

Encouraging, Empowering and Enriching Your Journey

June 2012

PREPARE



**FINDING AND PREPARING
FOOD FOR
SURVIVAL**

TRAPPING

FORAGING

PACKING

GROWING



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Growing Your Own Food Is Easier Than You May Think

With today's economy and food borne illness a very real possibility, many people are turning to backyard gardening. For some it has become a necessity, while for others it is a productive hobby. From an economics, not to mention health perspective, raising your own vegetables just makes sense. Surprisingly enough, you do not need acres of land and tons of garden soil to get started.

It is that time of year again, seedlings are being displayed and pallets of potting mixes are everywhere you turn when visiting your local home and garden store. So how do you get started? What vegetables grow best and where and what skills do you need? Virtually any type of vegetable can be grown anywhere and if you can handle a trowel, you have the skills needed. Let nature do all the heavy lifting. Here is a list of vegetables that can be grown on a patio, in a backward planter, a cultivated section of the yard or even grown in pots.

- Tomatoes can be grown in pots or sown directly in well cultivated soil
- Bell Peppers
- Herbs such as parsley, chives, dill, tarragon, and many others can be in planter boxes or sown directly into the garden plot
- Hot Peppers of all types including jalapenos and cayenne

The list is by no means comprehensive. Use your imagination and you

can grow anything practically anywhere.

What do you need to get started? First, you need a sunny location. Vegetables, unlike certain flowers thrive in full sunlight; in fact, they need at least six to eight hours of direct sun daily. Tomato plants in particular suffer low yields and the plants become "leggy" if they do not get enough sun. What happens is the plant, in its effort to reach sunlight, will grow long stems void of foliage. The plant will grow tall but will have a very limited yield. The plants are weaker and will be more susceptible to pests and disease. Tomatoes need at least six hours of sunlight daily. The plants also need up to two inches of water weekly.

Tomato plants are self-pollinating (do not need bees for pollination) so they are very popular for patios and even sun-rooms. The plant produces both the male and female blossoms. If the plants are grown in an enclosed area, you will need to shake the plants gently once the plant shows blossoms. Shaking allows the pollen to fall from one blossom to another. If planted outside, nature handles this by providing a breeze from time to time. Cucumbers, squash and various other plants will need active bees to ensure pollination.

Tomatoes and cucumbers need warm soil and balmy nights. It is not advisable to transplant until the average nighttime temperature is above 50 degrees Fahrenheit or 10 degrees Celsius. Tomato plants, if started indoors, will need to be slowly introduced to the outdoors. Place the plants outdoors for a few hours daily until ready to plant in the ground. This hardens the plants by exposing them to varying temperatures and breezes. The tomato plant senses the change. Soon it will

begin to grow thicker stems to store and transport water and to support the plant. Plants that are not hardened have less of a chance of surviving.

When transplanting, bury as much of the plant as you can. Some experts say 80 percent of the plant should be buried. This ensures strong stems and heavy foliage. To produce larger tomatoes, some gardeners even prune their plants. This allows the plant to direct more nutrients and water into each fruit. This reduces the yield but produces larger tomatoes.

To grow organically, you should have a compost pile. Compost is simply the decomposition process of organic material – household scraps such as overripe fruit, potato peels and so forth. However, do not compost animal waste, bones or meat. You can compost grass clippings, yard waste and so on. The compost is a fertilizer. Mix it with top soil, peat moss or potting soil. You can also mulch with it around the base of the plants to inhibit weed growth and to retain moisture.

Herbs such as dill, garlic and even green onions act as a natural pest repellent. You can plant these herbs in any garden area to ward off plant eating pests.

Do not let any vegetables languish on the vine. Tomatoes can be picked early and they will ripen after picking. Pick cucumbers before they become too large, because they will produce more seeds and become tough when allowed to get too big. Moreover, harvesting regularly will increase the overall yield.

Following these simple rules and tips, along with a little experimentation and the will to grow, and you'll be a great backyard gardener in no time.



Finding Food in the Wilderness

Food is everywhere; it is just not packaged and ready to serve. It requires work and some skill to obtain it in the wilderness. Wild game can be caught by trapping or hunting. Then the game must be dressed out and made ready for cooking and eating. Streams, rivers and lakes have fish. Fish can be speared, caught by hand or caught the traditional way by line and hook. Cooking requires fire and basic cooking skills along with some utensils. Additionally, you will need a knife for dressing game, and some cooking implements. The knife needs to be heavy and sharp. Hacksaws can be used to cut bone and haunches into steaks. Start gathering the basics now. Use a separate backpack for camp cooking utensils. Wild berries are everywhere which include strawberries, blackberries, raspberries and blueberries. Never eat any berry or plant unless you have intimate knowledge of it. Pine cones when heated over a fire will crack open revealing pine nuts, which are quite edible and delicious. Frogs can be eaten but not toads, rabbits can be consumed along with snakes, deer, raccoon and opossum. Wild game or fish should never be eaten raw or

undercooked. However, many people caught alone in the woods succumb to the philosophy that it is better to be rescued sick than to be found dead of starvation or dehydration. Everyone has decisions to make. You can survive in the wilderness; and finding food in the wilderness is not as daunting a task as many believe. Find water and you will find wild game. They will use trails from their dens to the water. Game trails are easily recognized. If you

are using traps, vary the locations from day to day. Once the game is caught, cook it all. Cooked meat will last longer than raw meat. Raw meat can spoil in a matter of hours without refrigeration. Smoked or salted meats can last for days if not weeks without refrigeration. Finding food in the wilderness takes patience and a cool head. Frustration is always a part of survival. Think through every situation. Practice the skills needed before you need them.

CAMPING CHECKLIST

are YOU ready?

- Backpack
- Camping Tools
- Tent
- Sleeping Bag
- Camp Stove



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An Alternative Growing Method

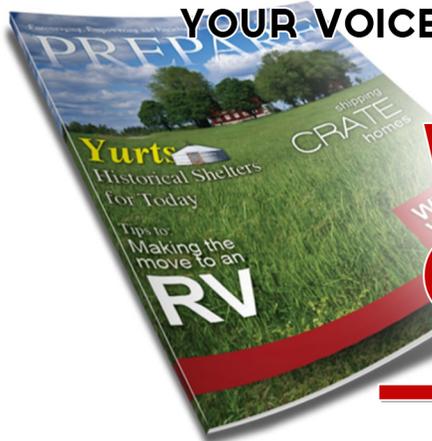
You may find yourself in a situation where you do not have room or even soil to grow plants. What do you do? Disaster has struck and you believe the soil is possibly contaminated, but it is essential that you have the ability to grow your own food. You can grow your own food without soil. The things you will need however are a growing medium, such as coconut grass, water, plant nutrients, two small water pumps and some type of water trough. Additionally, you will need what is generally referred to as chicken wire. The wire should be small enough gauge where you can mold it into holders for the coconut grass. You will essentially be making small wire baskets to hold the seeds and grass. The trough can be guttering that is used on structures or plastic water pipe such as polyvinyl chloride or PVC. The PVC can be cut down the middle to give you two halves. Use larger pipe, up to eight inches in diameter, if you plan to grow large root vegetables. It is also recommended you split the pipe if growing root vegetables. You can grow inside or outside, but remember certain plants require pollination by bees. However, if you must grow inside you can pollinate by hand using a small camel hair paintbrush. You start with a water reservoir. The reservoir at one end of the tubing will be to feed the plants; you must also have a collection

reservoir to contain the circulated water. If you have decided not to split the pipe, you can cut holes in the pipe and insert the wire baskets. The idea behind hydroponics is keeping the growing medium, which in this case is coconut grass, wet with nutrient rich water. The screen is fashioned over the trough and at one-foot intervals, you will cut a hole in the screen and place the seedpod basket made from the wire, in the hole. The basket must be such that the grass is in the water stream. Simply bend the wire so it is attached to the screen covering the pipe. A quick review shows you have two pipes with a screen covering them, and at one-foot intervals, you have inserted wire baskets with coconut grass. The reservoir that feeds the plant trough will need a small pump and tubing. The pump will push the water through the trough, flowing through the grass. The grass collects the nutrient rich water supplying the seed and eventually the plant itself with nutrients. Once established, the roots can grow into the trough allowing the water to run over them. The roots will collect what is needed to feed the plant. Place 3 seeds in each basket of coconut grass. Once each plant has grown a third leaf, cull out the weaker looking ones. Virtually any vegetable can be grown this way including potatoes, carrots, turnips and other root vegetables. Tomatoes, peppers, squash and cucumbers can be grown as well. The

