeze:

- Cream sauces separate even when warmed completely after being frozen.
- Mayonnaise, cream cheese, and cottage cheese don't hold up well, often losing textural quality.
- Milk seems to be a 50-50

proposition. While it can be frozen quite safely, it sometimes separates after being frozen. If remixed, this milk is an option for cooking and baking.

- Precooked meat can be frozen, but it doesn't have as much moisture as raw and will often dry out further if left frozen for more than four weeks.
- Cured meats don't last long in the freezer and should be used in less than four weeks.

If you're ever in doubt about how to best prepare an item for freezing (or even if you should), the National Center for Home Preserving ([www.uga.edu/nchfp](http://www.uga.edu/nchfp)) is a great online resource. It offers tips on how to freeze various items ranging from pie and prepared food to oysters and artichokes.

## Frosty Facts

In freezing, zero is your magic number. At 0°F, microbes become dormant. The food

won't spoil, and any germs therein will not breed until you defrost the food. Bear in mind, though, that the longer the food remains frozen the more it tends to lose certain qualities such as vivid flavor and texture. Always try to freeze things when they're at their peak, and remember that cooking your defrosted food as soon as it's thawed will also stop microbial growth.

The first step in freezing is keeping those items cold until you're ready to prepare them. This is very important with meat, but it also makes a difference in how fruits and vegetables come out of the freezer.

## **1. Equipment**

Once you're ready to begin, assemble all the items you need. For example, if you're freezing fruit, you'll want a clean cutting board, a sharp knife, and your choice of storage containers. If you're doing any preparation on the fruit before freezing it, you'll also need cooking pans. Stainless steel is highly recommended; galvanized pans may give off zinc when the fruit is left in them



because of the fruit's acid content. Additionally, there's nothing like stainless steel for easy cleanup.

If it's in your budget, a vacuum sealer is another great piece of equipment to consider. Vacuum sealers come in a variety of sizes with a similar variety of bags that are perfect for preservers who like freezing and drying methods. They're fairly cost-effective when compared to freezer bags or plastic containers, and they eliminate the excess air that contributes to ice crystals.

A third item that you shouldn't be without is a freezer-proof label system. If you double-wrap your frozen items, put a label on each layer. If one gets knocked off, the other remains.

## **2. Help and Hints**

Freezing, like any other method of preservation, requires some observation and annotation to achieve success. As you're working with recipes, remember that practice really does make perfect. For example, you

may follow a recipe for frozen butter pickles exactly, but you find you'd like the cucumbers sliced more thinly for greater flavor. Make a note of that and change it next time.

As you note changes you'd like to make, also consider if that means getting different types of equipment for your kitchen. In the case of the cucumbers and other thinly sliced vegetables, a mandolin might be the perfect fix. Put it on a wish list. Being prepared saves a lot of last-minute headaches, and having the right tools is always a great boon.

### **3. Vegetables**

Vegetables should be chosen for crispness and freshness. Home gardeners should pick their items a few hours before packing them for the ultimate in organic goodness. The next step for vegetables is blanching, which will improve the lifespan of your frozen goods.

If there's no specific blanching time

provided in your preserving recipe, here's a brief overview to get you started. Remember to move your vegetables into an ice bath immediately after blanching until they're totally cooled.

### **Timing and Techniques for Blanching Vegetables**

- **Asparagus.** Remove the tough ends from the asparagus. Depending on the storage container, you may need to cut the stems in half. If your stalks are thin, they'll only need 2 minutes of blanching; thick stalks require twice as much.
- **Beans (green or wax).** Remove any tips. Leave the beans whole and blanch them for 3 minutes.
- **Brussels sprouts.** Clean off outer leaves, then soak the sprouts in cold salty water for 30 minutes. Drain and blanch for 4 minutes.
- **Cabbage.** Remove the outer leaves.

Shred the cabbage and blanch for just over 1 minute and leave in the water for another 30 seconds before icing.

- **Carrots.** Clean the skins, then slice into  $\frac{1}{4}$  pieces. Blanch for 3 minutes. Whole baby carrots need 5 minutes of blanching.
- **Cauliflower and broccoli.** Break off the pieces from the central core and clean well (a spray nozzle at the sink works very well). Soak in a gallon of salty water (3–4 teaspoons salt) for 30 minutes. Pour off the liquid. Rinse and blanch for 3 minutes.
- **Corn.** Rinse, remove from the cob, and blanch for 5 minutes.
- **Mushrooms (small).** These can be frozen whole. Toss with a little fresh lemon juice and blanch for 4 minutes.
- **Greens (including spinach).**

Rinse. Remove any leaves that have spots or other damage. Blanch for 3 minutes.

- **Peas.** Blanch out of the husk for 90 seconds.
- **Peas in the pod.** Trim the ends and remove strings. Blanch for 1–2 minutes, depending on the size of the pod.
- **Peppers.** Slice open and remove the seeds. Cut into the desired size and blanch for 2 minutes.
- **Potatoes.** Wash and scrub thoroughly. Remove the peel and blanch for 4 minutes.
- **Tomatoes.** To easily peel the skins, use a straining spoon and dip the tomatoes in boiling water for 30 seconds. Peel and remove the core. These can be stored whole or diced to desired size.
- **Zucchini and squash.** Peel. Cut into ½-inch slices and blanch for 3

minutes.

## **Fruit**

Do small batches of fruit so it doesn't brown while you're packing. Fruit need not be packed in syrup, but many people do prefer the texture and taste that sugar or sugar syrup adds to frozen fruit. Some folks use sugar substitutes for dietary reasons. In any case, small fruits such as berries take well to a simple sprinkling. Larger chunks such as peaches do well in syrup. The average ratio is  $\frac{1}{2}$  cup of syrup to every pint of fruit. Some preservers like to use ascorbic acid to improve the quality of frozen fruit. Adding about  $\frac{1}{2}$  teaspoon of this per pint is sufficient; just mix it into the syrup or a little water.

## **Packaging**

Since 95 percent of American homes freeze some of their food regularly, it's not surprising to find people have a lot of questions on the best type of storage containers to use and how to prepare food for the table after it's been frozen. Plastic bags

are the most common receptacles, followed by plastic containers. While some people have been known to use glass, this is a bit risky since the glass may crack and break when the food inside expands in the freezing process. Additionally, slippery glass jars coming out of the freezer are easily dropped.

Overall, it's always a good idea to use bags and containers that are rated for freezing. Avoid using waxed cartons; they don't retain the food's quality very well and defrosted food often becomes limp and unstable for handling. Your packaging materials should also be leak and oil resistant, and all packing materials should be able to withstand freezing.

## **1. Size Counts**

Another consideration with your containers is size. Think about how many people you plan to serve and choose freezing containers accordingly. If you're going to put several servings in one large container, separate them with a piece of aluminum foil or plastic wrap so you can take out one at a

time fairly easily.

## **2. Space Constraints**

When you're packing food into a container, always leave a little room for expansion. Let the food reach room temperature before you freeze it (right out of the ice bath is a perfect time with vegetables). Putting warm or hot food in the freezer creates a temperature variance for all the food inside the freezer.

Most importantly, remember to label and date everything. This will help you gauge what should be eaten first so it retains the greatest quality.

## **3. Wrap It Up**

Many preservers wrap the meat with aluminum foil or freezer wrap, then transfer it into another freezer bag or container. This decreases the chance that water crystals will form and protects the foil from being accidentally torn. Note, however, that waxed paper isn't a good choice for freezing because it doesn't resist moisture.



## **4. Stews and Leftovers**

If you know in advance that you'd like to set aside some of what you're cooking for the freezer, it's a good idea to leave it a little undercooked. Freeze the goods as soon as they reach room temperature. When you warm it up, you will finish the cooking process and can also doctor the flavor a bit at that time. Your frozen foods need not be defrosted before you start cooking them. Just remember to get all the packing materials off the item first—you would not be the first person to forget this step and find unpleasant paper or wrapping in a meat serving!

# Chapter 5: Fermented Food

## What is Fermented Food?

Fermented food is defined as food that has been subjected to the activity of enzymes or microorganisms, which results in biochemical changes; thus, causing significant changes to the food.

Microbiologists, however, define fermentation as a form of a microbial metabolism that bears energy in which a carbohydrate or an organic substrate is oxidized incompletely while an organic carbohydrate works as the acceptor of electron. This means that the processes associated with the production of ethanol by organic acids, which involves the use lactic acid bacteria or yeasts, are part of fermentation.

Irrespective of such definitions, any food item influenced by lactic acid producing microorganisms is regarded as fermented food. To make it more concrete, as long as the food item has been aged with yeast and/or bacteria, it is fermented.

Many people may not realize that the most common types of food they eat are fermented. For instance, wine is the product of fermented grapes; cheese and yogurt are produced through fermented milk; miso and tempeh come from fermented soybeans; and most breads and beer are made from fermented grains. Apart from these, there are still hundreds of delightful and nutritious foods and drinks that are fermented.

Fermentation during the ancient times was used as a primary method of preserving food even beyond a culture's lifespan. This means that ancient people were able to consume fermented food even after several months or years. It has also been discovered that the method of fermentation not only involved preserving the nutritional content of food, but it also unlocked all varieties of

textures and flavors that make the food more delightful.

Many of the fermented foods that were consumed by ancient people have been enhanced with health benefits, which paved the way for different people as well as companies to ameliorate their methods of fermentation. At the same time, they also documented their own fermentation processes and effects. They knew that the success of fermentation depends on how well the process takes effect on the food being fermented. As time passes, the process of fermentation produces and releases a variety of amino acids, vitamins, and nutrients among others. Appreciating Good Microbes

Most people have doubts upon hearing the word bacteria, having the notion that any type of bacteria is bad. This is due to a number of outbreaks caused by bad bacteria such as Salmonella and E. coli. However, there are also healthy and useful bacteria strains from which people can rely on in order to survive. In fact, the amount of bacteria in an individual's body outnumber

the cells by 10 to 1. For one, the digestive system alone is home to billions of bacteria strains collectively referred to as microflora. The microflora is responsible for breaking down the food consumed into a phase that the body can absorb better. Thus, its presence is crucial for digestion to take place. Without the microflora in your body, it would be difficult to obtain all necessary vitamins, minerals, and nutrients from the food you eat. In addition, without these good types of bacteria, you will be prone to health issues such as skin problems, indigestion, and food allergies among others. There have been studies that the lack of good bacteria can lead to degenerative diseases, including Alzheimer's disease and autism.

Eating fermented food is therefore very beneficial to one's health as it can repopulate the body with bacteria strains, leading to optimal digestion.

## **Types of Fermented Foods**

Here are some types of fermented foods that have been done by many and that you can try on your own:

### **Fermented Beverages**

As mentioned earlier, people have been fermenting beverages way back in the early days of this world. It's also a cool fact that beer was actually first fermented because someone accidentally left barley grains in the rain and voila! Beer emerged from the germination that happened. Fermented fruit juices, ginger beer, Kombucha, and wine are all examples of fermented beverages. Coffee is also an example of a fermented beverage because the pulp is crushed to get the beans which are then cultured.

### **Condiments**

Some examples of fermented condiments include:

- **Miso.** This is a Japanese Paste which is known for being salty and is made from soybeans and barley.
- **Vinegar.** Everyone knows what

vinegar is. It actually comes from unpasteurized bacteria from wine. It can also be made by mixing two kinds of vinegars together and using a different starter culture.

- **Fish Sauce.** Fish Sauce is popular in Asia and is made from salt and mashed fish.

## **Dairy Products**

What's great about fermented dairy products is the fact that they're the best that you can use to regulate digestion because they're the ones that mostly bring back healthy bacteria in your body. They also treat lactose and gluten allergies and can even prevent Irritable Bowel Syndrome and Chron's Disease, as well. Some examples include:

- **Yogurt.** Yogurt is basically cultured milk with healthy bacteria. However tempting it is to try fruit-flavored yogurt, you have to keep in mind that plain yogurt is and will

always be healthier so you have to stick to that.

- **Crème Fraiche.**Crème Fraiche is sour cream and is used in most culinary dishes. And, even if chefs around the world love it, it's super easy to make and is considered as one of those beginner food products that one can make at home.
- **Cultured Butter.** This is butter that came from churned or whipped sour cream. This is done so butterfat would be separated from whey. It might be a tad more expensive than regular butter, but if you make it at home then you definitely will save lots of cash!
- **Cheese.** No matter what you say, cheese came from and will always come from sour milk—or milk that's gone bad. You need a coagulant, a starter culture, and of course, milk itself to make some cheese.



- **Sourdough Bread.** Wild Yeasts are usually used to make sourdough bread, but methods of making it always differ. Bubbles are easily formed because of the mixture of wheat, flour, and yeast, which is why this one's easy to make.
- **Kefir.** Kefir is known to be really healthy and is part of most diet regimens, especially those that make use of smoothies or drinks because basically, it's the kind of yogurt that you can drink. It also has more good bacteria than yogurt.
- **Chocolate.** Chocolate is also fermented by means of removing its bitterness, which is usually evident in dark chocolate. Also, when you find dried fruits in chocolate, that's also a sign that it went through the process of fermentation, as well.

## **Soy Products (Not Recommended For Men)**

Soy Products such as soy sauce, natto, and tempeh or soybean cake have all undergone the process of fermentation. What's great about fermented soy products is that even if their amino acid content gets higher, allergic reactions are less likely to occur—so they're truly beneficial.

### **Fruits and Vegetables**

And, of course, the most commonly fermented food products are fruits and vegetables. Some of the common vegetables that can be used for fermenting include tomatoes, cabbage, carrots, and eggplant. In some countries, umeboshi plums, watermelon, turnips, and peppers are also fermented. Fermented fruit and vegetables include:

- **Kimchi.** Kimchi originated in Korea and is usually a mix of ginger, onions, and cabbage, and is known for its wild, funky, and tangy taste. It also contains sugar and a lot of seasonings, and that's why they say that Kimchi definitely

isn't for the faint of heart.

- **Pickles.** You can pickle almost anything—dill, cucumber, zucchini, carrots, peppers—the list goes on! It's also one of the most common examples of fermented foods because you'd basically just mix vegetables with vinegar and salt and you're all set. They're often served as side dishes but you can also eat them on their own.
- **Sauerkraut.** This is a very simple type of fermented food that is usually done by fermenting cabbage with salt. Some also add yogurt whey to give it an extra kick.

You see, you can ferment almost anything—so go on and try the process. It definitely wouldn't hurt.

# Chapter 6:

# Dehydrated Food

## What is Dehydrating?

In a very basic, very straightforward way, dehydrating is simply to remove moisture from something. Traditional methods of dehydrating – the ones we’re going to talk about today – remove between 85 and 95% of the moisture from food. If you’re looking to remove 99%, you’re going to have to get into freeze-drying, which is more expensive and somehow more time-consuming. I’m not a fan of freeze-drying and prefer the traditional methods of dehydration.

Dehydration works through slow, steady heat being applied to a food product over a very long period of time, sometimes as long as several days. The goal of dehydration is to remove the moisture to slow or stop the

growth of mold, bacteria, and even yeast.

Dehydration has been around for thousands of years and is one of the oldest methods of preserving foods. Before modern refrigeration, if you didn't eat something immediately, it went bad – and when it comes to winter, you're not going to have a lot of fresh options to consume. Dehydration, along with canning, made it possible for people to not just survive but thrive.

In the past, people would dehydrate using the sun's heat, obviously. Now, though, we have electric dehydrators that can do the work for us in a safer and more efficient manner. I'm not saying you can't leave those slices of apple or piece of fish out in the sun for a few days, especially if you live in a desert I'm just saying that I wouldn't. We have the technology for that.

If you've ever eaten a raisin, you understand dehydration – raisins are just dehydrated grapes. Dehydrated foods sneak into our everyday life a lot, but when you're ready to take the next step and purposefully

dehydrate foods for easy packing, traveling, and more, head onto the next chapter, where we're going to take a wide view of dehydration and talk about the tools you need to make your dehydrated meals come to fruition.

Don't worry, it's not as hard, or as expensive, as you might think!

## **What Foods Does Dehydrating Work for?**

Most fruits, vegetables, and meats can be dehydrated. Dairy products like cheeses and eggs can be dehydrated, too. You can dehydrate foods with the intention of eating them dehydrated, of rehydrating them later, or of adding them to baked goods later on. Certain foods, like eggs, will need to be cooked even if they have been dehydrated as they still run the risk of causing illness if you eat them raw.

## **What Materials Do You Need for Dehydrating?**

To dehydrate, you are going to need a

handful of materials. These materials will prepare the foods for the dehydrator, allow you to dehydrate the foods, and allow you to store the foods after they have been dehydrated.

They include:

- An electric dehydrator (get the largest one you can afford without compromising on quality)
- Dehydrator tray liners
- Cutting board
- Sharp knife
- Vacuum sealer with bags
- Blender

### **How Does the Dehydrating Process Work?**

The dehydrating process works by first preparing foods to go into the dehydrator. In order to work efficiently, foods need to be sliced into thin slices so that they can dehydrate relatively quickly. If a food is too

thick upon going into the dehydrator, you will end up either waiting excessive amounts of time for the food to dehydrate or finding yourself unable to completely dehydrate the foods to less than 5% moisture, which means bacteria will grow. Once your food is sliced, you will place it on the dehydrator trays, turn on your dehydrator, and dehydrate your foods until they have less than 5% moisture remaining. The amount of time required will vary depending on what you are dehydrating, so it is best to start all recipes in the morning to avoid having to check on your food into the later hours of the night and early hours of the morning.

If you are making something like dehydrated eggs, you are going to want to use a dehydrator tray liner, which is used to prevent wet ingredients from dropping through the tray. This way, they dehydrate correctly. Dehydrator tray liners can also be used to make fruit leathers. To make fruit leathers, you will blend up a fruit recipe in the blender until it is completely smooth and then pour it over the dehydrator tray liner



before dehydrating it. Once it's done, you will have delicious fruit leathers.

Dehydrating can be done in an oven, too, although it will use up a lot more energy, and the foods may lightly cook in the process. While this does work, it is ultimately best to use a proper dehydrator, which can keep the right temperatures and conditions inside of the appliance for proper, safe dehydrating.

# Chapter 7: Growing Your Own Survival Garden Like

## “Where do I start?”

This is often the first and by far the most difficult question that you might encounter especially in starting a garden. But it all begins with the evaluation of what you have. How large is your available land area? What is the prevailing weather and climate within your locale?

- After doing some evaluation and after determining the possible crops that you can grow, you can move on to the selection of a good gardening site. A good site should

have plenty of sunlight and should be near the source of water.

- Also, you should evaluate the soil. You can enhance its quality by putting in some biodegradable materials and by maintaining its moisture. Plowing it beforehand might also be necessary.
- Now, you can choose the plants. The plants that you can grow depend on the soil type and hardiness zone. The weather should also be considered carefully.
- Designing your garden. It might be the post-apocalyptic world, but it does not mean that you have to take the fun away from gardening. And yes, half of the fun is due to the design component of the activity. Do not be afraid to plan your plot. It will also help if you plan what crops to rotate and which plots they will take.

- Complete the garden tools while you can. In all probability, you can still buy in the market as of this writing. But if you are already living in the post-apocalyptic world, then you should rely on your creativity and resourcefulness to create your own tools for gardening.

Now, you can proceed to maintaining your garden. After setting up and raising your first few crops, the main job that you have is taking care of your garden. Maintaining a garden may be tough, but thinking of the benefits of having a garden makes you realize that all the effort that you give is worth it.

## Vegetable Gardening

Veggies have the nutrient and fiber that you need to stay strong and healthy. Though it might not matter in the post-apocalyptic world, vegetable gardens are proven to be one of the best additions to any landscape. It

makes your backyard more attractive and interesting.

As a rule, you have to be strategic in choosing your vegetable garden site. It should be a spot that would receive sufficient sunlight throughout spring until the end of summer. This way, you can be assured of sufficient supply of tasty and fresh produce.

In addition to the sunlight consideration, you should also look into the fact that the vegetable garden should be near your kitchen. This way, you can readily run from the kitchen to the veggies to pick what you need. In addition, it will be easier to monitor the garden from the kitchen.

Seeds should be soaked before you plant them. This will be the simulation of the rains commonly experienced during spring. This way, your seeds will find it easier to germinate. Upon taking in sufficient moisture, the new plant will be ready to grow.

You may make use of tepees as protection against the cold temperature. Make sure that these are filled with water so that

they can readily protect the young plants. While it protects the plants, it does not hinder the sunlight from coming in.

Lastly, make sure to supply the plants with their basic needs: sunlight, water, and enough nutrients.

## **How to Grow Vegetables**

The following are some bits and pieces of information that may prove to be useful in growing different vegetables:

- Cabbages, broccoli, and arugula seeds need small amount of moisture to germinate. Therefore, soaking these seeds beforehand may not be necessary.
- Parsnip and parsley seeds are known to be slow starters. They need an extra push. Pre-soaking proves to be very beneficial in such cases. All you need to do is to soak the seeds in water that is at room temperature. Leave them that way

overnight. You need to drain the seeds afterwards and plant them immediately.

- During winter, do not rely much on seeds. For best results, go for large seedlings. This works well for chili peppers and tomatoes.
- Remember that the following plants do not like to be transferred from one place to another: pumpkins, cucumbers, zucchini, squash, and gourds. Hence, transplanting is not advisable because their roots are easily disturbed and stressed.
- You can protect young vegetable plants from cutworms by surrounding them with toilet paper roll cardboard centers. Make sure that the cardboard is submerged by at least half an inch to avoid attacks from the cutworms from underneath.
- To save some precious space, try to

plant vertically. This works well for vines.

- Newspaper that is covered by straw is effective in eliminating weeds and in retaining enough moisture in garden plots. At the end of the harvest season, the newspaper and straw can be buried in the ground and be allowed to decay.

Surprising but true, the most important knowledge about vegetable gardening aren't really difficult to remember after all.

## **How to Grow Tomatoes**

In growing tomatoes successfully, the following should be taken to heart:

- Choosing an airy and bright spot is necessary. More sunlight is preferred by tomatoes. If other plants require six hours of exposure, tomatoes would love to take in at least 10 hours' worth of exposure to direct sunlight. In



planting tomatoes, make sure that they are evenly spaced to allow air to circulate.

- Tomato beds should be placed side by side with another crop to avoid bacterial infection.
- The tomato stems should be buried as well. This way, the plant will develop new roots that will make the plant healthier. Once new roots are grown, you can be assured that the plant will grow more fruits.
- Watering deeply is required. Take note, however, that this should not be done frequently. The tomato bed should only be soaked once every week. In the process, do not wet the leaves.
- Non-fruiting branches should be cut off immediately to direct the plant's concentration to growing plump and nutritious fruits.
- For any variety, make sure to put

sufficiently high stakes. This way, you can be sure that the plants will be able to support its weight. Make sure that you are careful in installing these stakes so that you will not damage the roots.

- Trim regularly and apply some compost every once in a while. To ensure that there will be new growth, trimming may be necessary. Adding compost will help ensure that enough nutrients are being absorbed by the plant.

By following these steps, you can be sure that you will harvest ripe and delicious tomatoes in your own garden.

## **How to Grow Fruit Trees**

You have already learned how to raise small plants, vegetables, herbs, chickens, and tilapia. For sustainable growth and for continuous survival, knowledge on growing fruit trees may also be necessary. The

following are some to the things that you should take note of:

1. The location for any tree should be considered. In doing so, you should imagine a full grown tree on the spot being considered. If you think it will not fit, choose another location. As a rule, you should pick an area that is not too close to a structure.
2. A hole that should be dug must be broader than the width of the roots. The depth should be sufficient enough to cover the roots.
3. The soil that will be used to cover the roots should be enhanced by adding organic nutrients to the soil. In most cases, adding compost is more than sufficient to ensure that the soil will have enough nutrients for the plant.
4. In throwing in soil to the hole, make sure that no part of the roots remains exposed. The soil must be

loose enough to penetrate the spaces in between the roots.

5. The roots should be covered with nourished soil and double check if the roots are covered completely. After covering, try to step away from the plant. Double check if the plant is standing in a vertical manner. Upon checking, press the soil gently. After pressing, you should immediately water the plant. It might be necessary to add some more soil. After adding soil. Water the plant again. Continue doing so until the soil reaches the level of the ground.

# **Book 3**

## Prepper's Home Defense

# Introduction

The most overlooked part of home security is deterrence. Far too many people think home security is passive, that no action is required until someone kicks in the door and the alarm goes off. What if we took simple steps to make sure an intruder never wanted to select your home as a target, and you don't have a nightmare scenario play out in your home.

The deterrence layer of this strategy is one that dissuades thieves from choosing to attack your home. Make your home unappealing to a thief, not because your home isn't valuable, but because of subtle warnings that you know what you're doing.

Speak to a potential thief in their own language: "My home isn't going to be your target." If you can demonstrate that your home should be difficult to break into, thieves

will most likely move on. Thieves don't want to break into a home that is going to be well defended. Generally, they want easy targets.

## **Brighten Up Your Home**

A thief's best asset is darkness. The lack of exterior lighting on a home creates pathways and hiding spots for criminals. Thieves know to look for dark homes with overgrown yards. If you have a bright yard, with trim shrubbery and light timers, a thief may doubt their ability to get into your home quickly and quietly. You can make your home less of a target for thieves all the while appearing normal and well-maintained.

The first deterrent you need to employ for your home is exterior lighting. If a criminal can use the shadows to get across your driveway and alongside your home, then they have the upper hand in concealment. From a close distance, they can hide in the shrubs while they get a closer look at your front door and listen for any signs that you might be home.

From here it's a quick dash to the front door where the thief uses a kick-in attack to break it open. By adding exterior lighting and eliminating the cover of darkness, the thief is less likely to get close to your front door because he cannot risk being seen. He may dismiss your home as a target and move on.

Motion sensor lighting is a popular add-on for your home's security. These fixtures are mounted under the roofline of a home. They contain a motion sensor and two flood light bulbs that can be pointed in different directions. This is good because you want the light to hit driveways, corners, and gates, not your neighbor's bedroom window.

Another great advantage of a motion sensor light is that an intruder can't tell if the light is coming on because of an alert homeowner or a sensor. In a moment of panic the thief may wonder if he's tripped a sensor or worse, the homeowner has spotted him. At any rate, it's best for him to move on and get out of the light.



Floodlights pointed at your home also make a great deterrent. These lights are placed in the yard facing your home to eliminate darkness and also add a touch of class to your home's profile. Many people add floodlights in their yards as part of their Christmas decorating. I suggest keeping them up all year.

These lights can be solar, LED or have dusk-to-dawn capabilities. Combine this with pathway lights and motion sensor lighting for a well-rounded approach to security lighting. Your home should be brighter and can deter criminals while increasing your curb appeal.

# Chapter 1: Defense of the Perimeter

The next home defense strategy is fortification. The purpose of fortifying your home is to prevent or delay an intruder from entering your home by force. You want to make it hard for someone to get in, so they'll give up and move on. If they are determined to get in, then you'll want to make it take longer to breach your home, buying you time to prepare and call for help.

When making upgrades to your home's security keep in mind that fortifications don't need to repel a siege. Thieves strike quickly. If they don't get the results they want fast, then they are much more likely to abandon the attack. Fortifications should be made to last for several minutes, not hours.

While this may conjure up visions of a home with bars on the windows and a fence

topped with razor wire, in reality, fortifications are much more practical. A fortified home does not need to look like a prison. No one wants to live in a prison. People want to find the balance between secure and inviting. Fortification can be done easily and won't detract from a home's curb appeal.

## **Fencing**

The first line of any fortification is to put up a fence around the perimeter of your yard. If you live in a neighborhood, the homeowners association may have guidelines about where a fence can be placed and what it should look like. In my opinion, chain-link fences are only good for keeping in small dogs, and not much else. They're cheap, see-through and can be jumped over by any able-bodied person.

I suggest a wooden privacy fence. Wood privacy fences are six feet tall and repel most jumpers. It doesn't make sense to place a six-foot-tall fence around your front

yard, that kills curb appeal. So, the better option may be to install a fence starting on the side of the home, extending around the back perimeter.

Make sure your HVAC units, power meter, and cable box are included inside the fence. This way the vital lifelines of your home can be protected. Make sure all gates are locked with a padlock. Your gates are important entryways just like your front door. I suggest you use a combination lock on each gate. That way you don't have the hassle of getting the key every time you mow the grass.

If you have small children in your home, then a combination lock may not be a good idea. If your kids have to flee your home in case of an emergency like a fire, then they might not be able to set the combination to escape.

That being the case you may want to consider using only a "D" ring from the hardware store to secure the gate. Get one that you would put on a chain, not one you'd

put your keys on. This will only work if the locking portion of the handle is located on the inside of the gate.

## **Moderation is Key**

Fortifications need to be made in moderation. It's not wise to make a home completely impenetrable. While keeping thieves out is the top priority, there may come a time when first responders need to enter to provide assistance.

For instance, a man at home may suffer a heart attack. He's able to call 911 but unable to get to the door to let in the paramedics. In this case, the home needs to be breached to save his life. Likewise, firefighters need to be able to enter homes quickly to put out fires in homes when the owner is away. There is a balance to consider when fortifying a home.

Chances are your home is ready to repel an attacker if you've followed the suggestions of this book so far. But your home has two important doors that can't be overlooked. To

keep a home secure, don't forget to focus on the garage door and of course the front door.

## **The Garage Door**

The garage is a vulnerable part of a home for reasons you've probably never thought about. You park your car, get out and go in the house. Or it's where you work out or store the boxes you never unpacked from moving. And you certainly don't think about your garage door as long as it is working. So why is the garage such a sensitive spot for a home?

The garage of any home contains many targets for thieves. In any given garage in America, there are tools, unlocked cars, sports and lawn equipment. Does someone really want a used blower? Yes, it can be pawned easily.

If the garage door is left open, especially when no one is home, everything inside is an easy take for a thief. Don't make your home a target for a crime. This is one of those crimes a homeowner can create

unintentionally.

## ***Keep it Secure***

Keep the garage door closed. Yes, this is as simple as it sounds. A good percentage of homes in my neighborhood keep their doors open all day. Most people keep their front doors locked because they want to keep the bad guys out. The largest door to a home needs to be given the same consideration.

Many people leave their car doors unlocked in the garage. This makes a vehicle a target for theft as well. It can be relieved of all its valuables, not to mention that a skilled thief can hotwire the car and drive off.

Another reason to keep the garage door closed is to conceal that no one is home. An open garage door with no cars inside tells everyone that there are no adults home. Granted a teenager could be home for the day, but don't invite trouble for her.

When this sort of valuable information is given away, the likelihood of a home being targeted for a crime may increase. Don't give

away any information to a crook. The less they can understand about a home the less likely it will become a target.

A garage can be used for storage space, or you may have more cars that can be parked inside. This means a car is parked in the driveway. Doing this leaves the garage remote, or clicker as I call it, exposed in the car. A burglar can break a car window and be inside the garage in under a minute. Store garage remotes in a console or glove box so that it can't be seen from the outside.

## ***Gaining Access***

Once someone has access to the garage, bad things can happen. In the case of an attached garage, many people do not lock the door between the garage and their kitchen. This is a problem.

Once someone is in the garage, they can have easy access to the rest of the home if this door is left unlocked. Don't be taken by surprise when an intruder walks through the door unabated. Always lock the door leading



from the garage into the home.

When someone gains access to a garage, they have a myriad of options to do more harm. Consider the contents of your garage for a moment. Do you store tools inside? Maybe a machete for yard work? A crowbar for the occasional odd job? When someone with bad intentions gets their hands on those types of items, they can be used against you. All a burglar needs do is close the garage door behind them, and they can work in secret to break into the rest of your home with your tools.

