

MySurvivalAlliance



SURVIVAL FOOD SUPPLIES THAT STORES THE LONGEST

What Types Of Foods Store The Longest For Survival Situations? When you are looking to store food for a survival situation...

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FOOD FOR SURVIVAL: ADD RHUBARB TO YOUR LIST OF ESSENTIAL ITEMS

Many people have Rhubarb growing in their yard or garden. The leaves of this plant are poisonous, so avoid eating the leaves and wash your hands after harvesting or touching the leaves!

Despite the warning, Rhubarb stems are delicious and high in vitamin C. Rhubarb is featured in many pie, cobbler, and crisp dessert recipes. You can find some really fantastic recipes online. I like to pair it up with strawberries, raspberries, or currents that also grow in my yard. Since Rhubarb has a tart taste, the sweetness of the other berries means I don't have to add as much sugar to the recipe.

There are many uses for this essential food for survival. Have you ever tried Rhubarb syrup on pancakes? It has a flavor all its own and is easy to make. Just cook chopped Rhubarb in a sauce pan on the stove top on medium heat, add honey or sugar to taste, and within 20 - 30 minutes, you have a

delicious fresh home-made syrup to serve up with breakfast.

Rhubarb typically ripens in the early summer. The end of June to first week of July the Rhubarb sends out tall shoots of white seeds. That is my signal that the Rhubarb is ready to pick! Be sure to break off the seed stalks, as they rob the edible stalks of juicy nutrients. We recently harvested just enough Rhubarb to chop up and freeze in those self-sealing bags for our family in one afternoon.

It was easy and fun. We left the majority of the Rhubarb for neighbors who have reserved their part of the crop and if there is any left over, Rhubarb makes a bold and dramatic statement in the yard or garden. Rhubarb has broad leaves that shade and deter weed growth as well.

So what to do with the leftover leaves and seed

stalks? The debris pile is huge! I scatter them around the vacant garden areas to shrivel up and then till them under for organic fertilizer for next year.



Another way I use the leaves and bits of stalks is to toss them onto areas that grow pesky weeds or plants that I don't want such as a patch of stinging nettles that just defies hoeing or any other weed killing attempts. The Rhubarb doesn't totally smother them, but retards their growth quite a bit. It also does a good job of covering the nettles which keeps the children safer when they are playing near that area of the yard.

Enjoy your Rhubarb this summer. It is one of the best foods for survival to add to your list. If you don't grow your own Rhubarb, ask a friend or neighbor to share.

Sherron L. Collins invites you to shop <http://www.serioussurvivalequipment.com> for quality disaster preparedness supplies that will help you and your family survive emergencies.

Vegetable Soup

Ingredients:

- 2 cans of Petite diced tomatoes
- 1 large can of crushed tomatoes
- 2 cans of beans (garbanzo, white)
- One bunch of green onions and one medium onion—large dice
- 3 large cartons of no fat, low sodium beef broth
- 2 pkg. of Lipton Noodle soup mix
- 2 pkg. of Lipton Beefy Onion or Onion Mushroom soup
- 1 bunch of celery
- One bag of frozen green beans cut in half
- 2 lbs. sliced carrots.
- 2 Green Peppers (Add peppers at end of cooking.)
- Season LIBERALLY with Mrs. Dash-Spicy Hot
- Dried, thin egg noodles.
- 3 small cans of beef
- A lot of chopped, fresh, flat leaf parsley added after cooking

Preparations:

Make sure you add enough water to cover all the vegetables. This ends up being a pretty chunky soup, anyway. Use a BIG pot and plan to freeze some.

Season with salt, pepper, curry, parsley, if desired, or bouillon, hot or Worcestershire sauce. Cut veggies in small to medium pieces. Cover with water.

Bring to boil on high then reduce to simmer and continue to cook until veggies are tender.

FREEZE DRIED AND DEHYDRATED FOOD SURVIVAL COMBINATION TECHNIQUE FOR FOOD SURVIVAL KIT

Created during World War Two due to the lack of refrigeration for medical treatments (serum needed to be sent to Europe without spoiling) freeze drying eventually was developed for food as well. Freeze drying is an amazing preservation technique and with the proper storage (where temperatures are not extremely hot or extremely cold) freeze dried food survival can allow storage for up to 25 years. Freeze dried food is sought after by many survivalists and campers but it is difficult for individuals to produce freeze dried food products due to the need of heavy machinery in order to perform cryodesiccation.

Cryodesiccation also known as lyophilization is the process that transforms a solid into a gas phase. Another incredible preservation technique that has existed since ancient times through sun and wind drying is Dehydration. This survival technique removes water from food which hinders the growth of microorganisms and prevents decay. Dehydration can also reduce the weight of the food by removing approximately 75 percent of the water through evaporation. O.k., so with all of the extensive research, testing and evaluation, what we have now is the combination of both freeze-dried food survival and dehydrated food survival techniques providing ready-made entrees with quality taste. Amazing, it really is.