pump pushes the water along the trough. In most cases, it is acceptable to have a continual stream. The water must flow into a collection trough or be routed by tubing back into the reservoir that feeds the plants. You can insert a pump into the collection tank and pump it back to the feeding tank as well. The nutrients will deplete themselves overtime so it is important to replenish as needed with water-soluble fertilizer. Know how many gallons are in the feeding tank so the proper ratio of fertilizer to water can be achieved. Purchase a water test kit at any garden supply store and test your water for nutrients. With some experimentation you will soon learn how often to add nutrients. If you grow in a greenhouse, or even outside, sunlight will not be a problem; if you grow inside, you will need adequate lighting. Grow lights or fluorescent lights are acceptable. You need a minimum of 16 hours a day of lighting if growing inside a structure. Start and stop at the same times every day. You will need a support structure for certain plants such as cucumbers or tomatoes. This can be accomplished by running string down each side of the troughs. You will need to elevate the support structure, as the plants develop. As the plants develop and the roots become much longer you will have to maintain the correct water level. The plants will absorb much more water and fertilizer when grown this way, thus producing fast growing healthy plants.

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“Traveling Food” For The Road

by Ken Youngquist

Today, as people prepare for catastrophic events, their thoughts often turn to “survival food” which is often associated with “wilderness”. Without a doubt it is a good idea to become familiar with edible plants, many of which can be found in your own yard such as dandelion, chick weed, plantain, lambs quarters, violets, parts of cattails, rose and hibiscus petals... etc. Of course survival “food” can



also mean critters and bugs. But putting “wilderness” aside for now I’d like to focus on “traveling food”, that is, what food works best for a Bug-Out-Bag or hand bag while on the road.

When I travel abroad, I take my “Bug-Out-Bag” (BOB) with me for “back-up” in case my luggage is lost and also to evaluate new items for practicality and usefulness.

My kit includes a filtered water bottle and I always carry some food snacks like dried fruit or nuts. But I also carry some type of meat. Historically speaking, preserved meat would be jerky or pemmican, but today’s counter-

part employs preservation technology in the form of foil pouch packaging.

I’ve been using foil packaged meat as it has a slender profile and is somewhat lighter in weight than canned goods. In the local grocery store, you can find plenty of fish pouches such as tuna or salmon (if you like fish). Otherwise, it’s slim pickin’s with SPAM pouches as the “other meat” option. In a Sports Department or Sports Store you can find the superior but more expensive (and bulky) foil pouch meals known as MREs (Meals Ready to Eat), but you’ll need to determine how much space, weight and budget that you can afford. Many of these meals have an amazing exothermic heating

system that is quite remarkable.

When deciding on what food to pack, take into consideration how isolated you expect to be from potential food resources as this may dictate the quantity and quality of your choice. Fluids add weight while dried goods will need hydration. The good news is that foil packaged food is ready to eat and has a shelf-life in terms of years and new products are constantly being produced which gives us more variety.

As usual, it’s best to test the food ahead of time to be sure that it works for you and is to your liking before you stock up.

Finding Consumable Plants in an Urban Setting

The following may seem somewhat extreme, but preparedness and having knowledge could mean the difference in your survival. For people living in Urban areas, there are some important skills that may be needed. Imagine a scenario where your city is in ruins following a disaster. The food supply is beginning to run low, and looters and scavengers have cleaned-out the stores and most residential homes. Looters and criminals typically are not going to think or plan very far ahead, therefore, they will move through areas looking for easier targets and are likely to starve rather quickly. The “thinkers and planners” will be the ones who survive. That is you; you have prepared and have thought-through most scenarios. You realize that checking the stores is dangerous so you have another plan - gardens

and wild edible plants. Gardens can be found in zoos, on terraces and on many building rooftops. Finding consumable plants in an urban setting can be accomplished with a little planning. Wild consumable plants are everywhere. Before eating any wild plants, you will want to know for certain that it is edible. Obviously, it is important to be prepared, so it is a very good idea to begin studying botany books and conduct field trips to identify edible plants before any disasters. The following list offers a few of the more common and easily recognized edible plants. The list is by-no-means comprehensive, but will give a place to begin. Once again, make sure you know what you are consuming. Dandelions, chickweed, stinging nettle, wild onion, clover, pine nuts, day lilly petals, carnation petals, and miners lettuce... Many of these plants can be found growing in parks, backyards and many flower gardens.

Businesses may also have flowers growing as part of their landscaping. The plants can all be eaten raw. You can also cook them in with meats or boil and drink as a broth or tea. These plants are easily identified and are very likely to be found growing in an urban setting. Rinse all plants well before eating to wash off any contaminants. Use white vinegar if you have any or use clean water if vinegar is not available. If you believe the plants are contaminated with pesticides, wash with soap and water and rinse well. Even in large cities there are green zones. The plants will likely flourish if left alone during certain calamities. Seek out the green zones and harvest with “coming back for more” in mind. In other words, do not trample the entire patch. Certain plants grow more abundant when parts of them have been harvested. The plants once picked will last between five and seven days.

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Foraging for Food

Searching and exploiting food sources is called foraging. There may come a time that you, as an individual or as a family, because of certain situations, may need to begin foraging for food. Situations could include a total collapse of the financial and or energy infrastructures in this country. This means supply chains are disrupted and crops cannot be harvested. The grocery store shelves will be empty. Your refrigerator and kitchen cabinets will then soon be empty as well.

You can stockpile food against such situations. However, as a practical matter, you simply may not be able stockpile enough. You may have enough for a week, a month or possibly longer, but it will run out and more than likely run out faster than you had planned. Neighbors, friends and even strangers may seek shelter and provisions from you because you were prepared. Your food will not last as long as you think, so you

must be prepared from the onset to forage. Start foraging for food immediately after the disaster strikes, do not wait for your supplies to run low – begin at once.

First, get to know your surroundings. People drive the same roads day-after-day and never pay attention and some have no idea what is around them. Keep in mind, the roads and landmarks will look different when on foot, so you need to know how to use a compass and map. You will not have vehicles; your food gathering will have to be done on foot. Look for stray domesticated farm animals, cattle, dairy cows, chickens and hogs. Capture as many farm animals as you can and corral them for future meals. You must, out of necessity, learn how to butcher animals properly.

Forage for garden plots and collect vegetables. Begin planting your own vegetables if the season is right as well. Learn how to grow vegetables

using hydroponic growing methods and begin growing year-round. For you to survive long term, you will need to develop your own food supply chain. You must begin hunting and growing crops along with raising farm animals. Foraging for food is necessary but be aware that the competition for available food will become fierce – especially as a crisis deepens.

When disaster strikes, you will not be able to buy food off the shelf. It will not be packaged, canned or frozen. You must learn how to prepare and preserve your food supply. Our ancestors foraged for food every day of their lives. They did not have grocery stores or refrigerators. They had a section of land they called their own and they survived off that land. Begin your survival today by preparing to properly forage and manage your own food production and supplies.



Trapping Food for Survival

by Lynette Fry

When talking about food for survival purposes most of us think of hunting with rifles or shotguns, butchering a chicken, or skinning a rabbit which is nicely locked away in a very convenient cage in the back yard. But,

true survival, in a worst case scenario; could easily depend on your ability to trap your own food.

I have never trapped, never tried to set a trap, never considered learning how to trap, so I had to find a trusted

resource to provide answers to my trapping questions. I enlisted the help of a gentleman who has over 40 years of experience in this area and is respectfully known as, 'Trapper' Fry.