## ***Hiding***

Gaining access to the garage provides for another potential crime. Once inside a criminal can wait for a family member to come home and attack from a place considered “safe.” Hidden away behind a few boxes or under an empty vehicle, an attacker can strike when it is least expected.

From here he can gain control not only to that family member but the rest of the

family. Once a hostage is taken, compliance can be gained from the rest of the house. This is a bad scenario for any family.

## ***Door Power***

I've seen numerous blogs and infographics that encourage people to secure their garage by pulling the disconnect handle for the door. I think the idea is that you go on vacation and pull the emergency release handle to keep the motor from opening the door.

Thieves can use a programmable door opener that uses "rolling" codes to open garage doors. So, disengaging the garage door means the door can't be opened in a rolling code attack. Sounds good, right? Nope.

In reality what pulling the release handle does is put your garage door in "neutral." While the motor won't open the door, it can be manually opened from the outside. Disengaging the door from the motorized track can make it easier for a

burglar to get in.

Instead, if you want to secure your garage from a rolling code attack, then you need to simply flip the breaker for the opener motor. That's it. This can keep the door down, and it can't be opened again electronically until the breaker is flipped back on. You need to plan to enter your home from another entry point as the garage door will be unresponsive until power is restored.

## ***Fishing Attack***

The internet is full of videos showing how a garage door can be hacked in 20 seconds with a coat hanger. The process is simple. A bad guy with a hanger bends it out and sticks the hook portion of the hanger above the middle of the garage door. Now he fishes around to find the switch that the emergency release handle is on. Hooking that switch and pulling should disengage the door from the motorized track, putting the door in neutral to be opened manually from the outside.

This fishing attack can be foiled. The best way to secure the emergency release switch is with a ten-cent wire tie. From under the switch, wire tie it to the bracket that holds it onto the track. This should allow the door to function as normal but keep the emergency release switch from being pulled with a coat hanger.

## ***Add a Lock***

You might not know that garage doors can have keyed locks. For about \$12 online you can order a lock system that can act like a deadbolt. This should only be used when away for an extended period as getting in and out of your car to manually unlock it every day would be beyond tedious.

There are electronic remote locks for garage doors, but unless you have a lot of extra cash, the \$12 manual lock should secure your garage door if installed correctly. Guard the garage door as you would a front door. Keep it closed and secure all the time.

## **The Front Door**

The front door of your home should look inviting to guests, not burglars. While it may seem shocking to think, most burglaries occur by gaining access through the front and back doors of a home.

While movies may fill audiences with ideas of high tech break-ins involving hacking and lasers, that's not usually the case. According to Nationwide Insurance, 34% of burglars gain access to a home through the front door making it the most common way a burglar enters a home.

I specifically discuss upgrades for the front door; many of these ideas can be applied to the back door as well. The back door accounts for 22% of break-in entry points. That means 56% of break-ins in America occur through a door.

## ***Solid Doors***

The first consideration to be given to bolstering a front door is the door itself. In a

cost-saving move, most home builders use hollow, metal doors filled with fiberglass. Replace hollow doors with wooden ones. Wooden doors are usually solid and much heavier. This can be a costly upgrade.

Front doors with windows embedded in them should be avoided. While these decorative doors add a touch of class to an entryway, they are not very secure. The weakest point of this type of door is the glass itself. It can easily be smashed, and a burglar can reach inside and unlock the door quickly.

This also goes for windows around the door frame. A quick strike with a baseball bat can leave a hole large enough for a hand to fit through and unlock the door. Keep your door secure by removing the glass from around the doorway.

## ***Get New Locks***

If you have just purchased a home, the first thing that you need to do as the new owner is to replace all the door locks. While the former owners might have been nice

people, you don't know who might have had a key to their home. Err on the side of caution and get new deadbolt locks and locking door knobs for a new home as soon as you close on it.

When purchasing a new lock set for your exterior doors, you have some options. You can purchase a single or double cylinder deadbolt. A single cylinder deadbolt is your normal lock with one exterior keyhole and a thumbturn (the lever you flip) on the interior. A double cylinder deadbolt has exterior and interior keyholes which means a key is necessary to unlock the deadbolt.

If you have decorative glass in your front door or glass around the door frame, a double cylinder deadbolt might be a good idea. This way if a burglar smashes a window and reaches around the door, there is no thumbturn for him to flip and open the door. He simply finds another keyhole.

Place the key for the interior cylinder nearby; do not keep the key in the cylinder. This defeats the advantage of the double

cylinder deadbolt. I've had these locks before on doors with glass in them.

However, you must understand that double cylinder locks should not be used in a home with children. In the event of an emergency like a fire, children need to be able to get out of your home as easily as possible. Forcing a child to look for a key while your home is filling with smoke is a terrible idea. For that reason, only install single cylinder deadbolt locks in homes with children.

## ***Door Reinforcer***

Another way to fortify the front door is with a door reinforcer. This is a plate that surrounds your deadbolt and knob. These are easy to install and keep your door from splitting during a kick-in style attack. They can also add protection from an ice pick or a crowbar wedge attack.



These plates come in single, one lock, double deadbolt, and knob configurations. Being a homeowner, I suggest buying two individual plates to avoid any surprises at install time.

## ***The Strike Plate***

The deadbolt strike plate is the afterthought of your deadbolt door lock system. It's the part of the system that attaches to the door frame. It's usually installed last, or people just use the existing one when installing a new lock.

You can buy the best deadbolt lock on the market, but if deadbolt goes into a flimsy strike plate, it's not as effective. When a door is kicked in, it is usually the strike plate that fails, not the deadbolt lock.

Many companies now make a strike plate with a "strike box," or an enclosed chamber for the deadbolt to anchor inside. This enclosed area makes the strike plate much stronger and more resistant to being kicked in.

Also, in the strike box are usually two more holes for screws. So now you have four points to secure the strike plate to the door instead of the traditional two. This is a good upgrade for all the exterior doors of a home, not just the front door.

Not to be overlooked are the screws used to mount the strike plate. Most come with screws that are 1 inch or smaller. If the door is kicked in, the only thing holding the lock to the door are the 1-inch screws that can be torn out of the door frame. Instead, upgrade the screws to longer ones that will mount further inside the door frame, reinforcing the entire lock system. This is not an easy process; make sure your drill and bits are up to the challenge.

# Chapter 2:

## Window Security

Houses are absolutely filled with windows and even doors that have a glass panel in them. The sad part about these windows is that it only takes an ice pick, or another device with an extremely sharp point, to shatter the glass. Even worse is the fact that most windows have locks that anyone strong enough to bench press one hundred pounds can just forcibly break it.

### ***Making Glass Nye Unbreakable***

Meet the Security Window Film, which comes in a great and wide variety usually ranging from tens to hundreds of dollars. If you want to make sure that your house looks great and don't mind the somewhat high price, then this type of film can even withstand standard bombs being thrown at it. This is not the same as bullet-proof glass,

which is much higher in cost, as it is designed to make it incredibly harder to get in but not designed to completely stop intruders. Most Security Window Films are adhesive-based films, so it will usually be the same as tinting your windows but with Security Window Film instead.

### ***Trip Wire Alarm***

While you don't want to make a window impossible to open for yourself, you do want to make sure that you know when an intruder has decided to make his way into your house by way of the window. This alarm is simple to set up.

You will need:

- A small Nail for wooden windows or a really well made adhesive hook for metal windows
- A Hammer
- A Thick string
- Duct tape
- An Air Horn

## Directions

1. Attach the small nail or adhesive hook to the top of the frame where the window can slide up.
2. Wrap the string around the nail or hook.
3. Then, duct tape, or another method of securing, the air horn to the wall next to the window. You don't want to have it inside of the frame because that will make it easier for the intruder to see and avoid.
4. Tie a slipknot around the top and bottom of the air horn so that, when it is tightened, it will push the air horn head downwards. If duct tape fails to hold the air horn up, then you can use four boards nailed together, and then to the wall, with a little room in the back for the string.

## ***Wireless Alarm***

While the air horn will last much longer

than any type of alarm that runs off of power in cases where you have no power, a wireless alarm system that runs on batteries can be useful for at least a couple of months if not a year or more. Often very low in price, these types of alarms simply stick to a door or a window and go off when the sensor it comes with is not directly in front of the alarm. However, you want to purchase a wireless alarm that boasts a high dB volume, preferably around 120. This will allow you to not only know that an intruder is there but allows you to get ready to defend yourself because the loud sound will temporarily disable the individual until they recover or shut off the alarm.

### ***Opening Window Deterrence***

There are some individuals who view windows as just objects that came with the house and not something that they would normally open. Most windows open from the inside, which means that an intruder must open them from the bottom if they are to open them at all. Most windows are also built so that they are segmented into four different

pieces of glass per window pane, which is a security measure that prevents them from just breaking the glass and sliding through the open hole. This means you can target the bottom of the window. This next part will take some time and will only work with wooden framed windows, but it will deter any intruder from attempting to handle the bottom of the window. The best part is that it will draw blood from the intruder so that if they get away, there is a guarantee the police have DNA evidence to go off of when they attempt to track them down.

You will need:

- A box of nails that are thin enough to be confused with needles
- A stripped leather belt
- A couple of regular nails
- A hammer
- Adhesive glue
- A drill

Directions

1. Thread the belt with the needle-like nails an inch apart from each other.
2. Make holes in the bottom sill of the window, if you can, that lineup with the needle-like nails in the belt.
3. Lay this belt into those holes and coat the back of the belt, where the head of the nails are, with the adhesive glue.
4. Press the bottom of the window against the back of the belt and allow the adhesive glue to dry.
5. Once it has dried, use the regular nails to nail the leather belt into the bottom of the window to make sure the intruder has a harder time trying to remove the belt.

This type of defense is both a security measure and a booby trap. Not only will it slow the intruder down because they have to be careful not to hurt themselves, but most intruders will grab the bottom of the window



not knowing these nails are there. Not only will it draw blood, but it will handicap the intruder if they don't know about it before they open the window.

# **Chapter 3:**

# **Bedroom and Night**

# **Security**

The next area of the house for security is the bedroom, where you will find most of your personal belongings including your computer, phone, wallet, and medication. If you are not sleeping in the same room as your bed, then this is also where your television will be located. You also want to make sure that there are no windows in this area of the room that can be used by an intruder to look into it. While there is no way for you to completely seal off your bedroom from intruders, there are a number of ways to keep the culprits guessing and the police guessing as to your whereabouts. And, if no one can find out where you were, then it will be just as much a mystery as the disappearance of Amelia Earhart or Amelia Earhart's plane or Amelia Earhart's crew.

The first step in night security is what you do at night. If you are in the habit of turning off all of your lights at bedtime, then this will seem very odd if it occurs when you are not in your bedroom. If you like to fall asleep watching television (if that is even possible), then leave one light on, or two if you have a bedroom that is larger than ten feet by ten feet, and leave the television on. If you are not one for leaving lights on, then put some sort of electrical appliance on that makes some noise, but leave it on. Play CDs or tapes that have nothing to do with your past or present life. Play music that you have never heard before if possible. This will make it seem as if someone is home and asleep in the room with all of these lights. If you are more of a solitary person who spends most of their nights reading or doing homework, then put on a lamp or two and leave your door open slightly. This will send the message that someone is in that room and that they are reading or doing homework. It will also keep any intruders from coming into the room due to their fear of being caught.

Your bedroom needs to be completely secure from intruders. In most cases, there will be no way for the intruder to get up to your bedroom unless you let them in or they break a window or a door. If there is a window that you have trouble reaching by grabbing the ledge while standing on your bed, then place a small piece of wood against it and then stick a coat hanger into the wood for increased leverage that will allow you to pull up on the ledge while standing on your bed. If you have a window with a screen, then secure it with a piece of wire. In the summer, you can use a bungee cord. In the winter, use a rope that will provide enough tension to hold down your window while still being able to move with the wind.

The next part is to make sure that you have a locking door in your bedroom. This can either be a lock on the doorknob itself or it can be a sliding lock on the doorjamb itself. If it is a traditional lock on the doorknob, then you need to make sure that the key will not be able to hit any other part of the door jamb when you turn it or you can install a new type

of deadbolt that has a bolt that goes into the doorjamb and locks into its own slot on the other side. Deadbolts are simple to install and you can get them at any hardware store. They will make it nearly impossible for anyone to gain entry into your bedroom. If you need to keep the door locked for an extended period of time, then you can also use one of the following methods to keep it locked until you unlock it.

A few years ago, I discovered how to make a homemade deadbolt lock with only two items that are probably already in your home. This is the reason why I do not buy deadbolts when they are cheaper. I want to show you that you can use this for free or with something that is no more than a couple of dollars. This homemade lock has worked for me every time, even in the middle of the night, when it was being used by multiple people who were drunk. The only thing that I have asked in return is that my patrons come up with their own ideas so I can share them with you.

# Chapter 4:

# Weapons and Traps

## Weapons

When referring to weapons in a survival context, these are the things that you will need to use in the chance that you end up in a situation where you'll need to defend yourself. You would also be needing weapons that you can use to be able to hunt and fish. Finally, you're going to need weapons to use as tools, such as saws and axes. Let us look a little more closely at the types of tools you're going to need.

The first thing on your list is going to be a firearm, which is a sophisticated kind of weapon even at the best of times and requires some investment and expertise. If you're already trained, a firearm will be at the top of your list. Note that the ammo is considered survival supplies. There is no one size fits all

approach to owning a firearm. However, when you're embarking on a survival mission, you'll want to choose the one that is light and efficient, as well as a weapon that is most reliable. You also need to make sure you have enough ammo to protect yourself, your family and to use for other tasks. If you're intending on hunting with your weapon, ensure that it is a weapon that has the ability to take down the caliber of prey that you want. Some kinds of weapons can be used for both self-defense and for hunting. Be sure to do your research before acquiring the type of weapon you want and also acquire the licenses that you might need. Bear in mind that you may or may not be able to simply discharge firearms at will. Be aware of the environments you find yourself in at all times.

Invest in a snake bore. A snake bore is a bore cleaner that is a must for anyone owning a firearm. Proper maintenance of your weapon is essential when you're in the wilderness. You'll need everything to function as it should.

You could also make your own weapons to use in the field. You can design and build these weapons as and when you need them while you're in the wilderness, but you may not have the materials and equipment you need. A better idea is to design what you need beforehand. Such customizable weapons include homemade knives, stun guns, and flamethrowers.

A bow and arrow is another essential item if you're planning on hunting. These weapons are perfect when stealth is required, and a firearm simply will not work. Their disadvantage is that they require some level of proficiency in order to operate properly, and conditions have to be optimal for their most effective use. Crossbows also fit into this category.

A tactical pen is also a weapon you might want to keep on your person. These are hardened metal pens with ink cartridges inside that are under pressure. They do not kill but can still be used to strike an opponent as a last resort. In addition, they are, of course, pens and can be used for making



notes, maps, and many more helpful purposes.

Stun guns are useful for discharging a blast of electricity that will leave an opponent indisposed for a few moments. They are useful for self-defense only and are not 100% reliable. However, when they do work, they are perfect for situations where you're faced with imminent danger.

Mace spray is a substance that comes in small pressurized containers. It can be discharged at the faces of potential predators and enemies. It has a range of up to 20 feet.

In addition to these weapons, there are the usual spears, knives, machetes, saws, and other kinds of similar weapons you'll be needing to carry out tasks while you're on the trail.

## Traps

These next sections will cover damaging traps, which can injure you or someone else if you do not build them properly and take the appropriate measures to

avoid them. All of these are designed to maim the intruder in some fashion, so please be careful when you employ them throughout your home.

### ***A Not-So-Friendly Welcome Home Mat***

The first thing that you want to attack is the mobility of the intruder. What most intruders do not look out for is the carpet that is often placed in front of the door, which can be used as a defense.

You will need:

- A box of 3-inch long needle-like nails
- An unsuspecting carpet that has dark colors
- A piece of cardboard that is almost as long and wide as the carpet

Directions

1. Put the nails inside the cardboard at least an inch apart.

2. Place the cardboard on the floor.
3. Place the carpet on top of the cardboard, pushing the nails through the carpet to remove the visible uplifting of the carpet.

You want them to be at least 3 inches or longer because most soles on the common shoe are at least an inch to two inches thick, which means it needs to be longer in order to get into the foot. Even small damages to the foot results in extreme pain and can sometimes completely disable the individual who stepped on the nail. If the nail cuts into the Achilles heel, this can disable them or cause them to walk with a limp at the very least

### ***Clear Duct Tape Trips All***

While the cheapest and hardest to see method is to use clear duct tape, you can easily replace this with some other type of string or more secure material. However, the idea is to attach the duct tape on one side of the wall and then bring it to the other wall to

attach it there. Doing this at around two to three inches above the ground will ensure you capture the ankle of the foot rather than the front of the foot. Catching the front of the foot isn't as effective because the body will instinctually remove itself from the position once it senses that there is something abrasive against it. Placing it where the ankle will travel means the foot is already in place and does not have the kinetic force to back out of the action to go upwards, resulting in the intruder tripping over the duct tape.

### ***An Early Punch***

What happens if an individual opens a door to a sensitive room, perhaps a child's room or your own? This next trap is for landing the first punch on an unsuspecting intruder, which means you will need something heavy.

You will need:

- 2 Inter-connecting hooks
- 1 Board that is as long as is the door is wide

- Something Heavy that can be attached to the board(optional)
- A String
- A Nail
- A Hammer

### Directions

1. Hammer the nail in the door near the top of the door.
2. Tie the string to the nail.
3. Place the board with the heavy item towards the ceiling with the heavy item pressed against the ceiling.
4. Secure the hook to the wall and the other hook to the bottom of the board.
5. Make sure that there is enough pressure that the ceiling will hold on to the heavy item but that the string can pull it out of place.
6. Make sure that the string is lax and not tight, otherwise, the heavy item

will hit the door and not the perpetrator.

This will either do damage to the perpetrator or make enough noise that someone is able to wake up because of it. If this does hit an intruder, they will likely be knocked out and have a mild to severe concussion, so be sure that while it can hit an intruder that if you put this in a child's room that it cannot hit the child.

### ***A Shocking Turn***

The next booby trap can be utilized for both security, maiming, and as a prank on other family members. There are other and much more deadly ways to make an electrifying doorknob, but if you just want to slow down an intruder, and not outright kill them, then this is the best way. However, this may still kill individuals, but there is a smaller chance with this method than other methods.

You will need:

- An RC battery of your choice, just

make sure it has wires

- Electrical Tape
- Wire Stripper
- Duct Tape

### Directions

1. Strip the wires on the battery until you have access to the copper wiring within them.
2. Use duct tape to attach the battery against the door, but close enough to the doorknob that the wires can touch the doorknob.
3. Put the wires on the doorknob and secure them in place with tape.

The doorknob will become rather hot when you place the wires on the doorknob. The only problem with this trap is that the feed will be constantly running through the handle, so it will eventually drain the battery and you will have to replace the battery. You can make it much more deadly by plugging it

into the wall, but if the power is out then plugging it in the wall will not do much good.



# Chapter 5:

## Bushcraft

Bushcraft is an ancient art that uses natural resources to survive in the wilderness. It isn't one skill; it's a group of skills that encompass:

### **Foraging For Food**

This includes knowing what plants you and can't eat, how to cook over a campfire, and how to harvest efficiently without destroying a resource completely. Many plants will regrow if you take a little care, rather than hauling them up by the roots—that's a sustainable source of food. You need to understand what mushrooms you can and can't eat and how to cook them.

### **Hunting/Trapping/Fishing**

Learn how to track and stalk animals for food, how to build a snare, and where the best

places are to set them. Learn how to hide your scent—remember: Animals have a much better hearing and sense of smell than humans do; they'll know you are there long before you see them. You need to be able to tie knots, make cordage, and importantly, learn how to prepare and cook what you catch. You must also learn how to build and use weapons, such as slingshots and a bow and arrow, all of which can be made from natural resources. When times get desperate, everyone with a weapon will be after the same food sources, and those who prep properly will know exactly what's in their area and know how to catch and preserve it. Another useful skill in this area is fishing—most places have a body of water where some fish are available, and knowing how to catch them and preserve your catch is a vital survival skill.

### **Finding And Gathering Water**

Water sources are more prevalent than you realize; you just need to learn where to look for them. Once you've found your water source, learn how to filter and purify it, so it

is drinkable, and if you don't have one, learn how to make a container to collect and carry water in.

### **Building A Shelter**

This is important; you won't survive long out in the elements, no matter how well prepared you are. You must learn how to fell a tree for materials, baton branches, and find other materials you need to construct your shelter. For example, bark and grass can be thatched or woven to make a roof. You must also learn what materials you can use to both insulate and waterproof your new home.

### **Building A Fire**

Another very important factor for survival is knowing how to build a fire. Learn the best woods for quick burning and longer burning times, what constitutes tinder, how to build a fire-starting device, such as a fire plow or a bow drill, and how to build a firepit. You should also learn to make charcoal.

### **Navigation**

Learning to use a compass or even a navigation watch is a vital skill, but you should also learn to use other methods, such as the sun, stars, and even landmarks.

## **Backpacking**

Not only is backpacking fun, but it's also a great way of getting in shape and learning how to traverse different terrains carrying your survival gear. You'll learn how to carry your bug-out bag properly—the weight should be on your hips, not on your shoulders. You'll learn how to keep the ticks, mosquitoes, and other insects away, avoid injuries to your legs and feet, and how to work together as a group.

## **Camping**

Camping is a no-brainer really, and it's much easier to learn than backpacking because you don't need to hike out anywhere. You can learn how to camp in your backyard, and you should already have your camping equipment ready—get out there and start practicing. Stocking up on freeze-dried and dehydrated foods for your camping trips

means your prepping skills are not going to waste—you get to find out which ones you like and don't like before you fork out for bulk amounts.

## **Basic Tools for Bushcraft**

Living off the land will be much easier if you have the right tools on hand. Here are the basic tools you will need if you want to stand a chance to survive.

### **Fixed Blade Knives**

Although there are many types of survival knives out there, it is best to pick one that has a fixed blade and a full tang. This means the blade does not fold or retract into the handle, making them more secure and less prone to breaking. Full tang refers to the metal part of the knife that runs all the way down the handle, this makes the knife stronger and tougher, which means you can even use your knife to cut down small trees.

Yes, Swiss knives and multi-tools have more uses than a fixed blade knife, but they also have a lot of moving parts that make

them more prone to breaking. Swiss knives and multi-tools are only useful for when you are camping out for a few days, but for survival situations, they are not advisable

## **Hatchet**

You'll be using a hatchet for most of the heavy cutting tasks that your knife could not handle. Things like chopping down trees, splitting logs, and dressing and butchering any large animals that you manage to hunt down. You can also use your hatchet for digging holes and the reverse side of the blade can be used for hammering stakes and posts into the ground.

When choosing a hatchet, you need to take into consideration the tool's size, weight, and how it feels in your hand. You should choose a hatchet that is not too heavy that it will slow you down when you're trudging along woody paths, but not too light that it does not have any power at all.

## **Machete**

If you want to have something that has

the versatility of a hunting knife with the weight and striking power of a hatchet then you should definitely get a machete. These large bladed knives can actually replace hunting knives, and they can do most of the light work that hatchets are needed for, so you can say that this one tool is a worthy replacement. Besides chopping down trees and field-dressing prey, you can also use a machete to clear out a heavy brush to make it easier for you and your party to travel in even the densest part of the woods.

# Chapter 6: Other Tips

## Install Lighting Systems On Your House and Property

Equally as effective as installing cameras will be to install lighting systems. Burglars and intruders will do everything they can to keep themselves concealed while trying to enter your home, but lights will ensure that they are not able to do so.

You can also install lights both outside your home and inside. Motion sensor lighting systems work great for outside your home such as at your entrances, patio, garage, and the front lawn. Solar powered lights in particular will be the least expensive option.

For indoor lighting, use a light timer such as the kind that you use during Christmas, and keep it connected to your lamp. This will also create the illusion that



you are home.

## **Install Cameras On Your House and Property**

Having cameras installed on your property will greatly reduce the chances of a break-in. The good news is that home security cameras, such as CCTV, are cheaper and more available than ever before.

Why are cameras helpful at reducing a break-in? The answer is because a burglar simply does not want to get caught. Even if they suspect your cameras are fake, they may not want to take the risk.

Another advantage to CCTV cameras is how high quality they are. They'll produce more than just blurry images and police may be able to actually identify the burglar if the camera catches them.

## **Watch Dogs**

This is a simple home security hack that many people take already. There's good reason why: a dog is a much more effective home defensive measure than you're probably willing to give it credit for.

First and foremost, if you do get a dog it's probably to give your family a companion who you can love and cherish. Purchasing a dog to serve as a guard dog is probably a secondary reason to own one for you.

The mere presence of a dog or the sound of one barking while be sufficient to send many criminals out of your house or even out of your property in the first place.

In addition, a larger dog such as a German Shepherd could actually defend you by keeping you safe from an intruder once they've entered your home or general premises.

But by far the biggest reason to have a guard dog is the fact that they are simply one of the best alarm systems available. The moment a dog senses danger, he or she will bark out loud and rush to the site of danger.

You can then grab your home defense firearm, send your family to the panic room, call 911, and rush to investigate.

Having at least two guard dogs will be even better than less one. Yes, it's more mouths to feed, but it will be more intimidating to intruders.

Finally, while a larger dog will always be better for home defense, if you have small dogs they will at least be able to alert you to danger. Smaller dogs tend to be more alert than larger ones, and the very sound of them barking may be enough to send an intruder scurrying as well.

## **Fortify Your Windows**

What's the next most obvious entry point into your home after your doors? That's right, the windows. After fortifying your doors, your windows need to be fortified next.

By way and large, sliding glass doors are the weakest kind of windows there is.

This is because the burglar doesn't even need to break through the window if they don't want to. They just need to lift the doors up off of its tracks to get inside.

The best way to deny entry to criminals with your sliding glass doors will be to place a wooden or a steel rod in the track to ensure that it remains in place and cannot be lifted up off the track.

As for the rest of your windows, you're probably going to need to replace each of them. All a burglar needs to do is strike the window hard enough with their elbow or another heavy object to break through. Assuming that your home uses standard glass windows, in no way can you consider it adequately protected.

The best kind of material to replace each of your windows with will be Plexiglas. This is a very durable acrylic thermoplastic material that looks just like normal glass and won't ruin the look of your home at all, while also keeping it adequately protected.

Plexiglas is not invincible, but it is

incredibly difficult to break through. If you hear the burglar trying to break in by them repeatedly trying to smash your Plexiglas window, you can then call 911 and/or grab your home defense firearm to rush to the situation. At the very first site of you, the burglar will likely flee.

At the very least, a burglar will probably not expect your windows to be reinforced in this manner. So even while you're not home, they could give up trying to break through your window after multiple tries and move on to a different house.

## **Fortify Your Doors**

The average door in American homes these days is extraordinarily easy to break through. The locks are weak, and the doors themselves can be battered down by anyone who wants to get inside even if your locks have been replaced with heavy duty models.

With a sledgehammer or an axe, any burglar who wants to get into your home will

make incredibly short work of the wooden door you currently have. Alternatively, they could pick the locks as well to get themselves through.

While inexperienced burglars may have difficulty at breaking into the average home, any burglar who is experienced is going to have no trouble at all. Fortunately, you can thwart them by taking just a few important steps:

1. Replace your door locks with metal strike plates and long throw deadbolt locks
2. Drill longer screws into door frame to keep it more secure
3. Replace all wooden doors leading outside with steel doors
4. Replace the wooden frame for your door with a steel one
5. Keep two locks at the same height and several more locks at different heights (for your doors leading

outside)

6. Never leave a locking mechanism exposed for windows that are next to a door

Doors are easily the most obvious entry point into your home, which is why the locks for your doors and the doors themselves must be fortified at all costs.

## **Buy A Home Defense Gun**

Assuming that you don't have one already, you should have at least one gun in your home that's made for home defense. Maybe you were passed down firearms from a parent or grandparent, but if those firearms are not suitable models for home defense, then you will need to buy a separate one.

The best home defense weapons will be a pump action shotgun in 12 gauge or 20 gauge, a handgun with a minimum

chambering of .38 Special or 9mm Luger, or a semi-automatic defensive rifle such as an AR-15 or AK-47.

Regardless of which home defense gun you choose, it's important that you keep it as secure as possible and within easy access of you. Installing a handgun safe to your bed with a fingerprint identification is the safest option to go with. You can quickly access the gun inside with a simple print identification, it's by you while you're sleeping, and your children won't be able to get into it.

## **Protect Your Garage**

Most people who are serious about home security recognize the need to fortify their doors and windows, but far fewer recognize they need to also fortify their garage.

The reality is that numerous homes have been broken into because the intruders went through the garage rather than the doors or windows. You do not want to make the same



mistake of leaving your garage vulnerable. Don't overlook it.

Keep in mind, the burglars may purposefully go for your garage rather than the rest of your home because they know that most garages contain valuable items, such as tools, important financial documents, and of course your car. And if they do decide to get into the rest of your home, they'll have a clear point of access anyway.

There are a number of steps you can take to ensure that your garage remains protected, including:

- Replace your current garage door with a heavy duty door
- Replace the door leading from your garage into your home with a steel door and heavy duty locks
- Keep any particularly valuable possessions out of the garage, and other belongings in it hidden
- Have a motion sensor light

installed

- Have security cameras installed (even fake cameras will be better than nothing)
- Never leave your keys or any other valuable possessions in your vehicle

## **Use Locks Everywhere In Your House**

Keeping locks on your doors and windows and all other exit points leading outside is great, but at the same time, you don't want to neglect also keeping things locked in your home as well.

Your home more than likely has very valuable items within it, and you need to keep those protected. Examples of items that you need to give extra security to include electronics, firearms and ammunition, jewelry, personal documents, items of personal value, and any survival stockpiles you have made (food, water, etc.)

One of the best defensive measures is to keep your valuables in a safe with a durable lock and that has been bolted to the floor. Many times burglars will simply take the whole safe with them if they can't break into it.

Also keep locks on your jewelry boxes and other important boxes as well. Obviously you won't be able to put a lock over your TV, so that's one risk you may have to make.

## **Keep Few Hiding Places On Your Property**

Properties that have lots of natural hiding places such as trees, brush, shrubbery, and so on are a magnet for burglars because they know they can conceal themselves. Even homes with lots of outside shadow will be appealing to burglars.

Does this mean that you can't have natural foliage on your property? No, but it does mean that you want to keep them as nice and as trimmed as possible in order to

minimize the number of hiding places for a burglar.

## **Don't Make Your Vacation Plans Public**

Yes, it can be very tempting to post your plans for vacation or your actual vacation photos on social media sites such as Facebook, Twitter, or Instagram.

Nonetheless, you would be very unwise to share these pictures before your vacation or doing it. Rather, wait until **AFTER** you return home.

Even though you may feel safe sharing your vacation images with your friends, you don't want to run the risk that other people with bad intentions won't see those images as well. Keep in mind, your social media profiles are not as secure or as private as you may believe they are.

Take the safe route by not taking the risk.

## **Ask For Help from Your Neighbors**

Hopefully you have already established good relationships with your neighbors. It's always a good thing to get to know your neighbors, not just for the social aspect of it, because they can help keep your home secure from burglars.

Examples of what your neighbors can do include keeping an eye on your home while you're away on vacation or a trip, collecting your mail, shoveling your driveway in the wintertime, and alerting the police for help if they see your home being broke into.

Even if you don't consider yourself 'friends' with your neighbors, at least getting to know them and feeling you can trust them will always make you sleep better at night while you're away from your home.

## **Always Make It Seem**

## Someone Is In Your Home

Is a burglar going to break into a home that they know or have good reason to believe someone is inside? Very possibly, but the chances of them doing so are quite low.

The overwhelming majority of home break-ins happen when a person is not home, such as during the daytime when they figure that the parents are at work and the children are in school.

