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5 BASIC SURVIVAL SKILLS

1. Know how to build a shelter
2. Know how to start a fire
3. Know how to find water or to distill water from the sun

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THE USEFUL FACTORS WHEN SELECTING THE VERY BEST CHICKEN HOUSE PLANS

By Keke Kezzy

There's a huge rise in the industry sector of poultry these days. Specially, raising hens or roosters is incredibly usual lately, specifically in particular nations. If an individual is simply a newbie in increasing livestock, he has to be sure that he can offer a secured location in addition to enough place created for the animals. Also, he needs to look for those available chicken coop plans that might be of wonderful of support.

When you're building livestock for meat and eggs or it can be feathers, you need to present your animals an animal shelter by means of chicken house plans or plans for hen house. Poultry coops which are sold tend to become so pricey. Thus, many other individuals look for an alternative to that. Finding the very best chicken house plans will be the answer for this concern.

Products for chicken are extremely ubiquitous in each and every poultry products. a number of people eat poultry eggs and chicken meat compared to the Items originating from ducks and turkeys or some domestic birds. This is merely easy to know. quite a few chicken breeds can adapt well to a number of climates. There are a few chicken breeds that

cannot endure winter season while there are a few that can survive from heat during tropical season. Furthermore, there are a few breeds of poultry developed as a result of some particular purposes. For instance, those broiler ones are brought up for supply of meat.

When you are just an amateur in raising chickens, it might be a superb idea for you if you begin with just few chicken initial. In this case, you must provide the chickens of a tiny chicken coop. The chicken coop plans which you'll need ought to match the population in addition to the location. You have to search for large chicken house plans if you want to raise numerous livestock.

On the other hand, it might be a fantastic idea to make a bigger coop when your hobby of raising livestock changed into a progressive business. Whatever chicken coop plans you will prefer, you have to take observe that each chicken desires a distance comparable to a minimum of 4 square ft. You need to make certain that your preferred one among chicken house plans will offer sufficient space for each and every poultry.

You need to not forget to take into consideration the location. Your chosen one from chicken coop plans should secure the chickens against elemental dangers like heat or rain along with snow and other weather elements. When you're residing within a certain location, you have to be certain that your preferred chicken coop plans will provide good air flow with right insulation against heat.

When you're a planning to possess the feeding space following the roost, you need to make sure that the space is shaded and has roof furthermore. You could use a corrugated iron and plastic in order to gain better insulation. It is an optional while you are residing at northern portion in which the weather is warm during summer. There are several winter hardy chicken breeds that can live while having the wintertime. You have to make certain that your roost can give enough heat during night time.

These factors are incredibly crucial when you're going to select the most effective one from the available chicken house plans. You must don't forget all these factors to ensure that you'll avoid faults . With such things that you have to consider, you can quite easily decide which amongst the chicken house plans will be the good one for your habit of raising chickens.

STEPS FOR SURVIVAL GARDENING SUCCESS

By Robert Steller

Urban gardening can be a great way to transform public and private spaces into lush, green and beautiful surroundings. Urban gardens involves vegetable gardening as well. Urban survival gardens are the key to pleasant and pleasing surroundings.

Urban horticulture has acquired new dimensions in the current scenario and this can create a very good atmosphere in which to unwind and relax. Short cycle blooms are grown in urban cities. This can transform the area into a personal heaven.



Urban Gardening

Urban gardening can make such a difference to quality of life and the way people live. Urban horticulture is a step forward into creating beauty and cutting down on pollution by planting more trees and growing plants. Indoor as well as outdoor urban gardening can make a difference to the lives of those who live in the area. There is cleanliness and greenery which makes the mind more relaxed and less stressed.

Vegetable Gardening Tips

Some of the vegetable gardening tips can be great ways to ensure you can eat vegetables sown by you. You have first find the position for your pots that gets eight hours of daily sunlight a day and water. Vegetables can be grown in window boxes and atop the roofs, but doorways, patios, roof eaves and sidewalks can also be used. Generally, shallow---rooted plants, such as lettuce and spinach require only 8 inches of soil depth to grow well, while deeper---rooted plants, like tomatoes and even squash, require 12 inches of soil.