He agreed to let me 'pick his brain' on topics related to trapping food for survival and the security measures one should take in a worst case scenario. In an interview setting; I asked the questions and he gave me his opinions based on skill and practice. The interview started with me asking about his background in trapping; I requested suggestions for the novice; and I asked his opinions on the advantages of the skill in general.

Q: I must assume 'Trapper' is a well earned nickname, how long have you been trapping?

A: I started trapping around 8, 9, and 10 years old. I would watch my grandfather set traps and work his trap lines, I read a lot of books on trapping, practiced the skill, and later I was a member of several local and national trapping organizations. During the school year, I would set my trap lines, get up very early and check them before school.

Q: You said you checked your trap lines before school – why before school and not after school?

A: Furbearers are nocturnal, they move at night. Furbearers are typically muskrat, mink, raccoon, beaver, fox, and coyote. Back 40 years ago, these furs were bringing a nice price and trap thieves

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were thick (so to speak), so you had to get out early and check your traps, take the catch back to a secure location so the animal didn't get stolen.

Q: What is a trap-line?

A: A trap line is just a term for all the traps you have set out.

Q: What is your favorite trap to use?

A: I don't particularly have a favorite trap. Trapping is just like any other survival tool, it works best if you know what you are trying to accomplish. If I am trapping small animals, such as; squirrel, rabbit, muskrat, I prefer to use a 110 Conibear. On the other hand, last year I had a problem with a varmint getting into my chicken

coop at night and where the animal (a raccoon) was getting in at, was a perfect place to use a snare. Again, it all depends on your purpose.

Q: I've read a lot on the various kinds of Conibear traps. I understand there are 110's, 220's, and 330's. Can you expand on this?

A: Sure, a 110 Conibear is basically for small animals such as; muskrat, rabbit, squirrel, and big barnyard rats, animals of those sizes. The jaw opening is large enough (4.5" x 4.5"), but not too large so the animal can't escape and these have one spring.

A 220 Conibear is heavier metal, normally two springs, and is suited for animals such as raccoon and ground hog.

A 330 Conibear is yet much larger; normally this trap will take a trap setting tool to set it because of the strength of the springs, and is suited for beaver, dog, fox, and coyote.

Conibear traps can be used in many different ways and some are; a den entrance, trail set, and bait set.

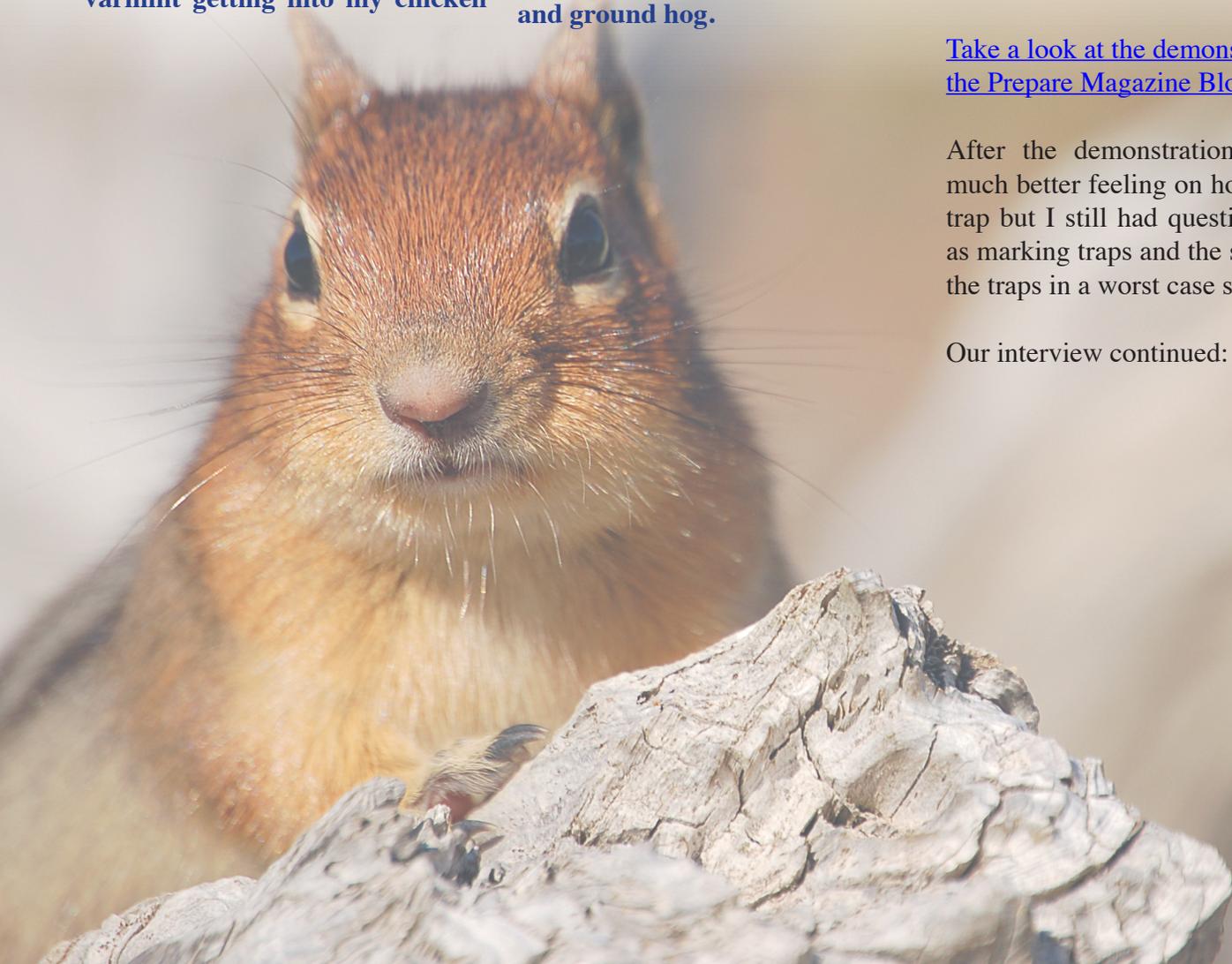
These are instant kill traps; whereas, with snares and leg-hold traps the animal is simply 'held' until you get there and kill it yourself. Some people prefer the animal to be dead quickly and dead when they arrive to check the trap.

At this point I asked Trapper to walk me through how to set a 110 Conibear trap. I took pictures as he walked me through the process.

[Take a look at the demonstration on the Prepare Magazine Blog](#)

After the demonstration I had a much better feeling on how to set a trap but I still had questions as far as marking traps and the security of the traps in a worst case scenario.

Our interview continued:





Q: In a worst case scenario, is marking traps a good idea? What are some tips you can give?

A: My advice is to always mark your traps, but in a worst case situation there maybe people out looking for dinner! You wouldn't want to flag your traps with a red ribbon tied to the top of the stick you used to secure it – that could alert anyone that there was 'something' of importance being marked. I prefer to use a secure device that is not readily seen as an 'alert' but one that I would recognize as a trap marking by the one who set it.

Q: My final question – why not simply use a .22 rifle to shoot a rabbit or squirrel instead of going to the trouble of setting a trap?

A: Traps work 24/7/365. In a bad situation, if I were to spend 3 hours out hunting with a .22 rifle that's 3 hours I could have been

performing some other function of importance. One also increases their likelihood of success with setting many traps. Traps can be set in several locations, but a human can only be in one place at time. Also, if we find ourselves in a WROL situation do you really want to alert the neighbors that you have guns, ammo, and are out hunting for food?

As we concluded our interview, Trapper also spoke briefly on the overall subject of trapping by saying, "This is a brief, very brief overview of trapping. There are entire books dedicated to the various aspects of trapping, the animals to trap, how to, when to, etc. A person new to trapping must make the time to invest in learning a new skill. A good trapper must learn their quarry (their prey).

One good way of determining what animals are on your property is to look for tracks, especially in snow, sand, or mud. These tracks will often lead to feeding places or watering holes. It is only with learning

tracking skills you can become a successful trapper.