Therefore, when you leave home each day, make it a habit to seem like that someone is home. Examples of what you can do include keeping the radio and TV on or always having the lights on.

## Use Warning Signs

You've likely driven by homes or properties before with signs outside such as "KEEP OUT!" or "BEWARE OF GUARD DOG!"

There's a good reason why you

commonly see these signs; they are actually effective at keeping burglars (particularly less experienced ones) at bay. The reason why is because it tells them that you are someone who is taking the defense of your property and home very seriously.

If you're still not convinced that setting up warning signs is effective, just know that it is believed warning signs reduces the chances of having your home broken into by over fifty percent.

## **Always Keep Your Lawn Cut**

A lawn with tall grass is a clear indicator to a burglar that either A. your home is possibly unoccupied, or B. you aren't taking the defense of your home very seriously.

Besides, you shouldn't have tall grass on your lawn anyway...it looks bad.

If you're planning on going away on a

long trip or vacation, you can hire a teenager in your neighborhood to help keep your lawn cut. It will do more than you may think it will be at making a burglar think twice about intruding.

### **Hack 14 – Don't Allow Someone To Easily See Into Your Home**

As a general rule of thumb, you don't want people to be able to easily see in your home to see what's inside. This is especially important for when you'll be going away on a long trip.

Keep all of the blinds to your windows closed before you leave home, and consider putting up additional shading (such as a blanket) behind your blinds for when you'll be leaving for an extended period of time.

Using these approaches, it's going to be extremely difficult for someone to see inside. If a burglar isn't able to see what's in your home, their motivation for intruding will go down significantly.



## **Pack For Trips Unseen**

Always pack your belongings for a trip or vacation out of sight. This is a clear indicator that you are leaving the home to any potential burglar who is sneakily watching your neighborhood.

So for example, if you're planning for an outdoor trip, load up your bikes and coolers inside your garage rather than outside in your driveway. When packing your clothes, pack them inside a room where someone won't be able to peer through the window. You get the idea: you don't want burglars to know that you are planning to leave.

# **Book 4**

## The Prepper's Cookbook

# Introduction

The phenomenon of food prepping or getting meals ready beforehand is not new. The trend is actually quite old now and has often been promoted by dietitians and nutritionists for a sustainable and healthy life. However, the reason it has become a regular in the headlines recently is because of everything that has been going on in the world right now. Those people who had been talking about how effective and efficient it is to prepare food and make entire meals to save for later, are being appreciated for their organizational skills. They have been proven right that if a sudden shortage or halt in production arises, we should all have something to fall back on.

With instances where even big supermarkets and stores were stuck due to lack of supply, the preppers who had stockpiled and stored food were in a better position than everyone else. You can no

longer deny that food prep if done in the right manner can save lives. So what is it actually about? Well, to put it simply, it entails the storing of items and preparing of meals which can be portioned out for consumption later. Once it's prepared, nothing else is required, you can grab it and go whenever you want. While in the short-term, meal prep is done for about one to two weeks, in some situations, you can also extend the duration to months. Yes, it is actually possible to save and store meals or food items so that they can be taken out and consumed when there is an emergency.

You might be wondering as to how this all works. Well, it's a combination of factors such as ingredients, cooking, and then storage, which allows the food to retain both its taste and freshness. If you want your food and meal prep to work, you have to first and foremost devise a strategy that employs your survival skills and abilities in the best way possible. This basically means that you have to think and eliminate all the factors that could result in the failure of the system.

Avoiding food items which invite germs, insects or bacteria is one of them. The other is slacking off with meal prep and leaving it to do another time.

Other than this, you also have to invest in storage containers and units that keep the food safe and protected. Then, lastly, you have to consider health restrictions and boundaries that you can push. When there is a situation where your main goal is survival, you have to let go of all the diet plans and trends you might have been following. You cannot stick to them when prepping food and have to choose the items according to their long-term usability. This means that you will be stockpiling all types of dried and canned goods that you may not incorporate in your eating plans normally.

Now, you might find it difficult to process all this and may be feeling the pressure rising. Well, there is no need to work yourself up into a frenzy. If you pace yourself and follow a plan, then you will be able to overcome any problem or obstacle. In order to make it easier for you, we have come up

with a few tips that will help you prepare your food and meals in an effective manner.

### -Start Slow and Small

This is an important step in planning that could be greatly useful. Food prepping and saving or storing meals can seem like a daunting task. You could get easily confused or off track since it may feel like there is a lot to do and not enough time to do it. Well, one way to deal with this is to start in bits and pieces instead of taking it up all at once. Begin by picking up small everyday food items and cooking with quick and easy recipes. You can go by a weekly basis and then gradually move on to a month or more. If you directly hoard everything without having a plan to store it well or buy everything that you can get your hands on, you could end up with certain health risks and wastage.

### -Look at Every Food Group

When it comes to the preparation of food, you have to think about the calories and nutrients as well. While, you might not be

able to keep up with a keto or paleo diet, that doesn't mean that you have to compromise on healthy sustainability. It is integral to focus on each food group and incorporate at least one to two items from it in your meals. In the end, you have to think about the betterment of yourself and your loved ones, and avoid living off fatty foods no matter how delicious they are. Vegetables, fruits, high protein meats, and good carbohydrates are what you should put at the top of your list.

#### -Always Have an Alternative

While considering food groups, it is also a good idea to have alternatives ready at hand. In the event of a natural disaster or a pandemic, you can face a situation where somebody might come stay with you. What if that person is allergic to nuts or lactose intolerant? Well, with alternative food choices and non-dairy products, you can cater to their requirements. Sometimes, you might even have to go stay at a temporary shelter, then alternative food items can be of good use as well. If what you want is not available at

that location, you can easily substitute it with another item. There are a lot of people who have taken up residence with family members or are staying with friends. With food alternatives, your house can become a safe place for everyone.

### -Calculate the Calorie Intake

In order to prepare meals and food, you need to assess your, as well as your loved ones', calorie intake. This is to avoid a situation where you end up with shortages or may not have enough for the amount of people. Calorie intake varies for different people so you might be someone who needs a certain amount of fuel to go about their daily routine while others may require less than that. It all depends on the lifestyle of each person. Someone who is particular about fitness and used to exercising regularly will consume a given amount of calories each day, whereas another person might be able to go hours without eating a full meal. You have to make sure that you are able to fulfill the requirements of your near and dear ones and be self-sufficient.



## -Be Organized

This goes without saying and is something that everyone should be particular about anyway. If you are not organized about food prepping and storing your meals properly, you are going to lose out on precious time. Becoming organized entails making lists, checking the pantry to see which items you already have and can make use of and then going shopping for groceries accordingly. Whether you order food items online or go to a store physically, the important thing is to avoid wasting energy and putting yourself in harm's way. When you have a list of the items you need, you can straightaway go the aisles where they might be stocked and pick them up. Furthermore, you can also deduce the amount of food that will last you for weeks or months and then designate a place to store it safely.

These are just a few things that you should keep in mind when starting out with prepping food. Once you have rounded up everything together, it's time to get started.

## **What You Need**

You know how once in every while people say ‘plan/work smart and not hard’? Well, when it comes to food prepping, this motto can come in handy. Before you go on to stockpiling and storing food items or meals, you need to figure out exactly what the requirements will be. A number of renowned survivalists and experts advise making a checklist and then looking for what’s missing. Once, you know the areas where you fall short, you can work on them and improve your situation. So what does this list entail? The simple answer would be everything that you and your loved ones would need to successfully survive a prolonged lockdown or time going off-grid.

A good way to find this out is to search through your premises and jot down everything that is available in your house at the time. Check your pantry and see what kind of food items are already available. Once that is determined, you can figure out if making a run to a store would be feasible or if you have enough to get through two to three

weeks.

Other than food items, you also have to create or designate a space for food storage. Your pantry may only be able to hold a set amount of food and may require additional racks or holders for storing extra items. As mentioned above as well, relying on freezers or such units is not a viable option, which is why you should be able to come up with a clean and dry place that is able to store your food for a long time. If you are growing your own ingredients and crops, then this becomes even more integral. There has to be a unit, boxes or a covered area where the food items are protected from insects, animals, sun damage, air particles and sogginess.

Keep in mind that there are some items like rice, nuts, cereal and dried beans or fruits that you might be buying in bulk, so you need compartments to put all of that away. Bottles, jars and trays that can be used to store such ingredients in will be highly useful.

For meals, you will also need sealed and air-tight containers or bags which keep them

in their original condition. Microwave friendly boxes, vacuum sealed bags and oxygen absorbers are your best bet for prepping meals and storing them well.

When it comes to getting all the preparations in order, utensils and cooking items also matter. You will be making food in large batches to store them for the days to come, so you should have pots and pans that can accommodate big portions. These can then be cut into smaller or individual servings to be consumed over the following days or weeks.

# **Chapter 1: List Of All Foods To Have With Duration And Conservation**

Preppers and people who enjoy stocking up on food and other necessities know that they need to plan for the long-term. In order to do this, they will store a variety of supplies in their homes and in their vehicles.

However, one area that some people overlook is the foods that last a long time. In this chapter, we will list all of the available foods that can last for months or years at a time if stored properly.

## **Foods That Last For 3 Months**

Beans are one of the best survival foods around. Not only are they rich in protein, but they last a long time when properly stored. Because of this, we recommend stocking up

on dry beans in 25 pound bags and keeping them in your basement or storage unit. Remember to rotate your stock every few years and replenish it with new stock when you've used yours up.

Granola bars can sometimes be overlooked as a good survival food. They're great because they usually contain a lot of calories, fat and protein. Even more importantly, they're fairly simple to make and don't require any cooking at all. Because of this, we recommend storing several cases of granola bars for your family and even stocking up on some for your children's school lunches.

Another item that people often forget about is the peanut butter jar in their pantry. Many people keep the jar there, but then forget that it's good for much more than just spreading on toast. Because peanut butter is high in fat, protein and calories, we recommend storing as many jars as you can in your pantry and bathrooms.

When water becomes scarce, it will

become difficult to cook with at home. That's why we recommend that you store as many powdered drink mixes as possible such as Kool-Aid or Tang. You can mix these with small amounts of water and make a nutritious drink on the go.

### Foods That Last For 2 Months

The next group of foods that last for up to two months are items like rice, dried fruits, peanut butter and oatmeal. All of these foods will become scarce if you can't get them from your local supermarket. Because of this, it is highly recommended that you stock up on all of them in your home and on your person at all times.

Another great food that you can store for over two months is pasta. If you can grow or buy your own, then do it. Otherwise, stick to dry pasta because it will last longer than the canned varieties. Pasta has a lot of calories, fat and protein which are all necessary in any survival situation.

The next two items are items that are probably not things that most people stock up

on for their homes, but after a long-term survival scenario, they will become very valuable commodities. The first is toilet paper. You can never have enough of this in a survival situation, and it will become very valuable because it's one of the things that people take for granted. The second item is feminine hygiene products. These should be stocked up on as well because they are necessary for women who are going to stay home and not go out.

Pasta, herbs and tea are the next group of items that last for over two months. Herb tea is a valuable survival item that can be used to treat many common ailments or just for drinking. Because of this, we recommend bartering these items for your other needs.

### Foods That Last For 1 Month

Next up are the foods that last for one month. This includes salts and spices, seasonings, canned foods and a few others. The top items in this category are canned fruits that you can eat straight from the can or use for cooking.



We also recommend that you stock up on staples such as flour, sugar and rice because they will always be valuable to barter with as well as essential for cooking your meals.

### Foods That Last For 1 Week

The next group of items are those that can last for up to one week. This includes items like salt, sugar, butter, cooking oil and the rest of your kitchen items. It also includes dry milk in cardboard containers, pancake mix and macaroni and cheese mix. These are all very valuable in a long-term survival scenario because they can be stored in extra cabinets or in hard to reach places.

### Foods That Last For 1 Day

We also recommend that you store certain foods that can last for up to one day. These include things like canned vegetables and fruits, canned meats or soups and peanut butter. You should also stock up on dry mixes such as cake mixes and brownie mixes. Again, these are very valuable because they can be used in a pinch to provide a meal for

your family.

# Chapter 2:

## Recipes For Breakfast

### Banana Shake Bowls

Preparation Time: 5 minutes

Cooking Time: 0 minutes

Servings: 4

#### **Ingredients:**

- 4 medium bananas, peeled
- 1 avocado, peeled, pitted and mashed
- $\frac{3}{4}$  cup almond milk
- $\frac{1}{2}$  tsp. vanilla extract

#### **Directions:**

1. In a blender, combine the bananas with the avocado and the other

ingredients, pulse, divide into  
bowls and keep in the fridge until  
serving.

***Nutrition:*** *Calories 185 Fat 4.*  
*3g Carbs 6g Protein 6. 45g*

# Breakfast Tapas

*Prep Time: 5 min*

*Servings: 4*

## **Ingredients:**

- 8 oz prosciutto
- 8 oz chorizo
- 4 oz cucumber
- 4 oz cheddar cheese
- 2 oz red bell peppers

## **Instructions:**

1. Slice the cold cuts, cheese and vegetables into sticks or cubes.

*Macros: Net Carbs 5 g, Fiber 1 g, Fat 57 g, Protein 30 g, 664*

# Keto Toast

*Preparation Time: 10 minutes*

*Cooking Time: 10 minutes*

*Servings: 5*

## **Ingredients:**

- 5 slices fresh coconut bread (or any other keto vegan friendly sandwich bread)
- ¼ tsp ground cinnamon
- ¼ cup vanilla protein powder
- ½ cup almond milk
- A pinch of ground nutmeg

## **Instructions:**

1. Whisk together almond milk, protein powder, nutmeg and cinnamon in a shallow but wide dish that the bread can fit into. Ensure that there are no lumps in the mix.

2. Heat a non-stick skillet over medium heat and grease with coconut oil.
3. Soak each piece of bread in the vanilla protein powder mixture for 5 seconds on each side.
4. Place the soaked pieces of bread in the skillet and cook for 5 minutes so that the bottom turns golden brown. Flip and cook for another 5 minutes or until the other side is golden brown.
5. Plate and serve

*Nutrition: Total fat: 8.3g Cholesterol:  
0mg Sodium: 11mg Total carbohydrates:  
23.5g Dietary fiber: 2.6g Protein: 3.9g  
Calcium: 12mg Potassium: 166mg Iron: 1mg  
Vitamin D: 0mcg*

# Minty Green Smoothie

*Prep Time: 10 Min*

*Servings: 1*

## **Ingredients:**

- ½ lb avocado
- 1 cup fresh spinach
- 10-12 drops of Sweet Leaf Liquid Stevia Peppermint Sweet Drops
- 1 scoop whey protein powder
- ½ cup unsweetened almond milk
- ¼ tsp peppermint extract
- 1 cup ice
- Cacao nibs (Optional)

## **Instructions:**

1. In a blender, place avocado, spinach, protein powder and milk and mix until smooth.
2. Blend together the Stevia



Peppermint Sweet Drop  
SweetLeaf Liquid, sugar, and ice  
till frosty..

3. Stevia can be tasted and adjusted  
as needed.

*Macros: Net Carbs 4g Cal 293 Fat 15g  
Saturated Fat 2g Carbs 11g Fiber 7g Protein  
28g*

# Salad Sandwiches

*Prep time: 5 min*

*Servings: 1*

## **Ingredients:**

- 2 oz Romaine lettuce or baby gem lettuce
- ½ oz butter
- 1 oz Edam cheese
- ½ avocado
- 1 cherry tomato

## **Instructions:**

1. Use the lettuce as a base of the toppings after rinsing and drying thoroughly.
2. Smear butter on the lettuce leaves
3. Slice the cheese, avocado and tomato and place on top.

*Macros: Fat 34g, Protein 10g, Net*

*carbs 3g, Cal 374.*

# Chapter 3:

# Recipes For Lunch

## Vegan Green Hummus

Preparation Time: 1 hour

Cooking Time: 5 minutes

Servings: 3

Ingredients

- 1 bunch parsley
- 1 bunch basil
- 3rd spring onions
- 240 g cooked chickpeas (home-cooked or canned)
- Juice of ½ lemon
- 2 tablespoons Tahini (Sesammus)
- 5 tablespoons olive oil
- Salt

- Pepper

### Directions

Wash the parsley and basil and shake well until dry. Pluck the leaves and chop them roughly. Clean, wash and roughly cut the spring onions into pieces.

Put herbs and spring onions with chickpeas, lemon juice, tahini, and oil in a tall mixing beaker and puree everything with a hand blender. Season the hummus with salt and with pepper and let it sit for 1 hour before serving.

Nutrition: 142 kcal

# Chicken - Boned

**Preparation Time:** 5 minutes

**Cooking Time:** 90 minutes

**Servings:** Depends on how much chicken is used

## Ingredients

- Chicken
- Water
- Salt, optional

## Directions

Cook chicken until approximately 2/3 done. Take out skin and bones.

Fill each canning jar with hot chickens leaving one-inch headspace. Add one teaspoon of salt to each jar if you wish.

Ladle chicken stock, water, or cooking liquid over chicken. Remember to leave a one-inch headspace. Use a spatula to remove air bubbles, then use a clean cloth to wipe jar rims, after that, adjust lids, and screw band.

Set the filled jars in a pressure canner at 11 pounds pressure for dial-gauge or 10 pounds for the weighted-gauge canner. Process heat jars for 1 hour 30 minutes, adjusting for altitude. Switch off the heat and let pressure drop naturally. Remove the lid and cool the jars in the canner for ten minutes. Take out the jars and cool. Inspect lids seal after twenty-four hours.

**Nutrition:** Carbohydrates – 2 g; Fat – 12.2 g; Protein – 6.8 g; Calories – 231

# Red Rice and Beans

Preparation Time: 20 minutes

Cooking Time: 2 hours

Servings: 6-8

## Ingredients

- 200 g dried red beans
- 2 bay leaves
- 250 g long grain rice
- Pepper
- Salt

## Directions

Soak the beans in about 1/2 liter of cold water overnight.

Put the beans in a saucepan the day after, cover with water and cook for 30 minutes to 2 hours on mild heat. Cook the rice according to the package instructions. Drain the beans, mix with the rice, salt, and pepper. Serve the rice with beans with the veal cutlets.



Nutrition: 142 kcal

# Grilled Venison

**Preparation Time:** 10 min

**Cooking Time:** 1 hour

**Servings:** 4

## Ingredients

- 2 pounds canned venison
- 1 -1/2 pounds sliced bacon
- 1-quart apple cider
- 24 oz. bottled barbecue sauce or marinade

## Directions

Place venison on a shallow baking dish and cover in apple cider.

Cover with plastic wrap and refrigerate for 2 hours.

Remove and pat the meat dry, then discard apple cider and place venison back in the baking dish.

Pour barbecue sauce over venison,

cover again, and refrigerate for 2 hours more.

Preheat an outdoor grill to high heat.

Remove the meat from the refrigerator then let it stand for 30 minutes.

Wrap pieces of venison in bacon.

Place bacon-wrapped venison pieces onto a grill grate, not touching each other.

Grill for 20 minutes, constantly turning it.

**Nutrition:** 690 kcal

# Canned Chicken in Jars

**Preparation Time:** 30 minutes,

**Cooking Time:** 0 minutes,

**Servings:** 2

## Ingredients

- 1 lb. chicken
- 1/2 tablespoon salt

## Directions

Slice the chicken and place it into quart jars leaving 1-inch headspace.

Put salt into the jars.

Wipe the rims of the jars using a clean damp towel.

Now apply 2-piece metal caps.

Process pint jars in a pressure canner for about 90 minutes at 11 pounds pressure if using a dial-gauge canner or 10 pounds pressure if using a weighted-gauge can.

**Nutrition:** Calories 342; Total fat 6.9g;  
Saturated fat 1.9g; Total carbs 0g; Net carbs  
0g; Protein 65.7g

# Chapter 4:

## Recipes For Dinner

### Pressure Canned Deer Meat

**Preparation Time:** 15 minutes

**Cooking Time:** 0 minutes

**Servings:** 6 pints

#### **Ingredients**

- 20 lb. Deer meat
- Garlic
- Non-ionized salt
- Black pepper

#### **Directions**

Trim the meat to remove as much fat and tendons as possible the cube the meat

Tightly pack the meat in jars then add 2

garlic cloves, 1 tablespoon salt, and 1/4 tablespoon pepper on top of the meat in each jar.

Wipe the jar rims and place the lids and the rings on the jars. Place the jars in the pressure canner.

Process the jars at 15 pounds pressure for 90 minutes.

Wait for the pressure canner to depressurize to zero before removing the jars from the canner

Place the jars on a cooling rack undisturbed then store in a cool dry place

**Nutrition:** Calories 120; Total fat 2.4g; Saturated fat 1g; Total carbs 0g; Net carbs 0g; Protein 23; Sugars 0g; Fiber 0g; Sodium 51mg; Potassium 0mg

# Cabbage and Corned Beef Soup

**Preparation Time:** 60 minutes

**Cooking Time:** 80 minutes

**Servings:** 8-pint (500 ml) jars

## Ingredients

- 1 large onion, sliced
- 1-1/2 cup sliced carrot
- 1-1/2 cup chopped celery
- 1-1/2 can tomato sauce or juice
- 1/3 teaspoon ground allspice
- 5 cups beef stock
- 2 cups potatoes cut into 1/2-inch dices
- 1 small head cabbage, sliced
- 1/2 lb. corned beef, diced into 1/2 cubes, trim fat
- 1/2 teaspoon black pepper
- 1 teaspoon canning salt



- 2 cups water

### **Directions**

Layer equal quantities of carrots, onions, celery, cabbage, corned beef, and potatoes to each cleaned canning jar to around  $\frac{3}{4}$  full.

In a medium saucepan, add tomato sauce or juice, beef stock, allspice, pepper, salt, and water. Allow it to boil and remove from the heat source.

Ladle the mixture into each canning jar. Remember to leave one-inch headspace. If necessary, add more hot water or stock each canning jar. Use a spatula to remove air bubbles, then use a clean cloth to wipe jar rims, after that, adjust lids, and screw band.

Set the filled jars in a pressure canner at 11 pounds pressure for dial-gauge or 10 pounds for the weighted-gauge canner. Process heat jars for seventy-five minutes, adjusting for altitude. Switch off the heat and let pressure drop naturally. Remove the lid and cool the jars in the canner for five minutes. Take out the jars and cool. Inspect

lids seal after twenty-four hours

**Nutrition:** Calories 336 Cal; Fat: 15 g;  
Carbs: 32 g; Protein 18 g

# Pressure Canned Turkey Pieces

**Preparation Time:** 3 hours

**Cooking Time:** 30 minutes

**Servings:** 5 pints

## Ingredients

- 5 lb. Turkey
- Boiling water

## Directions

Use a method of your choice to cook the turkey meat until it's 2/3 cooked.

Pack the turkey pieces in the sterilized jars then add water or stock leaving 1-inch headspace.

Remove the air bubbles and place and wipe the rims with a damp cloth.

Put on the lids and the rings on the jars. Transfer the jars to the pressure canner and process them at 10 pounds pressure for 65 minutes if the turkey had bones and for 75

minutes if without bones

Wait for the pressure canner to depressurize to zero before removing the jars.

Place the jars on a cooling rack for 24 hours then store in a cool dry place.

**Nutrition:** Calories 262; Total fat 10.1g; Saturated fat 1.3g; Total carbs 40g; Net carbs 2.5g; Protein 25g; Sugars 0g; Fiber 0g; Sodium 111mg; Potassium 0mg

# Beef Stew

**Preparation Time:** 10 min

**Cooking Time:** 30 min

**Servings:** 4

## Ingredients

- 3 tablespoons flour
- 2 pounds canned beef
- 1 package beef stew seasoning mix powder
- 2 tablespoons vegetable oil
- 5 cups frozen bagged vegetables
- 3 cups water

## Directions

Toss beef in flour, then browns in oil in a skillet over medium-high heat.

Stir in water and seasoning.

Add frozen vegetables and bring to a boil.

Turn to low.

Cover and simmer for 15 minutes.

**Nutrition:** 768 kcal

# Hamburger Sauce Mix

**Preparation Time:** 20 minutes

**Cooking Time:** 20 minutes

**Servings:** 4

## Ingredients

- 2 lbs. lean beef, ground
- 3 cups chopped onions
- 2, 6 oz, cans tomato puree
- 1-1/3 cups water
- 1/2 tablespoon pepper

## Directions

Brown beef and onions in a stockpot and skim off fat.

Add all the remaining ingredients and boil. Reduce heat and simmer for about 5 minutes.

Scoop the hot mixture into hot pint jars. Leave 1-inch headspace.

Wipe the rims of the jars using a clean

damp paper towel and apply 2-piece metal caps.

Place the jars in a pressure canner and process for about 75 minutes at 10 pounds of pressure.

**Nutrition:** Calories 490; Total fat 14.4g; Saturated fat 5.4g; Total carbs 16.2g; Net carbs 12.5g; Protein 71.2g



# Green Bean Casserole

**Preparation Time:** 15 minutes

**Cooking Time:** 30 minutes

**Servings:** 6

## Ingredients

- 1 can condensed cream of mushroom soup
- 1/4 teaspoon black pepper
- 1 pint canned green beans
- 3/4 cup milk
- 1-1/3 cup French fried onions

## Directions

Preheat the oven to 350 degrees Fahrenheit.

In a large baking dish, stir together soup, pepper, and milk.

Add beans and 2/3 cup onions and stir again.

Bake for 30 minutes.

**Nutrition:** Calories 118 Cal; Fat: 7.3 g;  
Carbs: 11.1 g; Protein 1.7 g

# Chapter 5:

## Recipes For Snacks

### Chia and Berries Smoothie Bowl

Preparation Time: 5 minutes

Cooking Time: 0 minutes

Servings: 2

#### **Ingredients:**

- 1 and ½ cup almond milk
- 1 cup blackberries
- ¼ cup strawberries, chopped
- 1 and ½ tbsp. chia seeds
- 1 tsp. cinnamon powder

#### **Directions:**

1. In a blender, combine the blackberries with the

strawberries and the rest of the ingredients, pulse well, divide into small bowls and serve cold.

***Nutrition:*** *Calories 182 Fat 3.*  
*4g Carbs 8.4g Protein 3g*

# Strawberry Sorbet

Preparation Time: 15 minutes

Cooking Time: 10 minutes

Servings: 6

## **Ingredients:**

- 1 cup strawberries, chopped
- 1 tbsp. of liquid honey
- 2 tbsp. water
- 1 tbsp. lemon juice

## **Directions:**

1. Preheat the water and liquid honey until you get homogenous liquid.
2. Blend the strawberries until smooth and combine them with honey liquid and lemon juice.
3. Transfer the strawberry mixture in the ice cream maker and churn it for 20 minutes or until the sorbet is thick.

4. Scoop the cooked sorbet in the ice cream cups.

***Nutrition:*** *Calories 30, Fat 0.4 g, Carbs 14.9 g, Protein 0.9 g*

# Grapes Stew

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 4

## **Ingredients:**

- 2/3 cup stevia
- 1 tbsp. olive oil
- 1/3 cup coconut water
- 1 tsp. vanilla extract
- 1 tsp. lemon zest, grated
- 2 cup red grapes, halved

## **Directions:**

1. Heat up a pan with the water over medium heat, add the oil, stevia and the rest of the ingredients, toss, simmer for 10 minutes, divide into cups and serve.

***Nutrition:*** Calories 122 Fat 3.

7 Carbs 2.3 Protein 0.4



# Rhubarb and Apples Cream

Preparation Time: 10 minutes

Cooking Time: 0 minutes

Servings: 6

## **Ingredients:**

- 3 cups rhubarb, chopped
- 1 and ½ cups stevia
- 2 eggs, whisked
- ½ tsp. nutmeg, ground
- 1 tbsp. avocado oil
- 1/3 cup almond milk

## **Directions:**

1. In a blender, combine the rhubarb with the stevia and the rest of the ingredients, pulse well, divide into cups and serve cold.

**Nutrition:** *Calories 200 Fat 5.  
2g Carbs 7.6g Protein 2.5g*

# Black Tea Bars

**Preparation time:** 10 minutes

**Cooking time:** 35 minutes

**Servings:** 12

## **Ingredients:**

- 6 tablespoons black tea powder
- 2 cups almond milk
- ½ cup low-fat butter
- 2 cups coconut sugar
- 4 eggs
- 2 teaspoons vanilla extract
- ½ cup olive oil
- 3 and ½ cups whole wheat flour
- 1 teaspoon baking soda
- 3 teaspoons baking powder

## **Directions:**

1. Put the milk in a pot, heat it up over

medium heat, add tea, stir, take off the heat and cool down.

2. Add butter, sugar, eggs, vanilla, oil, flour, baking soda, and baking powder, stir well, pour into a square pan, spread, introduce in the oven, bake at 350°F for 35 minutes, cool down, slice, and serve. Enjoy!

**Nutrition:**

Calories 220; Fat 4g; Fiber 4g; Carbs 12g; Protein 7g

# Cold Lemon Squares

Preparation Time: 30 minutes

Cooking Time: 0 minutes

Servings: 4

## Ingredients:

- 1 cup avocado oil a drizzle
- 2 bananas, peeled and chopped
- 1 tbsp. honey
- ¼ cup lemon juice
- A pinch of lemon zest, grated

## Directions:

1. In your food processor, mix the bananas with the rest of the ingredients, pulse well and spread on the bottom of a pan greased with a drizzle of oil.
2. Introduce it in the fridge for 30 minutes, slice into squares and serve.

**Nutrition:** *Calories 136g Fat 11.2g*  
*Carbs 7g Protein 1.1g*

# Chapter 6:

## Recipes For Desserts

### Green Tea and Banana Sweetening Mix

**Preparation time:** 10 minutes

**Cooking time:** 5 minutes

**Servings:** 3-4

#### **Ingredients:**

- Pitted avocados, chopped
- 1 cup coconut cream
- 2 peeled and chopped bananas
- 2 tablespoons green tea powder
- 1 tablespoon palm sugar
- 2 tablespoons grated lime zest

**Directions:**

1. Take all of the ingredients in the instant pot.
2. Toss this, cover, and then cook on low for 5 minutes manual, natural pressure release, and then divide and serve it cold.

**Nutrition:**

Calories: 207; Fat: 2g; Carbs: 11g; Net Carbs: 8g; Protein: 3g; Fiber: 8g



# Grapefruit Compote

**Preparation time:** 5 minutes

**Cooking time:** 8 minutes

**Servings:** 4

## **Ingredients:**

- 1 cup palm sugar
- 64 oz. Sugar-free red grapefruit juice
- ½ cup chopped mint
- 2 peeled and cubed grapefruits

## **Directions:**

1. Take all ingredients and combine them into an instant pot.
2. Cook on low for 8 minutes, then divide into bowls and serve!

## **Nutrition:**

Calories: 131; Fat: 1g; Carbs: 12g; Net Carbs: 11g; Protein: 2g; Fiber: 2g

# Instant Pot Applesauce

**Preparation time:** 10 minutes

**Cooking time:** 10 minutes

**Servings:** 8

## **Ingredients:**

- 3 pounds of apples
- ½ cup water

## **Directions:**

1. Core and peel the apples and then put them at the bottom of the instant pot and then secure the lid and seal the vent. Let it cook for 10 minutes, then natural pressure release.
2. From there, when it's safe to remove the lid, take the apples and juices and blend this till smooth.
3. Stores these in jars or serve immediately.

