

# Homesteading Survival

<b>Natural Food and Medicine:</b>	<b>2</b>
Foraging - Do's and Don'ts	2
Edible Wild Food	3
Mushrooms	4
Medicine	4
Wild Lettuce for Pain	4
Introduction - Who to Follow	6
Seeds	6
Homemade Fertilizer	7
Indoor Growing	7
Container Growing	7
Seed Starting/Plant Division	7
Food Preservation	8
Dehydrator	9
Water Bath Canning	9
Pressure Canning	9
Mennonite/Amish Canning (Caution)	9
Meal Planning and Recipes	9
Recipes from Wild Food	10

# What will be Covered in this Document:

- Seed grow kits
  - Lettuce grows quickly
  - Red peppers
  - Sprouting
  - 3 Sisters and Magic 8
- Who to follow
- Back to pandemic baking bread
- Hot sauce recipes - vinegar, med, hot, jalapeño and super hot! -fermented
- Growing/making condiments and sauces
- Canning, pickling, dehydration and food storage
- How to prevent food waste - storage tips
- What to do with scraps - meals and composting
- Nutritional information for food planning
- Foraging
- Fermentation and *winemaking*???
- Food forest
- Propagation - for sale or barter, each fruit tree for instance can run up to \$100 or more!
- Fishing
- Composting how to
- How to make fertilizer
- What invasives to eat near you and how to prepare
- How to support wild bees and pollinators
- Intercropping
- Pest management
- Disease mgmt
- Planting guides vs. real life
- Best practices for soil and environmental health
- Why be organic and get heirloom seeds
- Easy cheese making
- Meal Planning to save money

## Natural Food and Medicine:

### Foraging - Do's and Don'ts

Who to Follow:

<https://www.youtube.com/@BlackForager>

▶ Thinking about wild food access... would love your opinions 🍷

▶ New to Foraging? Start Here! 5 Plants for Absolute Beginners

## Edible Wild Food

▶ 7 Common Edible Weeds You Should Know

▶ They Invaded the US... and You Can Eat Them: 10 Edible Invasive Plants

▶ The Garden Gurus - Edible Weeds

▶ Common WEEDS that are actually HERBS! 🌿 #gardening #wildherbs #garden #freefood

▶ Wild Ramps - A spring foraging favorite! #ramps #foraging #ediblewildplants

▶ Can't find Wild garlic? Try Hedge garlic instead! #wildfood #foraging #edibleplants

▶ WILD RICE - From LAKE to TABLE

▶ How we forage and preserve wild black walnuts for Winter! #wildfood #offgridliving #foraging

▶ Got Black Walnut trees? Make syrup! 🍯

▶ Purslane: A Common Edible Garden Weed

▶ Yes, You Can Eat This Common Weed! - Purslane (BEWARE of SPURGE)

▶ What Is Purslane? The Juicy Weed Packed with Omega 3s You Should Be Foraging

▶ Survival food - dandelion seeds

▶ The Dandelion - A Medicinal Herb you should be Foraging!

▶ 🍷 Purple Dead Nettle: The FREE Superfood Growing in Your Yard (Don't Pull It! Before Y...

[https://youtu.be/UHVMzrGTCMk?si=7azRWFU4vk-W\\_qlv](https://youtu.be/UHVMzrGTCMk?si=7azRWFU4vk-W_qlv)

▶ Is this amazing edible plant growing in your yard?

## Mushrooms

▶ Toxic lookalike for Chanterelles. The False Chanterelle #foraging #wildfooduk #wildmushr...

## Medicine

### [Uses for Self Heal or Heal All](#)

### Wild Lettuce for Pain

▶ Turning wild lettuce into medicine #wildlettuce #herbalism #painrelief #herbalmedicine

▶ Let's make a wild lettuce pain relief tincture! [www.marlasorganics.com](http://www.marlasorganics.com)

▶ Making Wild Lettuce Pain Medicine



um it is a lettuce and it's a wild

0:23

lettuce but so you can eat it but this

0:26

time of the year right now it's towards

0:28

the end of July and the plant leaves can

0:32

become a little bit bitter but it's the

0:35

perfect time because if as you can see

0:37

it's starting to go to flower

0:40

it's the perfect time to pick it for a

0:42

medicinal purpose now these plants grow

0:44

anywhere from six inches  
off the ground  
0:47  
up to nine feet tall but I'll  
show you  
0:50  
the different ways to  
identify them  
0:54  
okay here we have two  
different  
0:55  
varieties of wild lettuce this  
is called  
0:58  
the tall blue and this is  
called the  
1:00  
Canadian wild lettuce  
1:02  
and this right here just to  
show as a  
1:04  
comparison is a very large  
dandelion  
1:06  
leaf  
1:07  
there's a lot of similarities  
but the  
1:09  
differences are a  
dandelion Leaf comes  
1:11  
to a stem that connects to  
the plant  
1:16  
wild lettuce the leaf  
actually comes all  
1:20  
the way down to the stem  
and attaches to  
1:23  
the central