Most people in the US have an abundant supply of squirrel, rabbit, and ground hog along the edges of their property, again, you must know your quarry."

I closed the interview with asking Trapper what meat he liked best. He quickly replied, "I prefer the vegetarian animals such as rabbit, squirrel, beaver or ground hog vs. the meat eaters such as mink, coyote, and fox. And by the way - young ground hog is great!"

Although I've never eaten any of the above, I left the interview with a renewed sense of security – you see, Trapper is not only an excellent trapper, he's also my husband. I know in a worst case scenario he has invested the time to learn and perfect the skill of trapping! I now have a heightened sense on the importance of trapping.

When practicing this skill, be sure and check your local trapping laws first and always practice safety when handling traps.

Creating a City Foraging Map

by Ray Gano

Do you know what you can forage in and around where you live? If not, this may be an important skill for you to know and actively pursue. By identifying ahead of time the plants that you can eat, the guess work and footwork are over so you can be ready if it becomes necessary for you to forage.

What you need to do is create a “shopping list” and conduct some recognizance to discover what is in your general area. The first thing to do is equip yourself with local knowledge. You will be surprised at how much is around you, what you already know and what to look for. To begin discovering what is in your area and create your “shopping list”, you are going to need a map of your local area. You want a rather close-up map showing your area in detail. One of the best places to get this type of map is Google Maps. In fact, you can even go one step further and get Google Earth. With both of these resources, you can create a rather detailed map of your food sources in your local neighborhood.

Using Google Maps and Google Earth, the first thing you are going to need to do is create a Google account so that you can save your maps. Once you have a Google account you can create as many maps as you want. Also, if you have a GPS such as Garmin or Magellan, you can actually import your Google Map information into your GPS.

A special note on privacy:

I know that there are some out there who are concerned with privacy and Google being “big brother” and all, but if you have access to the internet and have ever gotten an email account, there is a folder on you and all the credit bureaus and government have access to this information. They already know what you had for breakfast and know the odds that you will either eat in or go out for dinner. So to balk and say you will not get a Google account is foolish; that is, unless you know of some other mapping source that is free and with as much capabilities as Google Maps and Google Earth. Your focus needs to be about feeding yourself and your family when everyone else is in competition for the same food source.

As an example for using Google maps, let’s create a map for prickly pears. Once on the website, enter in your address. Odds are in most cases, it may take you right to your house or

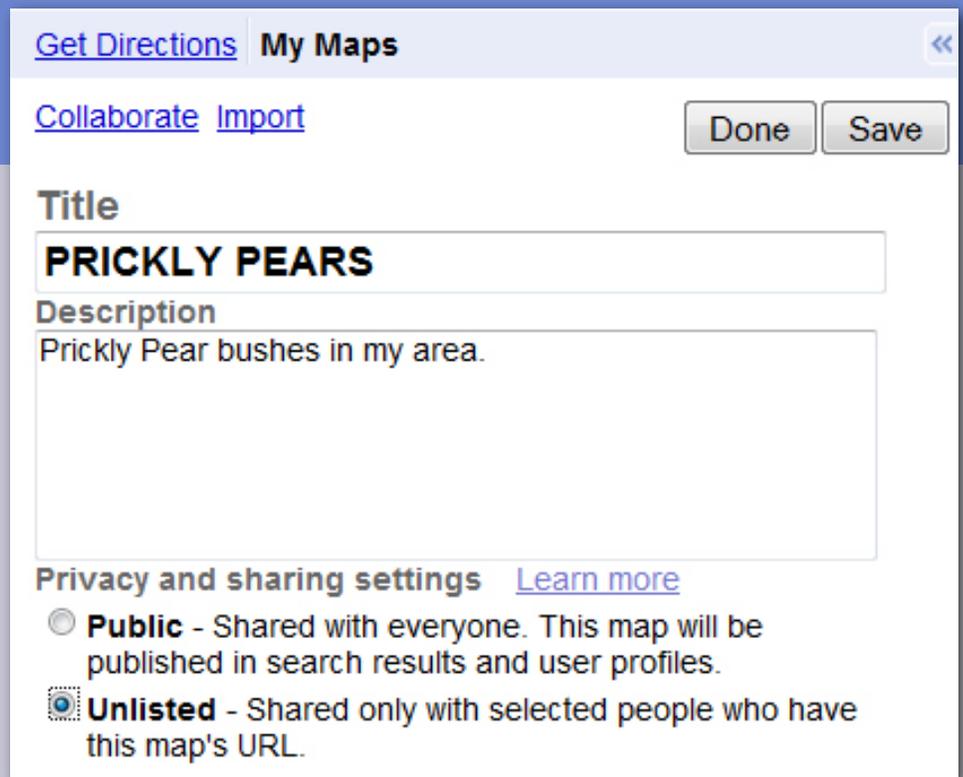


it could be a few houses down, but nevertheless you still are in your area.

Switch to “satellite” mode and you will have a satellite view of where you live, and yes, be able to see your house. In fact, you may be able to see your car or possibly even your pets as well if you have them. It is very big brother but this is the age of big brother, the key is to learn to adapt and overcome. Learning to be a small blip on the radar is the main point.

The Prickly Pear Map

Once you have opened a Google account and entered in your address, save the map as PRICKLY PEARS. You can see in the photo that I have put a description in with the map and I have also made the map UNLISTED.



THIS IS IMPORTANT. If you do not want everyone in your area knowing of your food source maps, then make this UNLISTED. The nice thing is that you can also share these maps with your networked prepper group / tribe if you chose to do so by simply sending them the URL.

Now that you have a saved map, you can start marking the area in your general vicinity as to where all the Prickly Pears are located. Using your mouse, LEFT CLICK – you will see the mouse change into a fist like it is grabbing the page. Next, pull the map in the direction you want to go and come to your first Prickly Pear source.

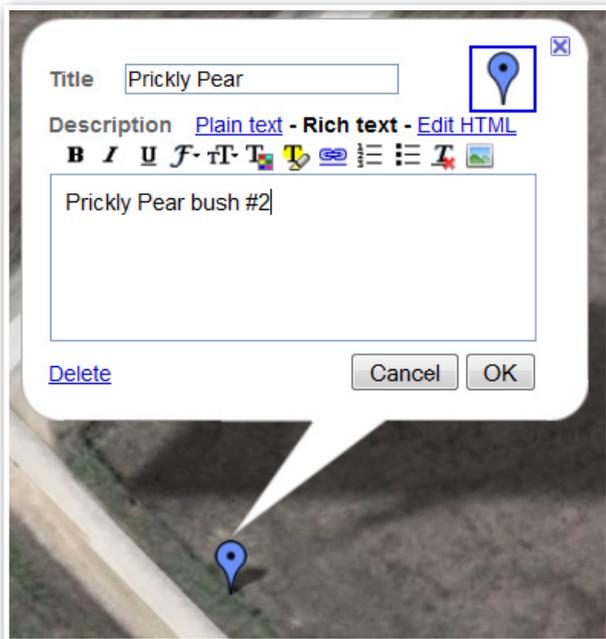
As you can see in this photo, I have identified my first Prickly Pear bush. Using a blue marker from the

upper left corner, I moved the icon to where the plant is located. I then titled it and in the description box noted “Prickly Pear bush #1.” You can put any sort of description here that you want. For example, if there are dogs nearby that might bark, note that. If the people who own the bush are hostile, note that. Note how big it is and give a date to the last time you saw the plant. There is a chance that something like this will get torn up or eaten. Just in case this happens, do not kill the location. In the case of the prickly pear, it



will spawn off new growth and you will have young tender pads in the spring. These are excellent to eat.

LEFT CLICK again and drag the map to your next location. You can see that I have identified the next prickly pear bush and named it “Prickly Pear bush #2”. Select OK and it will be saved to your map. Continue to do this with all your other food sources and as you discover another food source, you can easily create additional maps.