Testing on particular foods that are more expensive such as peas and other vegetables, these foods are usually freeze-dried where other ingredients like noodles and onions actually taste better when they are dehydrated. So this combination allows better taste and is still viable for very long term food storage. Pick up a grab 'n go bucket of food survival products that use this excellent combination of food preservation techniques. Available in individual packets and are ready-made entrees providing quality taste.

SURVIVAL FOOD SUPPLIES THAT STORES THE LONGEST

What Types Of Foods Store The Longest For Survival Situations?

When you are looking to store food for a survival situation the best options are to get food supplies that store a long time. While there are many different techniques and strategies for storing food, one can't go wrong storing consumables that have a very long expiration date.

Salt is a great item to store. It makes just about everything taste better. It's cheap. It will last you a long time. It can even be used to preserve meats if need be. There is no excuse for not having a large supply of salt if going for long term food storage.

Wheat is another staple item to keep. It takes years for wheat to expire and there are so many things you can do with wheat. While it may take some people awhile for their stomachs to get used to real wheat, it does provide quite a bit of nutrients. One technique is to sprout wheat. In this state wheat can be used as a green.

Powdered milk is something to keep that will last a very long time. Most of us do not like the taste of powdered milk for drinking. However, keeping it in the refrigerator overnight does help with the taste. It can be stored just as a way of having milk to use in other recipes.

Honey makes a good long term sweetener. Although it might crystallize a bit, it can be stored for years. It will sweeten up just about anything taking away the bland taste from quite a bit of different foods and drinks.

Peanut butter is also something that stores very well. It has quite a bit of protein which is hard to come by especially since many meats don't store as well long term.

It is important that you also remember to rotate your food supplies for the best longevity. That is to say that you want to keep all of your latest food stock to the front so that it will be consumed first. For example, if storing soups, when you shop at the store for new soup be sure to replace that with your stored soup. This will ensure that your food supplies don't spoil.

If you are looking to store food long term, remember, there are some foods that last for years. Learn what these foods are and be certain to use a basic storage rotation idea to keep things fresh.

DEHYDRATING FOOD: THE OLD FASHIONED WAY

Instead of spending money on an expensive dehydrator, the old fashioned way of dehydrating food is easy and effective. Granted, electric dehydrators cut down on the time it takes to thoroughly dry food, but the dollar savings should more than make up for that. Besides, after preparing the food and setting it out to dry, there is nothing for you to do. Go about your life, come back in a few days, and pack up the dried food.

Homemade Fruit Leather

When my children were young, fruit leather (fruit roll-up in today's vernacular) was the "sweet" of the day, with apricots being the first choice of fruit. Just wash, cut in half, toss the pit away, add sugar to taste (or not), and throw the fruit into a blender. Add a little lemon juice to keep the leather from going dark as it dries. Cover a cookie sheet with plastic wrap and pour on the pureed fruit.

If it reaches the edges of the cookie sheet, stop pouring or it will be too thick. Get another cookie sheet for the rest. Cover the cookie sheet with cheesecloth to keep the flies out, using wooden spring-type clothes pins (or other type of clasp) to hold it taut so it doesn't touch the fruit puree. Put it out in the sun. If the wind is blowing, the drying time will be shorter.

Drying Vegetables

- **Tomatoes** (I know, they're really a fruit) - Slice very thin and season with anything that sounds good to you - experiment with various spices. Lay out in a single layer on cookie sheets covered with cheese cloth. They almost taste like a candy treat when dried!
- **Green beans** can be strung by using a needle and strong thread. Tie a knot in

one end and push the needle through the center of the beans, pushing the beans towards the knot. When you get 2 or 3 feet of beans on the string, hang the beans up by the end in a warm dry area, but out of direct sunlight. Let them hang until the beans are dry. Store in a paper or cloth bag until ready for use.

- **Peas** can be laid in the sun to dry. After they are dry, wait for a windy day. Place them on a sheet and beat the hulls off with a stick. The wind will blow the chaff away and leave just the peas. Store the peas in a paper or cloth bag until use.
- **Corn** - cut the corn off the cob and lay in the sun until dry.

Most fruits and vegetables can be dried without any special instructions if you just use common sense. That means good sanitation practices. Don't dry any produce that is badly bruised or has any rot. Keep the food clean and protect it from insects during the drying process. Window screens can be used to make a box allowing airflow but protecting the fruits and vegetables from flies, etc.

I heard of an interesting method using your car - providing you don't need to drive it anywhere. Place the drying racks across the backs of the seats and just leave the windows slightly cracked. With the car sitting in the sun, the intense heat speeds up the drying process and gives some protection against insects and dirt.

Dehydrated fruits and vegetables can be stored in zip-lock bags for about a year. For longer term storage, put into #10 cans or glass bottles with oxygen absorbers.