

The Secrets You Need To Know About Fermenting Food

This technique was used for preservation but modern knowledge revealed that fermentation provides nutrients that your body needs for survival.

How To Make Outdoor Paint The Old Way

Bright red barns setting in the middle of nowhere... If you want to live sustainably, make your own outdoor paint that will look great and last for years!

How To Extract Clay From Soil

Extracting clay from soil takes a bit of time but it's possible just about anywhere. Then you can use it for pottery, cobs or making roof tiles.

How to Make And Use Liquid Manure Compost

Let's talk about how to make and use your very own manure tea to get the best out of your crops. Your garden will most definitely enjoy a cup.

10 Essential Medical Resources You Can Get From Nature

What will you do when there are no bandages, no medications, and no way to get help? Nature will be by your side to help you.

Using Natural Sunscreens To Survive Summer

You know there are cancer-causing chemicals in your food, and commercial sunscreen is the same. This is how to use natural agents instead!