

Protective Diet Class #297 Fall Harvest and Winter Food Storage

This class shares tips on preserving the harvest. Whether your produce comes from a plant-based homestead or the grocery store, you can assemble an abundant winter food storage and enjoy your protective favorites no matter what's going on in the world.

Announcements

- Engage in our official support group, [Protective Diet Living \(PDL\)](#). Join [Live Chats & Coaching Hour](#) for personal assistance.
- Shop www.protectivediet.com/bulk, an independent source for low-cost, high-quality [PD staples](#) in bulk.

Vocabulary

Plant-based Homestead

Grocery Store Independence

Plant Diversity

Workplace for Wellness

Action Steps for a Peace-of-Mind Pantry

- Gather the Harvest

GARDEN ACTION LIST

- Write dates and plans for harvest week in your [Calendar of Achievements](#) for reference next year.
- **Pick Everything** before winter's first frost hits.
- Leave cold hardy crops such as kale, broccoli leaves, kohlrabi leaves, and onions.
- Order seed garlic and plant to overwinter for a midsummer harvest next year.
- Cut back the canes of raspberries and wrap fruit tree trunks to protect from winter deer damage.
- Shut off irrigation water to prevent damage to water pipes and irrigation parts during a freeze.
- **Save Seeds**--allow your best producers to go to seed so you can collect and store seeds from your favorite varieties.
 - Collect seeds from melons, cucumbers, squash, peppers, tomatoes, herbs, peaches, plums, apricots and more.
 - Soak seeds in a dish of water for 2-3 days. Then, lay out to dry on a paper towel for 4-7 days.
 - Label the paper towel with the name and source of the seeds.
 - Transfer to an envelope for long term storage. Make notes on the envelope: Name of crop, original seed source and date.
 - Plant pits from peaches and plums in pots and grow new trees as gifts for neighbors.
 - Pot cuttings from raspberries and blackberries to give away as well.
- **Wash, Dry and Sort** produce according to preservation method: refrigerate, freeze, ferment, or dry store.
- **Care for Hard Working Hands**—moisturize with shea butter & cover with gloves while washing and processing produce.

REFRIGERATE	<p>Vacuum Seal Cucumber Zucchini Carrots</p> <p>Plan to use some items in your Harvest Week menu: Eggplant—make Baba Ga-Hummus Tomatoes—make Pico de Gallo Okra—pick young—enjoy with dip or in Gumbo</p>	FERMENT	<p>Jar Tomato powder —ferment as Ketchup, BBQ Sauce Green Tomatoes—roast and ferment as Green Tomato Salsa Green Cherry Tomatoes—ferment as olive-like salad toppers Cabbage—ferment as Ruby Raw Kraut Onions—ferment as Probiotic Pickled Onions Carrots—ferment as Escabeche Cucumbers—ferment as Kosher Deli Pickles All Peppers—ferment as Probiotic Pepper Sauce and Probiotic Pepper Rings</p>
	<p>Vacuum Seal Hot Peppers—sort into red and green bags Sweet Peppers—dice and seal Eggplant—roast and seal , 2/package for Baba Ganoush Peaches—half, pit, flash freeze and seal Roots—restock turmeric, ginger & horseradish roots</p>		<p>Bag or Box Herbs—Rosemary, Mint, Thyme, Oregano, Bay Leaves, Parsley -- Dry on a kitchen towel or in a hanging herb dryer Squash—let it cure in a dark place for 2 weeks before slicing Melon—let it sugar on the counter for 3 days before slicing Onions—store in a cool, dark place</p>

• Buy in Bulk for Long Term Storage

- Increase your self-reliance by storing food for convenience,
- In case of a natural disaster or national food shortages.
- We use the same staples over and over again on a [Protective Diet](#), so why not store in bulk.
- Handy Supplies: food safe 6-gallon buckets with easy-open gamma lids, [grain mill/flaker](#), a cool, dry place for storage
- Stock grains like you are going to use them because you will on a Protective Diet: wheat, rice, [corn](#), [masa](#), [oats](#), etc.
- Order [Red Lentils](#) in bulk—they are used in multiple stove-top, shelf-stable meals.
- Store a variety—it's the spice of life & the key to life. Our microbes love plant diversity. Variety promotes the microbiome.
- Store ingredients for the recipes you love—identify shelf-stable ingredients and stock them deep.
- Rotate--shelf items according to expiration date with closest expiration date in front for first use.
- Build up an extensive supply of [soymilk](#) and [Protective Diet Broth Mix](#) and [Tomato Powder](#).
- Hang on to anything you no longer use until it expires—it still has bartering value.