1:25  
um flower stalk  
1:27  
of the plant  
1:30  
so you can still see this  
leaf that  
1:32  
comes down and it  
connects along with  
1:34  
the stem  
1:35  
dandelion has more of a  
rounded top  
1:38  
wild lettuce comes to more  
of a point  
1:41  
and I know these are very  
different but  
1:42  
they're both different  
varieties of wild  
1:44  
lettuce  
1:45  
uh they do come to a point  
now the other  
1:48  
thing too is the underside  
of a  
1:50  
dandelion is typically  
smooth  
1:53  
and the underside of an  
adult wild  
1:56  
lettuce  
1:57  
has very fine hairs or  
almost like  
2:01

needles to it prickly  
2:03  
uh they don't feel prickly to  
your hand  
2:05  
but they're there they're  
hairy whereas  
2:09  
a dandelion is not  
2:12  
another way to identify the  
different  
2:15  
varieties and to  
2:18  
make sure it's not a  
dandelion is a  
2:21  
dandelion grows in a basil  
rosette on  
2:25  
the ground and it has a  
central floor  
2:27  
flower stem that comes up  
but that  
2:30  
flower stem does not grow  
leaves  
2:32  
wild lettuce grows in a  
basil rosette  
2:35  
but it when it shoots up  
after its first  
2:38  
year of growth a flower  
stem leaves  
2:42  
continue to grow around  
the flower stem  
2:44  
all the way up the plant  
2:46

all the way to the base of the flower 2:48	and those are what you would see at the 3:00	3:09 bit sweeter
head 2:50	base of the plant it doesn't shoot up a 3:03	3:10 and the older leaves
um in its first year of growth it sits 2:53	flower stem 3:05	3:13 although they have more
on the ground about six inches tall 2:55	these are leaves that you would use for 3:07	3:15 of a latex in them and the latex is what
these are younger leaves 2:58	like a salad or edible they're a little 3:22	3:19 we're going to be using as a medicine

### [Wild Lettuce Identification](#)

▶ 5 Natural Pain Killers That Actually Work!

▶ Making a pain relieving and anti inflammatory tea from willow bark

## Introduction - Who to Follow

<https://www.youtube.com/@ghettogardening>

▶ Welcome to Ghetto Gardening with yaya!! 🧑🏻 | Introduction & Garden Tour!!

<https://www.youtube.com/@joeyplantstrees>

▶ How to get free garden seeds

<https://www.youtube.com/@Selfsufficientme>

▶ What Happens When You REGROW Vegetables From Kitchen SCRAPS in the Garden?

## Seeds

▶ I grew a dollar store vegetable garden with 50¢ seeds 😊 budget gardening

<https://youtu.be/NQnli2XIUUM?si=5OxIBTCiIMO-hveP>

<https://youtu.be/fL3gN05LwvA?si=ENJ8wHONup3H4k5d>

<https://youtube.com/shorts/5SiG9yn9v08?si=iT-TChJoN6AAtmSE>

<https://youtube.com/shorts/EWPAl05y4wQ?si=BiOFwE2p0ODbfPbW>

<https://youtube.com/shorts/txVWYq0LE18?si=a5VDmVF7PoCnWJWW>

[https://youtu.be/iMErBLSyxBk?si=j5RQG9NTa68oAM\\_x](https://youtu.be/iMErBLSyxBk?si=j5RQG9NTa68oAM_x)

<https://youtu.be/ZJuXpiEjdcc?si=PjtQl2e30F7Oivpu>

<https://youtube.com/shorts/gQk3--wbsLA?si=clXc52Cc8fZjUpa8>

## Fertilizer

[▶ Use This Fermented DIY Fertilizer For Explosive Growth \( 100X Tomato Growth \)](#)

<https://youtube.com/shorts/W2QJm-nhY4c?si=aldQ9tPG1DDegd8y>

## Composting

<https://youtube.com/shorts/s3aTLohE4XY?si=hrJELpla3zosb-pL>

## Indoor Growing

[▶ Making bean sprouts at home from plastic bottles is easy - both white and plump](#)

[Perfect Bean Sprouts in 3 Days – Easy Vietnamese Method](#)

[▶ How to Get Multiple Harvests from Pea Shoots \(Microgreens\)](#)

## Container Growing

▶ Dollar Tree x Lowes Vertical Garden! #gardening #explorepage #plants #gardener #garde...

▶ Things You Can Grow In The Dollar Tree Stackable Planters

## Seed Starting/Plant Division

▶ The Revolutionary Method for Starting Seeds

▶ Seed Snails Put to the Test - Surprising Results

▶ Are DIY Snail Jugs the Best New Seed Starting Hack?! 🌱🐌

▶ Seed Snail Update: Too Many Seedlings?

