

FOOD STORAGE SECRETS

A COMPANION TO THE DVD SERIES

Solutions From Science:
Food Storage Secrets



INTRODUCTION-----	4
THE ESSENTIALS OF CANNING SUCCESS-----	5
JAR AND LID PREPARATION -----	8
BOILING BATH CANNER SETUP -----	9
BOILING BATH NEEDED UTENSILS-----	10
FOOD PREPARATION -----	11
TOMATOES-----	12
Step-by-Step Guide for Canning Tomatoes-----	13
BASIC BOIL BATH CANNER RECIPES-----	15
APPLES -----	15
SYRUPS FOR CANNING-----	16
STEP-BY-STEP GUIDE FOR CANNING APPLES-----	17
BASIC PRESSURE CANNER RECIPES -----	19
LOW-ACID FRUITS AND VEGETABLES -----	19
BECOME FAMILIAR WITH YOUR PRESSURE CANNER -----	19
PROCESSING DIFFERENT VEGETABLES TOGETHER -----	20
BASIC PRESSURE CANNER RECIPES -----	21
GREEN BEANS -----	21
STEP-BY-STEP GUIDE FOR CANNING GREEN BEANS-----	22
BASIC PRESSURE CANNER RECIPES -----	23
MEATS-----	23
STEP-BY-STEP GUIDE FOR CANNING ROAST BEEF -----	25
STEP-BY-STEP GUIDE FOR CANNING POULTRY -----	26
POULTRY CANNING PREPARATION -----	27
FRUIT TIMETABLE CHART -----	28
MEAT TIMETABLE CHART-----	29
MEAT TIMETABLE CHART CONTINUED-----	30
VEGETABLE TIMETABLE CHART -----	31
BASIC PRESSURE CANNER RECIPES -----	32
BASIC RECIPE FOR CHICKEN OR BEEF STOCK -----	32
BASIC RECIPE FOR CANNING BLUE, MACKEREL, SALMON, STEELHEAD, TROUT, AND OTHER FISH EXCEPT TUNA -----	33
PRESERVING FOR SPECIAL DIETS -----	35
DEHYDRATING FOODS -----	37

TOOLS & INGREDIENTS -----	38
THE PROCESS — GROUND BEEF JERKY-----	39
DRYING PRODUCE-----	39
MEDICINAL USES FOR DRIED PRODUCE -----	40
WATER CONTENT OF FRUITS AND VEGETABLES -----	41
FRESH WEIGHT VS DRIED WEIGHT-----	42
HOME PANTRY AND FOOD STORAGE -----	43
KITCHEN SAFETY TIPS -----	45
COMMON CANNING PROBLEMS -----	46
MEALS THAT HEAL -----	51
COOKING AND BOILING MISTAKES -----	54
WEB AND PRINT RESOURCES -----	55
ALTITUDE CHART FOR BOILING WATER-----	56
CANNING HINTS-----	57
THE SIMPLE SALT SECRET -----	59
DID YOU KNOW? -----	59
DID YOU KNOW? -----	60
WHAT CAN WE LEARN?-----	60
IMPORTANT RESOURCES FOR SELF-RELIANT LIVING -----	61
HEIRLOOM SEEDS-----	61
DOUBLE OR TRIPLE SURVIVAL GARDEN PRODUCTION -----	61
FOOD STORAGE -----	61
CRISIS COOKING-----	61
SOLAR POWER -----	62
POWER SLEEP FOR A STRONG IMMUNE SYSTEM -----	62
UNUSUAL MINERAL SUBSTANCE -----	62
THE ONE “SURVIVAL SUPPLEMENT” YOU SHOULDN’T BE WITH OUT -----	63
GETTING THE GUNS OUT OF SIGHT-----	63

INTRODUCTION

Since the beginning of recorded time, man has been preserving food items in a variety of ways.

Ancient Middle East cultures utilized the arid desert to dry and preserve meat and vegetables. Those living in the arctic regions used the ice to preserve the meat they needed to survive.

Since the dawn of the industrial age, however, we have lost a lot of that ancient wisdom. We rely on commercial farms and grocery stores for our needs. We have allowed a select few to monopolize the food chain, placing the average citizen in a precarious position of dependency on global corporations.

Recent disasters like the terrorist attacks on the Twin Towers and Hurricane Katrina show us that we need to be prepared. When disaster strikes, you can't count on the government or the state to provide for you.

Even if you live in a high rise apartment, you can take advantage of whatever space you have available for growing and storing food items. You can utilize methods of preserving food that will take into consideration your family size and storage area. For those with a sizable pantry or basement, canning may be the preferred method. For those where space is a highly valuable commodity, dehydration may be the way to go.

There are no special skills required to learn how to preserve your own food safely. With the economic crisis the world finds itself in, and everyone looking for ways to stretch their money, there's no better time to start learning food storage secrets!



**In all work there is profit,
but mere talk produces
only poverty.
(Proverbs 14:23)**

THE ESSENTIALS OF CANNING SUCCESS



The shelf life, quality and safe storage of your canned goods is dependent on many aspects, but one of the most important factors is the type of container you choose to process your food in. Only use jars made specifically for canning. Some people reuse jars from mayonnaise or jellies to can food in. But glass jars from grocery items are not tempered to withstand the high temperatures used in canning and can break or not seal properly. Canning involves hard work and an investment in time and money. It's silly to scrimp on one of the major components of canning success.

Jars come in a variety of sizes and shapes, from half-pints to half- gallons with wide or regular mouth openings. For those who may be inclined to give canned goods as gifts, there are also decorative jars that can be purchased.

The type of jar you use will depend on your storage space, how many people you're feeding, the food you're canning, and in what recipes or dishes you'll be using the food. For instance, I have canned boneless chicken in half pint jars to put in lunch boxes or for a quick after school snack. When I was feeding a family of four, I packed my food in quart jars. Now that the kids are grown and out of the house, I mainly use pint jars for canning.

There are two types of canners used in preserving food. One is the boil bath canner and the other is the pressure canner. Boil bath canners are used with highly acidic fruits while pressure canners are for low-acid fruits, vegetables and meats.

A boiling bath canner can be your traditional black enamel pot with lid and wire rack. However, any stock or soup pot will do as long as you can insert a wire rack in the bottom to hold your jars off the bottom of the pot to avoid heat shock to your jars.



There are two types of canners used in preserving food. One is the boil bath canner and the other is the pressure canner. Boil bath canners are used with highly acidic fruits while pressure canners are for low-acid fruits, vegetables and meats.

In a boiling bath canner, water covers the lids and should be no more than four inches wider than the element on which it is heated. It's essential to keep hot water circulating completely around your jars, so don't substitute a plate or anything solid for the bottom wire rack in the water bath canner.

Pressure canners come in several sizes. You can get one that holds anywhere from four quarts to twenty-one quarts. The size you want depends on your available storage and how much you plan on putting up at one time. There

are two styles of pressure canners you can choose from. Some, like Presto® canners, have a gasketed lid. The rubber ring creates the seal that allows the pressure to build up inside the pot. All American® manufactures their canners with turnbuckles and gasket less lids. The lid and body are machined to fit tightly together without the need for a gasket.

Canners come with either a dial gauge for reading pressures inside the canner or with a weighted gauge that has a preset poundage rating. The weighted gauge will vent steam once its poundage rating is reached.

Dial gauges are better for higher altitudes where incremental increases in pressure are needed to insure that your canned foods are processed properly.

Your canner will come with all the operating and safety instructions included in the box. Be sure to read this literature cover to cover so that you follow the proper operating instructions for your particular canner. If you buy a used one, go to the manufacturer's website or call their customer service line to obtain the operating and parts manuals for your model.



In addition to your canner, you'll need a few standard utensils to make processing your preserved foods easier. A jar funnel is a must, especially with jars that have regular mouths. A jar funnel allows you to adequately pack your jars with food and liquid without a huge mess.

UTENSILS FOR CANNING

- ★ JARS
- ★ JAR FUNNEL
- ★ RUBBER JAR SPATULA
- ★ LID MAGNET & JAR GRIP
- ★ STRAINER
- ★ THERMOMETER
- ★ MEASURING SPOONS
- ★ COUNTER SCALE
- ★ CORERS, PEELERS & PARERS

You'll need a rubber jar spatula to help release trapped air from jars before sealing them. A lid magnet and a jar grip will keep you from getting burned or scalded when handling jars that have been processed.

You'll want a strainer for draining washed foods, a thermometer, measuring spoons and a counter scale. You'll also want a variety of corers, peelers, and parkers for your fruits and vegetables.

Having the proper utensils will make canning a more enjoyable experience as well as streamlining the process. However, nothing is more important than properly preparing the jars and food for processing.

JAR AND LID PREPARATION

The quality of food is directly related to your preserved time you spend in preparation for the actual canning. Jars should be free of nicks on the sealing surface of the rim and scratches in the body of the glass. Nicks in the rim area can cause sealing failures in the lids and scratches in the body of the glass can lead to cracking and breaking during the canning process.

For jars that will be used with foods processed for 10 minutes or more in a boiling bath canner, or used in a pressure canner, washing well with hot water and soap is sufficient.



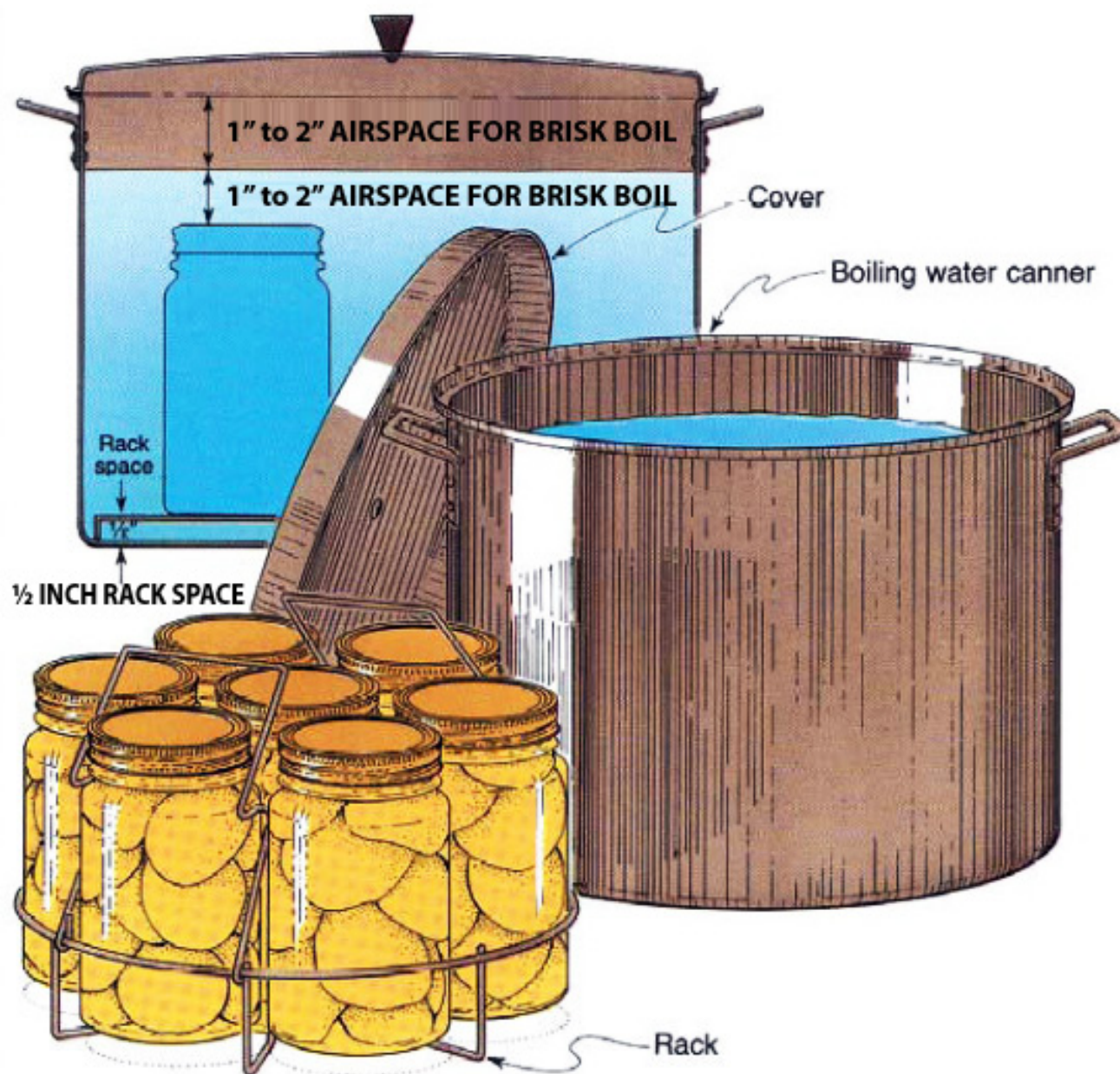
Be sure to rinse the jars well. The last thing you want is for your food to taste soapy after all your hard work! Foods processed for less than 10 minutes in a boiling bath canner must be packed in sterilized jars. You can place the jars right side up on the rack in a boiling bath canner and fill the pot and jars with hot, not boiling, water. You'll want the water level about an inch above the jars.

