

# Back To Basics Guide To Growing Your Own Food, Canning, and Keeping Chickens

Have you ever thought about taking control of what you eat by growing your own food and becoming more self-sufficient? In today's fast-paced world, many people are going back to basics and embracing the idea of growing their own food, learning how to can fruits and vegetables, and even keeping chickens for a fresh supply of eggs. In this guide, we will explore the fundamentals of these practices and provide you with the knowledge and inspiration to start your own backyard revolution!

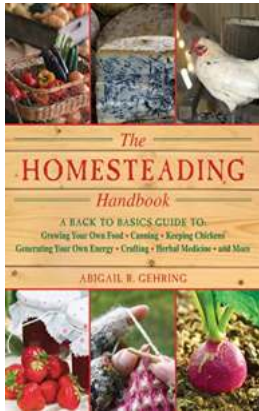
## Growing Your Own Food

There is something truly special about plucking a ripe tomato or biting into a juicy strawberry that you have grown with your own hands. Growing your own food not only brings immense satisfaction but also offers numerous benefits, such as access to fresh produce, saving money, and promoting a healthy lifestyle.

In this section, we will delve into the essential aspects of growing your own food, including choosing the right location, preparing the soil, selecting the appropriate plants, and providing proper care at every stage of their growth. Whether you have ample backyard space or limited urban conditions, we will guide you on how to maximize your harvest by utilizing all available resources.

**The Homesteading Handbook: A Back to Basics Guide to Growing Your Own Food, Canning, Keeping Chickens, Generating Your Own Energy, Crafting, Herbal Medicine, and More (Handbook Series)** by Abigail R. Gehring (Kindle Edition)

★★★★☆ 4.7 out of 5



Language	: English
File size	: 84409 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 273 pages
Lending	: Enabled



## Canning for Preservation

Preserving your food through canning is an age-old practice that allows you to enjoy the flavors of summer well into the colder months. Canning not only enables you to savor the taste of your homegrown fruits and vegetables all year round but also reduces food waste and allows you to take advantage of seasonal abundance.

In this section, we will walk you through the canning process step by step, covering everything from the necessary equipment and techniques to selecting appropriate recipes for canning different types of food. We will also provide you with handy tips on storage and shelf life, ensuring that your homemade preserves stay fresh and delicious.

## Keeping Chickens

Keeping chickens in your backyard is a rewarding experience that allows you to have a constant supply of fresh eggs while connecting with nature. If you've ever thought about having your own flock of hens, this section will serve as your comprehensive guide to getting started.

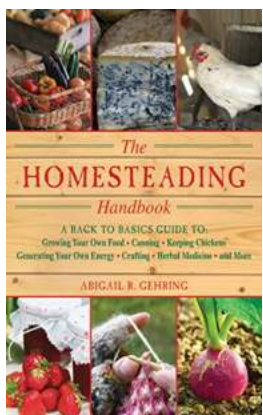
From choosing the right chicken breed and setting up a proper coop to feeding, healthcare, and maintaining hygiene, we will cover all the essential elements of chicken keeping. Additionally, we will share insights on how chickens positively contribute to your garden by naturally fertilizing the soil and controlling pests.

## Your Backyard Revolution Starts Now!

Embarking on the journey of growing your own food, canning, and keeping chickens is an empowering way to live a more self-sufficient and sustainable life. By taking control of your food sources and reducing your reliance on external factors, you not only improve your health but also play a part in promoting a greener and more environmentally friendly world.

Remember, every journey starts with a single step. Start small, experiment, and have fun along the way. Whether you have a large backyard or just a balcony, there is always room for growing your own food or accommodating a few hens.

So, what are you waiting for? Begin your backyard revolution today and experience the joy of producing your own food in harmony with nature. It's time to embrace the simplicity, connect with the earth, and enjoy the fruits of your labor – literally!



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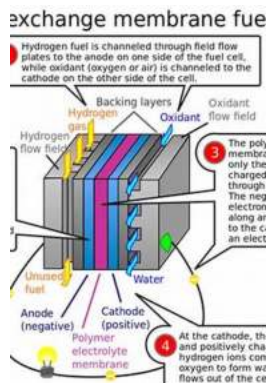


“A full-color guide that shows you how to reduce waste and start homesteading without breaking your bank” from the author of Back to Basics (Homesteading Where You Are).

With the rapid depletion of our planet’s natural resources, we would all like to live a more self-sufficient lifestyle. But in the midst of an economic crisis, it’s just as important to save money as it is to go green. As Gehring shows in this thorough but concise guide, being kind to Mother Earth can also mean being kind to your bank account! It doesn’t matter where your homestead is located—farm, suburb, or even city. Wherever you live, The Homesteading Handbook can help you:

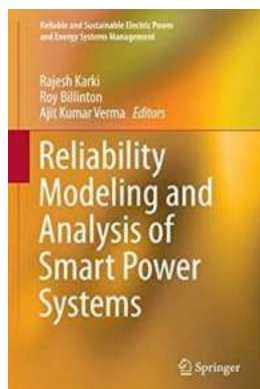
- Plan, plant, and harvest your own organic home garden
- Enjoy fruits and vegetables year-round by canning, drying, and freezing
- Build alternate energy devices by hand, such as solar panels or geothermal heat pumps
- Differentiate between an edible puffball mushroom and a poisonous amanita
- Prepare butternut squash soup using ingredients from your own garden
- Conserve water by making a rain barrel or installing an irrigation system
- Have fun and save cash by handcrafting items such as soap, potpourri, and paper

Experience the satisfaction that comes with self-sufficiency, as well as the assurance that you have done your part to help keep our planet green. The Homesteading Handbook is your roadmap to living in harmony with the land.



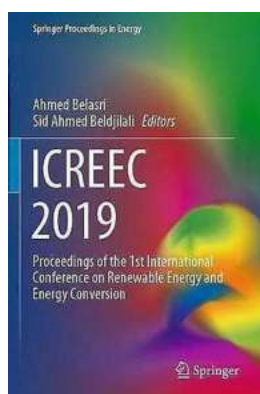
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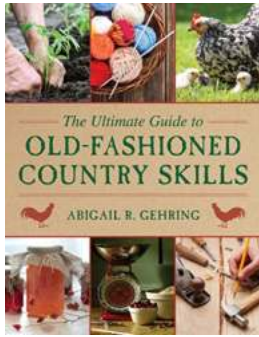
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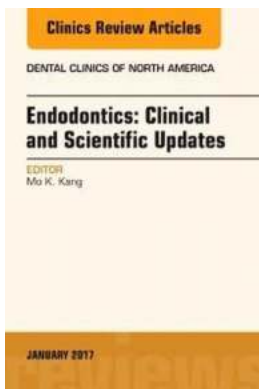
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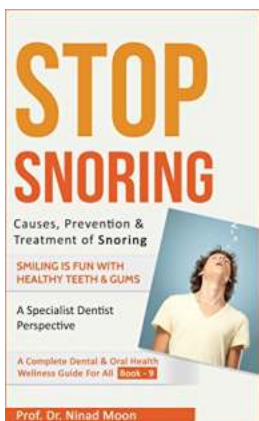
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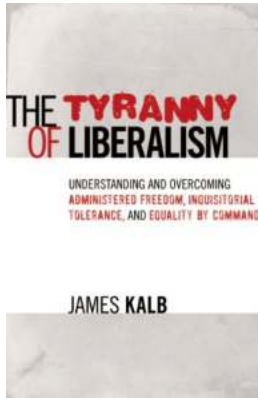
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