



# Cooking, Canning, Dehydrating & Storage Resources

## **STOVES**

- Stove with a bottom-lit updraft that can burn twigs, pine needles, pine cones, etc.  
<https://www.youtube.com/watch?v=KFBhJK8Becg>
- Stove called the EcoZoom Versa, Amazon
- Dutch Oven (Rounded lid)  
<https://www.youtube.com/watch?v=QDz3hWeLd0o&list=PL0SLxnUNovDcwoIlkzkAUcAehAkzxa45I&index=9>
- Dutch oven (Flat lid)  
<https://www.youtube.com/watch?v=Bd4TidBqMcQ>
- On a wood stove Dutch oven bread  
<https://www.youtube.com/watch?v=SenEZV1j9nE>
- No yeast Dutch oven bread on a coal grill  
<https://www.youtube.com/watch?v=fGsTpIMqphA>
- DIY Baking Soda 5 Acres & A Dream: Baking With Wood Ash?  
<https://www.5acresandadream.com/2016/01/baking-with-wood-ash-part-3-results.html>

## **Online Resources**

- <https://www.youtube.com/channel/UCHyogJwpG0scirn6PNu510w?app=desktop>
- Don't Waste the Crumbs "is an upbeat and encouraging blog dedicated to helping other families eat real food, and live healthier lives, without going broke in the process"  
<https://dontwastethecrumbs.com/>

## **Print Resources/Books**

- Prepper's Canning Guide, 2017 Amazon
- Root Cellaring, by Mike and Nancy Bubel, 1991 Amazon or Abebooks
- Ball Blue Book Ace Hardware
- Growing and Canning Your Own Food, Jackie Clay, 2012 Amazon
- Preserving Food without Freezing or Canning, by the gardeners and farmers of Terre Vivante, 2007, Chelsea Green Publishers
- Preserving food through fermentation, Holly Howe  
<https://www.makesauerkraut.com/>

### ***To order prepackaged, prepared food or bulk foods***

- Serves the Midwest.  
<https://countrylifefoods.com/>
- Ships to the lower 48 USA  
[https://beprepared.com/?utm\\_source=google&utm\\_medium=cpc&gclid=Cj0KCQiAu62QBhC7ARIsALXijXQmTC-TpXCKTeABFlgSb32wTFiHXsDH8jYo15ZyoGS3GhMNvwZa984aAml1EALw\\_wcB](https://beprepared.com/?utm_source=google&utm_medium=cpc&gclid=Cj0KCQiAu62QBhC7ARIsALXijXQmTC-TpXCKTeABFlgSb32wTFiHXsDH8jYo15ZyoGS3GhMNvwZa984aAml1EALw_wcB)
- Ships throughout the USA and Canada.  
<https://4patriots.com/collections/food>

### ***What to do if you lose power and have 3 freezers full of meat***

- Have on hand multiple food-grade 5-gallon buckets with lids, as many as you think you will need and then add extras!
- Non-iodized salt (Redmond's Earth Salt, or pickling salt, or any non-iodized food-grade salt that you can buy in 25- to 50-lb bags), more than you think you will need.
- Brine as much meat as you are able.
- For detailed directions, see "Back to Basics, How to Learn and Enjoy Traditional American Skills", Readers Digest, 1981, p224
- If you have any means of cooking such as a propane canning stove (e.g. Simply Canning- Outdoor stove, or Amazon-Outdoor propane canning stove) pressure-can as much meat as you are able.
- Build the smoker now and practice using it now. Luckybelly-21 Homemade Smoker Plans Give away any thawed meat that will otherwise go to waste.

### ***Other Methods***

- Info on potting meat.  
<https://www.askaprepper.com/how-to-make-potted-meat/>
- <https://www.youtube.com/watch?v=povvINECyb0>
- [https://www.youtube.com/watch?v=tXh\\_VT5ygOY](https://www.youtube.com/watch?v=tXh_VT5ygOY)
- <https://www.youtube.com/watch?v=SdKzWQOVET4>
- <https://www.youtube.com/watch?v=ZdmPIpQZPRg>
- <https://www.youtube.com/watch?v=90bhL8B0ha8>
- <https://www.askaprepper.com/how-to-make-potted-meat/>