TIPS

- ★ Jars should be free of nicks.
- ★ Washing with hot water and soap is fine for jars processed for More than 10 minutes.
- ★ Sterilize jars that aren't going to be processed for 10 minutes.
- ★ Don't buy more lids than you will use in a year.

Boil the jars for 10 minutes. At altitudes above 1,000 feet, add one extra minute for each 1,000 feet of additional elevation. Once the jars are ready, take them out of the pot one at a time, pack them with food, add the lids and tighten the screw bands. Save the water in the boiling bath canner to process the filled jars. The lids and screw bands need to be repared as well. Manufacturer instructions are on the box the lids come in, and should be followed. It's a good practice not to buy more lids than you'll use in a year.

BOILING BATH CANNER SETUP



**You prepare a table for me, even as my enemies watch;
you anoint my head with oil from an overflowing cup."
(Psalm 23:5)**

BOILING BATH NEEDED UTENSILS



TONGS FOR
LIFTING JARS



CANNER, JARS,
JAR RACK



FOOD PREPARATION

There are several important steps to take to make sure that your food is ready to be processed. Following these steps will insure that your food tastes better than any canned product from the grocery store shelf.

➤ Use good quality ripe foods that have no rot and few blemishes. They should not be overripe or under-ripe. They should be firm to the touch.

➤ Fruits and vegetables are best canned within 12 hours after harvest. If these are handled properly and canned promptly, their vitamin and mineral content can be superior to fresh produce sold in grocery stores. Some fruits, such as pears and peaches, should be allowed to ripen for one or more days after harvesting before being canned. If circumstances dictate a delay in canning, store the food in a cool, dry place.

➤ Trim any bad spots and wash the produce thoroughly. Washing will make sure that any pesticide residue and dirt is cleaned off before canning. Washing alone, however, will not remove most bacteria, yeasts and molds.

➤ Peeling and blanching fruits and vegetables greatly reduces the amount of bacteria on the surface of the foods. Remember though, only canning in an appropriate canner for the food-specific times will insure that your food is safe to eat. Hot pack foods that will be processed in a boiling bath canner.

➤ Hot packing removes more air from the food, increases the vacuum in the sealed jar, and improves the shelf life of the finished product. Cold packing is better suited for vegetables processed in a pressure canner.



Peeling and blanching reduces surface bacteria.



Avoid foods that are over-ripe or under-ripe.

BASIC BOIL BATH CANNER RECIPES

TOMATOES

Because the tomato is such a versatile fruit, used in many common recipes, and is the easiest to put up, most novice canners learn canning techniques with the tomato.

You'll have chosen fresh fruit, firm to the touch, not over- or under-ripe, with no rot and few blemishes.



It will take about 2½ to 3½ pounds of tomatoes per quart jar so weigh your tomatoes to see how many jars you'll need to put them up.

Wash your jars with warm soapy water and rinse well. Keep them warm by submerging them in a sink of warm water until ready to use.

You can also wash them in the dishwasher and keep them warm on the drying cycle.

You'll have your bands and lids ready as well. Put your lids in a pot of warm water and use a thermometer to make sure the water is no hotter than 180°F.

The gasket material is to be warm and soft for proper sealing.

Boiling the lids degrades the gasket material and increases your chances of sealing failures.

Set up your boiling bath canner before you start processing the tomatoes. Fill the pot about halfway with water and preheat to 140°F to 180°F. Once all the jars are in the canner, you'll add enough boiling water to cover the lids and bands of the jars by one to two inches.

Step-by-Step Guide for Canning Tomatoes

Place the washed tomatoes in a strainer and dip in boiling hot water until the skin begins to crack and lift up. This will take about 30 seconds or more. Remove the tomatoes and allow them to cool in water about one minute. Skin and core, being sure to remove any blemishes, bad spots or green areas.

1. Using the jar funnel, place the tomatoes whole in the jars. Larger tomatoes can be cut to fit into the jars. Pack them tightly, allowing the tomatoes' own juices to cover them. Add about a teaspoon of salt per quart jar, or a ½ teaspoon per pint, if desired.
2. Leave about a ½ inch of head space in the jars. Take your rubber jar spatula and run along the sides of the jar, squeezing the tomatoes as you go so that trapped air will be released from the jar. Repeat this two to three times around the jar.
3. Check the lip of the jar for cracks, nicks, or debris that would keep it from sealing. Run a clean, warm rag over the rim of the jars to remove any residue from the tomatoes.
4. Place the lid and screw band on the jar, and close tightly – about finger tight. Tightening the band too tightly will not allow the jar to vent properly – too loose, and you won't get a proper seal. Place the jars in the canner and then cover with enough boiling water to cover the lids of the jars by one to two inches.
5. Turn the heat on the stove to the highest setting until the water boils vigorously. You begin timing the processing from the moment the water boils. Turn the heat down, cover, and maintain a slow steady boil for the entire processing time – 35 minutes for pints and 45 minutes for quarts. If at any time during the processing the lids and rings become exposed, add boiling water until the water level is once again one to two inches above the lids of the jars.



6. When the processing is completed, turn the stove off, and crack the cover of the canner to allow the temperature inside the canner and the room temperature to equalize. This keeps the jars from cracking and breaking from the shock of an extreme temperature change. Don't run any ceiling fans near the stove and keep ceiling registers from blowing directly onto the canner during this time.
7. Using your jar tongs, lift the jars from the canner and place on several layers of towels to avoid the shock of a cool countertop coming directly into contact with the hot bottoms of the jars. Allow them to sit for 12 to 24 hours. Do NOT tighten the bands as this could break the seal.
8. After 12 to 24 hours, check to see that you have a proper seal on the jars. Press down with your index finger in the center of the lid. If there is no flex, a vacuum has been formed and the jar is sealed. If you have a jar that has not sealed, either use it immediately or remove the lid, clean the rim, put a new lid on the jar, and reprocess.
9. You can store the jars without the screw bands. Remove them and wash thoroughly for use with your next batch of tomatoes. Be sure to wipe the jars down and label them before storing in a cool, dark place.



BASIC BOIL BATH CANNER RECIPES

APPLES

Apples are another fruit that's easy to can and perfect for the novice canner. Like the tomato, you'll need 2½ to 3 pounds per quart.

It's important to choose apples that are good for cooking to maintain the shape and texture of the fruit after canning. Try not to mix varieties of apples in the same jar.

You want fruit that is not over- or under- ripe, is firm to the touch, and free of rot or major blemishes. Riper fruit can be used in preserving applesauce or apple butter if you wish.



It's important to wash the apples thoroughly, but it's not necessary to scrub them. The apples are going to be peeled, cored and sliced. You can use any tool available to peel the apples. A vegetable peeler or kitchen paring knife is fine. If you want to spring for a fancy hand-crank apple peeler you can, but it's not necessary. The commercial peelers tend to take a little more of the flesh off than is needed.

You'll also need to make a brine solution to place the peeled, sliced apples in before they're placed in jars. This will keep the meat of the apples from turning brown. The brine consists of one gallon of cold water, 2 tablespoons of salt, and 2 tablespoons of apple-cider vinegar. As you peel, core, and slice the apples, simply drop them in the brine until ready to fill the jars. You can also substitute 6 crushed vitamin C tablets in a gallon of water for the brine.

You'll need to prepare syrup for blanching the apples in and pouring over them in the jars. The sweetness of the fruit and the desired amount of sugar will determine whether you use light or heavy syrup. Sugar is not necessary for the preservation of fruit. It does, however, maintain the firmness and texture of the fruit as well as enhancing the taste.

SYRUPS FOR CANNING

TYPE OF SYRUP	APPROX % SUGAR	SUGAR	WATER	YIELD OF SYRUP
EXTRA-LIGHT	20%	1¼ CUPS	5½ CUPS	6 CUPS
LIGHT	30%	2¼ CUPS	5¼ CUPS	6½ CUPS
MEDIUM	40%	3¼ CUPS	5 CUPS	7 CUPS
HEAVY	50%	4¼ CUPS	4¼ CUPS	7 CUPS

**They should gather all the food produced
during these good years coming up and set aside grain...
and they should store it.
(Genesis 41:35)**



STEP-BY-STEP GUIDE FOR CANNING APPLES

1. Prepare your boiling bath canner as previously explained. Keep the water about 180°F.
2. Prepare your jars, lids, and screw bands as you did when canning tomatoes. Keep the jars hot and ready to be filled by placing in a sink of hot water or maintaining them in the dishwasher on the drying cycle.
3. Wash, core, and peel apples. Apples can be sliced, quartered, or halved. Drop the pieces into the brine solution.
4. Prepare the syrup for blanching and packing the apples in the jars. Take the apple pieces out of the brine and place them in the hot syrup solution. Gently boil in the syrup for 5 minutes.
5. Pack the hot apples into the hot jars, leaving $\frac{1}{2}$ inch of headspace. You want to pack them tightly enough to insure the pieces don't float to the top while being processed, but loose enough that the syrup can circulate around the pieces. Pour the syrup over the apples using a ladle and the jar funnel, again leaving $\frac{1}{2}$ inch of headspace.
6. Using your jar spatula, run the edge of the jars and manipulate the apple slices to remove any trapped air bubbles.
7. Check your jar rims for any nicks or cracks, wipe down with a clean, warm rag, and place your lids and screw bands on the jars, tightening the bands finger tight.
8. Place the jars in the simmering canner and pour boiling water over the jars until the lids and screw bands are submerged one to two inches. Process pints or quarts for 20 minutes after the water have begun to boil. If at any time during the process the screw bands and lids become exposed, add boiling water until they are once again submerged by one to two inches of water.



