

Prep Blog Review: Essential Food Knowledge

2015-02-07 07:33:20 By Brenda E. Walsh

Other than food, there are few other preparedness topics covered in such detail, and it's not without good reasons. We are so used with having it so easy when it comes too food as we can find everything we need for the perfect pasta/soups/deserts in just one box. And when SHTF that won't be the case anymore, so we'll have to make do with what we stockpiled.

This week we stumbled upon some great tips on how to make sure you take the right steps towards food independence and away from food fatigue, while having your stockpile safely set with everything you might need.

1. Extreme Survival – Know Your Edible Meats in the Wild



"If you have ever pictured yourself in a post-war or emergency situation, surely you have imagined what you would eat, as food is one of the basic human needs. We've all heard of third world countries in which people eat tree roots on the limits of survival, and no doubt such things may seem impossible to eat, but strictly biologically speaking, they are not.

Truth is, there are not many things in this world that our stomach couldn't hold, and although not healthy, they can fulfill the role of keeping us sated. One such example is paper, which is made from wood, meaning it is perfectly digestible."

Read more on [My Family Survival Plan](#).

2. The Most Powerful Anti-Allergy Foods



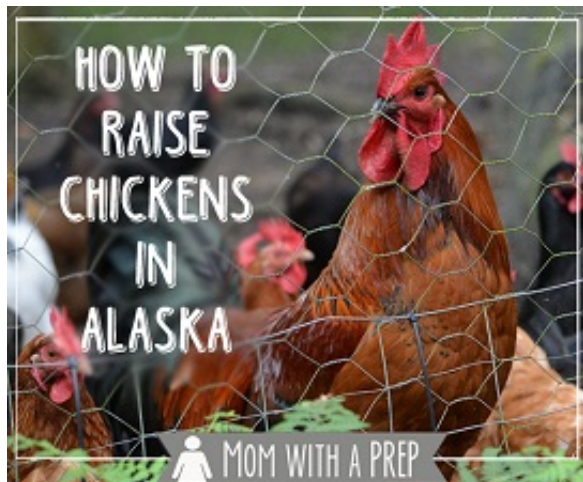
"There are a number of foods that can help curb allergy symptoms. Here's a quick look at a few of the most potent.

Onions and Garlic

They might not be the best for your breath, but onions and garlic are great for controlling your allergies. Both flavorful root vegetables contain quercetin, a natural mast cell stabilizer (antihistamine). Because of these antihistamine properties, quercetin helps fight the inflammation that accompanies the allergic response. Other foods that contain quercetin include apples and tea."

Read more on [Rodale News](#).

3. How I Raise Chickens in Alaska (even at -70F)



"Here is another installment of life in Alaska by my friend Rhonda Van Zandt. She's been wonderful to share a slice of life, and how she raises her chickens in Alaska's -70F winters. Inside my cabin in Alaska I have a interesting contraption that gives new meaning to Alaskan ingenuity and follows along with that make do mentality we all have this far north.

Heating the Chicken Coop

We have a small coop attached to the side of our house, a little over 4x4 with 4 chickens who lay all winter long, even at extreme temperatures."

Read more on [Mom With a Prep](#).

4. Food Rationing, Food Storage, and Wartime: We Have Much To Learn

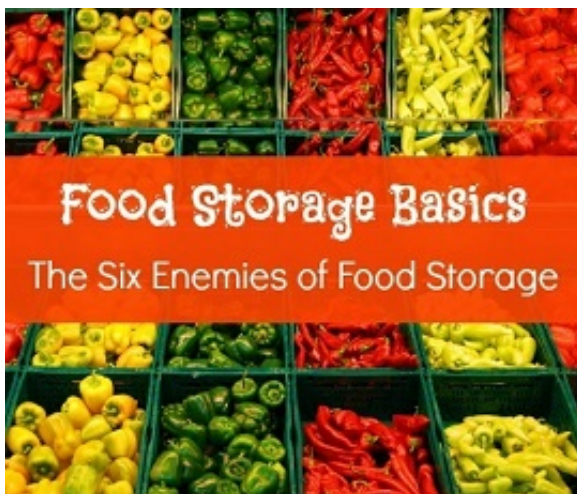


"I am a history geek. There is no one era in time that catches my fancy. All of them do. Lately, I have been studying food rationing during wartime during World War 1 and 2 in America and Britain. Some things have really caught my attention.

1. The government will step in and tell farmers what they can plant, where they can plant, and to do so in the most efficient way. The government will focus on the crops that will feed the most people cheaply. They will also be more concerned about feeding the troops than they will be about feeding the population. None of these things are bad things, but they are the reality."

Read more on [Living Life in Rural Iowa](#).

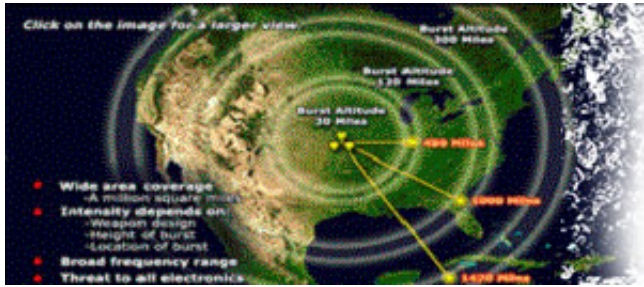
5. Survival Basics: The Six Enemies of Food Storage



"When it comes to stockpiling survival preps, two items are always near the top my list: food and land to grow food. Those, in my opinion, are the two most valuable commodities to have if the world and society goes to heck. As I say that, I realize that the land portion of that equation may be unattainable for many. On the other hand, almost everyone can acquire food and a place to store it.

By now you have read over and over again ad nauseam that during a disaster or a SHFT disruptive event, the grocery store shelves will be barren within a day or two"

Read more on [Backdoor Survival](#).



NASA's Dire Warning: "What We Feared Most Will Come Upon Us. 13 Months To Get Ready"

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