Some other resources for vegetable gardening include terra---cotta pots, wooden boxes, and even buckets are great containers. Just ensure your containers have drainage holes,

are not translucent or opaque as sunlight will burn plants' roots if it is so.

Ensure containers are big enough to support the plants growing in them. Fill your containers with a good---draining potting mix that comprises fertilizer and compost. Almost all vegetables grow quite well in containers, but selecting the right variety helps.

Urban Survival Garden

Gardens are essential for urban survival. Urban survival gardens are a step towards ensuring that the greenery is omnipresent in the urban setting. Plant your own food and grow it in the urban survival garden. This will ensure your food is pure, clean and fresh and there is very little chance of contamination.

Urban survival gardens are the way ahead if you want to eat clean and healthy fruits and vegetables. This can ensure that you are able to benefit from this miracle of having your own urban survival garden. Thus, urban gardening and vegetable gardening tips can make urban survival gardens a reality and ensure that you are able to grow your own food.

UrbanGardenSurvival.com is set up to provide a useful resource for people interested in learning about urban gardening. While living in a rural setting is more suited to growing all your own food, there is no reason why you should not be trying to grow what you can even if you are in an urban situation.

DRY FRUIT HAMPERS

By Willoughby Davis

Drying and preserving fruits has been known in history for millennia. It is one of the earliest forms of food preservation. This method of ensuring that we can enjoy eating fruits that are long past their shelf-life and season has been practiced in most countries of the Middle East and Asia. Extended hot summers and dry seasons in these countries are ideal for dehydrating the fruits and removing their water content. This way, they stay edible for months or even years.

Dry fruits have a high nutritional value and natural sugar content making them ideal foods for journeys. In fact, modern trail mix packages include different types of fruits, nuts, seeds etc. They were a valuable source of nutrition and energy for ancient travelers and sports-persons. In fact, in ancient Rome, dry were given as prizes to successful athletes. They are also very good for health since the vitamin, calcium and mineral content increases with drying.



Their low sodium content makes them ideal for consumption by those with hypertension and heart disease. They also contain important antioxidants and trace elements which slow down aging and promote bone health and growth. Dry fruits like dry plums or prunes have a high pectin content which lowers cholesterol. They're also great for digestion, promote oral health and weight management.

Traditional dry fruits include dates, raisins, figs and apricots. However, technically speaking, any kind of fruit, berries or vegetables can be dried and preserved. The traditional dry have remained favorites but new entrants like apples, kiwi, mango, papaya, peaches and lychees are becoming popular. When added to desserts, cakes and sweets, they enhance the flavor of these treats.

Today, dry are a very popular gifting idea. They are considered a luxury item and are the preferred gifts on special occasions, weddings, birthdays, festivals and corporate events. In combination with nuts like almonds, pistachios, cashews, or chocolates, cakes, jewelry, flowers and soft toys, they make a delightful hamper which will please anyone, young or old, the global traveler or the stay-at-home patriarch. They can be consumed easily and are a wonderful anytime snack that you can pop into your mouth, leaving you feeling satisfied and content for hours.

You can send dry fruit hampers online and have them delivered to your loved ones at the click of a mouse. Ensure that the products are of top-quality, packaged well and delivered on time. If the gift is in celebration of a wedding or special event, you can try a sample before making the final selection so that the gift arrives in perfect condition. Flavored fruits, spiced up with the subtle taste of saffron, cinnamon, cloves, cardamom and aniseed are another popular option.

Dry fruit hampers make a yummy, unforgettable, deluxe gifting idea, perfect for any occasion.

WHAT IS THE BEST SURVIVAL FOOD TO STORE AND DEPEND ON DURING EMERGENCIES?

By Lance Esondi

Disasters can happen where you have to rely on your food supplies at home. Getting together some survival food isn't as complex as it might seem. Having the best emergency survival foods, those that won't spoil but still offer good nutrition, are the ones to keep stored for those unpredictable situations.

High Quality Survival Foods

Survival food bars --- You can get these in 3600 calorie per day packs. It won't be the best tasting but they will store awhile and provide massive calories. Also looking into bicyclist and backpacker's bars as those are high in calories and require no preparation.



Freeze dried survival food --- There are Made Ready to Eat meals and others that are freeze dried and can be stored for long periods of time.

Peanut Butter.

Brown rice --- Brown rice offers a bit more nutrition than white rice and will keep your blood sugar from spiking as much.