If you have Google Earth, which is free to download, you can do the same thing. For everyone who has privacy issues, you can actually utilize Google Earth without a Google account. You can save your maps directly onto your computer. However, you will still need access to the internet for Google Earth to download the maps of the area. Google Earth works in the same way as Google Maps but it has more features. For instance, you can create walking or driving routes from plant to plant. I personally like the features in Google Earth.

Using USGS Maps

If you want to get further away from online resources like Google Maps and Google Earth, you can go to the USGS and order maps of your local area.

This is where I get physical maps of our area. A 1:24,000 scale should do, but if you can get even closer, that is better. Yes, this is kind of the old fashioned way, but it does serve its purpose. Another source of maps is

your local gas stations. This is an additional option to look into as well. They often have maps with advertisements but are closer in scale which makes them easier to mark.

Using GPS

If you are a “tecky” like I am, using a handheld GPS with software is a great way to record all your food sources in your area. In fact, those who are concerned with

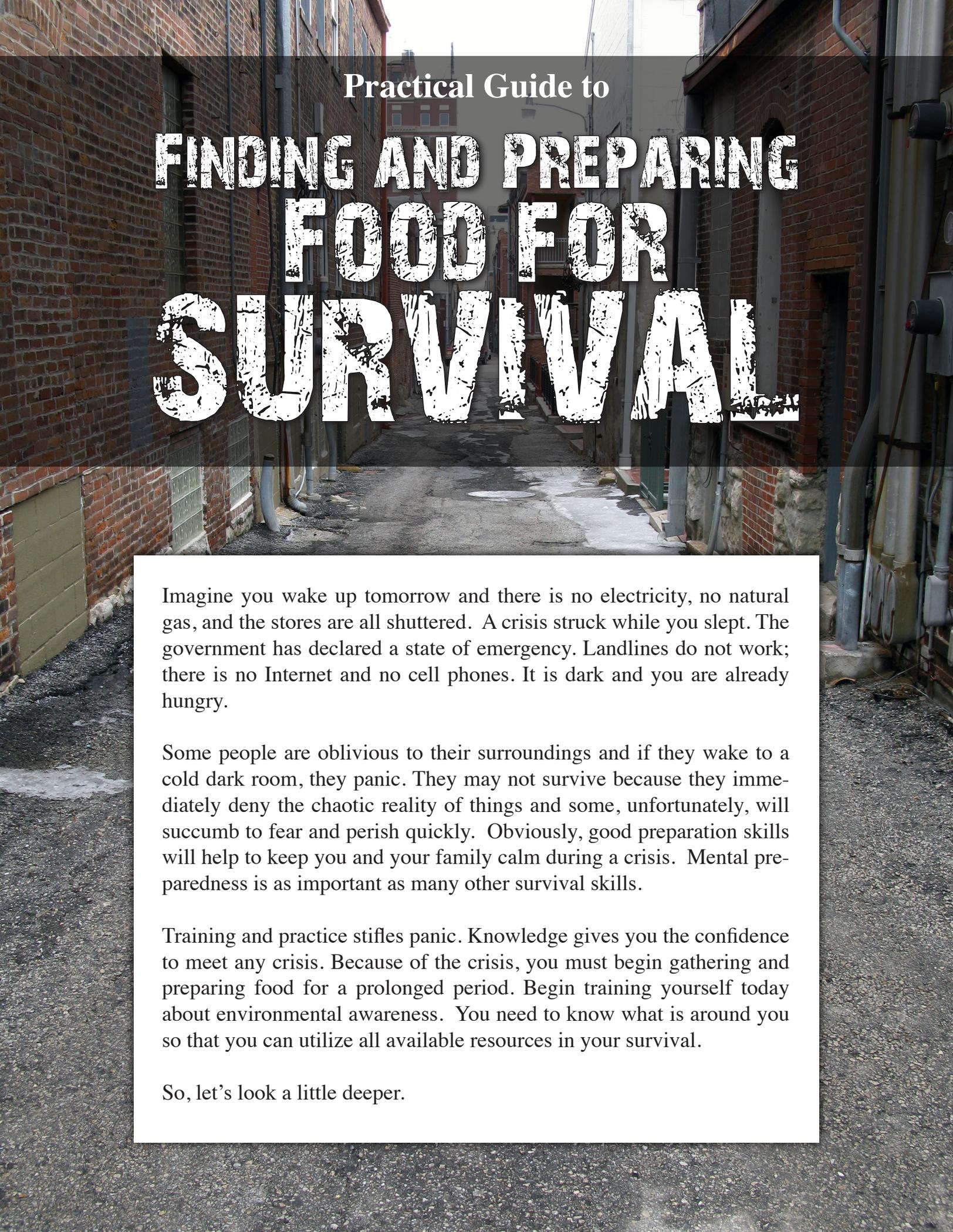
privacy, using a GPS is the best way to go. All you need to do is go around your neighborhood and mark waypoints to all of the cactus and other edible plant sources. Mapping this out will help you in your harvest and also prevent you from over-harvesting a food source.

Once you have your food sources marked, download it to your computer

and you can zoom in fairly close, make notes, create routes, note harvest times, etc. The key and goal in keeping these records is to help you maintain a renewable resource without it being over-harvested and to prevent getting “picked off” from other people seeing your food sources as you gather and forage in the city. Also, the more random you can make your food gathering expeditions, the more food you will be able to possibly harvest.

In addition, by noting the optimum harvesting time for each plant in your maps, if you have a short harvest time, then noting this will enable you to take full advantage of the food sources. For example, in our area Pecans start dropping between September-October. I would want to mark that in my mapping software so that I’m prepared to gather as much as possible during those times for my food source and food storage. There are things you will want to have researched well ahead of time so when foods ripen you are knowledgeable of their locations and efficiently prepared with the proper means to harvest, gather, and bag up your foods.





Practical Guide to FINDING AND PREPARING FOOD FOR SURVIVAL

Imagine you wake up tomorrow and there is no electricity, no natural gas, and the stores are all shuttered. A crisis struck while you slept. The government has declared a state of emergency. Landlines do not work; there is no Internet and no cell phones. It is dark and you are already hungry.

Some people are oblivious to their surroundings and if they wake to a cold dark room, they panic. They may not survive because they immediately deny the chaotic reality of things and some, unfortunately, will succumb to fear and perish quickly. Obviously, good preparation skills will help to keep you and your family calm during a crisis. Mental preparedness is as important as many other survival skills.

Training and practice stifles panic. Knowledge gives you the confidence to meet any crisis. Because of the crisis, you must begin gathering and preparing food for a prolonged period. Begin training yourself today about environmental awareness. You need to know what is around you so that you can utilize all available resources in your survival.

So, let's look a little deeper.

FIRST DAY

Take inventory and begin gathering all non-perishable food. Frozen foods will stay frozen for another 24 hours if you do not open the freezer door. Consider that you may have to leave your home, so gather together all the backpacks as well. Keep in mind, your neighbors or even strangers may be in panic mode and will be desperate. They are not hungry yet but are in a high state of distress. Be careful and begin hiding some supplies away from the home. People may attempt to ransack your home for food or other supplies, so remove all essential items as quickly as possible. Bury as much as you can and mark the locations. Once settled after the initial shock, which is usually the next day, began preparing any frozen foods you have.

Unless you have stockpiled food for weeks or even years, you may only have enough for a single week, maybe even less. Food is a priority and it must be prepared safely. If you do not have electricity and the propane or natural gas stove is inoperative, you must build your own stove and it has to be outside. Never start a fire inside of any structure. Canned foods can be consumed without cooking, unless it is otherwise stated. Never consume raw meat.

DAY TWO

Day two may already feel like a lifetime, but it is really only the beginning. Depending on the level of the crisis, the stores in the area may have already been looted. You must survey your area for farms and look for domesticated farm animals and garden plots. If you live in an urban area, look for patio gardens and/or community gardens depending on the season. You may have to hunt wild game or gather farm animals for a sustained crisis if you live in a rural area. For your own survival you may have to, shall we say, borrow items that may otherwise go to waste. If the entire country is a crisis, you will have to gather items from abandoned stores, warehouses and other homes. This is a fact that you must deal with quickly. There is no one to call and you must move quickly and make decisive decisions.



