

Fall Reminders



Fall is a season of change. The plants shed leaves and animals store up food in preparation of the coming winter. No matter if we live urban, suburban or rural, fall is the time to be sure that our homes and vehicles are ready for winter.



For those of us who homestead, fall is very busy; what with the harvest, winter cover crops, food preservation and stocking as well as vehicle, equipment and building preps for the tough winter season.



With this in mind, some of these links will be helpful for the self-reliant and Prepper people among us, regardless of where we live.



Fall To Dos - Preparing for Winter

http://formerlynmurbanhomesteader.weebly.com/uploads/2/2/5/0/22509786/fall_to_dos_-_preparing_for_winter_new_site.pdf

Altitude & Water Boiling Points chart

http://formerlynmurbanhomesteader.weebly.com/uploads/2/2/5/0/22509786/altitude_water_boiling_points_chart.pdf

Canning Basics – Hot Water Bath

http://formerlynmurbanhomesteader.weebly.com/uploads/2/2/5/0/22509786/canning_basics_hot_water_bath_new_site.pdf

Canning Tomatoes-Hot Water Bath Step-by-Step

http://formerlynmurbanhomesteader.weebly.com/uploads/2/2/5/0/22509786/canning_tomatoes-hot_water_bath_step-by-step_new_site.pdf

Food - Dehydrated Freeze Dried to Fresh Equivalents and Rehydration Tables

http://formerlynmurbanhomesteader.weebly.com/uploads/2/2/5/0/22509786/u.s._fruit_vegetable_in_season_harvest_dates_state_by_state_wrd_97_new.xls

Solar Food Dryer (The Design, Construction, and Use of an Indirect, Through-Pass, Solar Food Dryer)

<http://www.small-farm-permaculture-and-sustainable-living.com/support-files/fooddryer.pdf>

Smokehouse Plans <http://www.countryfarm-lifestyles.com/support-files/smokehouse-plans.pdf>

Storage Guidelines For Fruits & Vegetables

<http://www.gardening.cornell.edu/factsheets/vegetables/storage.pdf>

Storage of Organic Fruits and Vegetables

http://nysipm.cornell.edu/organic_guide/stored_fruit_veg.pdf

Did You Know – History of Food Preservation

http://formerlynmurbanhomesteader.weebly.com/uploads/2/2/5/0/22509786/did_you_know_history_of_food_preservation_new_site.pdf

Acetic Acid & Acetic Anhydride-Distilled Vinegar

<http://scifun.chem.wisc.edu/chemweek/pdf/aceticacid.pdf>

Guide Selecting Preparing and Canning Vegetables & Vegetable Products

http://digitalcommons.usu.edu/cgi/viewcontent.cgi?article=1601&context=extension_histall

The Fall Vegetable Garden <http://www.hort.purdue.edu/ext/HO-66.pdf>

Handling and Cooking Game Animals http://aces.nmsu.edu/pubs/_circulars/CR495.pdf

Harvesting and Saving Garden Seeds

<http://www.msuextension.org/publications/YardandGarden/MT199905AG.pdf>

Harvesting and Storing Fresh Garden Vegetables List of Publications

http://www.uidaho.edu/~media/Files/Extension/Nez%20Perce/Horticulture/Vegetable_Gardening_publications.ashx

Harvesting and Storing Fresh Garden Vegetables (pdf)

<http://www.cals.uidaho.edu/edcomm/pdf/BUL/BUL0617.pdf>

Production of Coldframe Hardy Vegetables During Winter in OK

http://www.kerrcenter.com/publications/kessler_coldframe.pdf

Ingredient Substitution Chart of Healthy Food Options

http://www.pcrm.org/pdfs/health/PCRM_Substitution_Chart.pdf

Herbs and Spices Substitutions http://pubs.ext.vt.edu/348/348-907/348-907_pdf.pdf

High Pressure Food Processing <http://ohioline.osu.edu/fse-fact/pdf/0001.pdf>

Home Canned Fruit Pie Fillings <http://aces.nmsu.edu/pubs/e/e-316.pdf>

Home Canned Sweet Spreads Made with Green Chile

http://www.foodsafety.wisc.edu/assets/pdf_files/CannedSprdswgrnchile.pdf

Apples-Safe Methods to Store, Preserve and Enjoy

<http://www.ces.ncsu.edu/depts/fcs/Preservation/Apples.pdf>

In a Pinch Food Yields <http://aces.nmsu.edu/pubs/e/E132.pdf>

In a Pinch Ingredient Substitutions <http://aces.nmsu.edu/pubs/e/E131.pdf>

Ingredient Substitutions Food Yields <http://www.ksre.ksu.edu/bookstore/pubs/l730.pdf>

