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Categories

plant products

grains

[image: grain#Top Ten most consumed grains globally]

pseudo grains

[image: grains and pseudo grains]

produce

[Gardening](#)

Tubers and root vegetables

leafy greens

Fruits

legumes and pulses

meats

[Livestock](#)

Fish and seafood

eggs

dairy products

nuts and seeds

fats and oils

herbs and spices

sweets and confectionery

[cookies](#) · [cakes](#) · [Baked goods](#)

beverages

Importing

Self sufficiency

gardening

preserving

[chilling](#) and [freezing](#) [drying](#) [salting](#) and [sugaring](#) [vacuum packing](#) [pasteurizing](#) [root cellar](#) [smoking](#) and [curing](#) [canning](#) [pickling](#) and [fermenting](#)

Breakdown Nutrition

protein

oil

carbohydrates

nutrition

flavor

Categories

grains

[image: grain#Top Ten most consumed grains globally]

pseudo grains

[image: grains and pseudo grains]

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healthy

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dense vegetables what you can grow inside

easy meals

5 minute meals easiest ways to cook

meal prep

*if you have a garden, learn how to use your harvest [here](#)

- [meal prepping guide](#)
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Preserving

canning chilling and freezing drying pasteurizing pickling and fermenting root cellar curing with salt curing with sugar smoking and curing vacuum packing

Groceries

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[crops with the highest concentration of round up foods most likely to contain toxins the fda isn't that great](#)
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Food by culture

- [cuisines](#) idk what else to put here

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Foods by raw category

Animal

[diary eggs](#) [Fish and seafood](#) [meats](#) *have the land and interest to raise animals see [here](#)*

Plants

[Fruits grains greens herbs and spices legumes and pulses nuts produce pseudo grains seeds Tubers and root vegetables](#)

Fungus

want to grow your [mushrooms](#)? see [here](#) [commerical edible mushrooms wild mushrooms fermented fungal foods fungal products medicinal fungi](#) [ore foraging wild mushrooms!](#)

Misc.

[sweets and confectionery preserving agents idk? \[algae as food\]\(#\)](#)

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Foods by raw category

Animal

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Plants

fruits grains greens herbs and spices (USDA zone 6) legumes and pulses nuts produce pseudo grains
seeds Tubers and root vegetables

Fungus

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foods fungal products medicinal fungi foraging wild mushrooms!

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easy

easiest ways to cook 5 minute meals

filling up the pantry

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crops with the highest concentration of round up foods most likely to contain toxins gras and how scary it is
what the fda does wrong in protecting American consumers

meal prep

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Preserving

chilling and freezing drying salting and sugaring vacuum packing pasteurizing root cellar smoking and curing canning pickling and fermenting

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Foods by raw category

[grains](#) [pseudo grains](#) [produce](#) Tubers and root vegetables leafy greens Fruits legumes and pulses meats
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