▶ There's only one problem with Seed Snails... #seedsnail #seedsnailmethod #seedsnails

▶ Spring Plant Division (Perennials)

▶ Improve Potting Mix and SAVE Money With This Simple Trick

<https://youtu.be/dirz0WIMQi0?si=eeO3B2DR65jrPJ6s>

[https://youtube.com/shorts/Pezx3A9\\_\\_U8?si=dYuBoJ0F39ZqytYv](https://youtube.com/shorts/Pezx3A9__U8?si=dYuBoJ0F39ZqytYv)

<https://youtube.com/shorts/99yDSzJnZP0?si=RAg4mOzsC4UYQ07m>

<https://youtube.com/shorts/o7N4d32EIHA?si=1N1B8dJNuTOKtVy1>

[https://youtube.com/shorts/\\_l2luPnMLZc?si=HF21Bo7fiZRNHV9L](https://youtube.com/shorts/_l2luPnMLZc?si=HF21Bo7fiZRNHV9L)

<https://youtu.be/k0TtSL4Gv64?si=sW8Qn4Qt9NA9ZiHe>

[https://youtu.be/djYpS\\_NrBLI?si=pKgtPQ6cFsXzJb\\_Z](https://youtu.be/djYpS_NrBLI?si=pKgtPQ6cFsXzJb_Z)

<https://youtube.com/shorts/NVk8jGhErTI?si=-wpgZWFL1nd8qSW>

<https://youtu.be/aecdmtgduUE?si=Y0j4H34DLrTsLYCt>

<https://youtu.be/THpqXBIT12Y?si=HDmkV0v2cxmNQqrV>

<https://youtube.com/shorts/QpcFeNmDRUY?si=GPnSXJ5I5vhhIFRm>

Watering

<https://youtube.com/shorts/B3dp9vtWxxw?si=pg-lcze4ReuGyJHF>

- ▶ How to grow a garden from the foods you're already buying
- ▶ 20 Forgotten Vegetables That Grow Like Weeds - The Lazy Gardener's Goldmine"
- ▶ How a 1/8 Acre Garden Feeds a Family of 6 ALL YEAR!
- ▶ Crisis Gardening: Fresh Food Fast
- ▶ How To Grow Peppers In Containers and Get a Huge Harvest!
- ▶ Fix Leggy Seedlings
- ▶ I Grew My Food in 14 Days | GROW • HARVEST • COOK 🌱
- ▶ Tiny Space, Big Harvest – How to Grow Food in a Small Garden
- ▶ You Only Need 1m<sup>2</sup> (10ft<sup>2</sup>) To Grow a Huge Amount of Food.
- ▶ I Grew Potatoes in Supermarket Paper Bags — Here's What Happened
- ▶ This Hobby Greenhouse Is Worth Every Penny
- ▶ Make an Instant Raised Bed for Less Than a Coffee
- ▶ Cheapest Greenhouse Heater (Easy and Works Great)
- ▶ FREE fertilizer from PURPLE DEAD NETTLES!! 🌱 #gardening #diy #fertilizer #plants
- ▶ Grow Your Own Functional Mushrooms Indoors! (Non-Sterile Easy Method for Oyster Mus...
- ▶ How to Grow Mushrooms in a Cardboard Box (Zero Skills Needed)

[Grow Mushrooms From Store-Bought Mushrooms \(It Actually Works\)](#)

## Food Preservation

▶ The 11 Most Common Preservation Methods and Techniques

▶ Preserving 100+ lbs of Garden & Wild Harvest in One Afternoon | Canning and Freezing

▶ FOOD SECURITY: Full Tour of Our Basement Grocery Store (plus tips!)

## Dehydrator

## Water Bath Canning

## Pressure Canning

## Mennonite/Amish Canning (Caution)

## Meal Planning and Recipes

▶ The Food Items I'm Quietly Stockpiling Right Now

▶ Start Here: How I'd Build a 3-Month Pantry (No Canning Required)

▶ 4 Hearty Meals for \$1 a Serving – Shockingly Good & Made from Pantry Staples!

▶ BULK Cooking for a Week! | Pantry Staple Recipes

▶ How I Make 20 Healthy Meals for \$30

▶ Top 3 emergency meals under 50 cents (Slav Survival Cooking)

▶ [How to live 7 Days on €10 – Slav Budget Challenge 2025](#)

▶ [55 Meals for \\$50 | Budget Shopping | Meal plan Ideas | Recession Meals](#)

▶ [Make-Ahead Freezer Meals | Budget-Friendly and Delicious](#)

▶ [The DIY Pantry | Everyday Staples Made Easy and Cheaper!](#)

▶ [126 MEALS FOR \\$30? \(Extreme Grocery Budget Tips\)](#)

▶ [How to Stretch \\$100: Breakfast, Lunch, Dinner, and Snacks for Two or More!](#)

▶ [We Made 73 Meals in 2 hours | Mason Jar Breakfasts, So Good!](#)

▶ [Nana's Kitchen Magic: 2 Ingredient Homemade Cheese](#)

▶ [I Don't Buy Greek Yogurt Anymore — 2 Ingredients, 3 Ways \(No Tools\)](#)

▶ [I Don't Buy Yogurt Anymore! 2 ingredients, THICC Greek Yogurt, No special tools Needed!](#)

## Recipes from Wild Food

▶ [Practising Resilience - Wild Green Pesto](#)