**Nutrition:**

Calories: 88; Fat: 0g; Carbs: 23g; Net  
Carbs: 19g; Protein: 0g; Fiber: 4g

# Green Pudding

**Preparation time:** 2 hours

**Cooking time:** 5 minutes

**Servings:** 6

## Ingredients:

- 14 ounces almond milk
- 2 tablespoons green tea powder
- 14 ounces coconut cream
- 3 tablespoons coconut sugar
- 1 teaspoon gelatin powder

## Directions:

1. Put the milk in a pan, add sugar, gelatin, coconut cream, and green tea powder, stir, bring to a simmer, cook for 5 minutes, divide into cups and keep in the fridge for 2 hours before serving.
2. Enjoy!

**Nutrition:**

Calories 170; Fat 3g; Fiber 3g; Carbs  
7g; Protein 4g

# Cocoa Banana Dessert Smoothie

**Preparation time:** 5 minutes

**Cooking time:** 0 minutes

**Servings:** 2

## **Ingredients:**

- 2 medium bananas, peeled
- 2 teaspoons cocoa powder
- ½ big avocado, pitted, peeled, and mashed
- ¾ cup almond milk

## **Directions:**

1. In your blender, combine the bananas with the cocoa, avocado, and milk, pulse well, divide into 2 glasses and serve.
2. Enjoy!

## **Nutrition:**

Calories 155; Fat 3g; Fiber 4g; Carbs  
6g; Protein 5g

# Kiwi Bars

**Preparation time:** 30 minutes

**Cooking time:** 0 minutes

**Servings:** 4

## **Ingredients:**

- 1 cup olive oil
- 1 and ½ bananas, peeled and chopped
- 1/3 cup coconut sugar
- ¼ cup lemon juice
- 1 teaspoon lemon zest, grated
- 3 kiwis, peeled and chopped

## **Directions:**

1. In your food processor, mix bananas with kiwis, almost all the oil, sugar, lemon juice, and lemon zest, and pulse well.
2. Grease a pan with the remaining oil, pour the kiwi mix, spread, keep



in the fridge for 30 minutes, slice  
and serve,

3. Enjoy!

**Nutrition:**

Calories 207; Fat 3g; Fiber 3g; Carbs  
4g; Protein 4g

# Green Pudding

**Preparation time:** 2 hours

**Cooking time:** 5 minutes

**Servings:** 6

## **Ingredients:**

- 14 ounces almond milk
- 2 tablespoons green tea powder
- 14 ounces coconut cream
- 3 tablespoons coconut sugar
- 1 teaspoon gelatin powder

## **Directions:**

1. Put the milk in a pan, add sugar, gelatin, coconut cream, and green tea powder, stir, bring to a simmer, cook for 5 minutes, divide into cups and keep in the fridge for 2 hours before serving.
2. Enjoy!

**Nutrition:**

Calories 170; Fat 3g; Fiber 3g; Carbs  
7g; Protein 4g

# Lemony Plum Cake

**Preparation time:** 1 hour and 20 minutes

**Cooking time:** 40 minutes

**Servings:** 8

## **Ingredients:**

- 7 ounces whole wheat flour
- 1 teaspoon baking powder
- 1-ounce low-fat butter, soft
- 1 egg, whisked
- 5 tablespoons coconut sugar
- 3 ounces warm almond milk
- 1 and  $\frac{3}{4}$  pounds plums, pitted and cut into quarters
- Zest of 1 lemon, grated
- 1-ounce almond flakes

## **Directions:**

1. In a bowl, combine the flour with

baking powder, butter, egg, sugar, milk, and lemon zest, stir well, transfer the dough to a lined cake pan, spread plums and almond flakes all over, introduce in the oven and bake at 350°F for 40 minutes.

2. Slice and serve cold.
3. Enjoy

**Nutrition:**

Calories 222; Fat 4g; Fiber 2g; Carbs 7g; Protein 7g

# Lentils Sweet Bars

**Preparation time:** 10 minutes

**Cooking time:** 25 minutes

**Servings:** 14

## **Ingredients:**

- 1 cup lentils, cooked, drained, and rinsed
- 1 teaspoon cinnamon powder
- 2 cups whole wheat flour
- 1 teaspoon baking powder
- ½ teaspoon nutmeg, ground
- 1 cup low-fat butter
- 1 cup coconut sugar
- 1 egg
- 2 teaspoons almond extract
- 1 cup raisins
- 2 cups coconut, unsweetened and shredded

### **Directions:**

1. Put the lentils in a bowl, mash them well using a fork, add cinnamon, flour, baking powder, nutmeg, butter, sugar, egg, almond extract, raisins, and coconut, stir, spread on a lined baking sheet, introduce in the oven, bake at 350°F for 25 minutes, cut into bars and serve cold.
2. Enjoy!

### **Nutrition:**

Calories 214; Fat 4g; Fiber 2g; Carbs 5g; Protein 7g

## **Lentils and Dates Brownies**

**Preparation time:** 10 minutes

**Cooking time:** 15 minutes

**Servings:** 8

**Ingredients:**

- 28 ounces canned lentils, no-salt-added, rinsed and drained
- 12 dates
- 1 tablespoon coconut sugar
- 1 banana, peeled and chopped
- ½ teaspoon baking soda
- 4 tablespoons almond butter
- 2 tablespoons cocoa powder

**Directions:**

1. Put lentils in your food processor, pulse, add dates, sugar, banana, baking soda, almond butter, and cocoa powder, pulse well, pour into a lined pan, spread, bake in the oven at 375°F for 15 minutes, leave the mix aside to cool down a bit, cut into medium pieces and serve.
2. Enjoy!

**Nutrition:**

Calories 202; Fat 4g; Fiber 2g; Carbs



12g; Protein 6g

# Rose Lentils Ice Cream

**Preparation time:** 30 minutes

**Cooking time:** 1 hour and 20 minutes

**Servings:** 4

## **Ingredients:**

- ½ cup red lentils, rinsed
- Juice of ½ lemon
- 1 cup coconut sugar
- 1 and ½ cups water
- 3 cups almond milk
- Juice of 2 limes
- 2 teaspoons cardamom powder
- 1 teaspoon rose water

## **Directions:**

1. Heat up a pan over medium-high heat with the water, half of the sugar, and lemon juice, stir, bring to a boil, add lentils, stir, reduce

heat to medium-low and cook for 1 hour and 20 minutes.

2. Drain lentils, transfer them to a bowl, add coconut milk, the rest of the sugar, lime juice, cardamom, and rose water, whisk everything, transfer to your ice cream machine, process for 30 minutes and serve.
3. Enjoy!

**Nutrition:**

Calories 184; Fat 4g; Fiber 3g; Carbs 8g; Protein 5g

# Mandarin Pudding

**Preparation time:** 10 minutes

**Cooking time:** 30 minutes

**Servings:** 8

## **Ingredients:**

- 1 mandarin, peeled and sliced
- Juice of 2 mandarins
- 4 ounces low-fat butter, soft
- 2 eggs, whisked
- $\frac{3}{4}$  cup coconut sugar + 2 tablespoons
- $\frac{3}{4}$  cup whole wheat flour
- $\frac{3}{4}$  cup almonds, ground

## **Directions:**

1. Grease a loaf pan with some of the butter, sprinkle 2 tablespoons of sugar on the bottom, and arrange mandarin slices inside.

2. In a bowl, combine the butter with the rest of the sugar, eggs, almonds, flour, and mandarin juice and whisk using a mixer.
3. Spoon mix over mandarin slices, introduce in the oven, bake at 350°F for
4. 30 minutes, divide into bowls, and serve
5. Enjoy!

**Nutrition:**

Calories 202; Fat 3g; Fiber 2g; Carbs 12g; Protein 6g

# **Chapter 7: Recipes With Fruit And Vegetables For The Prepper With The Garden**

## **Canned Blueberries**

**Preparation Time:** 20 minutes

**Cooking Time:** 20 minutes

**Servings:** 6 pints

### **Ingredients**

- 8 cups blueberries
- 2 cups sugar

### **Directions**

Place the blueberries into a thick-

bottomed pot and cover them with sugar. Let them stand for 1 hour. Set to medium-high heat and cook for about 10 minutes, until blueberries release their juices. Once that happens, turn off the heat and ladle berries into hot sterilized jam jars. Wipe the rims and lids and secure the jars. Submerge into a boiling water bath for 20 minutes. Remove jars and place on top of a towel-lined counter to cool.

**Nutrition:** Calories 52 Cal; Fat: 1 g;  
Carbs: 55 g; Protein 2 g

# Green Vegetable Stir Fry

*Preparation Time: 10 Minutes*

*Cooking Time: 8 Minutes*

*Servings: 4*

## **Ingredients:**

- Two tablespoons extra-virgin olive oil (optional)
- One tablespoon grated fresh ginger
- cups broccoli florets
- ¼teaspoon sea salt (optional)
- Two garlic cloves, minced
- Two tablespoons toasted sesame seeds

## **Directions:**

1. Heat the olive oil (if desired) in a large nonstick skillet over medium-high heat until shimmering.



2. Fold in the ginger, broccoli, and sea salt (if desired) and stir-fry for 5 to 7 minutes, or until the broccoli is browned.
3. Cook the garlic until tender, about 30 seconds.
4. Sprinkle with the sesame seeds and serve warm.

***Nutrition:*** calories: 135 fat: 10.9g  
carbs: 9.7g protein: 4.1g fiber: 3.3g

# Avocado Mug Bread

*Prep time: 2 minutes*

*Cook time: 2 minutes*

*Serves: 1*

## **Ingredients:**

- ¼ cup Almond Flour
- ½ tsp Baking Powder
- ¼ tsp Salt
- ¼ cup Mashed Avocados
- 1 tbsp Coconut Oil

## **Directions:**

1. Mix all ingredients in a microwave-safe mug.
2. Microwave for 90 seconds.
3. Cool for 2 minutes.

## ***Nutritional Value Per Serving:***

*Calories 317 Carbohydrates 9 g Fats 30 g  
Protein 6 g*

# Bulgogi-Spiced Tofu Wraps

*Prep time: 2 hours*

*Cook time: 5 minutes*

*Serves: 6*

## **Ingredients:**

- 400 g Firm Tofu
- 200 grams Iceberg Lettuce to wrap

## For Marinade

- 2 tbsp Soy Sauce
- 50g chopped Leeks
- 1 tsp Erythritol
- 2 tbsp Sesame Oil

## For Slaw

- 50 g White Radish, sliced
- 50 g Cucumber, sliced

- 50 g Carrots, sliced
- 20 g sliced Scallions

For Dip:

- 1 tbsp ml Light Soy sauce
- 2 tbsp ml Sesame oil
- 1 tsp Erythritol
- 1 tbsp Gochujang

### **Instructions:**

1. In a bowl, mix all tofu marinade ingredients and combine by whisking.
2. Slice the tofu into 1” blocks to marinate for at least 2-2.5 hours.
3. Meanwhile, make the slaw. Mix the slaw ingredients and add in vegetables and toss. Cover and put in a fridge.
4. Grill the tofu and cut into roughly 1x3inches strips.

5. Toss the tofu using the slaw.
6. Wrap with lettuce leaves and serve.
7. Allow to cool before slicing.

*Nutritional Value Per Serving: Calories  
198 Carbohydrates 7 g Fats 15 g Protein 12  
g*

# Grapes, Avocado and Spinach Salad

*Preparation time: 10 minutes*

*Cooking time: 0 minutes*

*Servings: 4*

## **Ingredients:**

- 1 cup green grapes, halved
- 2 cups baby spinach
- 1 avocado, pitted, peeled and cubed
- Salt and black pepper to the taste
- 2 tablespoons olive oil
- 1 tablespoon thyme, chopped
- 1 tablespoon rosemary, chopped
- 1 tablespoon lime juice
- 1 garlic clove, minced

**Directions:**

1. In a salad bowl, combine the grapes with the spinach and the other ingredients, toss, and serve for lunch.

***Nutritional Value Per Serving:*** calories 190, fat 17.1, fiber 4.6, carbs 10.9, protein 1.7

# Avocado and Cauliflower Hummus

*Prep time: 5 minutes*

*Cook time: 20 minutes*

*Serves: 2*

## **Ingredients:**

- 1 medium cauliflower, stem removed and chopped
- 1 large Hass avocado, peeled, pitted, and chopped
- ¼ cup extra virgin olive oil
- 2 garlic cloves
- ½ tbsp. lemon juice
- ½ tsp. onion powder
- Sea salt and ground black pepper to taste
- 2 large carrots
- ¼ cup fresh cilantro, chopped



## **Instructions:**

1. Preheat the oven to 450°F, and line a baking tray with aluminum foil.
2. Put the chopped cauliflower on the baking tray and drizzle with 2 tablespoons of olive oil.
3. Roast the chopped cauliflower in the oven for 20-25 minutes, until lightly brown.
4. Remove the tray from the oven and allow the cauliflower to cool down.
5. Add all the ingredients—except the carrots and optional fresh cilantro—to a food processor or blender, and blend the ingredients into a smooth hummus.
6. Transfer the hummus to a medium-sized bowl, cover, and put it in the fridge for at least 30

minutes.

7. Take the hummus out of the fridge and, if desired, top it with the optional chopped cilantro and more salt and pepper to taste; serve with the carrot fries, and enjoy!

***Nutritional Value Per Serving:***

*Calories 416 Carbohydrates 7 g Fats 40.3 g*

*Protein 3.3 g*

# **Book 5**

## Prepper's Natural Medicine

# Introduction

Before the development of modern medicine in the form of antibiotics, antidepressants, etc., nature was the only source of medicine. Our ancestors used ingredients from nature in various ways to heal the mind and body. These natural remedies have passed down through the centuries and comprise what we now know as natural medicine.

## **Natural Medicine and Its History**

Natural medicine is also called naturopathy or herbal medicine. It is a form of alternative medicine where you use practices like herbalism, homeopathy, or acupuncture. The ideology behind this form of medicine revolves around self-healing and vitality. It means that you rely on natural remedies more than modern medicine using drugs, vaccinations, etc. Gentle therapeutic techniques may be used to aid the healing process. In natural medicine, a conscious

effort is made to help the body heal itself and restore its balance without suppressing the symptoms. Other than healing, natural medicine also greatly focuses on preventing ill health in the first place. As you read through this book, you will learn how to treat various ailments using natural medicine and how to prevent ailments in the first place. Access to modern healthcare is not easy, especially due to the high costs that leave most people struggling. Access to high-quality healthcare is also difficult due to other issues like gender, race, lack of medical facilities, etc. Considering all this, natural medicine can be a much more accessible and reasonable solution for most people.

Natural medicine is an ancient healing art that has existed for thousands of years. It has existed in different forms in all parts of the world, and the practices have been passed down through generations, so they still exist today. Our ancestors have been healing using ingredients from nature since the beginning of time. There are ancient Chinese and Egyptian records of medicinal plants being

used that date back to nearly 4000 BC. Many indigenous people around the world still practice similar herbal therapies developed during those previous times. In old times, knowing natural remedies could make the difference between life and death. People did not have the current medical facilities that we have.

Many examples in history display the importance of natural medicine to mankind. During the Middle Passage, enslaved Africans would smuggle plants of medical and spiritual importance despite risking their lives. The ancient herbal remedies of the Irish were protected despite the repeated invasions of their land. Despite hardships like invasions, migrations, and so much more, people have always tried to preserve the old healing traditions passed down through the ages. Most of these practices were passed down orally and not recorded on paper. Western science relies heavily on what has been documented, which is why many of these folk remedies have been ignored. There is a lot more to the history of medicine than

what is taught in textbooks. The medical accomplishments of modern science were only possible because of the knowledge passed down by our ancestors.

Fortunately, there has been a revival of the practice of natural medicine in recent years. People are becoming more conscious of what is actually beneficial to their health and understand that plants may just be the best answer. Instead of depending on modern drugs that are artificially manufactured, you can survive better on natural remedies using ingredients like hoodia, turmeric, moringa, etc. As you read this book, you can reconnect with the knowledge of your ancestors and help your body heal to a healthy state again.

### **Modern-Day Medicine**

Medical science has evolved exponentially in the last few decades. There are so many different kinds of medicines and treatments available for various illnesses. The evolution of modern medicine has allowed easier and immediate management of different conditions that may be chronic or

life-threatening. While modern medicine has its own advantages and is important, certain other issues need to be considered as well.

- Modern medicine is generally quite expensive as compared to natural medicine.
- There may be a lot of side effects caused by modern medicine.
- When people are prescribed certain medications for a long time, they often get dependent on them and risk experiencing withdrawal symptoms once the prescription is over. Medicines that provide instant relief are often the ones that increase dependency.
- Modern medicine tends to focus on treating symptoms rather than the source of a disease.
- Modern medicine does not give adequate importance to disease prevention and is more focused on treating diseases once they occur.



This is why natural medicine has notable advantages over modern medicine. Despite this, natural medicine has taken a backseat over the years, and people turn toward modern medicine most of the time. If you would like to be prepared for all kinds of situations, natural medicine is definitely the answer.

### **Benefits of Natural Medicine**

Natural medicine has numerous benefits that explain why the practice has managed to survive over thousands of years. As you read the following benefits, you will understand the need to learn more about natural medicine and why you should start stocking up a home apothecary.

- Natural medicine is a lot more cost-effective than modern medicine. It is a well-known fact that prescription medications are quite expensive. On the other hand, it is much cheaper to produce herbal medicines since they are made from easily available natural resources.

Since the production cost is low, it reduces the retail cost as well. It will help you save a lot of money on upfront costs and will also help you save money by preventing illnesses in the first place. You will gain knowledge about healing yourself and managing your conditions in a much better way with natural medicine.

- It will boost your immune function. A very important aspect of natural medicine is to improve overall health and help you consume the right food and ingredients on a daily basis. This helps to provide your body with all the nutrients it needs to function optimally. Your immune system receives a boost and keeps you healthy.
- It will help your body overcome any nutritional deficiencies and support the process of healing simultaneously. Prescription drugs work in such a way that they mask

your symptoms and don't necessarily cure the ailment. You feel better, but your condition is still the same internally. Natural medicine will teach you to listen to your body and target the source of your discomfort.

- There are very few side effects generally associated with natural medicine when compared to modern medicine. Since the ingredients used are natural, the body tends to respond quite favorably to natural medicine. When you replace a prescription drug with a natural remedy, it can slowly help reduce or eliminate the side effects related to the former.
- Nature provides you with all the raw materials you need to heal your body with natural medicine. You don't have to worry about depending on pharmacies, stores, etc., and can even grow most of the ingredients yourself. It provides

empowerment and allows you to take control of your personal health.

Now that you know more about natural medicine and its benefits it's time to learn about it in depth. By growing medicinal herbs in your garden and stocking up on some simple equipment, you can provide yourself and your family with effective remedies that will help you survive even if the current medical system fails for some reason. As a prepper, you probably understand the value of planning and preparing ahead. This is why you can grasp the importance of learning about natural medicine for your health and that of your loved ones.

# **Chapter 1: Herbal Medicine**

## **What Is Herbalism in General?**

**Herbalism is a broad category of medicine that utilizes plants and plant extracts for medical and pharmaceutical purposes.** The practice goes back to the dawn of human civilization, but it wasn't until recently that science began to understand its value. As more people seek alternatives to traditional medicine, herbology has emerged as a holistic treatment with powerful healing properties.

Herbal treatments have also been used in conjunction with other forms of alternative medicine or complementary therapies. Herbal medicine can be used along with traditional Chinese medicine (TCM), homeopathy, Ayurveda, and naturopathy.

Folk herbalism is the traditional medicine that has been in practice for centuries. No official licensing or education is required to become a folk herbalist, although many people are trained and certified by an institution or organization. For example, the American Herbalists Guild offers various certification programs.

This type of medicine is a traditional yet growing field of alternative healing. Today, more and more people are looking to alternative remedies as an option to conventional medicine. Herbalism has proven that it's far from a fad and can be used successfully to treat various health conditions.

## **Herbal Medicine**

**For thousands of years, herbal medicine has successfully treated everything from cold and flu to acne, eczema, stomach ulcers, skin diseases, and cancer.** Several herbs have been used for so long that we have forgotten their origin and what they can do.

Nature has always provided us with herbs that help promote good health. These remedies are nothing new; they have been found in more than 90% of common plants worldwide. In fact, the word "herb" comes from the Greek word “θεραπεύω” (to heal), which was also the name given to a class of plants used by early human civilizations to

promote health.

Today, **herbalism is still a mainstream form of treatment for a variety of medical conditions.** Most people use herbs for health maintenance practices, but I also believe in treating illness and promoting overall health. I think nature intended us to use herbs to maintain ourselves, rather than to rely on prescribed drugs that can cause serious side effects.

## **Benefits of Natural Medicine**

To become a prepper, learning about natural medicine is invaluable. Whether you are looking for common remedies to cold and flu or treating allergies, there is a lot you can do once you know about the medicinal properties of plants and herbs. Whenever you are learning something new, the motivation to continue learning increases when you become aware of its benefits.

When it comes to survival medicine, it's

not just about learning about the variety of herbs or medicinal plants that can be used. You should also learn about different preparations. We have gathered the information you need for different preparations in the form of recipes in this book. Before you get started with them, here are all the benefits associated with natural medicine and remedies.

### **Reduces Side Effects**

An important benefit of using natural medicine is that it reduces the side effects associated with prescription drugs and pharmaceuticals. Herbal medicine is all-natural, and that increases the chances of your body responding favorably to them. An unfortunate problem associated with modern medicine is dealing with the side effects of most drugs. We all are unique, and therefore, we all react differently to different medicines. Some drugs might work for some but cause adverse reactions in others. This is where natural medicine steps into the picture.

### **Cost-Effective Options**



Another benefit of using natural medicine is that when compared to pharmaceuticals, making medicine at home is cost-effective. They are not only easy to produce but are made from easily available natural ingredients. If you start growing some medicinal plants and herbs at home, you can further reduce the costs involved.

### **Promotes Self-Healing**

Herbal remedies promote self-healing and don't just treat superficial symptoms. Most prescription drugs and pharmaceuticals are created to treat the symptoms first. For instance, popping an aspirin when you get a headache simply reduces the pain. It does not work on treating the source of the pain. When you start using natural medicine, you are not only dealing with the pain or discomfort but also treating the source.

### **Self-Empowerment**

Learning about natural medicine is incredibly empowering. When you know you can take care of your medical needs and those around you, you will automatically feel more

in control. Even in the face of dire circumstances and emergencies, you have the required skills and resources to deal with any problem you are facing.

### **Gain an Additional Skill**

Another benefit of learning about natural medicine is that it is an additional skill you gain. Whether you are learning about making lotions and balms or tinctures, these are all means of improving your overall health. As you go through the list of herbs and medicinal plants given in this book, your knowledge about natural medicine will improve. Knowledge is invaluable, and information is power. Always remember this. There is no harm in learning about something new.

### **Prepare for Emergencies**

Instead of solely relying on pharmaceuticals and other manufactured prescription drugs, it is better to opt for natural medicine and remedies. Not only are natural remedies more beneficial, but they would also be accessible to you in the event

of any medicine shortages. As mentioned, it is empowering. You never know when such skills will come in handy. After all, preparedness is the only way to reduce the damage caused by adversities.

Once you go through these benefits, chances are you will want to start incorporating natural medicine and remedies into your daily life instead of just emergencies. Opting for natural medicine offers a holistic means to improve your overall health and wellbeing.

### **Benefits of Prepping**

Prepping is not just about learning the benefits associated with natural remedies and medicine. It is all about surviving in difficult circumstances and ensuring you have the materials and the equipment you need to see you through any unforeseen crises. If you are still thinking about why you need to start preparing, the benefits may change your mind.

### **Saving Money**

Learning about natural medicine and remedies and becoming a prepper is a wonderful way to reduce costs. Survivalism and learning about prepping involve plenty of do-it-yourself activities. Instead of relying on others, it encourages you to take a more hands-on approach towards your life and wellbeing. By doing all this, you will soon discover you are not only self-reliant but are equipped with the required skills to cut costs too. Whether you are preparing natural remedies at home, growing your own food, or learning to do basic first aid, these are all different essential skills that not only save lives but reduce costs as well.

### **Improving Your Health**

As a prepper, you become more conscious about taking care of your health and overall wellbeing. So, it is important to start focusing on your physical fitness. Instead of taking it for granted, become more aware of what can be done to improve your physical health. Whether it's hiking and walking or doing family drills, adopting a healthier lifestyle comes naturally to

preppers.

### **Better Relationship with Others**

Whether you want to improve the relationship with your family members and other loved ones, or forge stronger connections with those around you, learning about prepping and becoming a prepper helps. Learning something new and participating in activities together is the simplest way to form and strengthen relationships.

### **Self-Reliance**

When you start learning about natural remedies as a prepper, your sense of self-reliance will increase. You are no longer dependent on external sources for obtaining or meeting your medical needs and requirements. When you are self-sufficient, the confidence to deal with any adversities that come your way also increases. This confidence will make you more self-reliant.

### **Better Sense of Responsibility**

As a prepper, you not only feel responsible toward yourself but the well-being of others as well. If you have young children at home, there is no time like the present to teach them about responsibility. Learning to be responsible is not limited by age. Instead, it refers to the desire to learn something new. As you are learning about natural medicine and remedies, take this opportunity to teach others in your house about the same.

### **Sense of Leadership**

You cannot become a leader unless you learn how to lead. As a prepper, your sense of leadership automatically improves. When you know you are equipped with the needed knowledge, skills, and resources, your ability to make better decisions increases. This means others will automatically follow your suggestions. In case of emergencies, most look up to their leaders for guidance and advice. Apart from improving your sense of confidence and self-reliance, it also equips you with the right resources needed to become an efficient leader.

## **Earn Money**

A wonderful thing about today's world is if you have a specific skill or even knowledge and ideas, they can be marketed and sold. If you want to create an additional stream of revenue, consider teaching your prepper skills to others. Learning about natural remedies, medicines, and the different skills needed to prepare them for the future can be taught. Whether it is an offline or online course, consider sharing your knowledge and information with others. By doing this, you are not only enriching your life but adding value to others as well.

## **Less Stress**

Life is not only unpredictable but is incredibly stressful too. A simple way to reduce stress is through preparedness. Even if you cannot anticipate all the problems you might face, you can always prepare yourself for the worst-case scenarios. When you are prepared, you will not be caught off guard. When you know you can take care of the needs and requirements of yourself and

others, your stress will automatically decrease. Even in case of an emergency, you can stay calm knowing that you have everything you need.

### **New Hobby**

If you are looking for a new hobby or a skill to learn, consider natural remedies and medicine. It is never too late to learn about something new in life. Who knows, as you start learning about this, you might discover you are interested in this topic. It might also prompt you to look at other activities associated with natural medicine, such as growing herbs and medicinal plants at home.

### **Appreciating the Little Things in Life**

Most of us are often so caught up with the daily churn of working or studying that we forget about living altogether. As a prepper, you will learn to appreciate the little things in life. All preppers know they should never take the small things in life for granted, whether it is the uninterrupted power supply or access to fresh and clean drinking water, these are things most don't even think about



twice. Well, in emergencies, these things become scarce and valuable resources. As a prepper, you will start appreciating them instead of taking them for granted. It also makes you more conscious about the different lifestyle choices you make.

### **Reconnect with Nature**

Prepping helps you reconnect with nature. This, coupled with learning about natural herbs and medicinal plants, will further strengthen your connection with nature. After all, nature caters to all our needs and requirements. As a prepper, you will not only appreciate nature but reconnect with that as well. Once you reconnect with nature, you become more environmentally conscious. This means your willingness to make environment-friendly decisions and choices also increases. Apart from all those, you are setting a great example for others to follow.

### **Better Response**

Whenever you are facing a stressful situation or an emergency, the fight or flight

response kicks in. This response is essential for survival. That said, it also increases the chances of poor responses and unhelpful reactions. In an emergency, the best thing you can do is stay calm and levelheaded. How can you make good choices if you are panicking and cannot think rationally? As a prepper, your ability to respond to situations also improves. It not only improves your reaction speed but also ensures you are moving in the right direction.

# Chapter 2:

# Natural Herbal

# Remedies

Herbal remedies are simply using plants as medicine. We use them to heal; to prevent getting sick and to cure diseases. Herbal remedies can help us feel more energized, they can help ease our symptoms, and even help us lose weight or relax. However, it is essential to use these remedies smartly and safely:

## ***Herbal Treatments Are NOT Medicine Substitutes***

Please do not use herbals as replacements for modern medicine. Herbals are aids that are meant to facilitate the work done by allopathic medicine, they are not meant to replace them entirely.

Herbal medicines are rarely regulated or

tested before being sold, so they might not always work as claimed. Some herbals carry misleading labels, so you need to be very sure before putting something in your body.

### ***How to Be Safe When Using Herbal Treatments***

Make sure you are safe and informed when you're consuming herbal remedies. Always read the product descriptions if you're buying the remedy and don't fall for miracle cures and products that promise the world; they won't always deliver.

Always keep in mind anecdotal evidence is not scientific proof. Some products are sold using testimonials and real-life stories. Your friend could swear by a certain remedy, but just because it worked for someone else, doesn't mean it will work on you.

Discuss your options with a healthcare professional before consuming anything and do not give supplements to children or the elderly. Avoid using herbals if you're pregnant or breastfeeding unless you're

taking something specifically approved for that purpose (Medline Plus, 2018).

## **Herbal Remedies Using Common Herbs and Spices**

You'd be amazed to discover that you can make many herbal remedies from the herbs and spices you already have in your kitchen and pantry. Here are some herbal remedies you can make using common herbs and spices:

### **Cardamom**

Cardamom can be used in various herbal remedies. You can add powdered cardamom in tea to soothe a sore throat; you can chew cardamom to enhance oral health and boil cardamom in water and drink it for improved kidney health.

### **Cinnamon**

Cinnamon can help you lose weight. Add  $\frac{1}{4}$  tsp of cinnamon powder with 1 tsp of honey in a cup of hot water and drink it on an empty stomach to melt belly fat. Having  $\frac{1}{2}$

tsp of cinnamon powder a day also improves heart health.

### **Black Pepper**

Black pepper improves digestion, adding it to soups can clear congestion, and you can even add pepper to your laundry to prevent the color from fading from your clothes.

### **Cumin**

Cumin is used to clear skin infections such as pimples and boils. Make a paste with cumin powder and vinegar and apply it to your face for clear skin. Including cumin in daily meals prevents anemia and massaging with cumin oil or drinking cumin water reduces anxiety.

### ***A Guide to Common Medicinal Herbs***

The following herbs can be commonly found in any household and are known to carry medicinal properties:

### **Ginger**

Ginger can cure symptoms such as

upset stomach, cold sweats, and dizziness, which are commonly experienced during flu season. You can suck on raw ginger root as a cough suppressant or if that is too extreme, steep ginger in hot water to make herbal tea for sore throats.

### **Thyme**

Brew thyme in combination with other herbs such as mint to relieve congestion. You can inhale thyme with other aromatic herbs to breathe better and relieve congestion.

### **Turmeric**

Turmeric carries amazing anti-inflammatory properties. If you drink a glass of turmeric milk daily, you can boost your immunity and also be strong enough to fight the flu virus.

### **Mint**

You can use mint or peppermint to open up your nasal passages and help you breathe through a stuffy nose. The fragrance of the mint can be released through steam, which you can inhale to let the menthol in the leaves

unclog your nasal passages.

## Herbal Remedies for a Range of Ailments and Afflictions

Here is a list of herbal remedies to treat a variety of ailments:

- **Abscesses:** Mix 1 tsp turmeric powder with milk or water and apply directly on abscess.
- **Gingivitis:** Add three drops of tea-tree oil to water and use as mouthwash.
- **Acne:** Apply apple cider vinegar on a cotton ball on the affected area.
- **Aging:** Boil 4 teaspoons of honey with 1 tsp of cinnamon in 3 cups of water. Drink the tea daily.
- **Allergies:** Mix nettle leaf with raspberry leaves to make a tea to soothe allergy symptoms.
- **Anemia:** Juice beetroot and apples together and drink daily.