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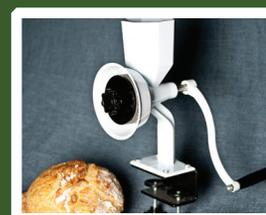
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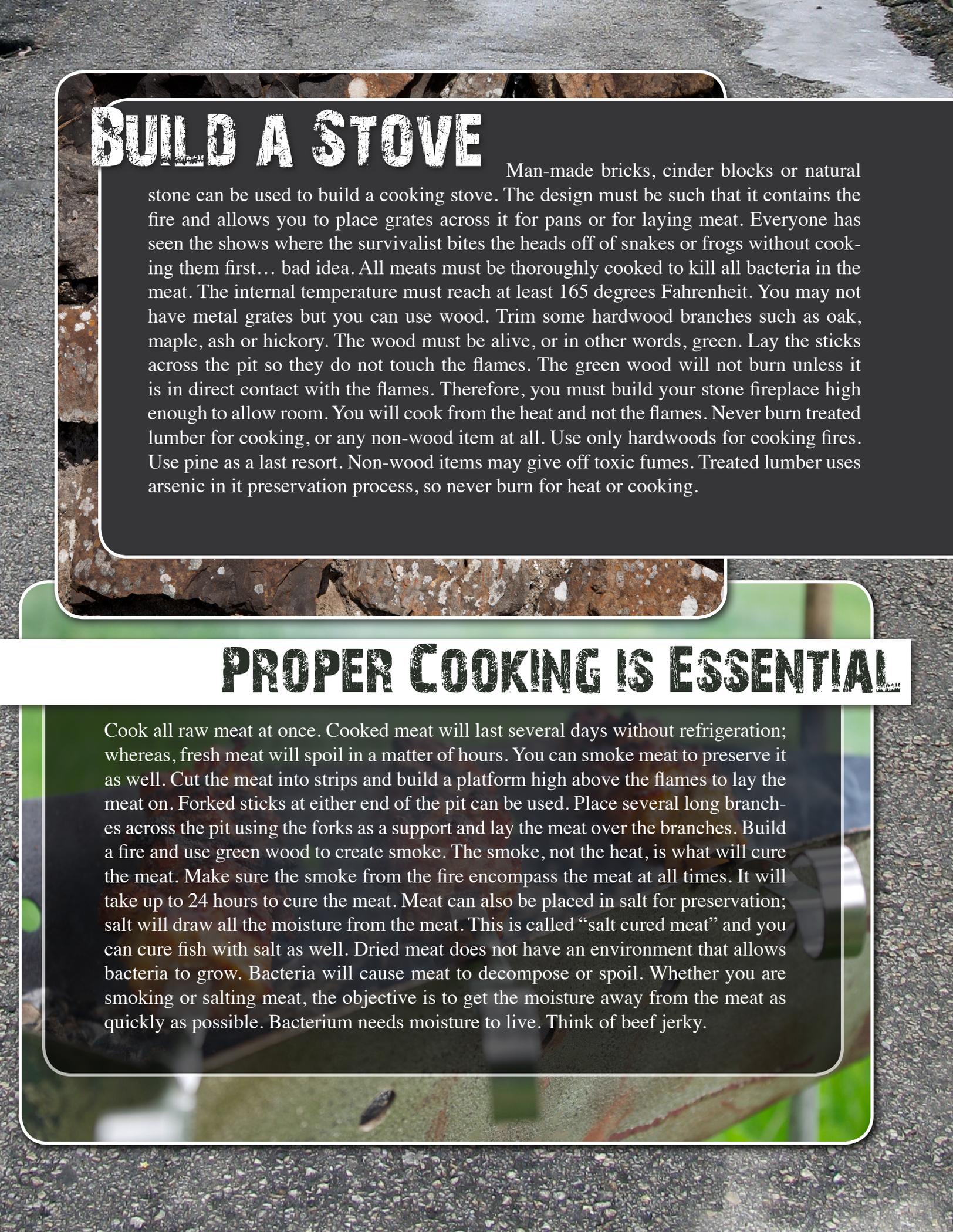


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BUILD A STOVE

Man-made bricks, cinder blocks or natural stone can be used to build a cooking stove. The design must be such that it contains the fire and allows you to place grates across it for pans or for laying meat. Everyone has seen the shows where the survivalist bites the heads off of snakes or frogs without cooking them first... bad idea. All meats must be thoroughly cooked to kill all bacteria in the meat. The internal temperature must reach at least 165 degrees Fahrenheit. You may not have metal grates but you can use wood. Trim some hardwood branches such as oak, maple, ash or hickory. The wood must be alive, or in other words, green. Lay the sticks across the pit so they do not touch the flames. The green wood will not burn unless it is in direct contact with the flames. Therefore, you must build your stone fireplace high enough to allow room. You will cook from the heat and not the flames. Never burn treated lumber for cooking, or any non-wood item at all. Use only hardwoods for cooking fires. Use pine as a last resort. Non-wood items may give off toxic fumes. Treated lumber uses arsenic in its preservation process, so never burn for heat or cooking.

PROPER COOKING IS ESSENTIAL

Cook all raw meat at once. Cooked meat will last several days without refrigeration; whereas, fresh meat will spoil in a matter of hours. You can smoke meat to preserve it as well. Cut the meat into strips and build a platform high above the flames to lay the meat on. Forked sticks at either end of the pit can be used. Place several long branches across the pit using the forks as a support and lay the meat over the branches. Build a fire and use green wood to create smoke. The smoke, not the heat, is what will cure the meat. Make sure the smoke from the fire encompasses the meat at all times. It will take up to 24 hours to cure the meat. Meat can also be placed in salt for preservation; salt will draw all the moisture from the meat. This is called "salt cured meat" and you can cure fish with salt as well. Dried meat does not have an environment that allows bacteria to grow. Bacteria will cause meat to decompose or spoil. Whether you are smoking or salting meat, the objective is to get the moisture away from the meat as quickly as possible. Bacteria needs moisture to live. Think of beef jerky.

Think About What You Are Doing At All Times

Do not drain the liquid off canned goods. You can consume the liquid to help prevent dehydration and to conserve your fresh water supply. Save the empty cans to use as cooking pots. You can also boil water in cans. Keep in mind, the cans are sealed with solder in some cases and prolonged contact with heat will render them useless. However, they can be used for one or two meals.

If you butcher wild game or farm animals, cut the meat into sizes that can be handled easily. Begin cooking the meat or preserving it immediately. Rinse the meat in clean water if it is available. Soaking wild game in salt water will reduce the game taste. Use this method only if you have an adequate supply of drinking water. Water is a very critical component of survival.

When preparing wild game, remove the liver and heart. Rinse if possible, cut up and place in a pot of water. Allow to simmer to provide a high protein broth. Your digestive system may suffer after a few days of eating in this survival mode. You will still need adequate fiber. Fiber can be obtained from oatmeal, leafy greens and beans. You can also take a few tablespoons of cider vinegar daily to aid in digestion. Distilled vinegar is acetic acid, or in other words, fermented alcohol. Cider vinegar when consumed will also ward off biting insects. Your body will secrete the acid when you sweat, which repels insects.

There Are Certain Conditions You Must Create

Bury all food waste away from camp or your structure. The entrails and scraps will attract predators and create odors. In addition, the food waste will create a breeding ground for bacteria. Blood from wild game can be consumed. The drained blood must set a few hours to allow it to separate. Once you see clear liquid on top, drain off and discard the liquid. What is left is a high protein concentrate that can be used as a drink after boiling. You can also use it as a cooking base also – just add vegetables or meat.

You must maintain discipline whether you are with your family or by yourself. Begin establishing duties. Someone must be in charge of gathering, assign cooking duties and so forth. Gathering and preparing food will be a full time job.

