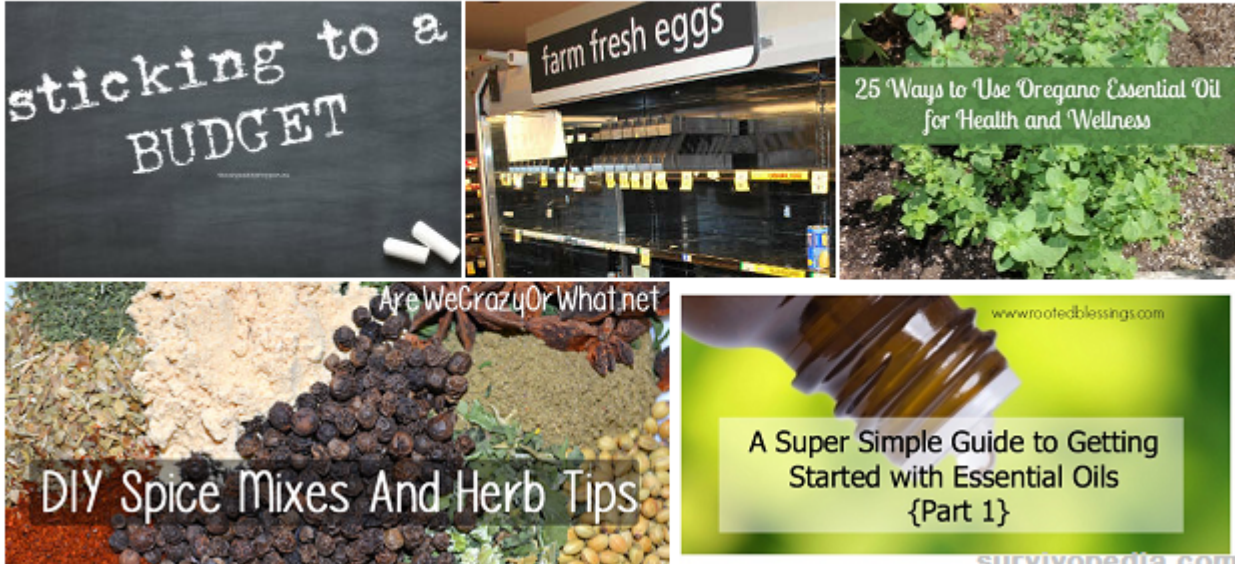


Prep Blog Review: Survival Homestead Tips and Tricks

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We said it before and we'll say it again: survival and self-sufficiency go hand in hand. And this is a great time to do it, when you have all your crops at hand.

This week we made a roundup of the best tips on how to use your plants, and how to save money or survive on a budget.

As always, we love to read your ideas in the comments section, so make sure to drop a line!

1. 25 Ways to Use Oregano Essential Oil for Health and Wellness

☒ "Five years ago, if someone were to mention the use of oregano essential for health and wellness purposes I would have looked at them cross-eyed.

Although well versed in the benefits of essential oils, for one reason or another, oregano essential oil was nowhere to be found on my radar screen. Oregano for wellness? Although I

grow it in my yard and use it in pasta dishes and on pizza, I had never considered it to have healing qualities.”

Read more on [Backdoor Survival](#).

2. Why You Need to Have a SHTF/Emergency Food Supply Plan



“Food is one of the most important considerations in a long-term survival situation.

It’s also an important consideration for those in short-term emergencies who want to maintain some semblance of normalcy – especially those who have family.

If you’re just in the beginning stages of stocking and preparing for emergencies, make sure you figure out have water stored and a way to filter it such as a higher quality microfilter or survival desalinator, depending on your circumstances.”

Read more on [Gray Wolf Survival](#).

3. The Austerity Diaries: Creating a Budget...and Sticking to It



“Lots of experts will give you excellent advice on how to create a budget.

Creating a budget is actually pretty easy.

You figure out what your expenses are, take this from your income, and then figure out what to do with the money you have

left over. Sticking to the budget...*that's* the tough part.

This is where most people experience financial failure. They know what they should be doing, but that little treat is just calling out to them, and they think, *One off-plan expense won't matter.*"

Read more on [The Organic Prepper](#).

How to be self-reliant during economic crisis

WATCH VIDEO ▶

4. DIY Spice Mixes and Herb Tips



"Making your own spice mixes is a super easy way to save money and also a great way to educate yourself as to what spices go into what kinds of dishes.

This knowledge will help you know which spices to place in your food storage and how much of each to purchase for long term storage. I've written a couple of posts about storing and preserving spices: "Putting Up" Herbs, How And Why To Store Salt and Storing Herbs And Spices For Long Term Storage but today I want to give you my recipes for common spice mixes and explain a little about how I manage my spices and spice mixes."

Read more on [Are We Crazy or What](#).

5. Getting Started with Essential Oils: The Basics {Part 1}



"I am sure you've heard the buzz about essential oils.

If you haven't heard the buzz then surely you have heard the murmurs.

It seems as though everyone is wanting to get their hands on essential oils these days. Between Facebook and Pinterest I'm seeing dozens of essential oil posts each day."

Read more on [Rooted Blessings](http://www.rootedblessings.com).

*This article has been written by **Brenda E. Walsh** for [Survivopedia](http://Survivopedia.com).*