- **Asthma:** Mix garlic powder with milk and drink at the first sign of an asthma attack.
- **Back Pain:** Mix eucalyptus essential oil with a carrier oil and massage onto the back.
- **Bedsore:** Rub aloe vera on the sores to soothe the inflamed skin.
- **Bites and Stings:** A poultice from fresh plantain leaves works immediately.
- **Burns and Sunburns:** Aloe vera works wonders for burns. You can also apply chickweed paste.
- **Cold Sores:** Apply a dab of tea-tree oil on a cotton swab and put on the sore.
- **Constipation:** Dandelion tea can help relieve constipation.
- **Cramps:** Cramping can be calmed by drinking chamomile tea.
- **Fever:** Add 1 teaspoon of basil

powder with  $\frac{1}{4}$  tsp of black pepper in hot water with honey and drink.

- **Snoring:** Apply a dab of peppermint oil on the nose to stop snoring.
- **Insomnia:** Add some lavender oil in a diffuser and let the scent permeate the air to cure insomnia.

# Chapter 3: Herbal Medicine Preparation and Essential Tools

## Making Herbal Medicine at Home

The speediest, least complex approach to begin is with a bit of nursery, while it's in your yard or on a counter. Doing this goes along with you to the beginning of your recuperation and empowers you to take as much consideration of your spices since you do your cerebrum, body, and soul. If you have effectively got a lawn, life just got simpler. Healthy spices are a breeze to coordinate into puppets or plots you have effectively brought developing. Then, at that point, you should recognize the sorts of

natural arrangements that draw you, anything from colors to teas and all in the middle. This distribution allows you to pick the legitimate spices alone and the best systems to set them up for your necessities and way of life. No concerns if you are not an expert cook or have an affection disdain relationship with your kitchen. Making homegrown cures doesn't need specific abilities or capacities, rather than genuine interest in your prosperity and a little second.

## **Basics of Herbal Preparation**

In the wake of developing or purchasing the herbaceous plants that are interesting to you, you will be ready to begin making arrangements.

Every arrangement has its motivation and targets explicit themes and concerns. However, it isn't plant-explicit, which implies that you can blend and match your inventions utilizing different techniques. Each segment expects to instruct you regarding the

homegrown process and contain application methodology, the kitchen hardware you will need to make, and the capacity compartments you will need to access.

Going before the part on restorative consideration preparing is a Know Your Skin Care guide that will help you sort out which medicines will function admirably with your skin type. It's anything but anything secretive or even particularly cunning or able in making recuperation recipes from crops.

Various strategies for utilizing plants to release and trigger their curative properties have developed over the long haul. No ifs, and, or buts, our distant precursors used spices just by eating the new plant.

Since that time, a wide range of strategies of readiness has effectively been created. Along with our contemporary comprehension of pharmacology, we could settle on conscious choices about which system we use to release the biochemical segments needed for recuperation without weakening this current plant's uprightness by

detaching parts of the whole world. A few significant spice distributions now accessible incorporate complete manuals to making natural arrangements. The best technique for utilizing spices is to take them from inside that recuperation. The habits of getting ready inside medicines are many, yet as a rule, it's pivotal to take significant consideration of the strategy to ensure the ideal result. Three kinds of bits of preparation are utilized for inside ingestion: eucalyptus extricates (teas), colors, and dried or new spices in a container or pill structure. Plans for homegrown arrangements are straightforward to make at home. Some have a couple of steps where others have numerous actions, yet they're all moderately short. Find how to make a natural mixed oil. Or then again, take a stab at mixing teas utilizing this particular stomach-related guide, homegrown tea or even an adaptogen chai tea blend!

The possibility of making your skin meds and recipes from natural fixings may show up to some degree overwhelming. However, it shouldn't be. It is essential and

soul-fulfilling and perhaps a lot of fun.

Basic kitchen stuff and cooking capacities are fundamental for making brilliantly new, wellbeing, and health-sustaining manifestations. It's anything but simple and antiquated artistry that everybody can do. "Tidiness is close to faithfulness" - there is an incredible explanation I express this in for all intents and purposes each natural body-care distribution I compose. Preferably, all should be bubbled. However, that isn't down to earth or even conceivable.

Give them a great wash, wash them and wash them well. The goal is to limit the potential for harming bacterial development on your additive-free merchandise.

## Useful Ingredients

In addition to spices, we'll need a few other items to make our homemade remedies. The consistency of the additional components should be comparable to that of the herbs.

You'll be using the same simple ingredients over and over again.

The following is a list of these ingredients, as well as tips about how to make sure they're pure and of the highest standard.

## **Oils**

Oils that are subjected to light and heat quickly become rancid, which is carcinogenic. It's possible that oil in a transparent container, or glass or plastic, is awful.

It's essential to inquire about how long the oil has been sitting on the shelves with the shop owner.

Buying herbal oils in tins or dark bottles is also a brilliant idea. Ensure all oils you purchase are cold-pressed; any other extraction method relies on chemical solvents to boost oil yield.

## **Alcohols**

Tinctures are made mainly of alcohol. The alcohol content is usually calculated as a number multiplied by two to get the proof. As a result, 80-proof vodka contains 40% alcohol. For certain plants, every 80-proof



alcohol would suffice as a tincture.

We suggest using 190-proof (95 percent alcohol, also known as Everclear or grain alcohol) if legally accessible in your state.

### **Vinegar**

Vinegar of high quality is alive. Wine is inoculated with bacteria to make vinegar (called the mother vinegar). A live vinegar has a cloudy appearance with sediment at the bottom of the container.

### **Glycerin**

To produce tinctures for children or people who don't want to drink alcohol, glycerin is used. The sweetness of glycerin tends to suppress bad flavors. Use 100% vegetable-based glycerin, which has a better consistency than animal-based glycerin and is healthier to eat.

Though glycerin does not absorb resins or oils from plants as well as alcohol tinctures, its shelf life is comparable to that of alcohol tinctures. A glycerate is a tincture produced of glycerin.

## **Honey**

Purchase pesticide-and contaminant-free honey. Whenever possible, purchase honey produced near your house. Every region, and even each county, produces its form of honey. People suffering from hay fever or allergies can find relief by consuming local honey. Look for a vendor offering crystallized honey at the favorite farmer's fair.

## **Beeswax**

Buy your beeswax from a nearby beekeeper if possible. For a slightly cheaper amount, you'll get a higher-quality wax. Don't be concerned if the wax contains a few bee wings or other debris. Wax serves as a preservative, and when you melt it, you will easily squeeze out any stray bits.

## **Sugars**

Sugar is used to sweeten sour brews to produce wines and syrups. Honey and maple syrup are two sugar substitutes for processed white table sugar.

Trace minerals are taken up in a tree's sap from as much as 60 feet below the level in maple syrup. A grade amber syrup is the strongest since it emerges from the first sap flood.

## **Salts**

Herbs may be preserved with salts and used in pools. Sodium chloride, or common table salt, usually is not preferred, but it will suffice if no other salt is usable.

My preferred salt is sea salt, which is distilled from ocean brine and high in minerals. When producing bath salts, Epsom salt, also known as magnesium sulfate, is a cost-effective substitute.

## **Tools**

To store these remedies, you're going to want to use dark glass jars or bottles. Plastic bottles aren't safe for storage because you need to sterilize all storage containers. To sterilize them, you can use the same sterilization technique as baby bottles, followed by boiling water and drying in a hot

oven.

When cooking some herbal remedies, you'll want to use glass containers, enamel or stainless-steel pots, and wooden or steel utensils. Metals like aluminum can react negatively to herbal mixtures and release toxic chemicals into herbal remedies.

## **Best Practices and Safety**

To keep herbal medicine safe and effective, it's essential to follow these practices:

Know the difference between internal vs. external medicine: Herbal remedies have precise uses. You need to know whether the treatment you want to use is for internal or external use. Taking external therapy internally can cause a lot of problems. For example, comfrey, an excellent wound-healing herb, can cause catastrophic liver damage if taken internally. So, make sure you're following the precise use of the remedy either internally or externally.

Know the parts of the plant you're using: Different parts of plants can have different effects. For example, consider the herb pokeweed. Its berries are toxic, but its leaves have been used for herbal remedies in the past. So, it's essential to know which parts of the plant must be used. Aerial parts include leaves, stems, and flowers. Roots are, well, roots. So, know which part you should use for the safest effects.

Know what the plant looks like: Mistaken identity can be a very costly error. You should know what each herb looks like before using it. You don't want to use a different herb that looks similar. This is just the case when foraging for mushrooms. Another example is how St. John's Wort is similar to ragweed, which is toxic. Knowing how to identify the herbs correctly can help ensure that you are choosing the right one. This book doesn't talk about identifying herbs, but you can find many resources online for identifying herbs correctly.

Know your prescriptions and how they may be affected by herbal remedies: While

most herbal remedies are helpful when you are already taking medications, some of them can lessen the effectiveness of your prescriptions. If you are taking a prescription, talk to your doctor or herbalist about possible reactions between herbal remedies and your medication.

### **Dosages**

Following the proper dosage for each remedy is crucial to help you get better. For the adult doses, follow their measurements and times precisely. Don't double treatments, just like you wouldn't double heart medication. Finally, please don't take more than two herbal remedies at once, as they may cancel each other out or cause more negative effects.

Some of the remedies mentioned here are useful for pregnant women, children, or the elderly, but the dosages need to change. Here are the changes to be made:

- For babies, don't give any herbal remedies if they're under the age of 6 months old.

- For a 6-month-old to a 1-year-old, give  $\frac{1}{10}$  of the adult dose, measured by weight.
- For a 1-year-old to a 6-year-old, give  $\frac{1}{3}$  of the adult dose, measured by weight.
- For a 7-year-old to a 12-year-old, give  $\frac{1}{2}$  of the adult dose, measured by weight.
- For elderly adults, give  $\frac{3}{4}$  of the adult dose, measured by weight.
- For pregnant women in other trimesters, unless the remedy says it's safe, try not to take any herbal remedies unless prescribed by a doctor.

After taking the herbal remedy for 2–3 weeks, see a doctor if you still don't see any improvement. If you see any adverse effects, see a doctor. And if you are seriously ill or wounded, you should, again, see a doctor.

# Chapter 4: Herbs Shopping Guide

## Shopping for Herbs

Top-notch spices are great spices, independent of their source. Where you live, that might be a neighborhood wellbeing food shop, a little local area ranch, or maybe your neighbor's lawn. You may even have a spice store locally.

Less expensive isn't typically better! Neighborhood minuscule makers often need to charge more due to their homegrown and natural items; in any case, the grade is frequently more noteworthy.

Test with little clumps at first, which implies you learn which makers have the absolute best quality, permitting you to comprehend regardless of whether it is



certainly worth the expense.

There are a few things to remember while sourcing herbaceous plants: soil quality, developing practices, and how they are prepared or dried. If the dirt wherein the spices have gotten tainted with weighty metals or other defilement, this will probably be from the plant issue. It would help if you comprehended where the herbaceous plants had been developed, implying that you can realize whether the dirt has been sterile. It is here and there annoying for spices grown all over here, especially those filled in regions that don't have guidelines regarding land tainting. For instance, some more fabulous spice retailers, Mountain Rose Herbs, inspect their herbaceous plants to ensure they're liberated from soil-based degrading.

You might be reluctant to purchase spices created in metropolitan ranches. However, don't discount them: Speak to the makers and ask in their territory. Most urban homesteads acquire new soil and use water filtration to guarantee that their assembling is secure. How were creepy crawlies dealt with?

What sort of compost has been utilized?

Were the herbaceous plants filled in a nursery or outside? These things have advantages and disadvantages, yet the central matter is that the outcome: On the occasion, the blooms have dynamic tones and amazing smells and tastes, then, at that point, the grade is extraordinary. The preparing and drying step can be convoluted, as well: lean blooms might be eradicated on the off chance that they are dried at too high a temperature or put away inappropriately. You will comprehend that this is valid if there's critically sautéing from the dried spices. It is decisively the indistinguishable caramelizing you'd see on a living plant with brown, dried foliage - it appears to be un-fundamental. For example, let us use St. John's wort: This plant should have caramel when it is dried. However, its tarnish conceal is dark red mahogany. That is not quite the same as the brown-dark shade of basil leaves, which have turned sour on your ice chest. The main thing is, realize that you are purchasing your spices out of. Does this assistance you use sound judgment, yet it can

likewise assist with building local area between the people who foster our spices (and suppers) and the individuals who eat them. At the point when we spice (and dinners) and those individuals who swallow the.

### **Growing Herbs**

Get to know the plants that grow in your backyard and in the woods or fields where you live. You will probably find the cures to many ailments you need in your life in your immediate area. The earth provides for us.

One of the best ways to make sure that you are harvesting exactly what you want and without confusing it with a potentially toxic look-alike is to grow it yourself. Growing your herbs is also a great time-saver if you use a particular herb frequently to save you from hunting it down in the wild.

One of the easiest ways to start an herbal garden is to transplant herbs found in the wild. This way, you can be sure that the herbs will grow well in your climate. It is essential to understand the needs of the plant

before attempting to produce it. There are many books about gardening that can help you determine the type of soil, the sunlight and water requirements, and the cold hardiness of each plant.

# Chapter 5:

## Medical Herbs List

### Achillea

The drug consists of the flowering tops of *Achillea millefolium* (fam. Compositae), perennial herbaceous plant, rhizomatous, 30–50 centimeters high. It is cosmopolitan: it grows from the plain to the mountain areas, where it is commonly found in wet meadows, along ditches and hedges, and in uncultivated places.

The flowering tops are harvested from June to September, they dry in the shade below 40 degrees, after gathering the inflorescences in bunches; they are preserved in paper or canvas bags.

#### Uses:

Yarrow has emmenagogue properties; hemostatic; bitter-eupeptic; spasmolytic. The indications are therefore amenorrhea and

dysmenorrhea; metrorrhagia; anorexia and gastrointestinal dyspepsia; spasms of the digestive and uterine tract; venous affections (varices, phlebitis, hemorrhoids).

Since achillea belongs to the Asteraceae family, it can cause allergic dermatitis in people who are particularly sensitive or allergic to plants of this family.

With regard to possible interactions, attention must be paid to its activity on blood clotting, especially for people taking anticoagulant drugs, whose action it could alter. In case of use to facilitate menstruation, if absent for various reasons, the use of yarrow does not jeopardize a possible pregnancy ignored.

**Caution:**

The use of Yarrow is not recommended during pregnancy and breastfeeding, and in children: some of its components may have a neurotoxic action.

## **Agrimony—Agrimonia**

# Eupatoria

## **Habitat:**

All over the United States, at the margin of woods and in meadows.

## **Characteristics:**

Agrimony is a perennial infesting flower. From the small rhizome a single, erect stem emerges from the ground and can reach up to 30 inches. Leaves are lance-shaped with a serrated margin and have two smaller leaflets with slightly different shapes. Clusters of small yellow flowers with five petals and protruding stamens are located on top of the plant. Fruit is a small achene with hooks to attach to animals who pass nearby.

## **Parts to collect for medical purposes:**

Flowers.

## **Preferred solvent:**

Water.

## **Main effect:**

Astringent, diaphoretic, febrifuge.

**Uses:**

Iroquois and Cherokee used root decoction to treat diarrhea and reduce fever, while the tea prepared from leaves and flowers was used to treat urinary tract infections.

## **Alder—*Alnus Rubra***

**Habitat:**

All the wet and moist areas of the United States and Canada.

**Characteristics:**

Alders are trees of medium height (about 70 feet tall). The bark that covers the wide trunk has changing characteristics depending on the age of the tree. It can be smooth and gray for a young one or coarse and whitish for an old one. Leaves are oval-shaped with a pointy end and serrated margins. Flowers are catkins of different dimensions depending on the sex: male green-yellow flowers are long and protruding



downward; female ones are small and red cones. The latter, generate, when pollinated, cones with flat seeds.

**Parts to collect for medical purposes:**

Bark.

**Preferred solvent:**

Water.

**Main effect:**

Astringent, cathartic, tonic.

**Uses:**

Female ament decoction was used to treat sexually transmitted diseases such as gonorrhoea.

Male flower poultice was eaten to stimulate bowel movement in serious cases of constipation.

Fresh leaves poultice was used to cure wounds and skin infections, while the ash obtained from the leaves combustion was used as toothpaste.

The tea prepared with dried leaves has

an anti-inflammatory effect if used to wash the skin area in case of urticarial or rash.

The decoctions from boiling barks have a febrifuge and astringent effect. Also, it is still used nowadays as a gargle for sore throat. Use fresh, inner bark to maximize the effect.

## **Aloe Vera**

### **Habitat:**

The Southern United States, especially Southeastern ones.

### **Characteristics:**

At the base of the plant, there is a basal rosette of long, pointed succulent leaves with toothed edges. Color is olive green, sometimes mottled in yellow. It creates a group of red or yellow tubular flowers from a central spike.

### **Parts to collect for medical purposes:**

Leaves juice.

**Preferred solvent:**

Water.

**Main effect:**

Tonic, emmenagogue, vermifuge, cathartic, depurative.

**Uses:**

The poultice of fresh leaves was used to treat wounds, insect bites, and burns in general. A mostly unknown use of these fresh leaves poultice is the following: poultice was put into cheesecloth to dry. The dried poultice was then ground to obtain a fine powder that was used as a topical treatment for open wounds to stop bleeding and for blisters to absorb the moisture and avoid infections. If diluted into water, the powder was used to regulate the menstrual cycle or to expel intestinal worms.

**Caution:**

Do not give in case of pregnancy, liver or gallbladder conditions, or hemorrhoids.

# Amaranth—*Amaranthus Retroflexus*

## **Habitat:**

Diffused almost all over the United States and Canada in meadows and prairies.

## **Characteristics:**

This flowering plant is roughly 4 feet tall and has gray-green, oval-shaped, rough leaves. At the end of the branches, the flowers are hairy aments red or purple depending on the species. Inside the flowers, during fall, you can find numerous, small, black seeds. The taproots are red.

## **Parts to collect for medical purposes:**

Leaves and flowers.

## **Preferred solvent:**

Water.

## **Main effect:**

Astringent.

## **Uses:**

The decoction or raw consumption of leaves was used for its astringent characteristic and to reduce excessive menstruation (hypermenorrhea). The decoction of leaves was also used as gargling for throat inflammation.

Seeds were used as food for sustainment. You grinding them and prepare bread or cakes. Leaves (raw and cooked) and roots (boiled) are edible, too.

## Aromatic Clove

Clove is an incredibly nutrient-dense spice whose active ingredient, eugenol, has been extensively studied.

### **Uses:**

Packed with manganese, magnesium, iron, vitamin K, and fiber, this miracle flower bud is admired for its anti-inflammatory, antiviral, antibacterial, and antimicrobial properties. Although studies have not been conclusive, it is used to complement current treatment and remedies against cancer and

other ailments such as hepatitis with positive results.

Since the 8th century, cloves have been an important part of Asian and European trade. In reality, wars have been fought over spice. Clove is considered safe when taken in amounts typically found in food, but no studies have been conducted on taking the herb for long-term medicinal use. The active ingredient in cloves, eugenol, slows down blood flow, so avoid eating cloves after surgery or when taking blood thinners. Cloves are the flower buds of recurring clove trees. They grow easily in humid tropical locations or on rich, reddish soils. Its perfect requirements are shade and rain.

## **Bach Flowers**

### **Uses:**

Body health and mood are not split. Bach flowers work on both fronts and each of them is suitable for different personalities, produces effects, and works on emotions in

different ways. Let's see them one by one. Some people are predisposed to certain emotions rather than others. Some people tend to be hyperactive, while others let themselves go into inertia. Edward Bach indicated, for each state of mind, the most suitable floral remedy. Bach had understood that, for example, a person with the fear of losing control could never be treated and cured as someone who wanted to overcome the trauma of any nature. Taking care through the Bach flowers, therefore, also pushes us to know better who we are deep down, through that delicate phase that is the choice of the remedy that suits us.

Bach flowers do not cure the disease but are aimed at unlocking the reactive force of an individual and mobilize the inner forces to trigger a positive change. The essence indicated works on rebalancing negative emotional attitudes that promote the onset of various disorders. Bach flowers are particularly suitable for children because they do not give side effects, do not create addiction, you cannot go into hyperdosage.

On the contrary, it can be said that children are the best users of Bach flowers because they have no preconceptions and react quickly and lastingly.

**Caution:**

There are no particular contraindications, except for what is called the crisis of awareness, consisting of an exacerbation of symptoms just before healing.

## **Bee Wax**

Bee product par excellence, in addition to honey and propolis, beeswax is a secretion of the homonymous small insects (*Apis mellifera*), with which they build the internal structures of the hive (honeycomb) where the honey is stored. The use of beeswax dates back to the ancient Egyptians who used it in mummification processes and in the production of their ships, as it was widespread in the Roman populations who used it to protect their paintings from water and humidity.



For many years, therefore, beeswax has been a material of enormous importance for man, being the only available natural product of its kind. Nowadays, the field of application of beeswax has narrowed, as it has been replaced by similar, sometimes less expensive, materials. However, this does not mean that beeswax has lost its value. In fact, beeswax is a by-product of honey extraction: it is believed that bees have to fly 530,000 kilometers to collect a kilo of honey.

### **Types:**

According to the procedures to which it is subjected after its collection, we can distinguish two types of beeswax, whose uses are however superimposable:

- **Yellow wax:** it is the wax that is obtained by simple collection and extraction from the honeycomb. It is yellow in color and is characterized by its typical and pleasant aroma.
- **Sunrise wax:** it is obtained through the purification and bleaching of

yellow wax through the action of air or through the action of chemical agents such as chlorine, chromic acid, hydrogen peroxide, etc. Normally, alba wax does not have the delicate and pleasant aroma that characterizes untreated yellow wax.

### **Properties:**

Due to its particular composition, beeswax has several properties that allow wide use in different sectors.

In detail, beeswax is equipped with:

#### ***Emollient properties:***

- Water-repellent and protective properties (since it forms a kind of film on the surface on which it is applied).
- Emulsifying and viscosifying properties.
- In antiquity, moreover, it was believed that beeswax also had

healing properties and, for this reason, it was applied hot (and then melted) on wounds, in order to facilitate healing.

However, most likely, beeswax could facilitate the healing of wounds, not because it had real healing properties, but because it was able to create a barrier to protect the wound from the external environment while preventing the development of possible infections.

## **Beech—*Fagus Grandifolia***

### **Habitat:**

The Eastern United States and Southeast of Canada. It grows in sunny environments.

### **Characteristics:**

This beautiful tall tree can grow up to 120 feet. The central trunk is covered by smooth, gray bark and bears long and thick branches, populated by many leaves. These are deeply veined, oval-shaped, and toothed

edges. Leaves fall in autumn, as per all the deciduous trees. Fruits are small four-lobed nuts covered with soft thorn-like red hair.

**Parts to collect for medical purposes:**

Bark, leaves.

**Preferred solvent:**

Water.

**Main effect:**

Antibacterial, astringent.

**Uses:**

The decoction of beech barks and leaves helps in the treatment of dysentery and diarrhea due to its astringent characteristics. This decoction was also used to treat liver conditions (also modern doctors use it to treat diabetes) and bladder infections. The recommended dose and use for this treatment is 1 teaspoon of dried leaves or bark for each cup of boiling water, to be drunk three tablespoonfuls at the time before the main meals.

## Black Cohosh Plants

### Uses:

Black cohosh will be your best friend if you experience painful or uncomfortable menopausal or PMS symptoms. The mixture of its ingredients—tannins, resins, fatty acids, 27-deoxyactein, isoflavones, triterpene glycosides, and formononetin—mimic the hormone estrogen and has been clinically shown to alleviate congestion, cramps, bloating, mood swings, depression, and much more. North American Indians used black cohosh to treat gynecological conditions, kidney problems, malaria, snake bites, coughs, and colds. Herbalists have since primarily focused on women's pain related to the uterus, ovaries, infertility, and labor pains. At the same time, it's also used in alternative remedies for neurological and lung ailments.

### Caution:

Researchers urge not to take black cohosh if you are breastfeeding, pregnant, diagnosed with breast cancer, or possess

hormone-sensitive problems that could be triggered by the herb, which stimulates estrogen in the body. Should you take the herb internally, take a rest after 1 year. Also, stop if you are experiencing unwanted effects like upset stomach, headaches, cramps, weight gain, spotting, or bleeding between menstrual periods. It thrives in moist, organic grime and must undergo a completely warm and cold cycle to heat until the seeds germinate. Ensure success by putting mature seeds in autumn; therefore, it experiences the process and up your odds of growing throughout its first spring.

## **Black Cohosh—*Actaea Racemosa***

### **Habitat:**

It is found in forests, meadows, and prairies of the Northern United States and Southern Canada.

### **Characteristics:**

This evergreen plant emerges from a black-green rhizome as a straight green stem that reaches 6 feet tall at its best. Leaves are basal, broad, and grouped in compounds of three leaflets with toothed margins. Flowers are grouped in densely populated racemes and are composed by a central stigma surrounded by protruding stamens with no petal nor sepal.

The root is usually collected for medical purposes. Its preferred solvent is boiling water, and it has diuretic, diaphoretic, expectorant, sedative, emmenagogue effects.

### **Uses:**

Black Cohosh root decoction was widely used by natives to cure cough and as a blood purifier. Another wide use was the treatment of hypo-menorrhea (poor menstruation flow) and to induce abortions.

A simple preparation of the black cohosh you can do in no time is the alcoholic infusion. This preparation is highly effective in curing rheumatism. The instructions to prepare it are quite simple: just soak black

cohosh fresh root in alcohol with a weight ratio of 1:8 for 1 week. The recommended dose for the assumption is one tsp of the alcoholic extraction in a cup of water two times a day.

**Caution:**

Do not use during pregnancy.



# Chapter 6:

# Ailments And Their

# Natural Treatments

## *Skin Ailments*

Before discussing remedies for bites and stings, you must make sure you seek medical advice for an allergic reaction. If your throat or face starts to swell, go to the hospital to get help. If you get bitten by a venomous animal, also seek medical help. Beyond these warnings, just keep your eyes open for severe reactions to the bite, sting, or rash.

## **Bites and stings**

For bites and stings, you can take fresh lavender leaves or the essential oil, and rub it over the affected area.

You can also apply the juice from one of these herbs: Sweet basil, holy basil, sage,

or thyme. Squeeze out the juice, or crush the herbs and collect the juice, and rub it on the affected area. Use only one of these herbs, not a combination of them all.

You can also apply St. John's wort-infused oil to the affected area. St. John's Wort infused oil needs to be cold-processed. Since cold-infused oil takes a while to process, make sure you take the time to make it before you need it. To cold-infuse oil, you should place the 250 g dried herb or 500 g fresh in a large glass jar. Pour in 750 ml good quality olive oil or sunflower oil. Pour the oil over the herbs until they are completely covered. Shake the jar and place it in a sunny spot. Leave for 2–6 weeks, then strain out the herbs, keeping the oil. Store the oil in a dark glass container for up to a year.

Alternatively, you can make a lotion from calendula. To make a lotion, start by making an infusion. Use 2 heaping tablespoons of calendula petals. Add them to a warmed teapot. Pour 150 ml boiling water into the pot. Infuse for 10 minutes before removing the herbs and strainer. When the

infusion cools, soak a washcloth in the infusion. Then wring out the washcloth and gently bathe the area.

Finally, you can use the gel from an aloe vera leaf and apply it to the affected area.

If you have nothing else available but have a lemon, then just use the juice of a lemon. Do not dilute it. Use it directly on the affected area.

### ***Rashes***

For skin rashes, you can make a lotion of calendula or comfrey (choose one, not both). To make a lotion, start by making an infusion. Use 20 g dried herbs. Add them to a warmed teapot. Pour 500 ml boiling water into the pot. Infuse for 10 minutes before removing the herbs and strainer. When the infusion cools, soak a washcloth in the infusion. Then wring out the washcloth and gently bathe the area. Apply the lotion 2–4 times a day.

If you don't want to make a lotion, you

can make an ointment instead, again using either herb. Apply the ointment 2–4 times a day.

If your rash is weeping, apply aloe vera gel to the affected area. Use it 2–4 times a day.

### ***Hives***

For hives, drink an infusion of nettle, heartsease, and calendula. To prepare a pot of the infusion, use 5 g of each herb. Add them to a warmed teapot. Pour 750 ml boiling water into the pot. Infuse for 10 minutes, then drink throughout the day. Continue for one week, but if the hives continue after that, you can continue drinking for an additional week.

Another remedy to take is a decoction of dandelion, yellow dock, and burdock. Do not take this remedy if you are pregnant. To make a decoction, place 5 g of each herb's roots, and 750 ml water in a saucepan. Bring to a boil and simmer for 20–30 minutes. It should reduce until there is only 500 ml liquid left. Sieve the mixture, keeping the

liquid and discarding the herbs. Drink up to 300 ml a day and continue the remedy for one week.

## **Chickenpox**

The herbal remedies for chickenpox are the same as for cold sores. You can use a tincture of echinacea. Take ½ teaspoon tincture with water 2–3 times a day.

Another remedy is to take an infusion of St. John's wort and drink 150 ml a day. To prepare the infusion, use 1 teaspoon dried or 2 teaspoons fresh herb to 250 ml water. Make the infusion like a tea, with the herbs in a strainer and boiling water poured over. Cover with a lid and infuse for 5–10 minutes before removing the herbs and strainer. Feel free to add sweeteners or honey if you need to. You can store the extra infusion in the fridge for up to 24 hours.

You can also use an infusion of lemon balm. To prepare the infusion, use 1 teaspoon dried or 2 teaspoons fresh herb to 250 ml water. This is one dose. Make the infusion

like a tea, with the herbs in a strainer and boiling water poured over. Cover with a lid and infuse for 5–10 minutes before removing the herbs and strainer. Feel free to add sweeteners or honey if you need to. You can drink up to 750 ml a day.

Lemon balm can be an effective lotion. To make a lotion, start by making an infusion. Use 1½ tablespoon fresh lemon balm or 3 teaspoons dried. Add it to a warmed teapot. Pour 150 ml boiling water into the pot. Infuse for 10 minutes before removing the herbs and strainer. When the infusion cools, dab some onto your sores, 3–5 times a day.

To help ease your skin when you have chickenpox, you can take a bath with oats. Place milled oats in the sock end of a stocking or a muslin bag and place it under the tap of a bath. Turn the hot water on and allow the water to run through the oats. Fill the bath and soak for 10 minutes.

## ***Allergies and Asthma***

Allergies are usually accompanied by a lot of mucus, irritated eyes, and runny nose. The remedies here can help, but you can also help by changing your diet during allergy season. Foods like milk and other dairy products can increase mucus production, so remove them from your diet to help with the process of healing.

Asthma is often exacerbated by allergies. The remedies for asthma will help for relief, but you should talk to an herbal practitioner or doctor for further treatment.

In case the allergies or asthma get worse after taking a remedy, talk to your doctor. For life-threatening allergies, work with your doctor before taking any remedies. Do not stop taking any steroids or inhalants in exchange for an herbal remedy.

The herbs used for allergies are nettle, elderflower, and echinacea. For asthma, the herbs used are nettle, chamomile, and echinacea.

## **General Asthma Remedies**

Make an infusion of nettle and take 400–600 ml a day for no more than three months at a time. To prepare a pot of the infusion, use 20 g dried herbs or 30 g fresh herbs. Add them to a warmed teapot. Pour 500 ml boiling water into the pot. Infuse for 10 minutes, then pour some out into a cup, but don't exceed the dosage measurements. Feel free to add sweetener or honey if desired. You can store the extra infusion in the fridge for up to 24 hours.

