

Prep Blog Review: Updates On The Food Field

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you had to say the topic you do the most research on, what would that be? I think "food" will be the answer for many of us and with good reason. There are few other things as important as food (actually just 2: water and shelter) and there are always ways to improve the way you work towards your food-independence, the way you store your food or the way you cook it.

This week we are looking at some of these aspects of food-preparedness, so make sure to scroll to the bottom and drop a line at the end, in the comments section. Let us know how are you improving your skills when it comes to food.

1. Fermented Vegetables are Healthy and Delicious



"If you have never had fermented vegetables, you don't know what you are missing. I have a Harsch Crock and love to use it to make things like sauerkraut,

and other types of fermented vegetables. The Harsch Crock is from Eastern Europe and my wife loves it.

Once you put the veggies in the crock and put the lid on you fill a gutter with water and that seals the crock and keeps the odors down. My wife likes the finished product but not the smells it gives off while being made."

Read more on [Preparedness Advice](#).

2. How to Build a Root Cellar in 7 Steps



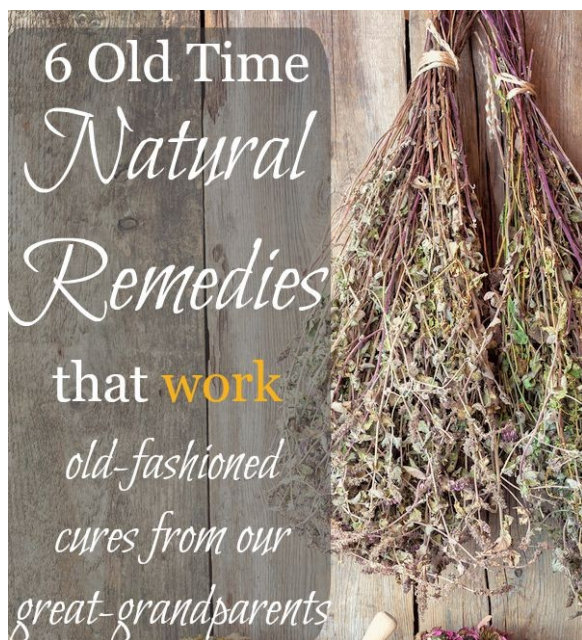
"We decided that our little farm needed a root cellar to store our produce in. For those unfamiliar with the term, a root cellar is an underground room that acts like a natural refrigerator, maintaining temperatures in the mid 30's F in the winter and mid 50's in the summer.

Step 1: The Hole

Dig a hole in the ground. We are fortunate to have a local gravedigger who is a real artist with a backhoe. He can carve a hole with straight sides almost within an inch of what you ask for."

Read more on [Walden Labs](#).

3. 6 Old-time Natural Remedies That Work



"Ever wonder if those old-time natural remedies really worked? I love old-fashioned things, but I also know some things we used to do way back when just weren't smart. That's what we're looking at today my friend, the smart things!

Seems everywhere I look, people are turning back to the old ways. There's something to be said from our mother's, grandmother's, great-grandmother's wisdom, or great-great-grandmother (you whippersnapper you)."

Read more on [Melissa Knorris](#).

4. Building and Operating a Makeshift Wood Oven



"Introduction

One of the basic needs for any survival situation is a means of cooking food.

The most abundant fuel available is wood. There are many ways to use wood to cook food...the most common being a camp fire or the "rocket stove". However, these methods are not the most fuel efficient, and a lot of heat is lost during cooking, resulting in excessive fuel consumption.

A more fuel efficient method is to build a wood fuel oven. A wood fuel oven can be made out of a variety of materials...metal, brick, or cinder blocks are ideal, as long as you can make the oven air tight."

Read more on [Modern Survival Online](#).

5. Shifting Trends In Food Storage



“Over the last five or ten years that I’ve been prepping I’ve noticed a few different trends in how people have looked at food storage. Food storage for emergency situations is always a popular topic in the prepping community and I’ve seen a lot of attitudes change over the years.

Early on I remember a lot of people approaching the topic with much less thought and planning than they seem to today. A few years back things seemed to quiet down and to my mind become more reasonable.”

Read more on [Prep Blog](#).

Interested in improving your food-preparedness plan? [CLICK HERE](#) to find out how!

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