



# Food Prep and Storage

# The Rules of Three

**3 Minutes without Air**

**3 Hours with Shelter**

**3 Days without Water**

**3 Weeks without Food**

# Lets Talk Quickly About Water

**Boiling It**

**Filtering It**

**Distilling It**

# Storing Water



# Food for 3 Days

## **Three Meals**

These are easy and quick but still high in calories.

Could be Pre-Made Meals

Freezer – Prepackaged ingredients

Can be store bought or homemade

## **Snacks**

Things you will actually eat

Think more peanut butter snacks and less chips

# Stocking Food

- Only put up what you ACTUAL eat
  - SpaghettiO's vs Spaghetti
- Location
  - Cool and Dry
- Seasoning
  - Difference in like or don't like
- Raw Ingredients
- How it is prepared
  - Bought, Canned, or Vacuum Sealed
- Packing Meals Together
  - Make room for variety

# Tips and Tricks

Powered Milk

Plastic Buckets and Gama Lids

Victory Gardens

Stored in original containers?

Dented Can Store

Cash and Carry/Sams/Costco

If you need two, budget for three!

# Where to Start

- **Long grain white rice** (but you might also want basmati rice, jasmine rice, and/or medium grain rice... but not brown rice]
- **Pinto beans** (also black beans and perhaps smaller amounts of garbanzo beans, red beans, kidney beans, northern beans, split peas, lentils, etc.)
- **Rolled oats**
- **Sugar and salt** (do not use oxygen absorbers with these!)
- **Pasta** such as spaghetti or elbows (make sure you have or can make some sauce to go with these!)
- **Potato flakes** are also a consideration



# How to Store The Food You Grow



# Pickling



*Life Between the Kitchen and the Coop*

# Simple Run Through of Pickling

## **For brine:**

1 cup warm water

2 generous teaspoons coarse salt

1 tablespoon honey

$\frac{3}{4}$  cup cider vinegar

Seasonings such as

- 1 teaspoon whole grain mustard

- 1 teaspoon crushed coriander seeds

- $\frac{1}{4}$  teaspoon crushed red pepper flakes

- 1 teaspoon fresh grated ginger, a couple star anise, sprigs of green herbs

## **For Vegetables:**

About  $\frac{3}{4}$  pound  
vegetables, scrubbed  
clean, trimmed and  
sliced or cut into sticks  
as needed

## **Make brine:**

In a mixing bowl, whisk together water, salt, honey and cider vinegar until salt and honey are dissolved. Stir in mustard if using.

## **Make Pickles:**

Stuff Clean pint jars

Add seasonings, spices, and herbs

Pour in brine to cover.

Cover with a piece of cheesecloth and use a rubber band to secure

Leave jar out on counter for up to eight hours

Replace cloth with jar lid and refrigerate.

**Pickles will improve with age for up to at least four months.**



Thank You