9. After the processing is done, turn off the heat to the canner and crack the lid to equalize the temperature between the canner and the kitchen. Remove the jars from the canner and place on several layers of towels to avoid temperature shock between the hot jars and cool countertop. Allow the jars of apples to sit for 12 to 24 hours. Test seals and remove bands. Wipe the jars down with a clean wet rag, label, and store in a cool, dry place.



BASIC PRESSURE CANNER RECIPES

LOW-ACID FRUITS AND VEGETABLES

The acidity of a food determines whether it should be processed in a boil bath canner or pressure canner. Low acid foods do not have enough acidity to destroy botulinum bacteria—a bacterium that produces a deadly form of food poisoning. The temperature of boiling water (212°F) is insufficient to kill most botulinum spores. Pressure canners induce temperatures greater than the boiling point of water (240°F to 250°F) which significantly reduces the time needed to kill botulinum spores. All low-acid fruits, vegetables, and meats should be processed in a pressure canner.

BECOME FAMILIAR WITH YOUR PRESSURE CANNER

It's important that you become familiar with your pressure canner before beginning to process food. If you are using a canner with a dial pressure gauge that you purchased used, take it to your county extension office to have them test the dial gauge to be sure that the readings are accurate. If you are using a canner with a solid weight control, use the following method to see how your stove performs when using this canner.

Unlike foods processed in a boiling bath canner, you will need significantly more headroom in your jars when processing in a pressure canner. 1 to 1¼ inches is the standard. This allows for expansion of the foods while being processed and to allow the formation of a vacuum as the jars cool.

- ✪ Place one quart of water and one tablespoon of vinegar into your canner. Place the cover on the canner, place the 5 lb. weight control on the vent tube, and heat on high until the control jiggles.
- ✪ Turn down the heat until the control jiggles about 4 times a minute. Take note of the heat setting on your range that maintains this level. Remove the canner from the heat and allow it to cool completely. Repeat this procedure for the 10 lb. weight.

How much food expands depends on how much air content is in the food. Rawpack introduces more air in the jars and may cause the food to discolor after two or three months. Hot-packing helps remove air from the food and improves the shelf life of canned foods.

Venting the pressure canner before sealing is vitally important in making sure that your processed food is safe to eat. Raw-packed foods are especially notorious for introducing the highest volume of trapped air in dial-gauge canners. This trapped air lowers the temperature obtained when the canner is pressurized, resulting in under-processed foods that can spoil.

All types of pressure canners **MUST** be vented for 10 minutes before they are pressurized.

PROCESSING DIFFERENT VEGETABLES TOGETHER

There will be times when you won't have a full batch of any one particular vegetable to process. It's entirely permissible to can different foods in separate jars together in the same batch.

Use the longest processing time recommended for whatever vegetables you're canning. For example, carrots and beets have a longer processing time than green beans. If you process quart jars of these vegetables together in the same batch, you'll want to do so for 35 minutes, the time to process a quart jar of beets. It has the longest processing time of the three foods.



BASIC PRESSURE CANNER RECIPES

GREEN BEANS

Green beans are probably the easiest of the low-acid foods to can. They're colorful and simple to process. They can be canned by either raw-pack or hot pack. Raw-pack is easier, but hot-packing insures less trapped air in the food. The following recipe is for canning hot-pack green beans.

Assemble all your jars, lids, and utensils. Wash your jars in hot soapy water and rinse well. Keep your jars in hot water and maintain this temperature until they're ready to be used. It's not necessary to sterilize jars used in a pressure canner. Keep your lids in a pot of simmering water (180°F) but do not allow them to boil.

Prepare your canner by adding 2 to 3 inches of water. Maintain the water temperature at a simmer (180°F) until all the jars are filled and placed in the canner. Select fresh beans that are firm and free of blemishes. They should be young, tender and crisp.

Wash the beans thoroughly in water. Trim the beans and remove the strings. Cut or break the beans into consistent size pieces.



A lazy person won't plow in winter; so at harvest-time, when he looks, there is nothing. (Proverbs 20:4)

STEP-BY-STEP GUIDE FOR CANNING GREEN BEANS

1. Take prepared green beans and cover them with water. Boil them for 5 minutes. Remove the beans.
2. Carefully pack beans into hot jars, adding 1 teaspoon of salt per quart or ½ teaspoon of salt per pint if desired.
3. With a ladle and your jar funnel, pour the hot cooking water you used to boil the beans into the jar, leaving one inch of headspace.
4. Using your jar spatula, run the edges of the jar several times, manipulating the beans to remove trapped air pockets.
5. Check the rims for any nicks or cracks that would cause a seal failure, and wipe the rim clean with a warm, wet rag. Place the lids on the jars and tighten the screw band finger tight. Set each jar onto the rack in the pressure canner.
6. Cover the canner, adjust the heat, and vent for 10 minutes. Place the weighted gauge or pressure regulator over the vent pipe and bring the pressure up to 10 pounds. Adjust poundage for altitudes higher than 1,000 feet above sea level.
7. Process pints for 20 minutes and quarts for 25 minutes. If using mature beans that are almost at the “shell-out” stage, add an additional 15 minutes for pints and 20 minutes for quarts.
8. Turn the heat off to the canner and allow the pressure to zero out naturally. Open vent and remove lid. Allow the jars to sit in the canner for 5 or 10 minutes to adjust to the lower temperatures.
9. Remove the jars from the canner using the jar tongs, and place on several layers of towels to avoid temperature shock from a cool countertop. Allow the jars to cool for 12 to 24 hours. Check the seal, remove the bands, wipe the jars down, label, and store in a cool, dry place.

GENERAL CANNING TIP

The cooling process on pressure canners must be natural, not forced. Never speed up the cooling process.

BASIC PRESSURE CANNER RECIPES

MEATS

Many people are timid about canning meats. While you obviously want to use care in the processing of any food, meat is no more difficult than vegetables. Opening a jar of canned chicken and preparing a quick pot pie is a much healthier alternative to a microwave meal. Processing meats, poultry, and seafood makes mealtimes faster, healthier, and more efficient.

The texture and flavor of the finished canned product will depend on the breed of animal and the methods used immediately before and after slaughtering. If you slaughter your own meat, or hunt game, contact your county extension agent for information on aging and chilling the meat.

Processed meat should be free of excessive fat, gristle, and bruising that could affect the flavor of the finished product. Game that has a strong flavor should be soaked in salt water before canning. If it has a particular gamey flavor, you can process it with tomato juice. You'll need about two pounds per quart jar processed.

Poultry that is one to two years of age is best for canning. Any kind of poultry meat absorbs salt like a sponge, so don't soak this meat in salt water before processing. Chill the meat 6 to 12 hours before canning.

Freshly caught fish should be prepared as if for cooking. Large fish should be deboned. Soak fish in salt water before canning. Because fish is such a low-acid food, it's not recommended that you can it in anything larger than a pint jar. Heat penetration into the larger jars may be inadequate for destroying any bacterial spores.



Processed meat should be free of excessive fat, gristle and bruising that could affect the flavor of the finished product.

If you are canning combination recipes that contain both meat and vegetables, processing time for the jars will be for the food that has the longest processing time.

If you can high-acid and low-acid foods together, you must treat the food as low-acid, and process the jars in a pressure canner.

Following these rules will help ensure that your food is both healthy and free from the bacterium that causes food poisoning.



STEP-BY-STEP GUIDE FOR CANNING ROAST BEEF

1. Prepare your pressure canner and jars as previously instructed.
2. Cut a beef roast into large uniform size cubes. Remove excess gristle, fat and bruising.
3. Pack the chunks of meat tightly into the jars, leaving 1 inch of headspace. Add 2 teaspoons of salt per quart jar or 1 teaspoon of salt per pint if desired. Do not add liquid.
4. Run your jar spatula around the edges of the jar, manipulating the meat, to remove trapped air pockets.
5. Process the jars according to the charts below.
6. After processing is complete, allow the canner to reach zero pressure naturally. Remove the lid and allow the jars to sit for 5 to 10 minutes to adjust to the cooler room temperatures.
7. Remove the jars from the canner with jar tongs and place on several layers of towels to avoid temperature shock from the cool countertop. Allow the jars to sit for 12 to 24 hours. Check the seals, remove the screw bands, and wipe the jars with a warm, wet rag, label and store in a cool dry place.
8. Any jars that fail to seal should be put in the refrigerator and used immediately.

			Canner Pressure (PSI) at Altitudes of			
STYLE OF PACK	JAR SIZE	PROCESS TIME	0-2,000 ft.	2,001-4,000 ft.	4,001 - 6,000 ft	6,001 - 8,000 ft
HOT & RAW	PINTS	75 min	11 LB	12 LB	13 LB	14 LB
	QUARTS	90 min	11 LB	12 LB	13 LB	14 LB

Table 1. Recommended process time for **STRIPS, CUBES, or CHUNKS OF MEAT** in a dial-gauge pressure canner.

Table 2. Recommended process time for STRIPS, CUBES, or CHUNKS OF MEAT in a weighted-gauge pressure canner.	STYLE OF PACK	JAR SIZE	PROCESS TIME	0-1,000 ft.	ABOVE 1,000 ft.
	HOT & RAW	PINTS	75 min	10 LB	15 LB
		QUARTS	90 min	10 LB	15 LB

STEP-BY-STEP GUIDE FOR CANNING POULTRY

1. Prepare canner, jars and lids as previously instructed.
2. Cut chicken at joints, leaving bone and skin. Pack tightly into hot jars, leaving 1 inch of headspace. If desired, add 1 teaspoon of salt to quart jars or ½ teaspoon salt to pints.
3. Run jar spatula around edge of jar several times, manipulating meat, to release trapped air pockets.
4. Check rim of jar for any nicks or scratches that could compromise the seal and wipe with a clean damp cloth. Put on lids and screw bands and finger tighten.
5. Process the poultry according to the chart on the next page.
6. When the jars are finished processing, allow the canner to cool and reach zero pressure naturally. Remove the lid and allow the jars to cool an additional 5 to 10 minutes in order to equalize the temperature between the canner and the kitchen.
7. Remove the jars with jar tongs, placing them on several layers of towels to avoid temperature shock from a cooler countertop. Allow them to sit for 12 to 24 hours. Do NOT tighten screw bands.
8. Check for seals, remove screw bands, wipe jars down, label and store in a cool, dry place.



POULTRY CANNING PREPARATION

			Canner Pressure (PSI) at Altitudes of			
STYLE OF PACK	JAR SIZE	PROCESS TIME	0-2,000 ft.	2,001-4,000 ft.	4,001 - 6,000 ft	6,001 - 8,000 ft
HOT & RAW	PINTS	75 min	11 LB	12 LB	13 LB	14 LB
	QUARTS	90 min	11 LB	12 LB	13 LB	14 LB

Table 1. Recommended process time for **CHICKEN or RABBIT** in a DIAL-gauge pressure canner **WITHOUT BONES**.