Canning Green Chile <http://aces.nmsu.edu/pubs/e/E-308.pdf>

Canning Meat Poultry and Game <http://ohioline.osu.edu/hyg-fact/5000/pdf/5330.pdf>

Canning Meat, Wild Game, Poultry & Fish Safely

http://www.foodsafety.wisc.edu/assets/pdf_files/Canning%20Meat,%20Wild%20Game,%20Poultry,%20&%20Fish%20Safely%20%28B3345%29.pdf

Canning Tomato Products <http://ohioline.osu.edu/hyg-fact/5000/pdf/5337.pdf>

Canning Fruit Basics <http://ohioline.osu.edu/hyg-fact/5000/pdf/5343.pdf>

Canning Vegetables Basics <http://ohioline.osu.edu/hyg-fact/5000/pdf/5344.pdf>

Canning and How to Use Canned Foods (1916)

<http://books.google.com/books?id=DOoYAAAAYAAJ&oe=UTF->

[8%20/%20http://books.google.com/books?id=DOoYAAAAYAAJ&printsec=frontcover&source=gbs_ge_summary_r&cad=0#v=onepage&q&f=false](http://books.google.com/books?id=DOoYAAAAYAAJ&printsec=frontcover&source=gbs_ge_summary_r&cad=0#v=onepage&q&f=false)

Water & Altitude: It's Not Boiling Minutes as much as Boiling Temperature

http://formerlynmurbanhomesteader.weebly.com/uploads/2/2/5/0/22509786/altitude_its_not_boiling_minutes_as_much_as_its_boiling_temperature_w_chart.pdf

Long Term Food Storage Free Guide (enter your email address and receive the free guide)

<http://longtermfoodstorage.org/>

Complete Guide to Home Canning <http://buelahman.files.wordpress.com/2011/01/complete-guide-to-home-canning.pdf>

Drying Foods <http://aces.nmsu.edu/pubs/e/e-322.pdf>

Drying Fruits and Vegetables <http://ohioline.osu.edu/hyg-fact/5000/pdf/5347.pdf>

Fact Sheet for Vinegar/Acetic Acid Recommendations http://oregonstate.edu/dept/nursery-weeds/weedspeciespage/acetic_acid_factsheet.pdf

Pickling-Making Fermented Dill Pickles <http://ohioline.osu.edu/hyg-fact/5000/pdf/5345.pdf>

Drying Herbs, Seeds and Nuts

http://www.webpal.org/SAFE/aaarecovery/2_food_storage/Drying/HGIC3086.pdf

Preparing Fruits for Drying

http://www.webpal.org/SAFE/aaarecovery/2_food_storage/Drying/HGIC3084.pdf

Preparing Vegetables for Drying

http://www.webpal.org/SAFE/aaarecovery/2_food_storage/Drying/HGIC3085.pdf

Preparing and Canning Pickled and Fermented Foods at Home http://aces.nmsu.edu/pubs/_e/e-318.pdf

Preserving Beverages: Water Juice, and Milk <http://ohioline.osu.edu/hyg-fact/5000/pdf/5354.pdf>

Preserving Pie Fillings <http://ohioline.osu.edu/hyg-fact/5000/pdf/5355.pdf>

Preserving Food-Drying Fruits & Vegetables

http://nchfp.uga.edu/publications/uga/uga_dry_fruit.pdf

Basics of Jelly Making

http://www.webpal.org/SAFE/aaarecovery/2_food_storage/Jellying/HGIC3180.pdf

Jelly and Jams http://www.webpal.org/SAFE/aaarecovery/2_food_storage/Jellying/HGIC3200.pdf

Pickle Basics http://www.webpal.org/SAFE/aaarecovery/2_food_storage/Pickling/HGIC3100.pdf

Pickling Cucumbers

http://www.webpal.org/SAFE/aaarecovery/2_food_storage/Pickling/HGIC3420.pdf

Common Problems with Pickled and Fermented Foods

http://www.webpal.org/SAFE/aaarecovery/2_food_storage/Pickling/HGIC3101.pdf

Dill Pickles and Sauerkraut

http://www.webpal.org/SAFE/aaarecovery/2_food_storage/Pickling/HGIC3380.pdf

Pickling Peppers http://www.webpal.org/SAFE/aaarecovery/2_food_storage/Pickling/HGIC3440.pdf

Pickled Vegetables

http://www.webpal.org/SAFE/aaarecovery/2_food_storage/Pickling/HGIC3400.pdf

Pickling Relishes http://www.webpal.org/SAFE/aaarecovery/2_food_storage/Pickling/HGIC3460.pdf