The second general remedy is to make an infusion of nettle and elderflower. To prepare this infusion use, 1 teaspoon dried or 2 teaspoons fresh of each herb to 300 ml water. This is one dose. Make the infusion like a tea, with the herbs in a strainer and boiling water poured over. Cover with a lid and infuse for 5–10 minutes before removing the herbs and strainer. Feel free to add sweetener or honey if desired.

### **Hay Fever**

Make an infusion of elderflower and take 300–450 ml a day. Drink the infusion



daily for a few months before and during allergy season. To prepare a pot of the infusion, use 20 g of dried herb, or 30 g fresh herbs. Add them to a warmed teapot. Pour 500 ml boiling water into the pot. Infuse for 10 minutes, then follow the dosage measurements. Feel free to add sweeteners or honey if you need to. You can store the extra infusion in the fridge for up to 24 hours.

### **Wheezing**

**Make an infusion of two herbs:** thyme and nettle. To prepare a pot of the infusion, use 15 g of each herb. Add them to a warmed teapot. Pour 710 ml boiling water into the pot. Infuse for 10 minutes. Drink it throughout the day. Feel free to add sweeteners or honey if needed.

The second remedy is to make an infusion with German chamomile. To prepare the infusion, use 2 heaping teaspoons chamomile to 150 ml water. This is one dose. Make the infusion like a tea, with the herbs in a strainer and boiling water poured over. Cover with a lid and infuse for 10 minutes.

Inhale the steam before removing the herbs and strainer. Drink the infusion, and feel free to add sweetener or honey if you need to.

### **Asthma from Infections**

This remedy has a couple of different options. You can take capsules or a tincture of echinacea. To make the capsule, fill a capsule case with about 500 mg powdered echinacea. Take one capsule three times a day. Alternatively, sprinkle the same amount of powder on food or in water. For the tincture, take ½ teaspoon 1:5 tincture with water 2–3 times a day.

### ***Burns and Sunburn***

The remedies here can help with managing minor burns, but you should see a medical professional if a large portion of your skin is burned or if it is infected. For burns beyond sunburn, the best remedy is to keep the wound cool by running cool water over it for at least 20 minutes. Then apply a cool, wet washcloth to the affected area for at least three hours. If the burn is deep or large, seek

medical help. The remedies here can also help with burns and sunburns. The plants in this section are aloe vera and calendula, which can be used for both burns and sunburns.

The first remedy is aloe vera gel. To collect the gel, break off a leave from the plant and split it open. Scrape out the gel and apply it to the burned area twice a day.

The second remedy is to apply a lotion of calendula. To make a lotion, start by making an infusion. Use 1 heaping teaspoon of calendula petals. Add them to a warmed teapot. Pour 150 ml boiling water into the pot. Infuse for 10 minutes before removing the petals and strainer. When the infusion cools, soak a washcloth in the infusion. Then wring out the washcloth and gently bathe the area.

### ***Ear, Nose, and Throat***

#### **Bronchitis/Chest cold**

The herbs that can help you manage your chest cold are thyme, licorice, and two

herbs that haven't been discussed yet eucalyptus and elecampane. Eucalyptus leaves are an excellent remedy for getting rid of mucus. It is also a good antiseptic and helps with many respiratory ailments. Elecampane is a root that has been used to help with most chest infections and complaints. Elecampane should not be taken if you are breastfeeding or pregnant. You should also not give eucalyptus to children or infants.

The first remedy is an infusion of thyme. You can have up to 750 ml a day, however, a good option is just to have 100ml three times a day. To prepare a pot of the infusion, use 20 g dried herbs or 30 g fresh herbs. Add them to a warmed teapot. Pour 500 ml boiling water into the pot. Infuse for 10 minutes, then pour some out into a cup, but don't exceed the dosage measurements. You can sweeten the infusion if you want to.

For coughs and bronchitis, you can make a decoction of elecampane. You can add 5g of eucalyptus leaf for acute coughs and bronchitis, and 5 g licorice powder for

flavor. Drink about 300 ml of the decoction each day. To make a decoction, place 20 g elecampane root (or 15 g elecampane and 5 g eucalyptus for acute coughs), and 750 ml water in a saucepan. Bring to a boil and simmer for 20–30 minutes. It should reduce until there are only 500 ml of liquid left. Sieve the mixture, keeping the liquid and discarding the herbs. Store any leftover decoction in the fridge for up to 48 hours. Remember, don't take this remedy if you are pregnant.

For an external chest rub (never taken internally), mix 5 drops of thyme essential oil, 5 drops of eucalyptus essential oil, and 2 teaspoons olive oil. Use up to twice a day on your chest and back. Never ingest this mixture, and don't use it if you are pregnant.

### ***Fever***

For mild fever, you can make an infusion of yarrow and elderberry; however, this remedy shouldn't be taken if you are pregnant. To prepare the infusion, use ½ teaspoon yarrow and ½ teaspoon elderberry

to 100 ml water. This is one dose. Make the infusion like a tea, with the herbs in a strainer and boiling water poured over. Cover with a lid and infuse for 10 minutes before removing the herbs and strainer. Feel free to add sweeteners or honey if you need to. You can drink up to 600 ml a day.

As an alternative remedy, you can take a whole onion, bake it at 400°F for 40 minutes. Mix honey with an equal amount of onion juice. You can take one or two teaspoons of the remedy every hour, but don't exceed eight times a day.

You can also reduce a fever without herbal help by bathing in cool water.

For high fever, you can make an infusion of yarrow, boneset, and cayenne. Boneset is a new herb for this book. You will use the aerial parts of the plant for this remedy. You should not use this remedy if you are pregnant. To prepare the infusion, use 1 teaspoon dried boneset, 1 teaspoon dried yarrow and a pinch of cayenne to 150 ml water. This is one dose. Make the infusion

like a tea, with the herbs in a strainer and boiling water poured over. Cover with a lid and infuse for five minutes before removing the herbs and strainer. Feel free to add sweetener, honey, ginger, or cinnamon for flavor if you need to. You can take up to 600 ml of the infusion a day.

### ***Stuffy Nose and Sinus Infections***

For congestion issues, the remedy is to inhale the steam of infusions or essential oils.

The first remedy is inhaling the steam of an infusion. To prepare the infusion, use 15 g dried herbs to 750 ml water. Make the infusion like a tea, with the herbs in a strainer and boiling water poured over. Cover with a lid and infuse for 5–10 minutes before removing the herbs and strainer. Then inhale the steam for 10 minutes.

You can also use German chamomile, following the same directions as above. You can also exchange the herbs with 5–10 drops of eucalyptus essential oil or chamomile essential oil and follow the rest of the

directions above.

### ***Sore Throat and Laryngitis***

All of these remedies will help with sore throats and can also be beneficial to healing laryngitis. You can also simply gargle with warm water and salt for laryngitis.

For a sore throat, you can gargle 20 ml lemon juice. If it's too strong for you, you can dilute it with some water and honey. Alternatively, gargle with 5 teaspoons lemon juice with a pinch of powdered cayenne pepper.

Another remedy is to create an infusion of sage. Do not take this remedy if you are pregnant. To prepare the infusion, use 1 teaspoon dried, or 2 teaspoons fresh herb to 250ml water. This is one dose. Make the infusion like a tea, with the herbs in a strainer and boiling water poured over. Cover with a lid and infuse for 10 minutes before removing the herbs and strainer. Let it cool a little, so it's not going to burn you, then gargle and swallow the infusion. To increase its



effectiveness, add 5 ml vinegar and honey.

You can also use a combination of garlic, ginger, and lemon juice. To make this juice, crush a clove of garlic. Wait 10 minutes before you use it. Mix the crushed garlic with a similar amount of grated fresh ginger, the juice from 1 lemon, and 150 ml warm water. Drink up to 450 ml a day. This remedy is also effective for colds.

Gargling a decoction of echinacea root can also be an effective remedy. To make a decoction, place 20 g dried root and 750 ml water in a saucepan. Bring to a boil and simmer for 20–30 minutes. It should reduce until there are only 500 ml of liquid left. Sieve the mixture, keeping the liquid and discarding the roots. Store any leftover decoction in the fridge for up to 48 hours. Gargle 2½ teaspoons three times a day.

### ***Cold***

Some of the remedies above can be used to help heal colds and relieve symptoms, especially the remedy with garlic, ginger, and

lemon juice from the section on sore throats.

Another remedy is to drink the juice of 1 lemon with  $\frac{1}{2}$  teaspoon cinnamon, 1 teaspoon honey, and some warm water.

Using some of your boneset from the fever remedy, you can create an infusion with thyme. To prepare the infusion, use  $\frac{1}{2}$  teaspoon dried thyme and  $\frac{1}{2}$  teaspoon boneset to 150 ml water. This is one dose. Make the infusion like a tea, with the herbs in a strainer and boiling water poured over. Cover with a lid and infuse for 5–10 minutes before removing the herbs and strainer. Feel free to add sweeteners or honey if you need to. You can drink up to 450–600 ml a day, but don't exceed this dosage.

An infusion of ginger can also be effective. To prepare the infusion, use 3 slices of ginger and infuse in 150 ml water. This is one dose. Make the infusion like a tea, with ginger in a strainer and boiling water poured over. Cover with a lid and infuse for five minutes before removing the herbs and strainer. Feel free to add sweeteners or honey

if you need to. You can drink up to 750 ml a day.

For children, you can make an infusion of thyme. To prepare the infusion, use 1 teaspoon thyme to 150 ml water. You can give  $\frac{2}{3}$ –1 cup a day for this remedy. Make the infusion like a tea, with the thyme in a strainer and boiling water poured over. Cover with a lid and infuse for 5–10 minutes before removing the herbs and strainer. Cool enough for your child to drink before giving it to them.

## ***Flu***

Again, many of the remedies already discussed in this section can help you with symptoms of the flu. Since flu leads to severe discomfort, these remedies can help with individual symptoms and make you more comfortable.

For muscle aches associated with the flu, make an infusion of thyme, lemon balm, and elderflower. To prepare a pot of the infusion, use 5 g of each herb. Add them to a

warmed teapot. Pour 750 ml boiling water into the pot. Infuse for 10 minutes, then pour some out into a cup to drink. Feel free to add sweeteners or honey if you need to. You can drink up to 750 ml a day.

### ***Ear Infections and Earaches***

Before we look at earache remedies, it's important to take children with earaches to see a professional before using any of these remedies.

You can use lavender essential oil to help with earaches. Simply use a cotton ball with a couple (2) drops of essential oil and 2 additional drops of carrier oil on it. Put the cotton ball in your ear, not pressed in too far. Leave for an hour, and then remove the cotton ball.

**Another remedy is to make a tincture for each of these herbs:** Echinacea, thyme, marshmallow, and elderflower. Using equal parts of each tincture (for instance, 3 drops of each tincture), take a teaspoon three times a day diluted in water.

For ear infections, use a large clove of garlic. Crush the garlic and soak it in 1 tablespoon olive oil for 24 hours. Remove the clove, strain the oil, warm it to body temperature and add two drops to a cotton ball. Place the cotton ball in your ear, not pressed in too far. Leave for an hour, and then remove the cotton ball.

### ***Fungal Infections***

Fungal infections can be recurrent, depending on your diet and activity level. To help with these remedies, reduce the amount of food you eat with yeast and sugar in them. For each of these remedies, you'll use antiseptic and antifungal herbs like calendula, comfrey, turmeric, garlic, and elderflower. If you have access to tea tree oil, that is also an effective remedy.

### **Athlete's foot**

The first remedy for an athlete's foot is to make a compress of comfrey. To make a poultice, use fresh comfrey if possible,

though dry can also work. You should have enough herbs to cover the infected areas of your feet. Place the herb in a pot, and simmer for two minutes without added liquid.

Remove from heat, squeeze out any extra liquid, and apply oil to your skin. Then place the hot herb on the affected area and cover it with gauze. Leave on for 1–2 hours every day. Because comfrey is a fast-healing herb, do not use it on broken skin or open wounds.

Alternatively, you can apply ½ of a crushed garlic clove to your feet 2–3 times a day. Garlic is both antifungal and antiseptic, so it will help to clear out the fungus.

## **Vaginal Yeast Infections**

For vaginal yeast infections, you can make a douche or wash with an infusion of calendula. To prepare the infusion, use 1 teaspoon dried or 2 teaspoons fresh calendula petals to 250 ml water. Make the infusion like a tea, with the herbs in a strainer and boiling water poured over. Cover with a lid and infuse for 5–10 minutes before removing the herbs and strainer. Once the infusion has

cooled enough, use it to wash the affected area or use it as a douche. Alternatively, you can pour the infusion into a warm bath. Soak for 20 minutes.

You can also make an internal vaginal remedy out of tea tree essential oil. This remedy shouldn't be used if you are pregnant. Mix 2 drops tea tree essential oil with 3 drops olive oil. Once mixed, apply to a tampon and insert it into the vagina. Keep in place for 2–3 hours before removing, and only use it once a day.

### ***Candidiasis***

To treat candidiasis, you can make an infusion of thyme, elderflower, and calendula. Drink 300–450 ml of the infusion daily. To prepare a pot of the infusion, use 8 g of each herb. Add them to a warmed teapot. Pour 750 ml boiling water into the pot. Infuse for 10 minutes, then pour some out into a cup, but don't exceed the dosage measurements. You can store the extra infusion in the fridge for up to 24 hours.

# Chapter 8:

## Herbs to Grow For The Garden Prepper

Now that we have looked at what herbal medicine entails, we are going to look at the technicalities involved in planting and maintaining an herbal garden. Since most of the herbs used as medicine are scarce, it is better to plant yours. Thankfully, most of the herbs can be matured at home, either indoors or outdoors. Even if you lack sufficient outdoor space, you can still grow some indoor herbs that are very helpful.

### **Planning the Herb Garden**

When planning your herb garden, you should start by selecting the herbs to plant. Although there are thousands of herbs you may plant, settle on a few. In our garden, we have about 30 different types of herbs. While 30 herbs may seem a few, they can treat



almost all conditions you come across. For the purpose of this book, we will stick to planting about 25 types of herbs. I will help you select the best herbs that will treat most of the conditions. After selecting the herbs that you wish to plant, start designing your garden.

When selecting the plants to establish in your garden, it is important to consider their growth habits. If some plants mature faster than others, you will have to group those that mature slowly in one section and those that mature faster in a different section. You also have to consider the heights of the herbs and flowering habits. As much as herbal gardens are intended to offer herbs for medicinal value, the garden should also be decorative. This is very important, especially for those with a small backyard. If you lack the backyard space, we will look at other ways you can manage your garden. Here are some steps you can follow to design your garden and categorize your plants.

### **Consider Complementary Colors and Contrasting Textures**

Gardens are all about plant colors and flower types. It is important to pick plants that offer similar colors or contrasting leaf textures. For instance, you may keep your green section with green lavender flowers and spice them up with contrasting leaf textures such as the monarda.

However, since some of the green herbs might mature faster than others, you will need to do proper garden maintenance. For instance, if your green section combines lavender flowers with monarda, you have to deadhead the monarda to keep it in bloom longer. You can also use cilantro, which will help your garden flourish by self-seeding. However, you should note that the number of plants you include in your green section depends on the size of the garden. If your herb is small, you can use between 1 and 2 types of greens. For those with extensive gardens, you may include as many green herbs in this section as you wish.

### **Introduce Color and Flowers**

After choosing your green and

contrasting colors, settle on colored flowers. Colored flowers will make the garden beautiful. If the garden is in your front yard, you will have to pay more attention to colored flowers. In this bed include orange, yellow, blue, and purple flowers. In general, any bright colored flower can fall under this category. For instance, you could bring in borage- which has electric blue flowers. Although self-seeding might prove a problem, regular maintenance of the garden will see it retain your intended look. You may choose to use nasturtiums and chives on the edges. The other herbs you may include in your colored flowers section include parsley and calendula. These flowers will offer diversity in colors and grow to almost similar heights.

### **Combine Colors and Greens**

After separating two beds of pure greens and colors, you can try playing around with several colors. If you have vast spaces in the backyard, you may try mixing up the colors and greens. However, the pattern of planting will play a role in this case. A mix-

matched garden is easy to plant but may not look as good as you desire. In this section, you may want to include herbs that are contrasting in texture, foliage, and color. Purple sage is one of the herbs that looks great at all times of the year. You could make such an outstanding flower the center of the entire bed. You may also try to combine with some lavender just to bring in the spiky needle-like foliage. With a diverse bed, the aim is to try and combine different foliage, colors, textures, and much more. If you find a pattern that works, go for it and try to make your garden as beautiful as possible. However, consider the seasons and seeding of each herb you plant in this section.

### **Giving Your Garden a Focus**

When planning a garden, the focus should be at the center. You could divide your garden into different beds and give the beds diverse looks as described above. However, the center of all these beds should be the focal point for the entire garden. The center should shout the most and give the garden its personality. You could use a

simple birdbath design that works well for bird and bee plants in a flower garden. To make sure that the garden remains alive throughout the year, use annual plants at the center of your garden. The annual herbs will ensure that even if the rest of the garden sheds, there is still some beauty to be seen.

### **Deciding What to Plant Where**

Planning a garden is all about deciding what to plant and where to plant it. As you can see from the plan guide above, some factors guide us into deciding what to plant and where to plant. Although you may want to plant some herbs that I have not recommended, you should make your choices well. When deciding what to plant and where to plant, there are some key factors to consider.

### **The Climate Zone**

The first thing you should consider before choosing to plant an herb is its climate zone. Some plants will not do well in certain zones. Even if you provide the best care, you may still not be able to grow in your zone.

First, check the climate zone of the herb you are about to plant. Some herbs are generally tolerant of most climates. For example, chives do well in most climate zones, starting from 3 - 9. On the contrary, nasturtium only thrives in climate zones 6-9). If you are going to choose between these two herbs, you should consider the climate zone where you live and the possibility of nurturing the herb to maturity.

The other option you have is to provide an ideal environment for your herb outside its growing zone. Some grow the herbs in-house or in greenhouse gardens with custom climates. If you can create the ideal temperature and environment for the herb, you may go ahead and plant it in your garden.

### **The Average Height of the Herb**

The other factor to look at is the height of the herb. There those who only want to plant short herbs that will stay at ground level. If you are looking to create a garden at the grass level, avoid herbs that mature into trees with long stems and branches. When

considering such factors, you should factor in the size of your garden. Those who have large gardens can comfortably plant herbs that mature to more than 3 feet high.

However, if you have limited space but you wish to grow some herbs, settle for those that don't grow past 3 feet.

### **The Maturity Period**

The other factor to look at is the maturity period of the herbs. There are some herbs that will mature in just a few months, while others will take several years. If you are looking for herbs you can harvest often and use, you should go for ones that mature fast. If you are looking for herbs that will stay around for the longest time possible, you could settle for ones that take time to mature. With that said, herbal gardening should be a continuous venture. Once you get started, you should continue growing and propagating your herbs. Even if one herb matures in just 3 months, you should find a way of replanting so that you always have a constant supply of the herb.

## **Harvesting Period**

Besides maturity, you need to look at the bloom and harvesting period. The flowering period helps you determine the look of your garden. Most gardeners use the bloom period of flowers to decide the pattern of the garden. For instance, instead of planting flowers that bloom at the same time in one garden, you could combine flowers with different bloom periods. This way, the garden is always alive, even at the time when the flowers are not blooming. For instance, Italian Parsley blooms in spring while calendula blooms in mid-summer. Having these flowers in one garden will mean that your garden will remain lively right from summer to the end of spring.

## **The Tolerance**

Most importantly, you should consider the tolerance of the herbs you are planting. Some herbs can tolerate harsh climates, pests, and poor soils, while others require critical care. If you do not have plenty of time on your hands, it is advisable to stick to tolerant



herbs. Most of the tolerant herbs may survive out of the prescribed climate zone. For instance, parsley is prescribed for climate zones 12-15, but we grow it in climate zone 6. This shows how well tolerant herbs work. Some of the most tolerant herbs you should consider include mint, dill, parsley, sorrel, chives, coriander, sorrel, and lovage. There are many tolerant herbs that you should consider, especially if you live far north.

### **Accessibility**

Lastly, when choosing the herbs to plant in your herb garden, consider their accessibility. In other words, do not fill your garden with herbs that are easily accessible locally. When I started herbal gardening, I would plant all types of herbs I came across. After some time, I started getting rid of commercially accessible herbs. If you can easily buy some herbs from the market, there is no need to fill your garden. Try planting herbs that are not readily available. However, you are also allowed to plant herbs that are accessible elsewhere as long as you have a large backyard. If you have sufficient space

to plant all types of herbs, go ahead and factor in as many herbs as possible. However, if you have limited garden space, try sticking to the herbs that are important and inaccessible.

## **The Top Herbal Plants for Your Garden**

Although there are plenty of plants you can grow in your garden, we will not review all the plants you can grow. I have selected 25 of the most potent herbs that can be grown in your backyard. These herbs are tolerant and do not require much attention. Most importantly, they are potent with healing compounds and can treat almost all diseases that affect humanity. For the rest of the book, we will focus on growing, maturing, and preparing these herbs for their medicinal value. Here are the top 25 plants to consider for your backyard herbal garden.

### **Rosemary**

Rosemary is one of the most potent herbal plants to grow in your garden. Officially known as *Salvia Rosmarinus*, the

plant is a woody perennial with fragrant evergreen leaves. It blooms with white, pink, blue, and purple flowers. The flower is native to Mediterranean regions and is used to treat various diseases, including indigestion, vomiting, and nausea, among others. The herb thrives in climate zones 5 to 8, but it is only perennial in climate zones 6 and 7.

### **Basil**

Basil is another of the most common herbs that are grown in backyard gardens. Basil thrives in pots and containers as opposed to planting directly in the soil. This herb is known for its culinary and medicinal benefits. It is native to Asia and central Africa. Still, it can also be grown in the US and other parts of North America. The herb thrives in soil with a pH of 5.1 to 5.8 and can do well in climate zones 2 - 11. However, it is only perennial in climate zones 10 and 11.

### **Lavender**

This is one of the most common flowers in most gardens. Lavender is a beautiful flower with a wonderful smell. It attracts bees

and butterflies due to its remarkable scent and appearance. However, it also has so many health benefits. The beautiful purple flower can grow in most conditions but thrives in well-draining soil under warm conditions. In the US, the flower can be grown in most climates but thrives in hardiness zone 5. Lavender treats many conditions, and its essential oil is used as an antiseptic and anti-inflammatory. Due to these properties, lavender oil is often used to treat inflammatory skin conditions and reduce bacterial infections. Lavender teas and concoctions can also be used to treat anxiety, insomnia, depression, and restlessness, among other conditions.

### **Ginger**

Ginger is one of the most beneficial herbs you can plant in your garden. This sweet and spicy herb is a rhizome and not a root, as many people believe. The herb is an excellent additive to tea and fermented foods and also acts as a spice in recipes.

Ginger can be grown in some parts of

the US and takes about 10 months to mature. The stem and leaves are dark green and will remain green throughout until it's time to harvest. Ginger does not thrive in every zone but does well in zone 7.

Ginger is used in treating various conditions, including colds, nausea, arthritis, migraines, and hypertension. The herb is also anti-inflammatory and increases the flow of blood in the body. The herb also helps in reducing flatulence and stomach issues such as diarrhea and nausea.

### **Garlic**

Garlic is another of the best all-round medicinal herbs with plenty of uses. Garlic can be grown in most zones and soil types and is tolerant to pests. With that said, if you wish to grow garlic in your garden, you have to get the timing right. In hardiness zones, 3-5, garlic should be planted during the months of September and October. Plant your garlic between early September and October so that they are out of the ground by December. In climate zones 5 - 7, you should plant the

garlic in late October. In climate zones 7-9, you can plant in October to November. In zones 9 to 10, you should plant in late October to November. If you do not get the timing right, you may end up messing with the growth of the plant.

Garlic is used to treat colds and coughs. It is also used to boost the immune system, treat asthma, and manage heart disease. Some people also use garlic to manage pain caused by arthritis or toothaches.

### **Yarrow**

Yarrow is one of the most beautiful backyard garden herbs. This herb grows in bunches of feathery grayish leaves that can easily be recognized. Besides the beautiful leaves, yarrow also has plenty of health benefits. This herb is native to the disturbed soils of prairies and meadows. In the Northern Hemisphere, the herb thrives on the edges of forests. The herb -which produces white flowers-, can grow up to 36 inches in the ideal environment. In the US, it can be grown in climate zones 3 to 9; however, it

does well in zones 8 and 9.

The herb has been traditionally used to induce sweating, stop bleeding, reduce heavy menstrual flow, reduce menstrual pain, relieve GI ailments, lower high blood pressure, improve circulation, and tone varicose veins.

This herb offers various health benefits, including management of stress and anxiety, promotes sleep, improves appetite, and treats discomfort and indigestion, just to mention a few. It is commonly used in teas and other beverages due to the ease of preparation.

# **Book 6**

## The Prepper's Canning Guide



# Introduction

You might have heard of various forms of food preservation. Freezing and drying are usually the most popular. But have you ever thought of putting fruits and veggies in a jar and keeping them fresh all year round?

You may immediately think about commercial canned fruits and veggies. While those are safe to eat, you can do it yourself at home with very little investment. That's right. You can keep your favorite seasonal goodies fresh and safe to eat throughout the year, all the way until they are in season again.

If you have a garden at home, you may run into the problem of having too many fruits and veggies and having to throw them out. You can now keep the fruit of your labor edible for longer as well.

Canning is becoming increasingly popular because of its economic incentives, not to mention its eco-friendliness. Plus, it can be fun and satisfying. This book contains

everything you need to know to start your hobby as a canner enthusiast, from the fundamentals, safety, and various fun recipes you can try.

Without further ado, let's get into it.

# CHAPTER 1:

## Canning Basics

Though what seems like a gimmick now used to be a lifesaver back in the day. Canning is a practice born out of necessity when people did not have access to electricity or a fridge. It allowed them to preserve their food for much longer, which could help them when there was less food to go around.

Nowadays, it is more of a fun practice as you already have access to a fridge. But this activity is synonymous with those who own a garden in the backyard, and maybe that is you. You planted your seeds, tended to them, and took care of them all summer. Eventually, you harvested the fruit of your labor (literally), and they ended up on your dinner plate.

Job well done, you thought. Except, there was a tiny problem. You got too much food on your hands. You can only enjoy your

homegrown cucumber for so long before you turn into a cucumber, but leaving them out would not be healthy for the harvest as well, so what can you do?

This is where canning comes in. It is a very effective way to store your fruits and veggies while they are in season. Done properly, you can keep them relatively fresh, long enough until the next season comes around. Pretty convenient!

So, how does it work exactly?

First, you want to make sure that there are no microorganisms in the food itself. So, canning in both water baths and pressure cooking heats the food and sterilizes it while also creating a vacuum seal. This means that no air will come into contact with the food, which prevents cell growth that could spoil your food.

It is also worth pointing out that the name “Canning” itself is rather misleading. For one, there are no cans involved in the process. Everyone uses glass jars to preserve their food. Because of this, some canning

enthusiasts call the process “jarring,” but that is a word that means harsh or abrupt, so the rest of this book will continue to refer to the process as “canning” instead, albeit not exactly accurate.

## What You Need to Get Started?

As you might have guessed, canning is a bit more complicated than throwing a piece of tomato in a jar and calling it a day. There are a couple of things you need. Some are already lying around the house. So here is a short checklist for the things you need:

- ❖ Canning jars and seals: Ideally, you want to use mason-style jars. These should have sealed lids and rigs. Any grocery store should have these in stock.
- ❖ Wide-mouth funnel: An optional item, but having a funnel helps you fill up those jars without worrying about getting food all over the place. It makes the process a lot smoother.
- ❖ Lid wand: You will be working with

boiling water during the canning process, and you do not want your hands anywhere near it. Having a lid wand helps you remove lids and rings without overexposing yourself.

- ❖ Ladle: To help you fill jars, self-explanatory.
- ❖ Large pot: Used to boil canned preserves and jam, tomatoes, fruits, veggies, etc.
- ❖ Pressure canner: Needed to can veggies and meats because it can reach a higher temperature.
- ❖ Tons of jar lifters: Using rubber lifters can be tricky since it is slippery when wet, but a good pair of tongs can do the job well.
- ❖ Clean cloths: Needed to wipe down jars, rims, etc.
- ❖ Wire rack: Useful for keeping the jars from touching the side or bottom of the vessel within which you cook your cans.

# Canning Methods

Using the right canning method for the right type of food would result in nicely preserved food that you can enjoy happily and safely. However, if something goes wrong during the canning process or if you use the wrong method, things can get a bit dicey when it is time to eat. With a bit of practice and awareness, you can start to can your produce in a safe and worry-free way.

So, there are two kinds of canning methods. The first is called boiling water bath canning. This method does not require any special equipment as you can just do it in a large pot at home. Although, it is worth investing in a boiling water bath canner if you are serious about this. The second method is pressure canning, which requires you to have a pressure canner. And no, a pressure canner is different from a pressure cooker. So, how are they different, and which method should you follow?

## **Boiling Water Bath**

As the name suggests, this canning method requires you to put your canning jars in a tub of boiling water. You can use a large pot or a boiling water canner for the job. You fill the jars up with food and seal them using special canning lids before fully submersing the jars in boiling water for a certain amount of time. After that, you take the jars out and let them cool naturally. During this cool-off process, a vacuum seal would be formed. Boiling water bath can only heat the food up to the temperature of boiling water.

### **Pressure Canning**

On the flip side, you have pressure canning, which requires a pressure canner. It is a heavy-duty piece of equipment that comes with a vent, pressure gauge, and screw clamps. It can heat the food beyond the temperature of boiling water.

## **Which Food Goes Where?**

Another thing you need to understand is that different food requires different



preservation methods. The rule of thumb is that low-acid foods (aka alkaline foods) must be processed in a pressure cooker, not a boiling water canner. That means any unpicked veggies such as vegetable food stocks and all animal products must be processed in a pressure canner. Boiling water will not be able to process the low-acid food safely.

This is because of a certain bacteria called botulism bacteria. They can be killed at boiling water temperature, but they also exist in the form of spores. Botulism spores can survive at such a high temperature, so if you process low-acid food in a boiling water canner, you will not kill them all off, and consumption of contaminated food can lead to some nasty results. Therefore, you need something hotter, and a pressure canner does just that.

## **Canning and Preserving Safety Tips**

The popularity of local and seasonal

food is on the rise due to renewed interest in preservation. Environmentally-conscious individuals, as well as those who enjoy seasonal food, are now looking to canning and other preservation techniques to keep their seasonal goodies fresh at a low cost. But food quality isn't always the same across the world. Home-canned food must be properly prepared and bottled to avoid health problems.

Botulism is one of the most serious problems associated with improper canning. Botulism is a serious illness that can be fatal if you consume improperly canned or bottled foods. This is due to *Clostridium botulinum* bacteria, also known as Botulinum.

This bacterium thrives when there is no oxygen and a moist environment. The bacteria can quickly multiply in such an environment, and the food is able to provide energy, which allows them to produce the toxin.

It is amazing to note that bacteria is actually quite common in nature. It can be

found in soil or dust as spores. It is possible to wonder why not everyone gets sick from breathing in dust and dirt. They are not allowed to breathe oxygen so they can't grow.

Botulism symptoms can appear anywhere from 12 to 36 hours after eating contaminated food. These symptoms include:

- Fatigue
- Vomiting
- Nausea
- Dizziness
- Double vision
- Dryness of throat and nose
- Headache

More serious symptoms include:

- Paralysis
- Respiratory failure
- Death

The symptoms can last from two hours to two days, but there have been instances when they lasted longer. Botulism is especially dangerous for pregnant women, children under 5 years old, people over 60

years of age, and those with weak immune systems.

