

Food Storage and Tips

Archaeologically, one draws a line between nomadic hunter-gatherer subsistence and settled habitation by the absence or presence of storage containers/facilities within the site complex. Abundant food resources do not necessarily equate to food surplus unless one is able to store the excess beyond what is needed for the day. Depending upon the time/temperature of the year, food storage may prove ineffective if not done right dangerous to consume. As a result, our forebears developed the techniques of smoking, drying, pickling/brining, culturing and fermenting, all of which can be accomplished without the need of purchased power—but do require proper equipment to be successful and safe.

Suggested Basic Preservation Supplies

Ceramic crocks with covers OR Food safe 5-gallon pails and lids
Non-iodized salt
Vinegar[s]
Sugar and/or honey
Sources of cultures to replenish
Containers with tight-fitting lids to exclude insects/vermin/rodents/moisture/air
Lots of extra lids to fit your glass canning jars
25 gallons water safely stored

Extras—Nice, But Not Essential

Spices
Dried Herbs
Flavorings, other
Alcohol [80 proof or above]

Suggested Basic Tools

Grain Grinder
Heavy Kettles, Pans, Skillets [cast iron, tri-ply stainless steel]
2 chef's knives or rocker knife and wooden board
mortar and pestle or hand-crank blender
Steam-pressure canning kettle
Baking pans geared to your oven source [wood cookstove or solar]
Various bowls/colanders
Various utensils

Extras—Nice, But Not Essential

Salad spinner or greens washing basket
Drying racks or hooks for suspending from ceilings
Winnowing basket to separate seeds and chaff

Basic Types of Food Stored

Grains

Legumes
Rices
Dried Pastas
Dried Herbs [Bonus if you have an established herb garden outside your door]
Spices
Oils
Sugars/honey
Flours
Baking Soda
Cream of Tartar
[soda and Cream of tartar can be combined to make baking powder when needed and won't need to be disposed of yearly at Passover time]
Directions stored on how to capture wild yeast to replenish after Passover time
Canned and dehydrated fruits and vegetables
Powdered Milk
Powdered Eggs to be eaten as scrambled or omelettes
OR Unflavored gelatin to use in baking [To replace each egg: Dissolve 1 tablespoon unflavored gelatin in 1 tablespoon cold water, then add 2 tablespoons boiling water. Beat vigorously until frothy.]

With these basic foodstuffs and equipment, you should be able to create/cook/combine with natural foods you forage into delicious meals your family and neighbors will enjoy and will be good for them.

Remember, Elijah's widow had a handful of flour in a jar and a little oil in a jug [1 Kings 17:12] and Christ had access to only five loaves here and two fish [Matt 14:17], but each started with something to bless, to stretch—the cupboard and basket were not empty.