Processing Your Deer at Home http://aces.nmsu.edu/pubs/_circulars/CR508.pdf

Preserving Game Meats

http://www.webpal.org/SAFE/aaarecovery/2_food_storage/Processing/HGIC3603.pdf

Home Canning Equipment

http://www.webpal.org/SAFE/aaarecovery/2_food_storage/Processing/HGIC3020.pdf

Home Freezing Equipment

http://www.webpal.org/SAFE/aaarecovery/2_food_storage/Processing/HGIC3024.pdf

Food Spoilage and Principles of Food Preservation <http://crees.org/resources/files/forms/29.pdf>

Recipe Ingredient Substitution Chart <http://tipnut.com/files/2012/3573578.pdf>

Vacuum Packaging Foods at Home

http://www.webpal.org/SAFE/aaarecovery/2_food_storage/Processing/HGIC3865.pdf

Salsa Recipes for Canning 1 <http://cru.cahe.wsu.edu/CEPublications/PNW0395/PNW0395.pdf>

Salsa Recipes for Canning 2 http://aces.nmsu.edu/pubs/_e/e-323.pdf

Using Chile-Making Ristras, Making Chile Sauce http://aces.nmsu.edu/pubs/_circulars/Circ533.pdf

Saving Vegetable Seeds

<http://www.extension.umn.edu/distribution/horticulture/components/M1226.pdf>

Saving Your Own Vegetable Seeds <http://www.self-sufficiency-guide.com/eBooks/8226547-PROD6Saving-Your-Own-Vegetable-Seeds.pdf>

Secrets Of Meat Curing

<http://archive.org/download/secretsofmeatcur00bhelrich/secretsofmeatcur00bhelrich.pdf>

Freezer Storage Times <http://www.home-storage-solutions-101.com/support-files/freezer-storage-times.pdf>

Freezing Basics <http://ohioline.osu.edu/hyg-fact/5000/pdf/5341.pdf>

Freezing Fruit Basics http://oces.okstate.edu/haskell/uploaded_files/Fruit%20Basics.pdf

Freezing Fruits and Vegetables at Home

<http://aces.nmsu.edu/ces/foodtech/documents/freezingfv.pdf>

Freezing Green Chile http://aces.nmsu.edu/pubs/_e/Guide%20E-311.pdf

Freezing Meat Poultry and Game <http://ohioline.osu.edu/hyg-fact/5000/pdf/5334.pdf>

Freezing Vegetables <http://ohioline.osu.edu/hyg-fact/5000/pdf/5333.pdf>

Freezer Storage Times <http://www.home-storage-solutions-101.com/support-files/freezer-storage-times.pdf>

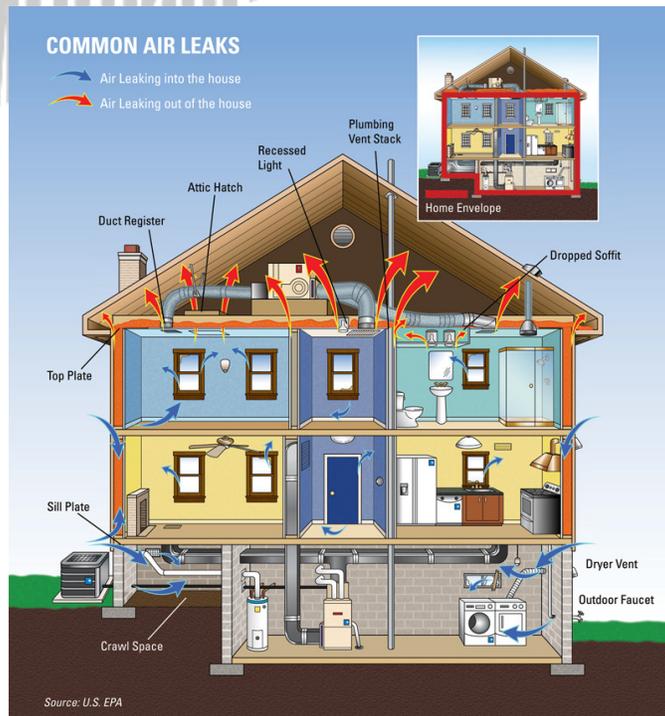
Small Scale Food Drying Technologies http://www.ieham.org/html/docs/drying_technologies.pdf

Shelf Life Information on Lots of Things Updated April 2015 (Excel workbook, check all tabs)

[http://formerlynmurbanhomesteader.weebly.com/uploads/2/2/5/0/22509786/shelf_life_information_on_lots_of_things_\(updated_apr_2015\).xlsx](http://formerlynmurbanhomesteader.weebly.com/uploads/2/2/5/0/22509786/shelf_life_information_on_lots_of_things_(updated_apr_2015).xlsx)



Keep in mind that having a well-insulated home, with a strong thermal envelope, that seal of the outer walls that inhibit any air and temperature exchange between inside and outside, is a major money saver! The stronger the thermal envelope, the easier and cheaper it is to heat or cool your home's interior. Second to this energy saver is having a home with good air flow so the heating and cooling equipment doesn't have to work double time to keep the temperature you want. This means having as few doors, windows, halls, walls and archways (door to double door width) as possible.