			Canner Pressure (PSI) at Altitudes of			
STYLE OF PACK	JAR SIZE	PROCESS TIME	0-2,000 ft.	2,001-4,000 ft.	4,001 - 6,000 ft	6,001 - 8,000 ft
HOT & RAW	PINTS	65 min	11 LB	12 LB	13 LB	14 LB
	QUARTS	75 min	11 LB	12 LB	13 LB	14 LB

Table 1. Recommended process time for **CHICKEN or RABBIT** in a DIAL-gauge pressure canner **WITH BONES**.

Table 2. Recommended process time for CHICKEN or RABBIT in a WEIGHTED-gauge pressure canner WITHOUT BONES .	STYLE OF PACK	JAR SIZE	PROCESS TIME	0-1,000 ft.	ABOVE 1,000 ft.
	HOT & RAW	PINTS	75 min	10 LB	15 LB
		QUARTS	90 min	10 LB	15 LB

Table 2. Recommended process time for CHICKEN or RABBIT in a WEIGHTED-gauge pressure canner WITH BONES .	STYLE OF PACK	JAR SIZE	PROCESS TIME	0-1,000 ft.	ABOVE 1,000 ft.
	HOT & RAW	PINTS	65 min	10 LB	15 LB
		QUARTS	70 min	10 LB	15 LB



FRUIT TIMETABLE CHART

PRODUCT	AMOUNT OF PRESSURE IN LBS	PINT JARS IN MINUTES	QUART JARS IN MINUTES
APPLES	BOILING WATER	15	20
BAKED WHOLE APPLES	BOILING WATER	12	17
APRICOTS	BOILING WATER	20	25
BERRIES (EXCEPT STRAWBERRIES)	BOILING WATER	10	15
FIGS	BOILING WATER	15	20
FRUIT JUICES	BOILING WATER	5	5
GRAPES	BOILING WATER	15	20
GRAPE JUICE	BOILING WATER	5	5
GOOSEBERRIES	BOILING WATER	20	25
GUAVAS	BOILING WATER	25	30
PEACHES	BOILING WATER	20	25
PEARS	BOILING WATER	20	25
PINEAPPLES	BOILING WATER	30	30
PLUMS, PRUNES	BOILING WATER	20	25
STRAWBERRIES	BOILING WATER	15	15
TOMATOES, WHOLE SOLID PACK	BOILING WATER	35	45
TOMATO JUICE	BOILING WATER	10	10
TOMATO PASTE	BOILING WATER	50	60
TOMATOES, SKINNED QUARTERED			
WITH JUICE	BOILING WATER	10	10

**You are to serve
the Lord your God,
and he will bless
your food and
water.**

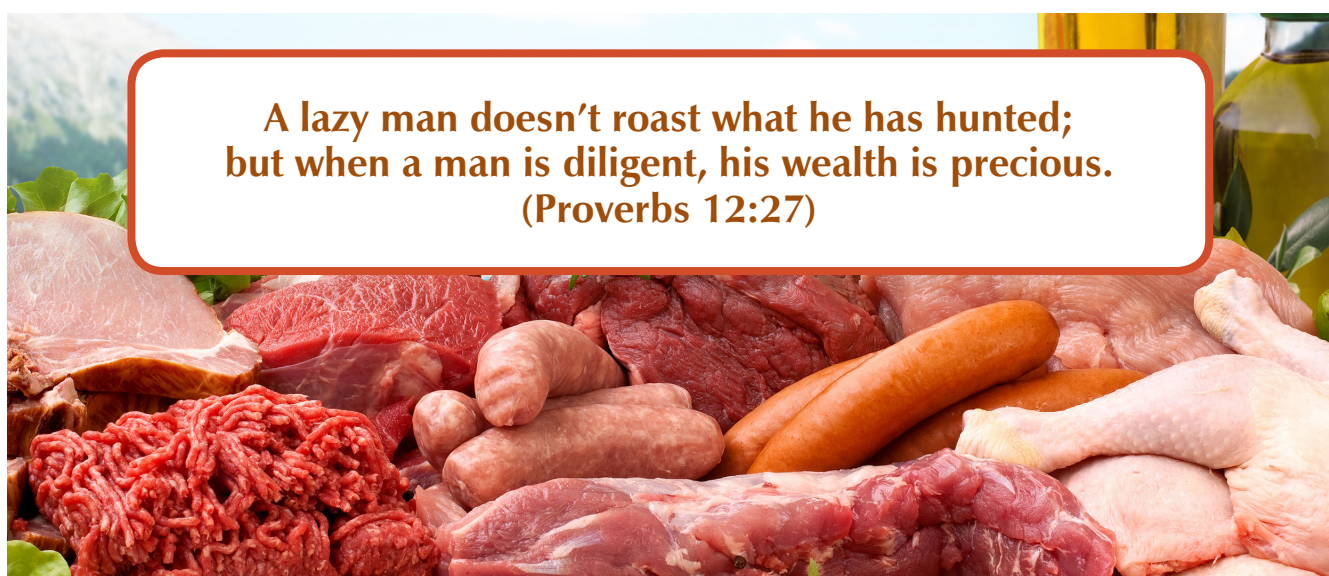
(Exodus 23:25)



MEAT TIMETABLE CHART

PRODUCT	AMOUNT OF PRESSURE IN LBS	MINUTES (IN PINT JARS)	MINUTES (IN QUART JARS)
ROAST MEATS	10	75	90
BEEF ROLLS	10	75	90
BEEF STEAK	10	75	90
BEEF STEW	10	75	90
HAMBURGER	10	75	90
FRIED BRAINS	10	80	90
BOLOGNA SAUSAGE	10	75	90
BEEF LOAF	10	75	90
HASH	10	75	90
CORNERED BEEF	10	75	90
SOUP STOCK	10	20	25
BOILED TONGUE	10	75	90
FRIED LIVER	10	45	50
KIDNEYS	10	70	80
HEAD CHEESE	10	75	NOT RECOMMENDED
LIVER SAUSAGE	10	75	90
JELLIED PIGS FEET	10	80	90
HEART	10	75	90
PORK CHOPS	10	75	90
PORK TENDERLOIN	10	75	90

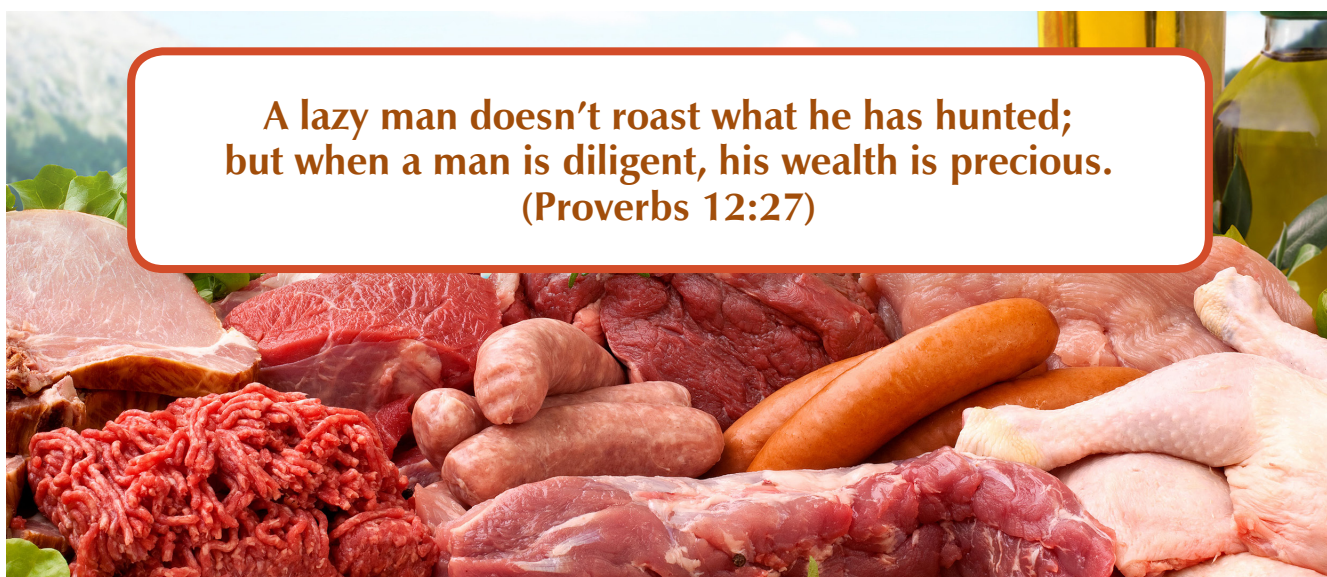
**A lazy man doesn't roast what he has hunted;
but when a man is diligent, his wealth is precious.
(Proverbs 12:27)**



MEAT TIMETABLE CHART CONTINUED

PRODUCT	AMOUNT OF PRESSURE IN LBS	MINUTES (IN PINT JARS)	MINUTES (IN QUART JARS)
MINCEMEAT	10	65	80
PORK SAUSAGE	10	75	90
SPARE RIBS	10	75	90
SCRAPPLE	10	90	110
FRIED CHICKEN	10	65	75
FRICASSEED CHICKEN	10	65	75
CHICKEN GUMBO	10	65	70
ROAST FOWL	10	70	80
WILD DUCK	10	85	95
RABBIT OR SQUIRREL	10	75	90
POTTED MEATS	10	75	90
FISH - PLAIN	10	90	NOT RECOMMENDED
FISH - FRIED	10	60	NOT RECOMMENDED
CRAB MEAT	5	90	NOT RECOMMENDED
CLAMS	10	90	NOT RECOMMENDED
OYSTERS	10	90	NOT RECOMMENDED
FROG LEGS	10	80	NOT RECOMMENDED
LOBSTER, SHRIMP	10	90	NOT RECOMMENDED

**A lazy man doesn't roast what he has hunted;
but when a man is diligent, his wealth is precious.
(Proverbs 12:27)**



VEGETABLE TIMETABLE CHART

PRODUCT	AMOUNT OF PRESSURE IN LBS	MINUTES (IN PINT JARS)	MINUTES (IN QUART JARS)
ASPARAGUS	10	25	30
BEANS, LIMA	10	40	50
BEANS, STRING	10	20	25
BEANS, RED KIDNEY	10	65	75
BEETS	10	30	35
CARROTS, PARSNIPS, TURNIPS	10	25	30
CAULIFLOWER	10	25	30
CORN, CREAM STYLE	10	95	NOT RECOMMENDED
CORN, WHOLE GRAIN	10	55	85
CORN AND TOMATOES	10	75	80
EGG PLANT	10	50	60
HOMINY	10	60	70
MUSHROOMS	10	30	NOT RECOMMENDED
OKRA	10	25	40
PEAS, GREEN	10	75	NOT RECOMMENDED
PEAS, BLACK-EYED	10	35	40
PEPPERS, PIMIENTO	BOILING WATER	30	40
PORK AND BEANS	15	85	105
POTATOES, SWEET	10	65	95
POTATOES, IRISH, CUBED	10	35	40
PUMPKIN, STRAINED	10	65	80
RHUBARB	BOILING WATER	10	10
SAUERKRAUT	BOILING WATER	25	30
SOUP MIXTURE, VEGETABLE	10	40	45
SPINACH	10	70	90
SWISS CHARD	10	55	60
SQUASH, WINTER	10	65	80
SUCCOTASH	10	85	NOT RECOMMENDED
TOMATOES	SEE FRUIT TIMETABLE		

BASIC PRESSURE CANNER RECIPES

BASIC RECIPE FOR CHICKEN OR BEEF STOCK

Have you ever boiled a chicken or stew meat for a recipe and had stock left over? Instead of pouring it down the drain or into the dog's food bowl, can it for use later on in other recipes or for gravy.