On the job, training is not an ideal situation during a crisis. Being prepared before the crisis will greatly increase everyone's chances of survival. You cannot afford to experiment with your food or water supply. Begin now by gathering essentials that will enable you to gather and prepare food that is safe to eat. Practice and training is not a waste of time, because you never know when you may wake to a darkened room. The crisis will strike without warning. You must be prepared to sustain life for a prolonged period. You may only have yourself and family to rely on.

Book Review

Whole Wheat Bread Making

“Whole Wheat Bread Making” by Donna Miller covers all the basics that every whole grain baker should know to achieve the perfect whole grain loaf.

Many times new bread bakers and even seasoned ones will experience some trepidation when incorporating health-supporting whole grains; but Donna's explanations, pictures and step-by-step instructions make that goal easy and enjoyable. From flour to pans to yeast and everything in between, Donna breaks down the ingredients, materials and techniques, shares her own knowledge, and offers many different options which allows the reader to be able to make bread uniquely their own.

Whole Wheat Bread Making by Donna Miller/Miller's Grain House reveals how to accurately measure ingredients for the dough and why this is so important, what can happen when you add too much flour to the mixture, how to have a consistent rise time, and how to avoid holes and bumpy crusts. Donna even covers the Hand and Bread-machine methods... so you can use both! She also gives you reasons why you should be careful how you mix the ingredients together, proper kneading techniques (complete with pictures), a special “testing trick” so you will know when to stop kneading, in addition to other shaping options than just loaf bread.

I recommend “Whole Wheat Bread Making” for anyone who wants to make the best whole wheat bread, or improve their bread-making!



Vickilynn Haycraft

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"Truly an outstanding prepping magazine. It shows that you've put a lot of effort into this project.

Job well done!"

- Robert Starkey

"In your May issue article 'Safe Water Treatment for Survival' it's suggested to add Vitamin C or drink mixes to water purified with chlorine or iodine. That's a good tip but don't add it until after the waiting periods described in the article. The ascorbic acid in Vitamin C, citrus juice, or most drink mixes, immediately neutralizes chlorine and iodine and stops the purification process. If you're going to store the treated water for any length of time, wait to add the vitamin C until you're ready to drink it."

- Irv C.

"Excellent, Excellent, Excellent!! Thank you!!!!!"

- Jane M

Readers Comments

I wanted to let you know that the first issue of your magazine was definitely worth waiting for. I will be subscribing to the hard copy version on the 4th of May, my next payday. The magazine shows us that you are caring and careful about the product you provide. I think that all the content is pertinent and providential and is and will be a useful repository to mine information from for a long while.

Thank you very much for letting me have the honor of a free subscription. I will be passing the information about your magazine to like minded friends. Best regards and carry on!"

- Tim Duffy

"WOW! Just received the first issue. I love it. Don't worry about the slight delay in getting the issue out. I just read through this issue and will be reading it again once I get home. I am already looking forward to issue #2. Thank you so much for the informative online magazine. GREAT JOB!!!!"

- Robin Bingham

"I live in a yurt with my mother and have some things to add. Be sure to insulate a yurt very well. They can get really cold in the winter or really hot in the summer. If at all possible, put it up under some shade trees."

- Ian Martin

"Just a quick note to let you know that I enjoyed every page of the first issue!!! Great job everyone and I am looking forward to the next issue!"

- Pennie



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A Pastor's Perspective

PREPARATION THROUGH PROVISION

by Jeff Rowland

It's hard to talk about preparation without talking about provision. Where our faith resides will determine where our provision will come from. As well, our fear will define what we lean toward for our provision.

Part of proper preparation is to move from fear to faith. We need understanding from a responsible perspective on the times we are living in and then the proper perspective on where our provision comes from.

A casual observation of the things that are happening in our world should lead all of us to the same conclusions. We need to prepare. However, if we inundate ourselves with the information that comes to us from the news outlets through all the various media then we can end up in great fear. Although fear is a motivator to get us to action, fear can also corrupt our spirit. Proper preparation should take fear away – not add to our fears.

We understand that from the beginning of recorded time fear has played a major factor in the affairs of man. The first response to sin when Adam rebelled against God was fear. He said, "I hid myself because I was afraid." Therefore fear finds its source in wandering away from God's prescribed order.

While responsibility would teach us to do our due diligence to prepare in the manner that many are teaching concerning the ability to sustain through the chaos that is certainly ahead, we must not forget how to prepare our spirit. You can have all the necessities laid in store but if your spirit is broken then hope is gone and there is no life. This is not God's plan for his people, Jesus said, "I have come that you might have life and have it more abundantly." We must move from fear to faith in order to have life that is joyful and victorious in times of trouble.

Fear seems to touch believers and unbelievers alike. I have never seen fear and concern in the hearts of people more than today. Unbelievers that have their faith in government, money, security of jobs or relationships, now understand that all of these are crumbling and they no longer can find strength in any of their sources of faith. Believers alike have exhibited faith in every source that unbelievers do because most have just a mere profession of faith in Christ instead of a genuine relationship with Christ which brings about real faith in him.

For years I have preached that God has already given us the provision before the need arrives. I'm reminded of what Jesus told the woman at the well. She was caught in the forms and cultures of her society. She cited the feelings that Jews had toward the Samaritans and wondered why Jesus would have anything to do with her. Jesus said, "drink of the water that I give you and you will never thirst again." The provision that comes through faith in Christ can prepare you not only for eternity but also for life today. If we understood His power and the release of His power through the His Spirit in us, I believe we could move from fear to faith and be able to bring order to a chaos that most can't even imagine.

Amos the prophet of old said, "Prepare to meet thy God." Jesus said "I go to prepare you a place." The prepared place is for a prepared people; therefore, get plugged into His provision and your preparation can be complete in him.

Community Connections

Moses Lake, WA - Third Meet Up

Meets on Saturday, June 16, 2012 at 5PM. Must be a member of Group to attend and get details.

Moses Lake Preppers Group Site:
<http://www.meetup.com/MosesLakePreppers/events/62032392/>

Diamond Bar, CA - Gun Training & Shooting Weekend

Meets at "Paul's Volcano" on Saturday, June 2, 2012 at 8AM. Must be a member of Group to attend and get details.

Inland Empire Preppers Group Site:
<http://www.meetup.com/InlandEmpirePreppers/events/58261602/>

Phoenix, AZ - Urban Survival Discussion

Meets on Saturday, June 2, 2012, at 1PM. Must be a member of Group to attend and get details.

Arizona Preparedness & Survivalism Group Site:
<http://www.meetup.com/AZSurvival/events/17242829/>

Tucson, AZ - Aquaponic Systems

Meets on Saturday, June 2, 2012 at 9AM. Must be a member of Group to attend and get details.

Southern Arizona Preppers Group Site:
<http://www.meetup.com/Southern-Arizona-Preppers/events/63309842/>

Albuquerque, NM - NM Prepare

Meets on Tuesday June 5, 2012, from 6:45pm to 8:45pm at the Manzano Mesa Multigenerational Center. Located at 501 Elizabeth SE, Albuquerque, New Mexico.

Contact Diane Camillo:
call - 505-990-3881
email - nmprepare@gmail.com

Las Vegas, NV - Basic Gear Workshop

Meets on Saturday, June 9, 2012 at 5PM. Must be a member of Group to attend and get details.

Las Vegas Preppers Group Site:
<http://www.meetup.com/LasVegasPreppers/events/57139632/>

Tacoma, WA - Show & Tell

"Get Home Bags (GHB) Spring / Summer Edition" meets on Saturday, June 2, 2012 at 9AM. Must be a member of Group to attend and get details.

South Puget Sound Preppers Group Site:
<http://www.meetup.com/TacomaPreppers/events/58920392/>

Vacaville, CA - Monthly Meeting - Preppers Anon

Meets on Thursday, June 21, 2012 at 6:30PM. Must be a member of Group to attend and get details.