For more information on this see:

Can you Afford your House Lifestyle?

[http://formerlymurbanhomesteader.weebly.com/uploads/2/2/5/0/22509786/can_you_afford_your_ho_use_lifestyle_\(updated_mar_2015\)_new_site.pdf](http://formerlymurbanhomesteader.weebly.com/uploads/2/2/5/0/22509786/can_you_afford_your_ho_use_lifestyle_(updated_mar_2015)_new_site.pdf)

Can you Afford your House Lifestyle -Home Usage Audit Worksheets (updated Mar 2015)

[http://formerlymurbanhomesteader.weebly.com/uploads/2/2/5/0/22509786/can_you_afford_your_ho_use_lifestyle_-home_usage_audit_worksheets_\(updated_mar_2015\).pdf](http://formerlymurbanhomesteader.weebly.com/uploads/2/2/5/0/22509786/can_you_afford_your_ho_use_lifestyle_-home_usage_audit_worksheets_(updated_mar_2015).pdf)

Can you Afford your House Lifestyle-Home Contents Audit Worksheets (updated Mar 2015)

[http://formerlymurbanhomesteader.weebly.com/uploads/2/2/5/0/22509786/can_you_afford_your_ho_use_lifestyle-home_contents_audit_worksheets_\(updated_mar_2015\).pdf](http://formerlymurbanhomesteader.weebly.com/uploads/2/2/5/0/22509786/can_you_afford_your_ho_use_lifestyle-home_contents_audit_worksheets_(updated_mar_2015).pdf)



Additional budgeting tips can be found at **Budgeting for Mere Mortals**

http://formerlymurbanhomesteader.weebly.com/uploads/2/2/5/0/22509786/budgeting_for_mere_mortals_vr_2_new_site.pdf

Everyday & Holiday Gift Ideas for Your Prepper Family and Friends

http://formerlymurbanhomesteader.weebly.com/uploads/2/2/5/0/22509786/everyday_holiday_gift_ideas_for_your_prepper_family_and_friends_new_site.pdf



Once you get your fall to do's, you can get a head start on your Winter To Do's ...

Winter Preparedness & To Dos

http://formerlymurbanhomesteader.weebly.com/uploads/2/2/5/0/22509786/winter_preparedness_to_dos_new_site.pdf

Winter Survival Clothing System <http://survival-training.info/Library/Clothing/WinterSurvivalClothingSystem.pdf>

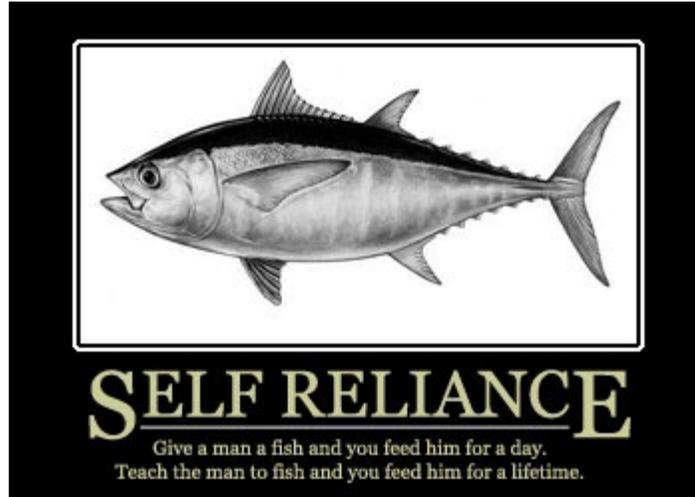
A Guide to Buying and Storing Your Winter's Wood

<http://www.gov.ns.ca/energy/resources/EM/wood-heating/Buying-and-Storing-Your-Winters-Wood-Brochure.pdf>

Winter Wind and Personal Safety <http://www.accem.org/pointers/eppdec10.pdf>

USMC MWTC Winter Survival Course Handbook http://archive.org/download/milmanual-us-marine-corps---mwtc-winter-survival-course-handbook/us_marine_corps_-_mwtc_winter_survival_course_handbook.pdf

Yeppers, being as self-reliant and/or prepared as possible - is a full time job, 365 days a year and it doesn't matter if you live in a city, rural or in the wilderness!



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