You'll want to strain your stock through several layers of cheesecloth or a fine mesh strainer to remove bits of meat and skin. Allow the stock to cool, skim the fat off the top, and then follow the recipe below to can it.

1. Have your jars washed and soaking in warm water. Heat your lids in water that's no hotter than 80°F.
2. Prepare your pressure canner by heating to a simmer 1 to 2 inches of water.
3. Bring your stock to a boil.
4. Ladle the hot stock into hot pint or quart jars leaving one inch of headspace.
5. Check the rim of the jars for cracks or nicks that will interfere with sealing. Wipe the rims down with a warm wet rag and place the lid and screw band on finger tight. Wipe the jars down and place them in the canner.
6. Put the lid on the canner, bring to boiling, and allow the canner to vent for 10 minutes. Place the counter-weight on the vent tube and bring your pressure up. Process pints 20 minutes, quarts 25 minutes at 10 pounds of pressure. Adjust for altitude per the chart in the back of this book.
7. Allow the canner to return to zero pressure naturally. Remove the lid and allow the jars to cool in the canner for an additional 10 or 15 minutes until the temperature equalizes between the canner and the kitchen.
8. Place the jars on several layers of towels to avoid temperature shock from the cool countertop.
9. Allow to set for 12-24 hours. Check the seals and place in a cool, dry place.

BASIC RECIPE FOR CANNING BLUE, MACKEREL, SALMON, STEELHEAD, TROUT, AND OTHER FISH EXCEPT TUNA

As with meat, you shouldn't be hesitant about canning fish. Canned fish is a moist, flaky product and canning makes any bones soft and edible. The USDA says that fish should not be canned in anything larger than pint jars to insure that every piece of fish is heated to proper temperatures to kill any botulism toxin.



Bringing the pressure canner to proper temperatures is vitally important in canning fish. Do NOT shortcut any times for proper venting and cooking at the required pressure.

Gut fish within 2 hours of catching. Prepare your fish for canning by deboning and filleting large fish, and then keeping cleaned fish on ice or soaking in icy salt water for about an hour before canning.

1. Prepare your jars by washing in soapy water and keeping them soaking in warm water until ready to use. Prepare your pressure canner by having one to two inches of water simmering. Have your lids soaking in water no hotter than 180°F.
2. Cut cleaned fish into 3-1/2-inch lengths. Fill hot, pint jars, skin side next to glass, leaving 1-inch headspace. Add 1 teaspoon of salt per pint. Do not add liquid.
3. Check the rims for any nicks or chips that would cause seal failure. Wipe the rims down with a warm wet rag and place the lids and screw bands on finger tight.
4. Put the lid on the canner and bring to boiling, allowing the canner to vent 10 minutes. Put the counter-weight on the vent tube and allow the canner to come to 11 pounds of pressure at altitudes below 1,000 feet above sea level. Adjust pressure according to the chart in the appendix for all altitudes above 1,000 feet.

5. Cook for 1 hour and 40 minutes at the required pressure. Turn the stove off and allow the canner to return to zero pressure naturally.
6. Remove the lid and allow the jars to cool in the canner for an additional 10 to 15 minutes until the temperature equalizes between the canner and the kitchen.
7. Place the jars on several layers of towels to avoid temperature shock from the cool countertop.
8. Allow to set for 12-24 hours. Check the seals, wipe the jars down, label, and place in a cool, dry place.



Jesus replied, "They do not need to go away. You give them something to eat."
"We have here only five loaves of bread and two fish," they answered.
"Bring them here to me," he said. And he directed the people to sit down on the grass. Taking the five loaves and the two fish and looking up to heaven, he gave thanks and broke the loaves. Then he gave them to the disciples, and the disciples gave them to the people. They all ate and were satisfied, and the disciples picked up twelve basketfuls of broken pieces that were left over.
(Matthew 14:16-20)

PRESERVING FOR SPECIAL DIETS

With canning it's easy for people with special dietary needs to control the quality and ingredients of the foods they eat. Fruits, vegetables, and meats can be preserved with no sugar or salt. However, do not omit salt when canning fish.

The amount of salt used in canning meats and vegetables is too small to prevent spoilage and is more of a flavor enhancer. Instead, use herbs and spices to give the flavor of your vegetables and meats a boost.

Sugar is a preservative, and helps retain the color, look and texture of processed fruit. It's important to know that the texture, color, and look of fruit will be different if canned without sugar. Instead of sugar try experimenting with a teaspoon of vinegar in a quart jar of fruit.

For fruits and vegetables, use fully ripe produce at its peak in flavor. Use the hot pack method for canning, and use boiling water or even unsweetened fruit juice to cover the food.

RECIPE FOR APPLE OR GRAPE JELLY WITH GELATIN

The following recipe for a no-sugar added jelly does not need to be processed in a boiling bath canner or pressure canner. It will keep for up to three weeks in the refrigerator.

- ★ 4 teaspoons unflavored gelatin
- ★ 2 cups unsweetened apple juice or 3 cups unsweetened grape juice
- ★ 2 Tablespoons liquid sweetener*
- ★ 1½ Tablespoons lemon juice
- ★ Food coloring, if desired

Soften gelatin in ½ cup of juice. Bring remaining 1½ cups juice to a boil, and then remove from heat. Add softened gelatin, stirring to dissolve. Add liquid sweetener, lemon juice, and coloring. Bring to a full, rolling boil. Ladle into clean jars and seal. Keep in refrigerator for up to three weeks.

1 Tablespoon = 9 calories.

Aspartame is affected by heat. It may not successfully sweeten the jelly.

(courtesy of Ohio State University Extension on Human Nutrition)

Artificial sweeteners can be added as a substitute for sugar. Follow the manufacturer's guidelines for measuring. Be aware however, that artificial sweeteners may lose their sweetening properties or even develop an off-flavor if used in processing. It's probably best to add sweetener right before serving.

Because of the high cost of specially prepared foods, you'll find yourself saving more than a few dollars by canning your specialty food at home. Just be sure to always follow safe canning procedures.



DEHYDRATING FOODS

Drying food is believed to be one of the oldest methods for preserving food. In ancient Mesopotamia, meat was dried, smoked or salted. There is evidence that as early as 12,000 B.C.E, the Egyptians of the Lower Nile region dried fish and poultry in the hot desert sun.

The Egyptians perfected salting fish to preserve them. The Romans soon took up preserving fish in this manner. The fishermen of Galilee also used salt to preserve fish for shipment to Jerusalem. The Incas were the first to produce dehydrated potatoes, and the Indians of North America used the sun and dry desert regions to preserve food.

Today we don't have to rely on the sun or the desert to make dried foods. There are many dehydrators on the market today that make drying foods a simple process. What took several days in the past, we can accomplish in hours today.



The principal behind drying meats and produce is that with the removal of moisture, you remove the environment that allows bacteria and fungi to flourish. Enzymatic reaction cannot occur in the absence of moisture.

The USDA has put out safety guidelines for making jerky. Because of the increase in E. coli bacterial infections, a study was done to determine if E. coli survived the curing and drying process.



Meats were inoculated with *E. coli* bacteria. Some of the meat was mixed with cures and salts, and some was not. The researchers found that those meats mixed with cures and salts had a greater destruction of *E. coli* bacteria.

An interesting side note was discovered however. The traditional method of heating and sustaining a temperature of 145°F was not sufficient to kill bacteria because the evaporating moisture of the meat absorbed the heat first.

It wasn't until the meat was almost dry that its temperature began to rise. The longer the meat was left below an optimal temperature, the more resistant the bacteria became to the heat.

The researchers concluded that meat must be heated to 160°F first to destroy the bacteria (165°F for poultry) and then allowed to dry in the lower temperature dehydrator. This is the only method that the USDA recognizes as safe handling of dried meats.

TOOLS & INGREDIENTS

There aren't as many tools needed for making jerky and dehydrating produce as there are for canning. In addition to the dehydrator, you'll want a scale to weigh your meat for jerky, a mixing bowl, a pair of scissors for cutting strips of jerky, and a jerky shooter.

There are a variety of prepackaged spices and cures for making jerky.

ITEMS NEEDED FOR DEHYDRATING FRUITS AND VEGETABLES



SCISSORS



SCALE



MIXING BOWL



JERKY SHOOTER

You can also download recipes from off the internet, get them from friends and family, and simply experiment with different ingredients yourself. Remember however, that the salts and cures are a necessary part of the preservation process that assures the destruction of bacteria that can cause food poisoning and illness.

THE PROCESS — GROUND BEEF JERKY

1. Mix your ground meat with the spices and cures that you want. Using a jerky gun, form strips of jerky. The length is dependent on your storage space and appetite.
2. If the dehydrator trays of your unit can safely be used in a 160°F oven, then laid the jerky on the drying trays and place in a 160°F oven until the meat reaches that temperature as measured with a food thermometer. If your trays aren't safe for that temperature, then use a pan for the oven and transfer the jerky to the trays when the jerky is ready to be placed in the dehydrator.
3. Place the trays in the dehydrator and cook at 145°F for one hour. Take the meat out, blot it, turn over, blot again, and then continue cooking for 2 – 15 hours. Check the jerky every hour or so. It should be able to bend without breaking. The texture should be kind of leathery.
4. Because fat affects storage rate, cool on paper towels to absorb any fat that may remain.



DRYING PRODUCE

The amount of time it takes to dry produce is directly related to its moisture content. Drying time can vary from 6 to 10 hours for bananas, 5 to 9 hours for tomatoes, to 12 to 14 hours for corn. You should plan on checking your food every hour or so until it reaches optimal dehydration.

Before placing your produce in the dehydrator, you'll want to soak it in a solution of sodium bisulfate for 5 minutes. Sodium bisulfate is a food preservative and flavor enhancer.

You can also use 1 tablespoon of lemon juice per gallon of water. Vitamin C powder can be used as well. Crush six 500 milligram tablets and mix with a gallon of water.

You don't want to soak your vegetables and fruits in the solution for much more than 5 minutes however. If left too long in the brine, the outside will soften too much. You can store your dried produce in jars, Ziploc™ bags, or even use a vacuum sealer.

MEDICINAL USES FOR DRIED PRODUCE

- Garlic has anti-bacterial and anti-viral properties. Swallow one section of a dried clove with water daily.
- Many herbs can be grown, dried, and used right in your home. There are medicinal properties for plants that may be growing in your yard. For instance, a tea made from the dried flowers of red clover is an effective antispasmodic and diuretic.
- Onions are believed to have anti-inflammatory properties. Take dried onions, blend into a powder, and sprinkle on meat and vegetable dishes.
- Dried tomatoes are high in Vitamin A and potassium.