Worse, botulism doesn't alter the color, odor or taste of food. It is not possible to just look at it and determine if it is safe to eat. If in doubt, throw it out. You should seek immediate medical attention if you suspect you may have food poisoning. It's better to be safe than sorry!

### **Before You Start Canning**

There are two types food in this context: high acid and low acid. To prevent harmful bacteria growth, each type of food needs a different method of preparation. Before you open the jar, determine the acidity of the food.

You will need a boiling water cooker to can high-acid foods. These foods have a pH of less than 4. The natural acidity of the food will kill any botulism bacteria, which will make your jar home. Heating will also kill most molds and yeasts.

Low-acid foods with a pH of more than

4.6 are on the other side of the spectrum. You will need a pressure cooker. To make tomatoes safe for canning, you will need something acidic such as lemon juice or vinegar.

What about food that contains high- and low-acid foods? If you want to preserve your spaghetti sauce, which contains meat, tomatoes, and vegetables, you can follow the same steps as when preserving low-acid foods. If in doubt, consult the website for the food you wish to preserve.

### **Safety Tips**

Home canning is not as secure as other hobbies like knitting and painting. They require special equipment, such as metal lids and glass jars, metal rings or pressure cookers. There are many steps involved in home canning and there are potential risks.

Consider taking a course in home canning if you are new to the hobby. A classroom is a great place to practice your skills in a controlled setting. There are some safety tips that you can follow at every stage

of the preparation.

## **Cleaning**

To prevent botulism, ensure you have a clean environment at work. This means washing your hands and all surfaces. This helps to reduce the chance of food-related illness and bacteria.

- Use soap and warm water to wash your hands. Use warm water and soap. Cleanse between your fingers, and under your nails. This should take at most 20 seconds. Singing Happy Birthday is one way to count. Another alternative is to pretend you have chili on your hands. How would you wash your hands?

- Before you prepare to eat fruits and vegetables, rinse them under cold, running water.

- When cutting food, use different boards. You will need one for produce and one for raw meat, seafood or poultry.

- To prevent bacteria from spreading and contamination, wipe down the kitchen with paper towels. Sponges are hard to clean and

should not be used.

- Before you start cooking, make sure to clean your cutting boards and countertops. You should use either a kitchen sanitizer, or a bleach solution. If you are using a kitchen cleaner, follow the manufacturer's instructions. You can use 5ml bleach to 750ml water. Use a bleach solution and rinse the surface with water after you're done.

- Clean your surfaces at all stages of the cleaning process to reduce the chance of contamination. Cooking

When you heat your food, bacteria should be eliminated. Home canning, however, is a different matter. You want to seal the container tightly, making it ideal for bacteria to flourish. What can you do to ensure your food is safe during this stage?

- The home canning process requires proper use of tools. You can use either a boiling water or pressure cooker depending on the acidity of your food.

- To make certain foods, such as tomatoes, more acidic, a little acid solution like lemon

juice or vinegar can be helpful.

- Do not substitute, especially when it comes to pressure and processing time. You are allowing botulism bacteria to flourish by cutting corners.
- To ensure your food cooks at the correct temperature, check the temperature of the oven now and again.
- Ensure that steam pressure is maintained when using it.
- Keep in mind the preparation steps for each batch. Safe Equipment and Recipes

The equipment and the recipe that you use to preserve your food should be safe and clean.

- Use jars to can and bottle your home. Not all vessels are suitable for this job.
- Use only new self-sealing lids. Do not use old ones.
- Don't reuse old lids even if they appear in good condition.
- It is safer to stick with well-known recipes.
- You cannot substitute the size of the jar or the number ingredients in the recipe.
- Many recipes will give you an indication of



how much space to leave in the container.

Always follow the instructions. Storing

You should still be careful after you have properly prepared and canned your food.

- Before storing, label and date every jar.
- Your jars should be kept dry, dark, and cool.
- Refrigerate any leftovers after you have opened a jar.
- If you have canned seafood, make sure to refrigerate it immediately after opening.
- Consume all canned and bottled foods within one year for the best quality

## **CHAPTER 2:**

# **Water Bath Canning: Pickles**

### **Pickled Green Beans**

Prep time: 10 minutes

Cook time: 15 minutes

Makes 10 pints

**What you need:**

- 4 pounds green (string) beans
- 5 teaspoons crushed red pepper flakes
- 5 teaspoons mustard seed
- 5 teaspoons dill seed
- 10 large cloves garlic, slightly crushed
- 5 cups white vinegar
- 5 cups water
- ½ cup pickling salt
- 10-pint jars, lids, and bands

**What to do:**

1. Fill the canner with enough water to cover the jars. Boil the water,

reduce the heat to low, place the jars in the water, and simmer until ready to use.

2. Trim the ends and any strings from the green beans. Rinse and drain.
3. Into each jar, put  $\frac{1}{2}$  teaspoon each of the red pepper flakes, mustard seed, and dill seed. Add one clove of garlic to each jar.
4. Pack the green beans vertically into each jar until fairly tightly packed.
5. In a saucepan, combine the vinegar, water, and pickling salt and bring to a boil, stirring until the sugar and salt are dissolved.
6. Pour enough of the vinegar mixture into each pint jar, leaving  $\frac{1}{2}$  inch of headspace.
7. Remove air bubbles, wipe the rims, center the lids, and screw on the bands and adjust until they are

fingertip tight.

8. Place the jars in the canner and bring to a boil. Make sure there is at least 1 inch of water covering the jars.
9. Process for 5 minutes, adjusting for altitude. Remove the jars from the canner and cool.

# Vinegary Watermelon Pickles

Prep time: 10 minutes

Cook time: 10 minutes

Makes 6 pints

## **What you need:**

- 4 pounds watermelon rind (about half of a medium watermelon)
- 2 cups white vinegar
- 1 quart plus 2 cups water, divided
- $\frac{1}{4}$  cup pickling salt (or more if needed)
- 4 cups granulated sugar
- 3 cinnamon sticks
- 1 teaspoon whole cloves
- 1 teaspoon whole allspice
- 1 lemon, thinly sliced
- 6-pint jars, lids, and bands

## **What to do:**

1. Trim all of the red flesh from the watermelon rind, and then cut the rind into 1-inch-thick slices. This will make it easier for you to peel the tough outer skin away with a vegetable peeler or paring knife. Once peeled, cut the rind into chunks about 1-inch square.
2. Place the rind in a very large bowl, and combine a quart of water and  $\frac{1}{4}$  cup pickling salt, mixing well. Pour over the rind. (If this is not enough to cover the rind, add another quart of water and another  $\frac{1}{4}$  cup pickling salt.)
3. Cover and refrigerate overnight or for 12 hours. Drain, rinse, and drain again.
4. Fill the canner with enough water to cover the jars. Boil the water, reduce the heat to low, place the jars in the water, and simmer until ready to use.

5. In a large saucepot, combine the 2 cups of water with the sugar, cinnamon sticks, cloves, allspice, and lemon slices. Bring to a boil.
6. Add the watermelon rind a handful at a time until all have been added to the boiling liquid. Reduce the heat to medium low, and simmer for 30 minutes or until the rind is clear.
7. Pack into the hot jars, and distribute the boiling liquid evenly among them.
8. Remove air bubbles, wipe the rims, center the lids, and screw on the bands and adjust until they are fingertip tight.
9. Place the jars in the canner and bring to a boil. Make sure there is at least 1 inch of water covering the jars.
10.           Process for 15 minutes, adjusting for altitude.

Remove the jars from the canner  
and cool.



# Pickled Beets

Prep time: 20 minutes

Cook time: 35 minutes

Makes 4 quarts

## **What you need:**

- 8 pounds freshly harvested beets, small are preferred because they are more tender

## *Brine:*

- 4 cups (5 percent acidity) distilled white vinegar
- 2 cups water
- 2 teaspoons canning salt
- 2 cups organic or non-GMO granulated sugar
- 2 teaspoons ground cloves

## **What to do:**

1. Use a vegetable brush to gently

scrub the beets clean. Trim off the leafy ends, place the beets in a pot of water, and bring it to a boil. Cook the beets until they are tender and easily pierced with a fork, about 25 minutes. Remove from heat, drain, and let cool.

2. Once cooled enough to handle, trim off the root-end of each beet and use your hands to break the outer layer of the skin.
3. Use your thumbs to rub away the skin. Removing the skin can become a messy job. It is recommended to have a bowl for the discarded skins and another dish for the peeled beets. Do this over a large cutting board. It will look as if something dyed your hands bright pink, but it easily washes off with a little soapy water.
4. Slice beets to your desired size. I prefer to cut my beets into chunks, but you may prefer your beets sliced.

Pack the beets into prepared canning jars.

5. In a large nonreactive pot, heat the brine ingredients to a boil, then reduce the heat to a low simmer until the salt has dissolved.
6. Ladle the hot brine over the beets. Use a funnel to safely transfer the brine into the jars, leaving ½ inch of headspace.
7. Wipe the rims of the jars with a dampened, clean, lint-free cloth or paper towel and then again with a dry towel.
8. Place the canning lid on the jar and twist the canning ring on until it's just-snug on the jar. Lower the jars into the water bath canner, and cover the pot. Once the water bath reaches a rolling boil, set the timer and process in the water bath canner for 30 minutes.
9. Carefully remove the jars from the

water bath with the canning tongs and place the jars on a towel-lined surface for 12 to 24 hours without touching.

10. After 12 to 24 hours, when the jars have completely cooled, remove the rings and test to make sure all the lids are securely sealed to the jars, then label and date the jars. Store in the refrigerator after breaking the seal.

# Spicy Vinegar Pickles

**Prep time: 10 minutes | Cook time: 15 minutes | Makes 4 pints**

## **What you need:**

- 2 quarts jalapeño peppers
- 2 cups white vinegar
- 2 cups water
- 1 teaspoon pickling salt
- 4-pint jars, lids, and bands

## **What to do:**

1. Remove the stems, cores, and some or all of the seeds from the peppers, and then slice into ½-inch rings. If you prefer to leave the peppers whole, cut a small slit into each of two sides of the peppers to keep them from exploding during processing.
2. Fill the canner with enough water to cover the jars. Boil the water,

reduce the heat to low, place the jars in the water, and simmer until ready to use.

3. Combine the white vinegar and water and heat just to a simmer.
4. Pack the peppers tightly into the jars, and pour the hot liquid over the peppers, leaving  $\frac{1}{2}$  inch of headspace. Add  $\frac{1}{4}$  teaspoon of salt to each jar.
5. Remove air bubbles, wipe the rims, center the lids, and screw on the bands and adjust until they are fingertip tight.
6. Place the jars in the canner and bring to a boil. Make sure there is at least 1 inch of water covering the jars.
7. Process for 15 minutes, adjusting for altitude. Remove the jars from the canner and cool.

# CHAPTER 3:

## Water Bath Canning: Jams, Jellies, and Preserves

### Gingered Lemon Nectarine Jam

Prep time: 20 minutes

Cook time: 45 minutes

Makes 3 pints

#### **What you need:**

- ½ pounds nectarines, pitted, peeled, and chopped
- 1½ cups sugar
- 2 tablespoons freshly squeezed lemon juice

- 2 tablespoons minced candied ginger
- 1 tablespoon finely grated fresh ginger
- 2 teaspoons ground ginger
- 3 pint jars, lids, and bands

**What to do:**

1. Prepare a hot water bath. Place the jars in it to keep warm. Wash the lids and rings in hot, soapy water, and set aside.
2. In a preserving pot set over low heat, combine the nectarines, sugar, lemon juice, candied ginger, fresh ginger, and ground ginger. Bring to a simmer. Cook for 40 to 45 minutes, stirring often, or until the jam gels and the mixture reaches 220°F, measured with a candy thermometer. Test for gel after 40 minutes.



3. Ladle the jam into the prepared jars, leaving  $\frac{1}{4}$  inch of headspace. Use a nonmetallic utensil to release any air bubbles. Wipe the rims clean and seal with the lids and rings.
4. Process the jars in a hot water bath for 10 minutes. Turn off the heat and let the jars rest in the water bath for 10 minutes.
5. Carefully remove the jars from the hot water canner. Set aside to cool for 12 hours.
6. Check the lids for proper seals. Remove the rings, wipe the jars, label and date them, and transfer to a cupboard or pantry.
7. Refrigerate any jars that don't seal properly, and use within 1 month. Properly sealed jars will last in the cupboard for 12 months. Once opened, refrigerate and consume within 1 month.

# Lemony Fig with Honey Jam

Prep time: 30 minutes

Cook time: 65 minutes

Makes 3 pints

## **What you need:**

- 3 pounds fresh figs, stemmed and cut into eighths
- 1 cup sugar, divided
- $\frac{3}{4}$  cup honey
- $\frac{1}{2}$  cup brandy
- Peel of 1 lemon
- Juice of 1 lemon
- 1 teaspoon kosher salt
- 3 tablespoons light pectin
- 3 pint jars, lids, and bands

## **What to do:**

1. In a preserving pot or deep saucepot, combine the figs,  $\frac{3}{4}$  cup of sugar, the honey, brandy, lemon peel, lemon juice, and kosher salt. Set aside for 1 hour so the sugar can start to draw out the fig juices and dissolve.
2. Prepare a hot water bath. Place the jars in it to keep warm. Wash the lids and rings in hot, soapy water, and set aside.
3. Remove the lemon peel from the pot and place the pot over medium heat. Bring to a simmer, stirring frequently. Reduce the heat to low. Simmer for about 1 hour, stirring frequently, or until the jam is thick and reduced.
4. With a handheld blender or potato masher, purée the figs. Return the mixture to a simmer.
5. Whisk together the pectin and the remaining  $\frac{1}{4}$  cup of sugar. Whisk this into the jam until there are no

lumps. Boil the jam for 1 minute more.

6. Ladle the jam into the prepared jars, leaving  $\frac{1}{4}$  inch of headspace. Use a nonmetallic utensil to release any air bubbles. Wipe the rims clean and seal with the lids and rings.
7. Process the jars in a hot water bath for 10 minutes. Turn off the heat and let the jars rest in the water bath for 10 minutes.
8. Carefully remove the jars from the hot water canner. Set aside to cool for 12 hours. Check the lids for proper seals. Remove the rings, wipe the jars, label and date them,

# Blackberry Lemon Jam

Preparation: time: 10 minutes; Cooking time: 15 minutes

Servings: 2-3 pint jars

## Ingredients:

- 4 cups blackberries, mashed
- 1 cup white sugar
- 2 tablespoons cornstarch
- 1/2 teaspoon lemon juice
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground allspice

## Directions:

1. In a deep saucepan or cooking pot, merge the sugar and mashed blackberries.
2. Combine 1 teaspoon of the blackberry mixture with the cornstarch in a bowl.
3. Add the cornstarch mixture to the

pot mixture.

4. Boil the mixture till thermometer reads 220F; cook for about 15 minutes over medium-low heat until firm and thick. Stir continually to prevent scorching.
5. Mix in the spices and lemon juice.
6. Spill the hot mixture into pre-sterilized jars directly or with a jar funnel. Keep headspace of 1/4 inch from the jar top.
7. To detach tiny air bubbles, set a nonmetallic spatula and stir the mixture gently.
8. Wipe the sealing edges. Secure the jars with the lids and adjust the bands/rings to seal and prevent any leakage.
9. Set the jars in a cool, dry and dark place. Allow them to cool down completely.
10. Store in your refrigerator for later use.

# Jalapeño Pepper Jelly

Preparation time: 90 minutes

Cooking time: 20 minutes

Servings: 5 half pint jars

## **Ingredients:**

- 1 Cup, chopped green bell pepper
- 1/3 Cup of chopped jalapeño pepper
- 4 Cups of sugar
- 1 Cup of cider vinegar
- 1 Packet of pectin, about 6 ounces

## **Directions:**

1. Merge all the ingredients together in a large saucepot, and let it boil for about five minutes.
2. Next, let it cool to room temperature for about one hour,

and then put them into jars.

3. Set the jars sit in a water bath for five minutes, and then let them sit at room temperature for about twelve to 24 hours before storing.



# Just Jalapeno Blackberry Jelly

Preparation time: 10 minutes; Cooking  
time: 40 minutes

Servings: 5 half pint jars

## **Ingredients:**

- 1/2 Cup white sugar
- 1 Pack of 1.75 oz. powdered pectin
- 4 Cups blackberry juice
- 1 Red jalapeno pepper, minced
- 1 Green jalapeno pepper, minced
- 3 1/2 Cups white sugar

## **Directions:**

1. In a bowl, mix in the sugar (1/2 cup) and pectin crystals.
2. To make the jelly, take a heavy saucepan; mix in the jalapeno (both),

pectin mixture and blackberry juice.

3. Keep the heat on a medium setting; let the mixture heat for a few minutes.
4. Then mix in the sugar (3 1/2 cups) and continue heating until it dissolves completely.
5. After that, remove it from the heat; remove the foam using a spoon.
6. Then take the pre-sterilized jars; place the blackberry jelly mixture into the jars.
7. Keep a 1/2 inch margin from the top.
8. Use a damp cloth to clean jar rims; then close them with the lid and band.
9. Afterwards, place the jars in the canning pot filled with water.
10. Set the canning timer at 5-7 minutes; adjust the canning time based on your altitude level.
11. After the canning time is

over, take out the hot jars, wipe them and take off the bands.

12. Store in a dry, cool place and enjoy the delicious jelly!

## Rosy Jelly Retreat

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 7 half pint jars

### **Ingredients:**

- 3 1/4 Cups white sugar
- 3/4 Cup grape juice
- 2 Cups cranberry juice
- 1 Pack of 2 oz. dry pectin

### **Directions:**

1. To make the jelly, take a heavy cooking pot; mix in the pectin and both grape and cranberry juices in it.
2. Keep the heat on a medium setting; let the mixture heat for few minutes.

3. Mix in the sugar; stir the mixture and let it dissolve completely.
4. After that, remove it from the heat; remove the foam using a spoon.
5. Then take the pre-sterilized jars; place the grape jelly mixture into the jars.
6. Keep a 1/2 inch margin from the top.
7. Use a damp cloth to clean jar rims; then close them with the lid and band.
8. Afterwards, place the jars in the canning pot filled with water.
9. Set the canning timer at 10 minutes; adjust the canning time based on your altitude level.
10. After the canning time is over, take out the hot jars, wipe them and take off the bands.
11. Store in a dry, cool area and enjoy the delicious grape jelly!

# Delicious Strawberry Preserve

Yields 4 (½ pint) Jars

Prep. time 15–20 minutes

Cooking time 10–15 minutes

## Ingredients

- 3 cups granulated sugar
- 4 cups strawberries, halved
- 1 tablespoon + 1 teaspoon lemon juice

## Directions

1. In a deep saucepan or cooking pot, combine the sugar and strawberries.
2. Set aside for a few hours or overnight.
3. Heat the mixture and mix in the lemon juice.

4. Boil the mixture till thermometer reads 220°F; cook for about 7–8 minutes over medium heat until firm and thick. Stir continually to prevent scorching.
5. Pour the hot mixture into pre-sterilized jars directly or with a jar funnel. Keep headspace of ¼ inch from the jar top.
6. To remove tiny air bubbles, insert a nonmetallic spatula and stir the mixture gently.
7. Wipe the sealing edges with a damp cloth. Close the jars with the lids and adjust the bands/rings to seal and prevent any leakage.
8. Place the jars in a cool, dry and dark place. Allow them to cool down completely.
9. Store in your refrigerator.

# Tangy Tomato Preserve

Yields 3–4 (½ pint) Jars

Prep. time 15 minutes

Cooking time 25–30 minutes

## Ingredients

- 1 cup sugar
- ¾ cup honey
- 2 medium lemons, unpeeled, chopped and seeded
- 2½ pounds yellow tomatoes
- 2 ounces ginger, grated

## Directions

1. In a deep saucepan or cooking pot, combine the water and tomatoes.
2. Boil the mixture; simmer over low heat to soften the tomatoes.
3. Peel the skin, remove the seeds, and finely chop the tomatoes.
4. In a deep saucepan or cooking pot,

combine the chopped tomatoes, honey and sugar.

5. Set aside for a few hours or overnight.
6. Add the lemons and ginger.
7. Boil the mixture till thermometer reads 220°F; cook over medium heat until firm and thick. Stir continually to prevent scorching.
8. Pour the hot mixture into pre-sterilized jars directly or with a jar funnel. Keep headspace of ¼ inch from the jar top.
9. To remove tiny air bubbles, insert a nonmetallic spatula and stir the mixture gently.
10. Wipe the sealing edges with a damp cloth. Close the jars with the lids and adjust the bands/rings to seal and prevent any leakage.
11. Process the jars in a hot water bath for 5 minutes.



12. Place the jars in a cool, dry and dark place. Allow them to cool down completely.
13. Store in your refrigerator.

# **Black Currant Preserve**

Yields 4 (½ pint) Jars

Prep. time 10 minutes

Cooking time 30–35 minutes

## **Ingredients**

- 4½ cups black currants, crushed
- ¼ cup lemon juice
- 3 cups granulated sugar
- 1 cup water
- 1 tablespoon lemon zest
- Pinch of salt

## **Directions**

1. Combine the ingredients in a deep saucepan or cooking pot.
2. Boil the mixture till thermometer reads 220°F; cook for about 30 minutes over medium heat until firm and thick. Stir continually to prevent scorching.

3. Pour the hot mixture into pre-sterilized jars directly or with a jar funnel. Keep headspace of  $\frac{1}{4}$  inch from the jar top.
4. To remove tiny air bubbles, insert a nonmetallic spatula and stir the mixture gently.
5. Wipe the sealing edges with a damp cloth. Close the jars with the lids and adjust the bands/rings to seal and prevent any leakage.
6. Process the jars in a hot water bath for 10 minutes.
7. Place the jars in a cool, dry and dark place. Allow them to cool down completely.
8. Store in your refrigerator.

## **Watermelon Lemon Preserves**

Yields 4 (½ pint) Jars

Prep. time 15 minutes

Cooking time 2 hours 20–30 minutes

## **Ingredients**

- 2 pounds watermelon, peeled, seeded and cubed
- 3 cups white sugar
- 3 lemons, unpeeled, sliced and seeded

## **Directions**

1. In a deep saucepan or cooking pot, combine the watermelon cubes, lemons and sugar.
2. Boil the mixture; cook for about 2 hours over medium heat until firm and thick. Stir continually to prevent scorching.
3. Pour the hot mixture into pre-sterilized jars directly or with a jar funnel. Keep headspace of ¼ inch from the jar top.

4. To remove tiny air bubbles, insert a nonmetallic spatula and stir the mixture gently.
5. Wipe the sealing edges with a damp cloth. Close the jars with the lids and adjust the bands/rings to seal and prevent any leakage.
6. Process the jars in a hot water bath for 10 minutes.
7. Place the jars in a cool, dry and dark place. Allow them to cool down completely.
8. Store in your refrigerator.

# CHAPTER 4:

## Water Bath Canning: Salsas and Relishes

### Spiced Pickled Beets

Preparation time: 85 minutes

Cooking time: 35 minutes

Servings: 4 pint jars

#### **Ingredients:**

- 3 lbs. fresh, small beets
- 2 cups sugar
- 2 cups water
- 2 cups cider vinegar
- 2 cinnamon sticks
- 1 tsp. whole cloves

- 1 tsp. whole allspice

**Directions:**

1. Scrub beets and detruncate tops to 1 inch. Bring in a Dutch oven and cover with water. Bring to a boil.
2. Reduce heat and let simmer, covered, until tender, 25-35 minutes.
3. Remove from water and let cool. Peel beets and cut into fourths.
4. Place beets in a Dutch oven with vinegar, sugar, and water.
5. Wrap cinnamon sticks, cloves, and allspice in a double thickness of cheesecloth. Add to beet mixture.
6. Set to a boil, and then reduce heat and cover. Let simmer 10 minutes. Discard spice bag.
7. Pack beets into four hot sterilized 1-pint jars to within 1/2-inch of

the top.

8. Carefully scoop the hot liquid over beets, leaving 1/4-inch space of the top. Remove air bubbles and if necessary, adjust headspace by adding hot mixture. Wipe the rims carefully. Place tops on jars and screw on bands until fingertip tight.
9. Place jars into canner with boiling water, ensuring that they are completely covered with water. Let boil for 35 minutes. Remove jars and cool.



# Pickled Brussels sprouts

Preparation time: 30 minutes

Cooking time: 10 minutes

Servings: 6 pint jars

## **Ingredients:**

- 3 lbs. fresh Brussels sprouts, halved
- 1 medium sweet red pepper, finely chopped
- 6 garlic cloves, halved
- 1 medium onion, thinly sliced
- 2 tsp. crushed red pepper flakes
- 1 tbsp. celery seed
- 1 tbsp. whole peppercorns
- 3 tbsp. canning salt
- 1/2 cup sugar
- 2 1/2 cups white vinegar
- 2 1/2 cups water

## **Directions:**

1. Set a Dutch oven three-fourths full with water; bring to a boil.
2. Add Brussels sprouts in batches, cooking, uncovered, 4 minutes until tender-crisp.
3. With a slotted spoon remove and drop into ice water. Absorb and pat dry.
4. Set Brussels sprouts into six hot 1-pint jars.
5. Divide garlic and pepper flakes among jars.
6. In a large saucepan, set the remaining ingredients to a boil.
7. Carefully scoop the hot liquid over Brussels sprouts, leaving 1/4-inch space of the top. Remove air bubbles and if necessary, adjust headspace by adding hot mixture. Wipe the rims carefully. Place tops on jars.

8. Bring jars into canner with simmering water, ensuring that they are completely covered with water. Let boil for 10 minutes. Remove jars and cool.

# Hot Spanish Avocado Salsa

## Ingredients

- 1 (8 oz.) can tomato sauce
- 1 C. water
- 1 (7.75 oz.) can Mexican-style hot tomato sauce (such as El Pato(R))
- 3 tomatoes, quartered
- 2 green onions, trimmed
- 1 bunch fresh cilantro, stems trimmed
- 1 (1/2 inch) piece jalapeño pepper with seeds
- 1 tsp salt, or to taste
- 2 avocados, diced
- 2 tomatoes, diced

## Directions

1. In a blender, add the tomato

sauce, water, hot tomato sauce, 3 quartered tomatoes, green onions, cilantro, jalapeño, and salt and pulse till well combined.

2. Transfer the tomato sauce mixture into a bowl.
3. Add the avocados and 2 diced tomatoes and gently, stir to combine.
4. With a plastic wrap, cover the bowl and refrigerate for about 1 hour before serving.

# Mango and Pineapple Salsa

## Ingredients

- 2 mangoes - peeled, seeded, and chopped
- 1 (8 oz.) can pineapple tidbits, drained
- 1/4 C. chopped fresh cilantro leaves
- 2 tbsp peeled and finely chopped fresh ginger
- 1/2 C. chopped red onion
- 1/4 C. rice vinegar
- 1 tsp crushed red pepper flakes

## Directions

1. In a bowl, add all the ingredients and mix well.

# Hidalgo's Salsa

## Ingredients

- 4 large tomatoes, chopped
- 1 onion, chopped
- 1/2 C. chopped fresh cilantro
- 3 cloves garlic, minced
- 1 tbsp lime juice
- 1 tomatillo, diced (optional)
- salt to taste
- 1 jalapeño pepper, minced

## Directions

1. In a bowl, add all the ingredients and mix well.
2. Cover the bowl and refrigerate before serving.

# Velvety Mango Mousse

## Ingredients

- 1 C. heavy whipping cream
- 1 C. mango, pureed

## Directions

1. In a glass bowl, add the cream and beat till stiff peaks form.
2. The whipped cream will form sharp peaks by lifting the beater straight up.
3. Fold in the mango puree and transfer into serving glasses.
4. Refrigerate to chill for about 3 hours.



# CHAPTER 5:

## Pressure Canning:

### Fruits

#### Apple Sauce

Preparation Time: 30 minutes

Cooking Time: 20 minutes

Servings: 4 pints

#### **Ingredients:**

- Mix for better flavor, different varieties together.
- 20 big apples
- 4 cups of water
- 2 1/2 cups of sugar

#### **Directions:**

1. Wash apples; quarter, core;

remove any blemishes or any other impurities.

2. If you work in larger lots, drop apples in lemon water, see on acidifying fruit.
3. Upon preparation of all apples, drain if necessary and place in a large cooking pot.
4. Add the four cups of water and cook until apples are soft over medium-high heat.
5. Press a colander to remove peels.
6. Return to the saucepan and add 2 1/2 cups of sugar.
7. Bring the mixture to a boil until the sugar dissolves completely.
8. Pack into boiling hot jars, leaving 1/2 inch of headspace.
9. Wipe the surface with the glass.
10. Screw the lids and rings with.

11. Run for 25 minutes in a boiling bath of water: both pints and quarts.

## Pears

Preparation Time: 30 minutes

Cooking Time: 20 minutes

Servings: 7 half-pints

### **Ingredients:**

- 16 cups (16 medium-size pears) peeled & sliced fresh pears
- 3 tablespoons lemon juice
- 2 cups of water
- 4 cups of sugar

### **Directions:**

1. Combine the four ingredients in a large kettle and bring to a boil.
2. Uncover, cook, and stir often for 1 ½ to 2 hours until consistent.
3. Remove from stove and ladle

the hot preserves into prepared seven hot sterilized jars with ¼-inch headspace.

4. Take out the air bubbles, make headspace adjustment, and wipe the rims while the center lids on the jars, and screw on the bands.
5. Place the jars in the boiling water in the canner and boil for ten minutes. Remove the hot jars; let cool on top of a towel.
6. Enjoy!

# Strawberries

Preparation Time: 30 minutes; Cooking Time: 20 minutes

Servings: 7 half-pints

## **Ingredients:**

- 1 cup of sugar
- About 2 pounds of strawberries
- 1/2 cup of strawberry juice

## **Directions:**

1. Wash the strawberries.
2. Sort through berries, pick bruised, damaged, and too soft ones and put them aside.
3. Remove the roots, bruises, and damage from berries of poor quality.
4. Crush those berries and heat them up to get the juice.
5. Use a sieve to drain the juice

from the berries.

6. Back to the pan.
7. Add sugar to the milk and simmer for 3 minutes.
8. Set aside to freshen up.
9. To canned stem berries; to put them in a large, non-reactive bowl or pot.
  10. Set aside to about room temperature until juice has cooled.
  11. Pour juice over berries, cover, and set aside for 3-5 hours, if the juice has cooled sufficiently.
  12. Pack in jars to within 1/2 inch of the top after this point.
  13. Make sure that juice is split evenly between the jars.
  14. Screw and rings on the lid.
  15. Add method in boiling

bathwater: both 15 minutes of pints and quarts.

# CHAPTER 6: Pressure Canning: Vegetables

## Carrots

It is important to always peel carrots to decrease the risk of botulism. *What you need*

On average it takes 2.5 pounds of carrots to fill a quart jar.

Salt for Canning

*What to do*

Prepare carrots for canning by washing, peeling and chopping. Place 1 tsp. salt in each quart jar.

For hot canning, boil carrots for 4.5 minutes before lightly filling jars with

boiling water. Leave a 1-inch headspace

in each jar.

For raw packing, fill each jar as full as possible with carrots before adding the boiling water and leave a 1-inch headspace in each jar.

Be sure to remove all air bubbles and place the lids on the jars.

Let the pressure canner run for 25 minutes for pints and 30 minutes for quarts.

## **Green Beans**

Green Beans can be packed hot or raw

### **What you need**

On average 10 lbs. of green beans fill 8-quart jars.

Salt for Canning

### **What to do**

Prepare beans for canning before cleaning and breaking each bean in half for easier storage.

Place 1 tsp. salt in each quart jar.



For hot canning be sure to boil the beans for five minutes before draining

them, placing them in the can adding boiling water on top. Leave a 1-inch headspace in each jar.