Cooking Tips

- When your supply of [Jerry's Organic Plant-Based Yogurt](#) is down to one full jar and a partial jar. It's time to make more.
- [Fermented](#) Sauces & Salsas—once peppers/tomatoes are fermented, refrigerate until needed. Then do the blending step.
- Raspberries—enjoy straight off the bush or snip the tips of fruit-bearing canes and save for a personal picking party later.
- Grapes--Save sun-dried raisins for the chickens—eating dried fruit will disrupt your taste bud reprogram by overstimulating your dopamine receptors and desensitizing your taste buds to the sweetness of natural fruit = lack of food satisfaction.
- Make [Instant Vanilla Extract](#)—get ready for baking season; keep your pantry stocked and vanilla rich.
- Rye Bread doesn't taste any different than wheat bread until you add the toasted [Caraway Seeds](#).

Encouragement

- We have so many [recipes](#) on a Protective Diet to dot every 'i' and cross every 't' in taste bud needs.
- Engage your family in this. Let them pick something new and exciting to make this week based on the picture.
- In [PD-Ed](#) there are directions for every level of cooking whether you are a total foodie or you just want food on the table fast.
- Whether you are working in a teeny tiny kitchen, or one that's so large and overwhelming you don't even know where to get started, and even if you've never really cooked, or you have a pantry filled with ingredients that are not on a Protective Diet, you will get there one meal at a time, one day at a time, you will evolve just like I have over the last ten years.
- Don't get overwhelmed. I'm going to tip toe you through all of this, learning as you go. Just do your best and forget the rest!
- This is my life. This is my lifestyle. This gave me life and carried me through the hardest of times.

"I love my pantry! During the food scarcity that looms in the future, we are going to thrive because we are eating at the bottom of the food chain."

Recommended Recipes

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| <input type="checkbox"/> Probiotic Pepper Sauce | <input type="checkbox"/> Pico de Gallo | <input type="checkbox"/> French Onion Dip | <input type="checkbox"/> Seasoned Bread Crumbs |
| <input type="checkbox"/> Pickled Pepper Rings | <input type="checkbox"/> Corn Tortillas | <input type="checkbox"/> Buttermilk Ranch Dressing | <input type="checkbox"/> Fried Green Tomatoes |
| <input type="checkbox"/> Instant Vanilla Extract | <input type="checkbox"/> Pit Paste | <input type="checkbox"/> Frozen Cheezy Garlic Bread | <input type="checkbox"/> Batter and Bake Vegetables |
| <input type="checkbox"/> Flatbread Pizza | <input type="checkbox"/> Red Lentil Dahl | <input type="checkbox"/> Hot Diggity Dogs | <input type="checkbox"/> Stove top Red Lentil Chili |
| <input type="checkbox"/> Instant Tomato Paste | <input type="checkbox"/> Plant-based Gumbo | <input type="checkbox"/> Tomato Cream Sauce | <input type="checkbox"/> Sugar-Free Stovetop Granola |

Recommended Classes

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| <input type="checkbox"/> #082 Mastering Label Reading | <input type="checkbox"/> #087 Pantry Par Stocking System | <input type="checkbox"/> #296 Incorporating Dried Herbs |
| <input type="checkbox"/> #234 Know Your Fast Five | <input type="checkbox"/> #096 Kitchen Set up For Efficiency | <input type="checkbox"/> #230 Fermenting Hot Sauce |
| <input type="checkbox"/> #258 Pandemic Pantry | <input type="checkbox"/> #032 Stocking Your Pantry, part 1 | <input type="checkbox"/> #257 The Microbiome |
| <input type="checkbox"/> #278 Winter 2020 Fresh Restock | <input type="checkbox"/> #033 Stocking Your Pantry, part 2 | <input type="checkbox"/> #108 Detox & Taste bud Reprogram |
| <input type="checkbox"/> #166 A Winter Day Eating PD | <input type="checkbox"/> #034 Stocking Your Pantry, part 3 | <input type="checkbox"/> #091 Transitioning a PD Household |