WATER CONTENT OF FRUITS AND VEGETABLES

FOOD	% WATER CONTENT
ASPARAGUS	92%
BEANS-GREEN/WAX	90%
BEETS	87%
CARROTS	88%
CORN	73%
MUSHROOMS	90%
OKRA	89%
ONIONS	89%
PEAS	78%
PEPPERS--HOT	93%
PEPPERS--SWEET	93%
POPCORN	73%
POTATOES--SWEET/YAMS	71%
POTATOES--WHITE/IRISH	80%
PUMPKIN	90%
TOMATOES	94%
TURNIPS/RUTABAGAS	92%
ZUCCHINI	94%



FRESH WEIGHT VS DRIED WEIGHT

FRUITS---20 LBS (FRESH WEIGHT)	POUNDS (DRIED WEIGHT)
APPLES	6½
CHERRIES, SWEET	7
PEACHES	6½-7
PEARS	6½-7
PRUNE PLUMS	7½

VEGETABLES---20 LBS (FRESH WEIGHT)	POUNDS (DRIED WEIGHT)
BEANS--GREEN/WAX	3
CARROTS	3-3½
CORN	6
ONIONS	3
PEAS	5-5½
SQUASH--SUMMER	2



HOME PANTRY AND FOOD STORAGE

A pantry's not a place; it's an attitude, according to the Organized Home website. The goal of a pantry is for convenience and emergency preparation. Any space that you can store items in can be a pantry.

The U.S. government urges citizens to have a least a week's worth of supplies on hand at any given time in the event of unforeseen emergencies or natural disasters. Stocking canned goods that you put up yourself or dehydrated foodstuffs that you prepared puts you well on the way to a functional pantry.

Take advantage of sales to set aside powdered milk, dried beans, and paper goods like toilet paper and paper towels. Once your pantry is stocked keep a running inventory of goods stored. Rotate out stock as you replenish with new, like canned foods and dried produce.



If you live in tiny quarters and closet space is at a premium, there are products out there that can help you take advantage of every available space. ImprovementsCatalog.com has over the door pantry pockets that allows you to store items in nylon mesh pockets that hangs over closet doors.

ClosetMaid.com has plenty of storage ideas and design galleries that can help you devise more storage areas in your home. There is usually a lot of wasted space in a home that can be utilized. The thing is to get creative and find it!

Don't get lazy with your storage techniques. There are pantry pests like beetles and moth larvae that will contaminate food with their bodies and by products. It's essential to store food in tightly sealed containers. Plastic bags are not adequate. If you're storing food-stuffs in paper bags or boxes like flour or rice, place them in a plastic freezer bag and put them in the freezer. If nothing else, repackage them in sealed containers for storage.

Having a well-stocked pantry will also be invaluable as a bartering tool in a disaster situation. In the event an emergency situation does strike, you can trade food stuffs for items you may not have thought about needing.

Hurricane Katrina proved that it could be weeks before government infrastructure is in place to help people in these situations.

As the current economic crisis deepens, as more people lose their jobs and the credit crunch tightens around us all, bartering with food stuffs may be necessary just to survive.

Taking advantage of grocery store sales, putting food up, and keeping pantry shelves stocked will insure your family's survival in tough economic times.

Americans have lost a lot of ancient wisdom since the advent of the national supermarket chains. We have become complacent in our emergency preparedness, and we live from hand to mouth on a daily basis. Proverbs 10:5 tells us that "A sensible person gathers in summer, but he who sleeps during harvest is an embarrassment."

We have been asleep during our harvest in this country. It's time we wake up to the reality around us.

"I passed by the field of a lazy man and the vineyard of the man lacking sense. There it was, overgrown with thistles; the ground was covered with nettles, and its stone wall was broken down. I looked, and I thought about it; I saw, and I learned this lesson: "I'll just sit here a bit, rest a little longer, just fold my hands for a little more sleep"—and poverty comes marching in on you, scarcity hits you like an invading soldier."

Proverbs 24:30-34

KITCHEN SAFETY TIPS

1. Keep children and pets away from the stove or even out of the kitchen while cooking.
2. Keep anything that can burn, like towels or plastic bags, at least three feet away from the stove.
3. Never leave cooking food unattended. Give your cooking your full attention, especially when cooking with oil at high temperatures.
4. Wash all utensils that are used in preparing raw foods with hot soapy water. Never use cutting boards
5. Or knives that have been used to cut raw meat for any other food without washing thoroughly first.
6. Use pot holders and oven mitts. Keep several pair around for use as pads on countertops to set hot pots on.
7. Keep knives sharp. A dull knife is more likely to cause injury.
8. Watch for escaping steam from pots. Steam will burn you as quickly as boiling liquid.



**Better a dry piece of bread with calm than a house full
of food but also full of strife.
(Proverbs 17:1)**

COMMON CANNING PROBLEMS

PROBLEM	CAUSE	PREVENTION
FOOD IS DARK AT THE TOP OF THE JAR.	1) NOT ENOUGH LIQUID TO COVER THE FOOD.	1) MAKE SURE FOOD IS COVERED WITH LIQUID BEFORE SEALING.
	2) AIR IN JAR FROM TOO MUCH HEADSPACE OR AIR BUBBLES NOT REMOVED.	2) WORK FOOD TO REMOVE AIR BUBBLES. FILL JAR TO CAPACITY.
	3) FOOD NOT PROCESSED LONG ENOUGH TO DESTROY ENZYMES.	3) PROCESS AT RECOMMENDED TIME AND POUNDAGE.
LOSS OF LIQUID IN JAR DURING CANNING PROCESS	1) USED THE COLD PACK METHOD OF CANNING.	1) USE THE HOT PACK METHOD FOR CANNING.
	2) AIR BUBBLES NOT REMOVED BEFORE SEALING JAR.	2) WORK FOOD TO REMOVE AIR BUBBLES.
	3) PRESSURE CANNER WAS DEPRESSURIZED TOO QUICKLY.	3) ALLOW CANNER TO DEPRESSURIZE NATURALLY.
	4) FLUCTUATING PRESSURE IN CANNER DURING PROCESSING.	4) MAINTAIN AN EVEN AND CONSTANT PRESSURE.
	5) NOT ENOUGH HEADSPACE.	5) LEAVE RECOMMENDED HEADSPACE.
	6) STARCHY FOODS ABSORB LIQUID.	6) NONE.

COMMON CANNING PROBLEMS

PROBLEM	CAUSE	PREVENTION
BAD SEAL	1) NICKS OR CHIPS IN RIM OF JAR.	1) EXAMINE RIM BEFORE USING.
	2) HEATING LIDS IN TOO HOT OF WATER.	2) WATER SHOULD NOT BE HIGHER THAN 180°F FOR HEATING LIDS.
	3) LIDS WERE TOO OLD.	3) BUY ONLY ENOUGH LIDS TO LAST A YEAR.
	4) DEBRIS LEFT ON JAR RIM.	4) CAREFULLY WIPE RIM CLEAN BEFORE PUTTING LID ON.
	5) LIFTING JARS BY CAP OR INVERTING JARS AFTER PROCESSING.	5) USE A JAR TONG TO LIFE JARS OUT OF THE CANNER. DO NOT INVERT JARS.
SEDIMENT IN JARS	1) STARCH FROM FOOD.	1) NONE.
	2) MINERALS IN THE WATER.	2) USE SOFT WATER.
	3) ADDITIVES IN SALT.	3) USE PURE SALT.
	4) SPOILAGE - LIQUID IS CLOUDY AND FOOD SOFT. (DISCARD)	4) PROCESS FOOD FOR THE RECOMMENDED TIME AT THE RECOMMENDED PRESSURE.
FOOD FLOATS	1) FRUIT IS LIGHTER THAN SYRUP.	1) USE FIRM, RIPE FRUIT. USE A LIGHT TO MEDIUM SYRUP.
	2) PACKING TOO LOOSELY.	2) PACK FOOD TIGHTLY, BUT NOT SO TIGHTLY THAT YOU CAN'T RELEASE AIR POCKETS.
	3) OVERPROCESSING TOMATOES AND FRUITS DESTROYS ENZYMES.	3) PROCESS FOR THE TIMES RECOMMENDED.

COMMON CANNING PROBLEMS

PROBLEM	CAUSE	PREVENTION
FOOD SPOILS	1) POOR SEAL ON JAR.	1) use neW llds And don'T overheAT THEM. RIM OF JAR SHOULD NOT BE CRACKED OR DIRTY.
	2) WRONG PRESSURE.	2) USE PRESSURE RECOMMENDED.
	3) WRONG PROCESSES TIME.	3) USE PROCESS TIME RECOMMENDED.
	4) POOR FOOD PRODUCTS.	4) USE FRESH PRODUCE WITH NO ROT AND FEW BLEMISHES. CAN PRODUCE SOON AFTER HARVEST.
JELLY IS TOO STIFF	1) TOO MUCH PECTIN IN FRUIT OR ADDED TO RECIPE.	1) USE RIPER FRUIT.
	2) JELLY WAS OVERCOOKED.	2) FOLLOW RECIPE GUIDELINES.
	3) TOO LITTLE SUGAR USED.	3) FOLLOW RECIPE GUIDELINES.
JELLY IS TOO SOFT	1) CORRECT AMOUNT OF SUGAR AND JUICE NOT USED.	1) FOLLOW RECIPE GUIDELINES.
	2) TOO LARGE OF BATCH.	2) DO NOT DOUBLE RECIPES.
MOLDY JELLY	1.) JAR WAS NOT SEALED PROPERLY	1.) PROCESS JELLY FOR 5 MINUTES IN A BOILING BATH CANNER. TEST SEAL BEFORE STORING.

COMMON CANNING PROBLEMS

PROBLEM	CAUSE	SOLUTION
BLACK SPOTS ON THE UNDERNEATH SIDE OF THE LID UPON OPENING	THERE ARE COMPOUNDS IN SOME FOODS THAT CAUSE A DEPOSIT ON THE UNDERSIDE OF THE LID. THIS IS HARMLESS.	NONE.
SOFT PICKLES	1) BRINE OR VINEGAR WAS TOO WEAK.	1) USE VINEGAR WITH AT LEAST A 5% ACID-ITY. USE PURE PICKLING OR CANNING SALT.
	2) INSUFFICIENT LIQUID.	2) KEEP PICKLES COVERED AT ALL TIMES - DURING THE BRINING PROCESS AND IN THE JAR.
	3) JARS WERE NOT SEALED IMMEDIATELY WHEN FILLED.	3) CAP JARS AS FILLED BEFORE FILLING NEXT ONE.
SHRIVELED PICKLES	TOO MUCH SALT, SUGAR, OR VINEGAR WAS ADDED AT ONE TIME.	GRADUALLY ADD THE FULL AMOUNT OF SALT, SUGAR, OR VINEGAR INSTEAD OF ALL AT ONE TIME.
CORN IS BROWN	1) CORN WAS TOO OLD FOR CANNING.	1) USE FRESH PICKED CORN THAT IS SHINY AND PLUMP WITH MILK.
	2) NOT ENOUGH LIQUID TO COVER CORN.	2) MAKE SURE CORN IS COVERED WITH LIQUID BEFORE SEALING.
	3) PROCESSING WAS DONE AT TOO HIGH A TEMPERATURE.	3) PROCESS ACCORDING TO RECIPE GUIDE- LINES.