Beans --- Beans are high in protein which is a good option when meat might not be as available.

Seasoning --- You don't want your food to taste bland. Keep extra seasonings to provide extra tastes.

Canned goods.

Sprouts --- Sprout seeds can be stored for 2 to 3 years and can be grown in a jar in less than a week. Keep these seeds on hand to provide fresh greens which are some of the most nutritious food ever.

Food Storage Strategies

It's best to store the food you already eat. Start rotating a stock of food that you already have so that you don't have to worry as much about long term storage and expiration dates.

Keep bottles of frozen water in the freezer. This will keep the temperature of the food down if you lose power allowing you to enjoy the foods you already have at home first before using your stored food. This also provides an additional water source once thawed.

Try to focus on basic goods over commercially packaged products. They have their place in food storage, but eventually these will expire where you can always be using the basic goods in normal day to day life.

Consider gardening as an option to make your stored food last much longer. A garden can extend the life of your stored food by quite a bit especially during the growing months.

5 BASIC SURVIVAL SKILLS

By C.L. Hendricks

There are 5 basic survival skills that every person should know. Without these basic skills chances of survival are diminished greatly, leaving survival to a matter of luck rather than knowledge. What are those five basic survival skills?

Well, first of all you must understand the top three threats to your survival. Once you understand those then you will better understand just how important a few basic survival skills will be to your survival. The three threats to survival are: exposure, dehydration and starvation. Extreme cold can kill you in three minutes, lack of water will kill you in three days and lack of food will kill you in three weeks.



The 5 basic survival skills are:

1. Know how to build a shelter
2. Know how to start a fire
3. Know how to find water or to distill water from the sun
4. Know how to set snares and traps
5. Know how to butcher

With those basic skills you can protect yourself from the weather, avoid dying from thirst and starvation. The great thing about these skills is that you don't have to take expensive survival courses. In fact, much of the information that you need can be learned online and practiced in your own backyard.

Shelter --- A shelter can be as simple as leaning three or four thick tree branches against each other at a point, like a teepee. Use a bit of vine to tie the top points together. Then on three sides, starting at the bottom, begin laying other branches, leaves, grasses building up toward the top; each top layer overlapping the layer just below it. This is a basic grass/branch teepee and can actually be large enough for several people.

Fire --- Next learn to build a fire using not only matches, but

an eyeglass lens, a magnifying glass or just two sticks. Learn how to use a flint and steel fire starter. There are a variety of ways to build a fire that are easy to learn. If you don't have matches you must know how to use a bit of dry tinder and two sticks to start a fire for warmth and cooking.

Water --- With a bit of plastic sheeting or a large trash bag you can use nature to collect water from the sun. Dig a 3' x 3' x 2' deep pit. Place a cup or cooking pot in the bottom of the hole. Then loosely cover the top of the pit with the plastic sheet. Use rocks to secure the edges of the plastic to the ground around the edges of the top of the pit. Place a small pebble in the center of the plastic, causing a dip in the plastic towards the cup or pot in the bottom of the pit. Heat will cause moisture to condense on the underside of the plastic. It will roll down towards the center depression caused by the pebble on the top side of the plastic and drip into the gathering pot.

Traps --- A bit of string or wire can be fashioned into a loop and laid across a rabbit trail. By anchoring it to a trip wire that will loosen with a bit of a pull, the loop will close around the animal's neck, ensuring you have a bit of meat for supper. For larger game and with the help of another person, you can balance a large rock on a sturdy tree limb and create a deadfall trap.

Butchering --- Once the trap has produced dinner, you still need to know how to undress the animal. The basic thing is to cut the throat and hang the animal head down to drain the blood out. Next pierce the fur at the neck, and being careful not to pierce the abdomen, split the fur from neck to anus. Cut around the feet, cut off the head and pull off the hide or fur. Next carefully pierce the skin over the abdomen, without cutting into the stomach, and remove all the guts.

These are the 5 basic survival skills needed by every person for survival. Even if you don't find yourself in the woods trying to survive, these skills can be used anywhere. The materials for building a shelter might change, but the basic skills will ensure that you are warm with water and food. No one can make you learn these skills, but an investment of your time in practice will ensure that you have the 5 basic survival skills that you and your family need.