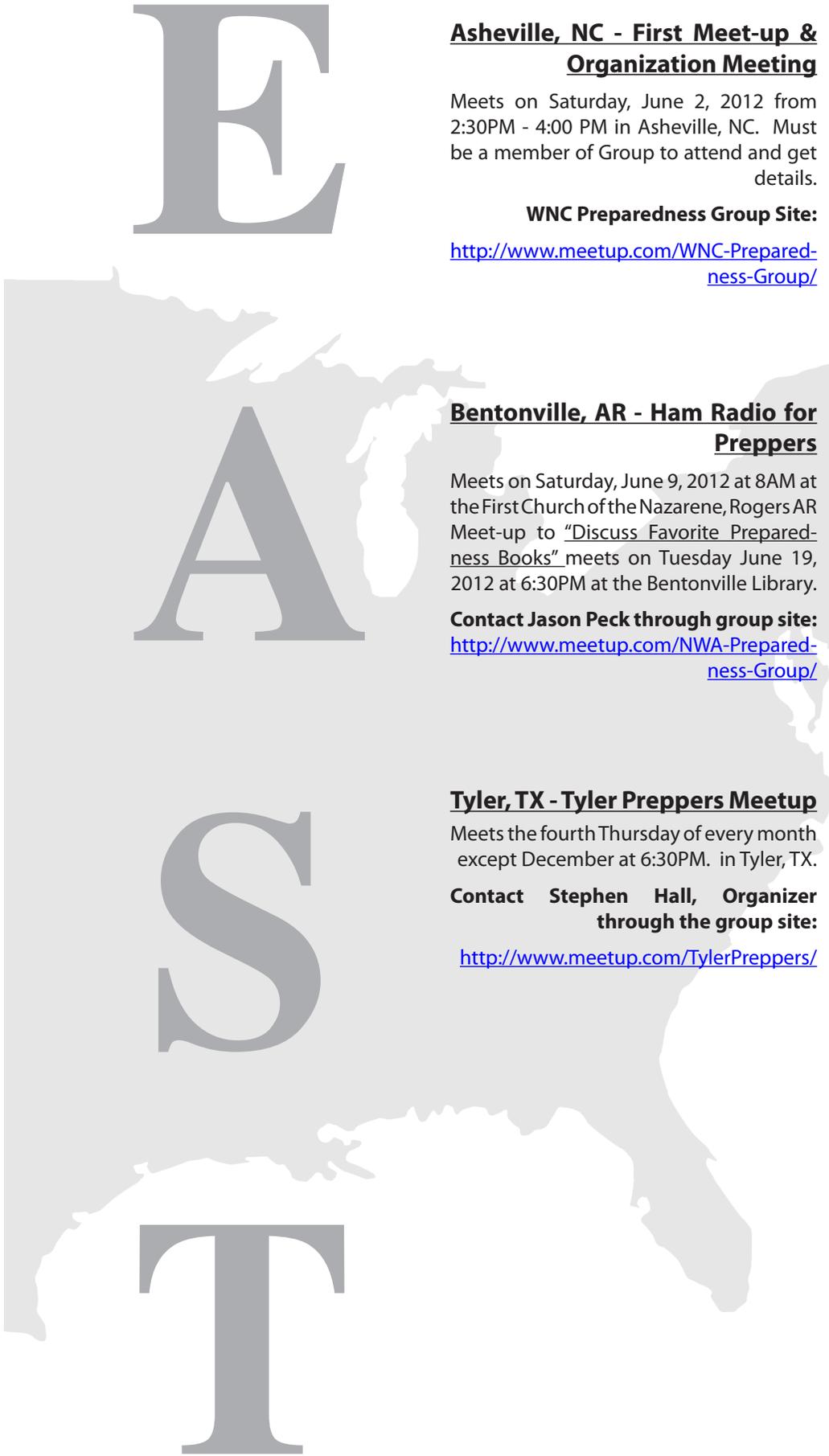
Vacaville Homesteading & Backyard Garden Guild Group Site:
<http://www.meetup.com/vacavillehomesteaders/events/65842762/>

W

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Asheville, NC - First Meet-up & Organization Meeting

Meets on Saturday, June 2, 2012 from 2:30PM - 4:00 PM in Asheville, NC. Must be a member of Group to attend and get details.

WNC Preparedness Group Site:

<http://www.meetup.com/WNC-Preparedness-Group/>

Fort Myers, FL - LDS Cannery Road Trip

meets on June 2, 2012 at 10AM. Must be a member of Group to attend and get details.

Fort Myers Preppers Group Site:

<http://www.meetup.com/FortMyersPreppers/events/59893112/>

A

Bentonville, AR - Ham Radio for Preppers

Meets on Saturday, June 9, 2012 at 8AM at the First Church of the Nazarene, Rogers AR Meet-up to "Discuss Favorite Preparedness Books" meets on Tuesday June 19, 2012 at 6:30PM at the Bentonville Library.

Contact Jason Peck through group site:

<http://www.meetup.com/NWA-Preparedness-Group/>

Huntington, NY - Successful Composting

meets on Friday, June 8, 2012 at 7:30PM. Must be a member of Group to attend and get details.

Long Island Preppers Group Site:

<http://www.meetup.com/Long-Island-Preppers/events/61655162/>

S

Tyler, TX - Tyler Preppers Meetup

Meets the fourth Thursday of every month except December at 6:30PM. in Tyler, TX.

Contact Stephen Hall, Organizer through the group site:

<http://www.meetup.com/TylerPreppers/>

Jacksonville, FL - Monthly Preparedness Meeting

meets on Saturday, June 6, 2012 at 5PM. Must be a member of Group to attend and get details.

Florida Survivalist Network Group Site:

<http://www.meetup.com/Northeast-Florida-Preparedness/events/65178542/>

T

Houston, TX - Marc Neuffer Presentation

meets on June 30, 2012 from 10:00 AM - 2:30 PM at the Bayland Community Center 6400 Bissonnet Street, Houston, TX.

Contact Toni Sinclair :

email - tonitigress@gmail.com

Group Website:

<http://www.meetup.com/Houston-Emergency-Preparedness/events/64228792/>

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Ray Gano

Ray & Tracye Gano are the Executive Directors of the web ministries Proph-ezine and Survival 4 Christians. They serve people worldwide with weekly newsletters, daily news updates, a community based website, Internet radio shows and YouTube broadcasts. Ray recently released his book "Survive the Coming Storm - The Value of a Preparedness Lifestyle" which has been moving up on the book charts.

Vickilynn Haycraft

The hostess of the GetReal-GetPrepared radio show on PRN. She is the author of: *Wrapping It Up!* and co-author of *Naturally Healthy Cuisine, Real Food for Real Families*. Vickilynn is a sought-after independent product tester and book reviewer delivering accurate, honest, and trustworthy reviews on products and books for the whole family. Subscribe to Vickilynn at: www.realfoodliving.com.

Ken Youngquist

Ken Youngquist is the creator of Survivaltek, a website dedicated to teaching the ways and means to survive. From his youth, Ken was captivated by primitive living skills, and in his adulthood was intrigued by the television Series MacGyver. The result has been the study and practice of survival skills and the desire to pass on the mantle of preparedness to others. You can visit and learn more at: Survivaltek.com

Jeff Rowland

Reverend Jeff Rowland is an Evangelist, Preacher, Author and Accomplished Songwriter. Jeff travels extensively across the United States preaching the gospel of Jesus Christ.

Jeff is from Chillhowie, Virginia, and comes from a preaching and singing family. He sang with his family until joining the US Army as a member of the 82nd Airborne. While in the military, Jeff surrendered into the ministry and was ordained in 1985.

After leaving the Army, Jeff has served as a Pastor and Evangelist, and now travels full-time around the Country sharing the message God has given him for these Last Days. For more from Jeff visit: JeffRowlandMinistry.com

Donna Miller

Donna Miller is a teacher, author, sought-after speaker and trainer. She has been both guest and host on internet and broadcast radio talk-shows and in television interviews. She enjoys teaching classes & retreats for people to learn more than head-knowledge of preparedness skills. She and her husband (Joseph) are the founders of both Millers Grain House, Your Preparation Station and are on the board of PREPARE Magazine. At the leadership of her husband, Donna and her family have been active in preparing for over 25 years

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