COMMON CANNING PROBLEMS

PROBLEM	CAUSE	SOLUTION
GREEN VEGETABLES LOSE THEIR BRIGHT GREEN COLOR	CHLOROPHYLL, THE SUBSTANCE IN PLANTS THAT MAKES THEM GREEN, BREAKS DOWN IN HEAT.	NONE.
GREEN VEGETABLES TURN BROWN	1) OVERCOOKING VEGETABLES.	1) DO NOT OVERCOOK DURING THE PREPROCESSING IN THE HOT PACK METHOD.
	2) VEGETABLES TOO OLD FOR CANNING.	2) USE ONLY FRESHLY PICKED, PEAK VEGETABLES.

MEALS THAT HEAL

APPLES	PROTECTS YOUR HEART	PREVENTS CONSTIPATION	BLOCKS DIARRHEA	IMPROVES LUNG CAPACITY	CUSHIONS JOINTS
APRICOTS	COMBATS CANCER	CONTROLS BLOOD PRESSURE	SAVES YOUR EYESIGHT	SHEILDS AGAINST Alzheimer's	SLOWS AGING PROCESS
ARTICHOKES	AIDS DIGESTION	LOWERS CHOLESTEROL	PROTECTS YOUR HEART	STABILIZES BLOOD SUGAR	GUARDS AGAINST LIVER DISEASE
AVOCADOES	BATTLES DIABETES	LOWERS CHOLESTEROL	HELPS STOP STROKES	CONTROLS BLOOD PRESSURE	SMOOTHES SKIN
BANANAS	PROTECTS YOUR HEART	QUIETS A COUGH	STRENGTHENS BONES	CONTROLS BLOOD PRESSURE	BLOCKS DIARRHEA
BEANS	PREVENTS CONSTIPATION	HELPS HEMORRHOIDS	LOWERS CHOLESTEROL	COMBATS CANCER	STABILIZES BLOOD SUGAR
BEETS	CONTROLS BLOOD PRESSURE	COMBATS CANCER	STRENGTHENS BONES	PROTECTS YOUR HEART	AIDS WEIGHT LOSS
BLUEBERRIES	COMBATS CANCER	PROTECTS YOUR HEART	STABILIZES BLOOD SUGAR	BOOSTS MEMORY	PREVENTS CONSTIPATION
BROCCOLI	STRENGTHENS BONES	SAVES EYESIGHT	COMBATS CANCER	PROTECTS YOUR HEART	CONTROLS BLOOD PRESSURE
CABBAGE	COMBATS CANCER	PREVENTS CONSTIPATION	PROMOTES WEIGHT LOSS	PROTECTS YOUR HEART	HELPS HEMORRHOIDS
CANTELOUPE	SAVES EYESIGHT	CONTROLS BLOOD PRESSURE	LOWERS CHOLESTEROL	COMBATS CANCER	SUPPORTS IMMUNE SYSTEM
CARROTS	SAVES EYESIGHT	PROTECTS YOUR HEART	PREVENTS CONSTIPATION	COMBATS CANCER	PROMOTES WEIGHT LOSS
CAULIFLOWER	PROTECTS AGAINST PROSTATE CANCER	COMBATS BREAST CANCER	STRENGTHENS BONES	BANISHES BRUISES	GUARDS AGAINST HEART DISEASE
CHERRIES	PROTECTS YOUR HEART	COMBATS CANCER	ENDS INSOMNIA	SLOWS AGING PROCESS	SHEILDS AGAINST Alzheimer's
CHESTNUTS	PROMOTES WEIGHT LOSS	PROTECTS YOUR HEART	LOWERS CHOLESTEROL	COMBATS CANCER	CONTROLS BLOOD PRESSURE
CHILI PEPPERS	AIDS DIGESTION	SOOTHES SORE THROAT	CLEARs SINUSES	COMBATS CANCER	BOOSTS IMMUNE SYSTEM
FIGS	PROMOTES WEIGHT LOSS	HELPS STOP STROKES	LOWERS CHOLESTEROL	COMBATS CANCER	CONTROLS BLOOD PRESSURE
FISH	LOWERS CHOLESTEROL	BOOSTS MEMORY	PROTECTS YOUR HEART	COMBATS CANCER	SUPPORTS IMMUNE SYSTEM
FLAX	AIDS DIGESTION	BATTLES DIABETES	PROTECTS YOUR HEART	IMPROVES MENTAL HEALTH	BOOSTS IMMUNE SYSTEM

GARLIC	LOWERS CHOLESTEROL	CONTROLS BLOOD PRESSURE	COMBATS CANCER	KILLS BACTERIA	FIGHTS FUNGUS
GRAPEFRUIT	PROTECTS AGAINST HEART ATTACKS	PROMOTES WEIGHT LOSS	HELPS STOP STROKES	COMBATS PROSTATE CANCER	LOWERS CHOLESTEROL
GRAPES	SAVES EYESIGHT	CONQUERS KIDNEY STONES	COMBATS CANCER	ENHANCES BLOOD FLOW	PROTECTS YOUR HEART
GREEN TEA	COMBATS CANCER	PROTECTS YOUR HEART	HELPS STOP STROKES	PROMOTES WEIGHT LOSS	KILLS BACTERIA
HONEY	HEALS WOUNDS	AIDS DIGESTION	GUARDS AGAINST ULCERS	INCREASES ENERGY	FIGHTS ALLERGIES
LEMONS	COMBATS CANCER	PROTECTS YOUR HEART	CONTROLS BLOOD PRESSURE	SMOOTHES SKIN	STOPS SCURVY
LIMES	COMBATS CANCER	PROTECTS YOUR HEART	CONTROLS BLOOD PRESSURE	SMOOTHES SKIN	STOPS SCURVY
MANGOES	COMBATS CANCER	BOOSTS MEMORY	REGULATES THYROID	AIDS DIGESTION	SHEILDS AGAINST Alzheimer's
MUSHROOMS	CONTROLS BLOOD PRESSURE	LOWERS CHOLESTEROL	KILLS BACTERIA	COMBATS CANCER	STRENGTHENS BONES
OATS	LOWERS CHOLESTEROL	COMBATS CANCER	BATTLES DIABETES	PREVENTS CONSTIPATION	SMOOTHES SKIN
OLIVE OIL	PROTECTS YOUR HEART	PROMOTES WEIGHT LOSS	COMBATS CANCER	BATTLES DIABETES	SMOOTHES SKIN
ONIONS	REDUCES RISK OF HEART ATTACKS	COMBATS CANCER	KILLS BACTERIA	LOWERS CHOLESTEROL	FIGHTS FUNGUS
ORANGES	SUPPORTS IMMUNE SYSTEM	COMBATS CANCER	PROTECTS YOUR HEART	STRENGTHENS RESPIRATION	PREVENTS CONSTIPATION
PEACHES	PREVENTS CONSTIPATION	COMBATS CANCER	HELPS STOP STROKES	AIDS DIGESTION	HELPS HEMORRHOIDS
PEANUTS	PROTECTS AGAINST HEART DISEASE	PROMOTES WEIGHT LOSS	COMBATS CANCER	LOWERS CHOLESTEROL	RICH IN ANTIOXIDANTS
PINEAPPLE	STRENGTHENS BONES	RELIEVES COLDS	AIDS DIGESTION	DISSOLVES WARTS	BLOCKS DIARRHEA
PRUNES	SLOWS AGING PROCESS	PREVENTS CONSTIPATION	BOOSTS MEMORY	LOWERS CHOLESTEROL	PROTECTS AGAINST HEART DISEASE
RICE	PROTECTS YOUR HEART	BATTLES DIABETES	CONQUERS KIDNEY STONES	COMBATS CANCER	HELPS STOP STROKES
STRAWBERRIES	COMBATS CANCER	PROTECTS YOUR HEART	BOOSTS MEMORY	CALMS STRESS	RICH IN ANTIOXIDANTS
SWEET POTATOES	SAVES YOUR EYESIGHT	LIFTS MOODS	COMBATS CANCER	STRENGTHENS BONES	FIGHTS INFLAMMATION
TOMATOES	PROTECTS PROSTATE	COMBATS CANCER	LOWERS CHOLESTEROL	PROTECTS YOUR HEART	RICH IN ANTIOXIDANTS

WALNUTS	LOWERS CHOLESTEROL	COMBATS CANCER	BOOSTS MEMORY	LIFTS MOODS	PROTECTS AGAINST HEART DISEASE
WATER	PROMOTES WEIGHT LOSS	COMBATS CANCER	CONQUERS KIDNEY STONES	SMOOTHES SKIN	KEEPS PH BALANCE IN BODY
WATERMELON	PROTECTS PROSTATE	PROMOTES WEIGHT LOSS	LOWERS CHOLESTEROL	HELPS STOP STROKES	CONTROLS BLOOD PRESSURE
WHEAT GERM	COMBATS COLON CANCER	PREVENTS CONSTIPATION	LOWERS CHOLESTEROL	HELPS STOP STROKES	IMPROVES DIGESTION
WHEAT BRAN	COMBATS COLON CANCER	PREVENTS CONSTIPATION	LOWERS CHOLESTEROL	HELPS STOP STROKES	IMPROVES DIGESTION

COOKING AND BOILING MISTAKES

1. When the recipe says “simmer”, don’t boil. Turn the heat down until the bubbles are small and not coming too quickly.
2. Adding salt to food while cooking will usually mean less salt added at the table.
3. Always start with fresh produce that’s brightly colored, un-wilted, and with no rot and few blemishes.
4. Overcooking produces mushy foods that have little nutrition.
5. Food added to boiling water immediately lowers the temperature of the water. Use
6. Too little water and the water quit boiling and the texture and look of your food changes. Always use LOTS of water.
7. Wake up the flavor of dried herbs by toasting them in a pan for a minute or two.
8. Frying in oil less than 350°F will make your food heavy and greasy. Use oils with a high smoking point (peanut, safflower, or canola). Get the oil good and hot before cooking. Test the oil with a chunk of bread. It should brown in ten seconds.



WEB AND PRINT RESOURCES

1. The Ball Blue Book is available at Ball's website for \$4.95.
Go to www.freshpreserving.com.
2. The Ball Complete Book of Home Preserving is available on Amazon.com.
Go to www.Amazon.com and enter the title of the book in the search engine.
3. EBay has great deals on canners, dehydrators, and tools for canning.
Go to www.ebay.com and run a search for anything related to canning.
4. Everything Kitchens has a whole section devoted to dehydrating foods and jerky recipes. Go to www.everythingkitchens.com/beefjerkyrecipes.html and download recipes for cures, rubs, and a variety of jerky recipes.
5. The USDA website is the place for the latest government information on canning, preserving, and dehydrating food. The USDA Home Canning Guide can be downloaded from the site. Go to <http://fnic.nal.usda.gov> and take advantage of all the free information available.
6. www.yourfoodstorage.com sells freeze-dried and dehydrated foods for entire families, but also sells individual items. For example, #10 can of whole wheat flour with a shelf life of 5-7 years sells for under \$10.
7. Government county extension agent offices can also be an invaluable source for information on canning and gardening. Even small apartments can utilize container gardens that can be grown on balconies, porches, or inside the house.