For raw packing, fill each jar as full as possible with beans before adding the boiling water and leave 1 inch headspace in each jar.

Be sure to remove all air bubbles and place the lids on the jars. Let the pressure canner run for 20 minutes for pints and 25 minutes for

## Canning Vegetables

Always use a pressure canner when it comes to canning vegetables. Tomatoes

What you need

On average 10 tomatoes will fit in a quart jar.

Salt for Canning

What to do

Prepare tomatoes for canning by

removing the skin or leaving it on. Place 1 tsp. salt in each quart jar.

Fill each jar with tomatoes, leaving a 0.5-inches headspace when filling the

jars. When you are packing the jars be sure to push the tomatoes down to make sure they are canned in their own juices.

Be sure to remove all air bubbles and put the lids on the jars.

Let the pressure cooker run for 25 minutes.

quarts.

## Potatoes

It is important to always peel potatoes to decrease the risk of botulism. *What you need*  
On average 10 lbs. of potatoes will fill 7-  
quart jars.

Salt for Canning

*What to do*

Prepare potatoes for canning by washing, peeling and chopping Place 1 tsp. salt in each

quart jar.

After cutting the potatoes place them in boiling water long enough so that

they become hot but not fully cooked.

Fill the jars with potatoes and cover with boiling water so that each jar is left with a 1-inch headspace.

Make sure to remove all air bubbles and put the lids on the jars.

Let the pressure cooker run for 35 minutes for pints and 40 minutes for

## Others

### **Corn**

Canned corn is a bit of an acquired taste. It tends to take longer than other

varieties of vegetable. What you need

On average 32 lbs. will fill 7-quart jars.

Salt for Canning

What to do

Prepare corn for canning by blanching it before placing it immediately in

cold water. Blanching makes it easier to remove from the cob Place 1 tsp. salt in each quart jar.

To hot canning be sure to boil the beans for five minutes before draining them, placing them in the can and adding the boiling water on top. Leave 1 inch headspace in each jar.

For raw packing, lightly pack each jar before adding the boiling water and leave 1 inch headspace in each jar.

For hot packing, boil the beans for 4.5 minutes before placing them in the jars and add the boiling water to make sure there is 1 inch headspace in each jar.

Be sure to remove all air bubbles and put the lids on the jars.

Let the pressure canner run for 55 minutes for pints and 1 hour and 25 minutes for quarts.

## **CHAPTER 7:**

# Pressure Canning: Meat, Poultry, and Seafood

## Chicken Canning Recipe

Prep Time: 30 min

Cook Time: 90 min

Total Time: 2 hours

### Directions:

1. Start by preparing the pressure canner. Pour water in the canner up to several inches, and start heating the water at low heat.
2. Chop the chicken (bone-in or boneless) into small pieces to make them convenient enough to fit in the jars. If you like, you may remove the chicken skin. As mentioned earlier, it will be easier to fit boneless pieces in the jars, as

pieces with bones will require some adjustment.

3. For the raw pack method, fill the jar with the chopped chicken pieces in raw form. You may add 1 tsp. of salt for quart jars or  $\frac{1}{2}$  tsp. of salt for pint jars to enhance the flavor.
4. If using the hot pack method, steam, bake, or boil the pieces very lightly ( $\frac{2}{3}$ rd of the way cooked) before adding them to the jars.
5. In both cases, pour hot water or broth over the packed chicken pieces. Make sure to leave 1 inch of headspace between the rim and the poultry.
6. Use the air-bubble removal utensil, a chopstick, or plastic knife to remove the air bubbles trapped among the chicken pieces. Avoid a metal knife as it can scratch the glass jars and damage

them.

7. Use a clean cloth to properly wipe the residue from the jar rims.
8. Place the lid and close the ring over the jar. Ensure that the lid is just closed finger-tight.
9. For jars with boneless chicken, set the canning process to 75 minutes for pint jars and 90 minutes for quart jars. For canning bone-in chicken, set the process to 65 minutes for pint jars and 75 minutes for quart jars.
10. If you are using a dial-gauge pressure canner, can at 11 lbs. or 12 lbs. of pressure. If using a weighted gauge canner, can at 10 lbs. of pressure or at 15 lbs. of pressure.
11. Now, let's look at a recipe for canning meats other than poultry.

# Meat Canning Recipe

Prep Time: 1 hour

Cook Time: 2 hours

Total Time: 3 hours

## **Directions:**

1. Make sure you are using chilled meat. Properly thaw the meat if frozen. You can either use a microwave or cold water to thaw it.
2. If the meat is strong-flavored, soak it in brine (1 tbsp. of salt per quart jar of water) for 1 hour. Rinse the meat and remove excess fat. Chop the meat into chunks, cubes, or wide strips.
3. If you use the hot pack method, make sure to precook the meat by browning, stewing, or roasting it in a little bit of fat. Don't cook it completely.



4. Place the rack in the pressure canner. Pour water in the pressure canner to a few inches, and get it boiling.
5. Pack the prepared meat or raw meat in the jars cleanly, leaving 1 inch of headspace at the top of the jar. Make sure the meat is not packed too tight in the jar because you want the liquid to flow freely around the meat.
6. Add salt to the jars (1/2 tbsp. to pint jars and 1 tbsp. to quart jars) if desired.
7. Pour a few inches of boiling water into each jar.
8. Use a clean rag to wipe the rims and make sure they are dry. Run your finger around the rim to remove knicks or salt particles, because such elements can disrupt the sealing process.
9. Affix the lid and rings on the jars

and place them into the pressure canner.

10. Place the jars on the rack so that they are a few inches above the base of the pressure canner to prevent damaging the jars.

11. Set the pressure canner to start building pressure, keeping the gauge off. Allow the canner to build up steam and vent out for 10 minutes before placing the weighted gauge.

12. After the steam has vented out, keep the pressure building until the dial gauge shows 10 lbs. of pressure when operating at sea level. If you are located at 1,000 feet or more above sea level, let the pressure in the gauge increase up to 15 lbs.

13. For pint jars, keep the pressure for 75 minutes. For

quart jars, retain the pressure for 90 minutes. After the appropriate time passes, allow the canner to release the pressure naturally.

14. Once the canner releases the pressure, open the lid, facing away from the steam that will be released. Use canning tongs to vertically pick up each jar.

15. Place them on the counter and let them cool and seal for 24 hours. Once sealed, you can remove the rings and store the sealed jars as needed.

Note: Instead of chunks, strips, or pieces, you can also use ground meat for the process. You should only use a pressure canner for meat and poultry, or it will not work properly. As mentioned before, low-acidic foods (with pH lower than 4.6) require a high level of heating to ensure that the bacteria is killed off completely. Otherwise, it can lead to botulism.

## How to Can Fish

Give a man a fish, and you feed him for a day; teach a man to can fish, and he can make it last for an entire year!

Canning is a safe and easy preservation method for fish that has been around for hundreds of years. In fact, the first reported instance of canning was done by Nicolas Appert—the French inventor who is also known as the “father of canning”—who invented this method solely to preserve fish. The science behind canning fish is quite simple. By cleaning the fish and packing them in disinfected, air-tight jars, you slow down their spoilage. This environment prevents the growth of microorganisms such as bacteria and mold, which keeps the clean pieces of fish safely edible for up to a year.

Apart from being convenient and cost-effective, canned fish has many health benefits that even rival fresh fish at times. They have high protein content, are rich with omega-3 fatty acids, and tiny, tender fish bones that you can safely eat, making canned

fish one of the best sources of pure calcium out there. Therefore, it is quite common to can the highest quality yields to be consumed when the weather is too cold for fresh meats and food, especially in countries with really cold winters. It is more or less similar to cured meats that make the end product different, delicious, and more valuable than fresh meats.

### **Types of Fish Ideal for Canning**

Fish are relatively easy to preserve, some being easier than others, and they keep their flavors and nutrients well after the canning process. However, no matter which type of fish you plan to can and preserve, it is important that you select top-quality, fresh fish. Like any other fresh meat, fish can be susceptible to tissue decomposition if not handled and preserved well. Always use freshly caught fish for canning. If you use wild-caught fish, try to keep them alive for as long as possible if you plan to preserve them later. They start the deterioration process soon after they leave the water. Once you have them, clean and preserve them as soon

as possible to create the best-canned fish.



Here are a few species of fish that are ideal for canning.

## **Mackerel**

Mackerel is an affordable fish with a taste similar to tuna and salmon. They are easy to catch and can be found near piers and rocks in large flocks, ideal for preserving. They are rich in healthy fats and have a decent number of bones that become tender during canning. While fresh mackerel can be somewhat chewy, canned mackerel is tender

and has a distinct yet mild flavor.

### **Salmon**

Salmon is a popular fish for canning because of its delicious taste, high omega-3 fatty acid content, and potent antioxidants that give its uniquely appetizing color. Wild-caught salmon are often the best choice for canning since they have fewer contaminants and are more nutritious. Once properly canned, salmon has a light color and texture, with a pleasantly mild flavor.

### **Herring**

Herring are small, bony, and naturally oily, making them great for canning. The excess moisture in the fish escapes and combines with the salt and makes for a deliciously tender and flavorful meal when you cook and eat them later. Due to their size, flavor, and moist texture, canned herring takes little to no preparation or cooking.

### **Trout**

Trout is a member of the salmon family and is a popular fish among hobby fishermen

since they are widely available in creeks and rivers. Fresh trout has tender and flaky flesh with a mild nutty flavor. They have ample flesh and can be smoked or brined before canning to add more flavor if needed.

### **Steelhead**

Steelhead is also a type of salmon with a nice orange flesh and milder taste. A great source of low-fat protein, steelheads are anadromous fish that spend parts of their lives in freshwater and others in saltwater. The flesh is tender and moist, making the canned fish flavorful with great texture.

### **Blue**

Bluefish are large marine fish with mild, flaky flesh packed with intense flavor. They make rich and succulent canned fish, often tasting even better than fresh counterparts since the preservation makes the strong flavor milder and more pleasant. Due to their ample flesh, bluefish give a great yield as canned fish, which can be used to make plenty of food, including fish cakes, soups, pasta sauces, or croquettes.



## **How to Make Great Canned Fish**

Now that you have your fish—fresh fish is always the best option, but thawed frozen fish can also be canned—it's time to gather the equipment and ingredients and start the canning process.

### **Equipment**

- Filleting knife.
- Hardwood cutting board.
- Wide mouth canning jars and self-sealing lids with rings.
- Pressure canner.

Note: As mentioned in the previous chapter, a pressure canner is a big pot with a secure lid, with a dial or a gauge that helps you regulate the steam pressure. Be careful when you use the pressure canner since the pressurized steam can be hotter than boiling water. Every pressure canner on the market comes with its own set of directions. Read your manual several times and follow the exact directions when you use it. Before

every fish canning session, check if your pressure canner is in good condition. The vent should always be clean and open, and the pressure gauge should be accurate. Doing a trial run with a few inches of water to check the performance of the pressure canner is recommended before every canning session.

As for the jars, you can use straight-sided mason-type canning jars with a tight lid. If you are using jars that have been used previously, thoroughly clean them using hot, soapy water to remove any residue. For your preserves to retain their quality, the lid should be perfectly secure on the rim of the jar. Check for any nicks or cracks on the rims and discard any damaged jars. Get self-sealing lids to secure the jars and replace them if you use them for a second time. You can reuse jars and rings if they are not damaged or bent.

Every piece of equipment used in the canning process, including the knives and the hardwood cutting board, should be cleaned well with warm, soapy water, rinsed, and properly dried.

## **Ingredients**

- Fish
- Salt
- Water
- Vinegar (optional)

## **Preparation**

If your fish is frozen, put it in the refrigerator until it is completely thawed before getting started. Rinse fresh or thawed fish well in clean, cold water. You can add some vinegar to the water to help remove any slime. Gut the fish and remove the head, fins, scales, and tail without damaging the skin or flesh. You can keep the bones in since the pressurization tenderizes the bones, making them a good source of calcium. Use a generous amount of water to wash and clean the fish that you will be canning. If you are not going to start the canning process immediately after preparing the fish, store it in a refrigerator until you are ready.

## **Packing**

Clean and disinfect your canning jars. Cut your fish into chunks that can fit into the jars. If you are using a type of fish where the skin stays on, arrange the pieces in the jars with the skins facing outwards to make the finished product look nicer. If the fish skins are touching the insides of the jar, it can be difficult to clean after use. You can simply face the skins inwards if you want to avoid the few extra minutes of cleaning after finishing the jar. If you are using standard 1-quart canning jars, pack the chunks of fish tightly, leaving about one inch of unfilled space at the top. Use a plastic spoon to align the product inside for a tighter pack. If you prefer some added flavor, add about one to two teaspoons of salt to each jar. You can also add small amounts of your favorite herbs and spices, such as paprika and garlic powder, to the jars as well. When you can halibut, add a couple of spoons of olive or vegetable oil for better moisture.

Once you pack the fish in, use a clean, damp cloth or a paper towel to remove any oils or residue from the edge of the jar.

Secure the lid and the rings properly. Read and follow any specific guidelines from the manufacturers of your canning jars and lids. They should neither be too tight nor too loose. If you over-tighten the lids, it can lead to the jars breaking and discoloring the fish, since air will not escape through the tight lids during processing.

### **Processing**

Add water to the bottom of the pressure canner until it is three inches deep. Put the rack on the bottom and place the closed jars on the rack. Check any specific instructions in your pressure canner manual on arranging the jars for more efficient processing. Fasten the canner cover. The directions for processing fish in the pressure canner vary according to the jar size, fish type, and canner brand. Always check the instructions from the manufacturer. For standard quart jars, heat the canner on high for about 20 minutes until you can see steam coming through the open vent in a steady stream. If the steam is not steady enough, let it heat up a little more. Let the steam flow out for about ten more

minutes. This makes sure that the heat spreads evenly inside the canner. The time it takes for a steady stream of steam to come out may be thirty minutes or more, depending on the size of your canning jars and the temperature of the fish.

When the heat becomes even, close the lid vent using an oven mitt or hot pad and set the weighted gauge. Depending on the manufacturer, there should be three sections in your weighted gauge. Turn up the heat until the pressure reads 10 pounds for a weighted gauge pressure canner. Keep adjusting the heat to maintain a steady pressure from the beginning to the end. If you are using quart jars, it may take about 160 minutes of processing with 10 pounds of pressure for most fish. If you are located at over 1000 feet altitude, use up to 15 pounds of pressure.

### **Cooling**

Once the recommended processing time is over, remove the canner from the heat and let it cool. Allow the pressure to drop

naturally until the gauge shows zero pounds of pressure. Most pressure canners nowadays come with a lid lock that automatically unlocks when the pressure drops to zero. Wait a few more minutes and slowly open the vent using a heating pad or oven mitt. Open your lid so that the escaping steam faces away from you. Take the jars out one by one using tongs or a jar lifter. Do not try to tighten the lids if they appear to be loose. It takes some time for the lids to seal while cooling. Check the lids after about twelve hours to see if they have been sealed properly. You can remove the rings and wash them if you want to reuse them later. If a lid has not sealed after twelve hours, remove the fish and use a different jar to process them within twenty-four hours. You can place the unsealed jars in the freezer until you can process them again.

### **Storing**

Wash the surface of your sealed jars and wipe them dry. Label them with the processing date and the type of fish, if you are canning more than one type. Store the jars

in a cool, dry place.



# CHAPTER 8:

## Pressure Canning:

### Soups, Stews

#### Cabbage Soup

Cook time: 1 Hour 15 Minutes

Servings: 9

#### Ingredients:

- 4 lbs. minced meat
- 1 diced onion
- 2 minced garlic cloves
- 6 cups grated cabbage
- 1 cup diced celery
- 1 cup diced green pepper
- 2 cans of light beans
- 8 glasses of canned tomatoes with

juice

- 10 cubes veal broth
- 8 cups water
- 2 tbsps. garlic powder
- 20 rounds of fresh peppercorn
- 2 tsps. sea salt
- 1 tbsp. dried parsley
- 2 tbsps. dried basil
- 1 tbsp. thyme
- 1 tsp. dried celery

**Directions:**

1. Sterilize to prepare glass jars, lids, and rings. Chop and cut all the vegetables and set aside. Collect all the dry ingredients and set them aside.
2. Brown minced meat in a pan. Separate 3 tbsps. of fat for the onion and garlic later. If desired, drain and wash the meat to

remove excess oil.

3. Prepare the beef: heat 8 cups of water in a large bowl or use 2-liter jars filled with water in each jar and 5 cubes of beef.
4. Microwave for 5 minutes to thaw the cubes. Remove it carefully, it will be very hot. Stir quickly to make sure the cubes are thawed.
5. Sautéed onion and garlic. Pour 3 tbsps. of fat in a large saucepan and add the chopped onions and fry the garlic until tender.
6. Mix with the other ingredients. Add cooked minced meat, cabbage, celery, green pepper, beans, fruit juice, tomato, and broth. Mix well.
7. Mix all the dry ingredients together: garlic powder, pepper, sea salt, parsley, basil, thyme, and celery. Boil and cook for 20 minutes. Your soup is actually

ready to eat at this point.

8. Place the lid on the box and lock it. Set the temperature to high. Vent the steam.

## Tomato Soup with Celery

Cook time: 25 Minutes

Servings: 8 Pints

### **Ingredients:**

- 6 sliced onions
- 1 bunch sliced celery
- 5-quarts tomato juice
- 1 cup sugar
- $\frac{1}{4}$  cup salt
- 1 cup butter
- 1 cup flour

### **Directions:**

1. Add chopped celery and onions in

a large pot with a little amount of water to prevent them from burning. Place pot over medium heat. Bring to a boil. While boiling, add tomatoes to the pot and cook to become softened. Pour the combination all through a strainer and then return to the pot. Add salt and sugar.

2. Combine flour and butter. Mix evenly and add 2 cups of cold juice until well blended. Add flour and butter mixture to warm juice (before it is hot to prevent flour lumps). Stir well. The flour can turn lumpy if it reaches a boil, so only heat to hot and turn off the heater before boiling. It will keep thickening as it cools.
3. Ladle hot soup into each canning jar. Remember to leave a one-inch headspace. Use spatula to remove air bubbles, then use a clean cloth to wipe jar rims. After that, adjust lids and screw band.

4. Set the filled jars in a pressure canner at 11 pounds pressure for dial-gauge or 10 pounds for the weighted-gauge canner. Process heat jars for 25 minutes, adjusting for altitude. Switch off heat and let the pressure drop naturally. Remove the lid and cool the jars in the canner for three minutes. Take out the jars and cool. Inspect lids seal after twenty-four hours.

# Chicken Soup

Cook time: 20 Minutes

Servings: 8

## Ingredients:

- 3 cups diced chicken
- salt, to taste
- 6 cups chicken broth
- 10 cups water
- 1 cup diced onion
- Black pepper to taste
- 1½ cups diced celery
- 1½ cups sliced carrots
- 3 chicken bouillon cubes

## Directions:

1. Sterilize the jars.
2. Boil all the ingredients in a sizable pot except for the seasonings and bouillon cubes.

3. Reduce the flame and simmer for 30 minutes.
4. Stir in the remaining ingredients and stir while cooking until the bouillon cubes dissolve.
5. Turn off the flame and skim off any visible foam.
6. Ladle the mix immediately into the sterilized jars, leaving one inch of headspace.
7. Get rid of any air bubbles and clean the rims.
8. Cover the jars with the lid and apply the bands, making sure that it is tightened.
9. Process the jars for 1 hour 15 minutes at 10 pounds pressure in a pressure canner.
10. Remove; allow cooling, and then labeling the jars.



# Mexican Beef and Sweet Potato Soup

Cook time: 80 Minutes

Serves: 8-pint

## **Ingredients:**

- 1 tbsp. vegetable oil
- 2½ quarts beef broth
- 2 ½ lbs. beef chuck roast
- 4 sliced Roma tomatoes
- 1 sliced sweet potato
- 8 sliced carrots
- 1 cup whole kernel corn
- 1 sliced onion
- 2 sliced jalapeño peppers
- 2 sliced poblano peppers
- 1 tbsp. salt
- 6 minced garlic cloves

- ½ tbsp. ground black pepper
- ½ tbsp. chili powder

**Directions:**

1. Pour ½ tbsp veggie oil in a 6-quart pot and place over medium-low heat. Add half of the beef cubes. Fry while stirring to turn brown. Move beef into a small bowl. Do the same with the remaining 1/2 tbsp oil and beef. Transfer all the meat to the pot and add broth. Reduce heat and allow to it boil. Simmer covered until beef is soft.
2. Add sweet potatoes, carrots, tomatoes, onions, corn, garlic, jalapeno peppers, poblano peppers, salt, black pepper, and chili powder to beef mixture in the pot. Cover and leave it to boil for five minutes.
3. Ladle vegetables and beef into

the canning jars by filling each halfway. Pour hot broth into every jar and leave a one-inch headspace.

4. Remove air bubbles, clean the jar rims, adjust lids, and screw band.
5. Set the filled jars in a pressure canner at 11 pounds pressure for dial-gauge or 10 pounds for the weighted-gauge canner. Process heat jars for 75 minutes, adjusting for altitude. Switch off the heat and let the pressure drop naturally. Remove the lid and cool the jars in canner for five minutes. Take out the jars and cool. Inspect lids seal after twenty-four hours.

# Venison & Tomato Chili

Cook time: 30 Minutes

Servings: 8

## Ingredients:

- 6 lbs. chopped venison
- 6 cups canned tomatoes
- ½ cup chili powder
- 2 cups chopped onions
- 4½ tsp. salt
- 1 tsp. cumin seeds
- 2 minced jalapeno peppers
- 2 minced garlic cloves

## Directions:

1. Sterilize the jars.
2. Brown the meat in a skillet in batches and then transfer it into a pot.
3. Stir fry the garlic and onions in

a skillet and add it to the pot with the remaining ingredients.

4. Bring to a boil and then cook for 20 minutes at reduced heat.
5. Ladle the mix immediately into the sterilized jars, leaving one inch of headspace.
6. Get rid of any air bubbles and clean the rims.
7. Cover the jars with the lid and apply the bands, making sure that it is tightened.
8. Process the jars for 75 at 10 pounds pressure in a pressure canner.
9. Remove, allow to cool, and then label the jars.

## **Pickled Kimchi Soup**

Cook time: 10 Minutes

Servings: 6

## **Ingredients:**

- 3 heads napa cabbage, chopped
- 12 garlic cloves
- ¼ cup dried salted shrimp
- 2 tbsps. minced ginger
- 1 yellow onion
- 3 tbsps. sweet rice flour
- 4 cups coarse sea salt
- 2 tbsps. brown sugar
- 3 cups water
- ½ cup fish sauce
- 2 cups sliced Korean radish
- 6 chopped green onions
- 4 cups Korean red chile flakes
- 1 tbsp. sesame seeds

## **Directions:**

1. Divide 3 cups of water among 3 large bowls and stir 1 cup of sea

salt in each bowl of water.

Sprinkle the remaining 1 cup of salt over the chopped cabbage.

2. Divide the salted cabbage in the 3 bowls until partially submerged and let sit for 12 hours.
3. Rinse cabbage thoroughly in a colander then then let drain for 1 hour to get rid of excess water.
4. Combine the rice flour and 3 cups of water in a pot over medium heat and bring to a boil, heating the mixture until you get a glue-like consistency, which should be about 5 minutes. Remove pot from heat and cool rice mixture to room temperature.
5. Combine garlic, 1 tablespoon of water, ginger, and onion in a food processor; pulse until smooth, adding more water if

too dry.

6. Combine the chile flakes, onion mixture and rice flour mixture, fish sauce, shrimp, brown sugar, and sesame seeds in a large bowl until well mixed. Toss in the radish and green onions and toss well to combine.
7. Rub the cabbage with the chili mix, ensuring the cabbage is well coated, and pack into storage jars and tightly cover. Leave the jars at room temperature for 3 days for the fermentation to occur. Process for canning and store for up to a year.



# Canned Chili Con Carne

Cook time: 1 Hour

Servings: 9

## Ingredients:

- 3 cups pinto bean
- 5½ cups water
- 5 tbsps. salt, divided
- 3 lbs. ground beef
- 1½ cups chopped onion
- 1 cup chopped pepper
- 1 tbsp. black pepper
- 6 tbsps. Chili powder
- 8 cups crushed tomatoes

## Directions:

1. Place the beans in a 2-quart saucepan, then add cold water to 2-3 inches above the beans. Cover and refrigerate for about 12-18

hours to soak. Now drain the beans and discard the water.

2. Place the beans in a saucepot with 5 ½ cups water. Season with 2 tbsp. salt and bring to a boil for about 25 minutes.
3. Simmer for about 30 minutes.
4. Meanwhile, brown the beef with onions and pepper (optional) in a skillet, then drain the fat off.
5. Add 3 tbsp. salt and the remaining ingredients together with cooked beans and simmer for about 5 minutes. Make sure not to thicken.
6. Scoop hot chili stew into hot pint jars. Leave a 1-inch headspace. Do not use quart jars.
7. If needed, remove the air bubbles, adjusting the headspace.
8. Clean the rims of the jars using a clean, damp paper towel.
9. Now apply the 2-piece metal caps.

10. Process the pint jars in a pressure canner for about 75 minutes at 11 pounds pressure if using a dial-gauge canner, or a 10 pounds pressure if using a weighted-gauge canner.

# Chapter 9: Preserving Food

## Freezed Food

From frozen vegetables to ready-made meals, almost any food you can think of can be found in the freezer section at the grocery store. Frozen food has been rapidly growing in popularity, offering more variety than ever since it was first introduced in the 1930s. Frozen food serves as a convenient alternative to cooking from scratch—it is time-saving, easy to cook, and can usually be prepared in multiple ways. Besides the practicality that it offers, freezing food is a great way to preserve it. Many people choose to cook and freeze large batches of food, allowing them to safely store it for long periods and reheat it whenever needed. Freezing has been used as a method to preserve food since prehistoric times. Even back then, people frequently preserved their hunt using ice and snow.

Many people believe that freezing can negatively impact the food's nutrient content. However, this is not always the case. If you blanch or submerge your fruits and vegetables in boiling water before freezing them—a method that deactivates yeasts and enzymes that may contribute to spoilage—15% to 20% of their vitamin C content can be lost. This isn't usually a problem since frozen fruits and vegetables are usually frozen right after harvesting when in peak condition. This makes them higher in nutrient content than other fresh crops that take time to be sorted, transported, and distributed. This process slowly strips them of their nutrients and vitamins. As a matter of fact, green vegetables and soft fruit can lose around 15% of their vitamin C content every day when stored at room temperature. This means that frozen and fresh fruits and vegetables end up with around the same vitamin C content.

If you freeze poultry, meat, or fish, there will be almost no mineral or vitamin loss. This is because vitamins A and D, minerals, and protein are not impacted by

freezing. However, when they defrost, they lose liquids that contain mineral salts and water-soluble vitamins. If you don't recover the lost liquid, it will be completely stripped away during the cooking process.

## **Fermented Food**

For thousands of years, even before developing alcoholic drinks, humans have been, unknowingly, fermenting food. The fermentation process of dairy was likely a natural occurrence because of the innately present microflora and the hot climate. Researchers even suggest that hanging goat milk bags over the backs of camels was the world's first yogurt production process. It wasn't until 1856 that the science behind fermentation was understood. That year, Louis Pasteur, a French chemist, linked yeast to the fermentation process.

Later in 1910, Elie Metchnikoff, a Russian bacteriologist, brought new information regarding fermentation to light. He suggested that since Bulgarians consumed more fermented dairy than other nations, they

had a longer average lifespan of 87. His observations suggested that fermented food is considered beneficial to human health. Further investigations revealed that *Lactobacillus acidophilus*, the bacteria found in fermented dairy, survives inside the human gut and remains very active. Throughout the 1900s, fermentation was used popularly as a food preservation method. By storing food in an oxygen-free environment, they were able to keep food from spoiling. Undesirable bacteria can't survive anaerobic environments, while desired bacteria thrive.

For the past forty years, give or take, considerable research regarding the health benefits associated with the consumption of “good” bacteria has been conducted. Several links were made between benefits, including detoxification and improved digestion, and the consumption of friendly bacteria. You may have heard about the endless probiotic products available, from supplements to beverages, which have become popular in today's health and fitness world. Probiotics are a commercial trend right now, and it's

nothing to be upset about. Fermentation comes with great benefits, donates a very strong, unique flavor to food, and is a great way of preserving food. That is why it is no surprise that you are interested in learning how to ferment your food. One thing to keep in mind before jumping right in is that fermentation is substantially modulated decay.

### **What Is Fermentation?**

In simple terms, fermentation is a metabolic process where the activity of microorganisms results in a change in food and drinks. This change is usually desirable as it is used to add flavor, increase health benefits, preserve food, and more. Although the word “ferment” is derived from the Latin word “fervere,” which means “to boil,” the fermentation process can occur without the presence of any heat.

### **How Does It Work?**

Good bacteria survive by feeding on carbohydrates for fuel and energy. Adenosine triphosphate (ATP) and similar organic



chemicals transport this energy to each part of the cell whenever needed. ATP is generated when microbes respire—they can produce ATP most efficiently through aerobic respiration. When glucose is converted to pyruvic acid—a process called glycolysis—aerobic respiration starts but on the condition that sufficient oxygen is present. On the other hand, fermentation is a process that's similar to anaerobic respiration, which occurs without the presence of oxygen. The production of ATP is also possible in such an environment. This is because the fermentation process results in lactic acid production and other various organic molecules that result in ATP. In this case, good bacteria also feed on carbohydrates, starches, and sugars, releasing carbon dioxide, alcohol, and organic acids, which preserve the food and give it flavor. Individual microbes and cells generally can alternate between the two energy production modes, depending on the surrounding environment.

### **What Goes on in the Process?**

As mentioned above, fermentation is an anaerobic process when oxygen is absent and good microorganisms, like bacteria, yeast, and mold, are present to acquire energy from fermentation. In fact, some yeast cells, like *Saccharomyces cerevisiae*, favor fermentation over aerobic respiration when enough sugar is present, even in the abundance of oxygen. As the fermentation process takes place, good microbes break starches and sugars down into acids and alcohol. This preserves food, allowing us to store it for prolonged periods without it spoiling.

The enzymes that fermentation provides are also vital for digestion. Humans are born with a specific number of enzymes, and as we age, they decrease. Fermented food provides us with the enzymes necessary to break foods down. Fermentation helps with pre-digestion as well. As microbes digest starches and sugars, they break down the food before we even consume it.

## **Dehydrated Food**

Dehydration is the removal of the

moisture in food through evaporation to prevent microorganisms from spoiling it. Microorganisms love moist environments, so by destroying their shelter, we extend our food's shelf life.

We're all familiar with dried fruits and jerky—these are actually commercially dehydrated foods that we've come to love and consume regularly. Commercial food industries perform more efficient dehydrating processes, so the dehydrated foods that we buy can last up to ten years. Foods dehydrated at home last for shorter periods, depending on the type of food. But drying food at home is very convenient and retains the foods' nutritional value. There are many other reasons to do it at home.

DIY food dehydration:

- It can allow you to dehydrate and preserve your favorite foods safely, without harmful additives or artificial colors.
- It provides you more control over the quality and process.

- It can prove to be a lot cheaper because you'll be able to produce larger quantities any time you like.
- It is quite enjoyable, especially if you add your own touches and do it with family and friends.

### **Why Dehydrate Food in General?**

1. Dehydrating preserves perishable foods like fresh fruits and meat, allowing you to carry them around anywhere.
2. Drying food shrinks its size while retaining the nutrients so that you can store more food in less space.
3. Dried food can reduce the time you spend cooking. You can prepare all your vegetables and legumes at once, dehydrate them, then easily rehydrate later.