



## Survival Foods - A Guide to Selection and Storage (Paperback)

By M Usman, John Davidson

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Table of Contents Preface Chapter 1 - Introduction Chapter 2 - Survival Foods That You Need by Your Side MRE Rice Beans Cornmeal Lard Salt Sugar Pasta Peanut butter Chapter 3 - What not to store Tuna Flour Saltine and graham crackers Breakfast cereals Tomato items Home dehydrated foods Bottled salad dressings Chapter 4 - Storing your food Ground storage Root cellaring Chapter 5 - Methods of Food Preservation Dehydrating Canning Commercially canned food Frozen foods Chapter 6 - Survival in the Wilderness Universal edibility test Temperate zone plants Tropical zone food plants Desert zone food plants Seaweeds North African plantation Conifers Grasses Oaks Preparation of Plant Food Chapter 7 - Other sources of survival foods Insects Amphibians Fish Birds Small Mammals Reptiles Conclusion References Author Bio Publisher Preface Life as we know it is quite simple. We all have an organized structure in which we live in, and all our necessities are nearby. Humans require water and food, above all other commodities and necessities, to survive and in our natural habitat we do not worry about the provision...



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