ALTITUDE CHART FOR BOILING WATER

ALTITUDE IN FEET	INCREASE IN PROCESSING TIME IF TIME CALLED FOR IS:	
	20 MINUTES OR LESS	MORE THAN 20 MINUTES
1,000 FT.	1 MINUTE	2 MINUTES
2,000 FT	2 MINUTES	4 MINUTES
3,000 FT	3 MINUTES	6 MINUTES
4,000 FT	4 MINUTES	8 MINUTES
5,000 FT	5 MINUTES	10 MINUTES
6,000 FT	6 MINUTES	12 MINUTES
7,000 FT	7 MINUTES	14 MINUTES
8,000 FT	8 MINUTES	16 MINUTES
9,000 FT	9 MINUTES	18 MINUTES
10,000 FT	10 MINUTES	20 MINUTES

ALTITUDE CHART FOR BOILING WATER

ALTITUDE IN FEET	PROCESS AT PRESSURE OF:
2,000 – 3,000	11½ PSI
3,000 - 4,000	12 PSI
4,000 – 5,000	12½ PSI
5,000 – 6,000	13 PSI
6,000 – 7,000	13½ PSI
7,000 – 8,000	14 PSI
8,000 – 9,000	14½ PSI
9,000 – 10,000	15 PSI

THE ABOVE CHART ASSUMES THE PSI GIVEN FOR 1,000 FT OR LESS IS 10 POUNDS OF PRESSURE

IF YOUR CANNER HAS A WEIGHTED GAUGE RATHER THAN A DIAL GAUGE, USE 15 POUNDS OF PRESSURE INSTEAD OF 10 POUNDS AT THE HIGHER ALTITUDES

CANNING HINTS



1. Use wadded up newspapers or even hay inside your canner during storage. It'll eliminate musty odors.
2. Use a thermometer in the water with your lids to make sure the water doesn't go over 180°F.
3. With cold pack food, put lukewarm water in the canner. Too hot of water can make the jars break.
4. Don't allow the jars to touch in a boiling bath canner. The jiggling of the boiling water can crack the jars.
5. The timing for boiling bath processing doesn't start until the water begins to boil.
6. Don't substitute a plate for the wire rack in the bottom of a canner. The hot water has to be able to circulate around all sides of the jars.
7. Sugar is not necessary for preserving fruit, but it helps to retain color and a firm texture.
8. Don't use metal utensils inside jars you can scratch or break them.
9. For canning mixed products, use the longest processing time for the ingredients listed. Sometimes canning foods separately is better, and then combine them at mealtime.
10. If a screw band won't come off, cover it with a hot rag for about one minute. This will cause the metal to expand and it should remove easily. If not, leave it on. Never force bands off. You can break the seal.

- 11.** Lids are generally good for 5 years from the date of manufacture, but you should only buy enough for what you need for one year.
- 12.** Some newer dishwashers have a sterilizing cycle that can be used for jars instead of boiling them.
- 13.** Use pure salt with no additives for processing food. Additives can add unpleasant flavors to your finished product.
- 14.** Hot Pack: heating fresh food to boiling, simmering for 2–5 minutes, and quickly filling jars with the boiled food.
- 15.** Cold Pack: filling jars with fresh, unheated foods.
- 16.** Some tomato hybrids have low-acid content. Either pressure can them or adds 2 teaspoons of lemon juice per jar to insure adequate acidity for boiling bath canning.
- 17.** The cooling process on pressure canners much is natural, not forced. Never speed up the cooling process.
- 18.** Your jerky can go rancid if you use too fatty of a meat for dehydrating. Fat doesn't dehydrate. Always use lean cuts of meat.
- 19.** When cold packing meat in jars, use chilled, not frozen meat. Too much of a temperature differential between the jars and canner can result in cracked jars.
- 20.** Pressure canners MUST vent for 10 minutes before sealing.
- 21.** Use caution when taking the lid off your canner after processing. Escaping steam and hot controls can burn you.
- 22.** While properly canned food, stored in a cool, dark place can last indefinitely, it's best to put up only what will be used in a year.



THE SIMPLE SALT SECRET

I am sure that there are medical forces that would have paid any judge a million dollars to stop Jacques de Langre, PhD from publishing his book *Seasalt's Hidden Powers*.

If this one book were required reading in every high school in the United States, there's a good chance a lot of doctors (MD's) would have had their salaries reduced in their lifetimes by more than we dare say. Surely it would have been substantial. (Maybe even \$1,000,000 for some).

DID YOU KNOW?

The minerals that are in sea salt, when extracted, are the 84 elements that were originally in the sea. Once dissolved in water or in the moisture of food as it cooks, sea salt bears a likeness to HUMAN BLOOD and BODY FLUIDS.

It is said to be capable of maintaining or restoring health in humans. Yes, that very sea salt has retained all of the elements of the original seawater.

And although the biological need has not yet been proven for each of these elements, it has been established that 24 of these elements are essential to maintaining life.

Ocean minerals and dissolved gasses help maintain the chemical and physical stability of living organisms on dry land, assuring the survival of the planet's flora and fauna.

The air above the oceans' water constantly moves and releases the oceans' dissolved gasses to all forms of land-based life around the world. These same rare gasses are locked within salt crystals as they form at the seashore, adding to the effectiveness, as biological regulators, of our bodies' functions.

Thus, as referenced in de Langre's studies, sea salt, a clean and natural salt with all these essential minerals and gasses trapped within, is essential for effectively maintaining and restoring human energy.

DID YOU KNOW?

...that during World War II, Navy doctors would use sea salt water for blood transfusions when blood supplies ran out. This saved many lives.

...that natural global warming during the middle ages flooded out the villages and SALT FARMS along the Atlantic Ocean and the Mediterranean Sea. Historians tell us the coast became deserted and that the LACK OF SALT in the human diet may have caused the human regressive times known as THE DARK AGES. It lasted 500 years.

...that the average IQ's of families that have, for generations, lived within 200 miles of the sea are higher than the average IQ's of families that for generations lived further from the sea.

...that all freshwater trout develop terminal cancer of the liver at the average age of 5½ years, and that cancer has never been found in sea trout?



WHAT CAN WE LEARN?

Use SEA SALT, not table salt, when canning. Be healthier and live longer – it's in the book.

IMPORTANT RESOURCES FOR SELF-RELIANT LIVING

HEIRLOOM SEEDS

If you're going to plant a survival garden then you definitely want a good source of non-hybrid, non-germinated seeds. As you probably know, big seed companies have now engineered seeds with a "terminator gene". These seeds will not reproduce after themselves as they have been genetically altered. We've located a company that sells a "Survival Seed Bank" containing enough heirloom seeds to plant a full acre crisis garden. All you have to do is save some of the seeds each fall and this little kit will produce a lifetime supply of food for you and your family and neighbors. You can learn more about it by going to their website. It can be located at www.survivalseedbank.com.

DOUBLE OR TRIPLE SURVIVAL GARDEN PRODUCTION

We've found a product that combines all natural fish emulsion with liquefied kelp which allows the survival gardener to harvest in fewer days, with less (or no) herbicides or pesticides. It yields 200-300% more nutrient dense food as well as dramatically increases shelf life of the produce grown with it. Grow giant vegetables quicker than you thought possible. We highly recommend this all natural product. Get the details at www.growlikecrazy.com.

FOOD STORAGE

Once you plant and harvest your garden, make sure you know how to properly store these foods by drying or canning. One of the best resources for food storing strategies can be found at www.foodshortageusa.com.

CRISIS COOKING

One of the most important areas of surviving a crisis is the ability to cook meals and sanitize water. Without sterilized water, you have big problems with bugs that can make you or those living with you very, very sick. We found an excellent little survival cooker that can use wood, charcoal or propane as fuel which makes it a pretty versatile tool. You can read more about it at www.crisiscooker.com.

SOLAR POWER

A hybrid of this system has a battery bank that charges first, then the excess is pumped to the grid. If the power goes down you still have power on your battery bank. Of course, solar requires enough sun to charge the panels and as the sun moves, it can alter the amount coming into the panel.

Sit a panel on a swivel for observation. You can see one position might be 6v charging and moving might be 12v charging. If you have trees around or are on a slope that doesn't get the maximum amount of sun, then you may not be able to generate enough solar power. A good solar backup unit can be found at www.mysolarbackup.com.

POWER SLEEP FOR A STRONG IMMUNE SYSTEM

Getting sleep when the world is falling apart around you is sometimes difficult to do. If you're having trouble getting to sleep, most folks opt for a prescription sleeping pill. One way around the prescription sleeping pill dilemma is by a special audio CD that puts you out without any drugs whatsoever. All you have to do is to listen with headphones and you fall asleep. In a stressful situation, this CD may mean getting the healthy sleep which is critical to surviving a health breakdown. Check it out at www.highspeedsleep.com.

UNUSUAL MINERAL SUBSTANCE

Many people who make their own survival foods use this neat little supplement called Power Water. Placing one or two drops in each can of preserved foods can raise the nutritional value dramatically by fortifying your canned foods with an amazing army of trace elements and minerals. The product also contains a unique compound called fulvic acid which has incredible antioxidant value. You're not really prepared unless you have a few bottles of this stuff lying around. It would also be a great barter item so you may want to purchase their "12 pack" for the best value. Check out www.powerwater.ws.

THE ONE “SURVIVAL SUPPLEMENT” YOU SHOULDN’T BE WITH OUT

One supplement I would recommend having in your survival arsenal is a substance called shilajit. Shilajit comes from the rocky cliffs in the

Himalayas. Somewhat of a mystery, it’s believed to form as a result of “mineral drip” from the cracks of the rocks during the hot summer months. This mineral drip runs through plant matter that has been trapped in the crevices of the cliff areas, and along with geothermal pressure, a dark red somewhat gummy substance is formed. The reason you want this substance in your survival cabinet is because the active constituent of shilajit is a chemical called fulvic acid. This is why shilajit is one of the most sought after healing compounds in Ayurvedic medicine.

Probably the best quality and perhaps the lowest priced shilajit can be found at the website: www.blacklistedherb.com. The company will ship the product out to you and only require you to pay the shipping up front and invoice you for the balance due 30 days later. Frankly, I don’t know of another supply company that operates on the “golden rule” premise of doing business. Make sure you have some of this substance. Oh, one more thing about shilajit. Many researchers also believe that this substance also makes nutrients from other foods more bioavailable. If this is true, it means all of your stored foods will supply your body with more precious vitamins, minerals and vital trace elements when you need them the most.

GETTING THE GUNS OUT OF SIGHT

In the event of an emergency, if and when all hell breaks loose, protecting your guns will be a key element to defending yourself and your loved ones. When hunger strikes and panic arises, so too, will the amount of crime. It won’t only be criminals but desperate people breaking in to your home hoping to find and take your food, water, guns and other survival items. Learning how to hide your guns from criminal scum should be one of your top priorities. You can find out more about very clever ways to hide your guns at www.hideyourguns.com.