

Survival Foods

<http://www.survivaltopics.com/survival/make-your-own-survival-power-gel/>

The final formula for the survival power gel I have come up with is:

50% brown rice syrup

30% honey

20 % blackstrap molasses

1/8 teaspoon salt (for additional electrolytes)

Brown Rice Syrup

The energy derived from brown rice syrup is

- 50% complex carbohydrates 2 to 3 hours to be absorbed
- 45% maltose absorbed in about 1.5 hours
- 3% glucose absorbed into the bloodstream immediately

This release of energy over a long period of time is exactly what survivors are looking for in a power gel.

But that's not all. Brown rice syrup is very healthy for you as it is made up of easily digested simple sugars.

Honey

The energy derived from honey is

- 38% fructose which is absorbed quite slowly
- 31% glucose which is absorbed very quickly
- 1% sucrose
- 8% maltose and other sugars that are absorbed in about 1.5 hours.

Blackstrap Molasses

Power Gel Containers

Good containers for your home made power gels are Coghlan Squeeze Tubes and Gel Flasks. Simply pour your power gel mix into the containers until they are about $\frac{3}{4}$ full (any more and they are liable to leak due to expansion or contraction of the ingredients). I recommend including one squeeze tube of your home made power gel in your survival kit. It will weigh about 300-grams and provide you with the energy you need for a full-day – longer if you ration it. A good power gel serving size is about 30 grams, which means you get ten hits from each Coghlan Squeeze Tube, providing you with plenty of energy and electrolytes to make it through another day.

EDIBLE FLOWERS

Below is a list of edible flowers you may come across while in a survival situation as well as some information on each particular flower listed.

Common name	Scientific name	Flavor	Color	Comments
Anise hyssop	Agastache foeniculum	Anise	Lilac	Self seeding perennial
Apple	Malus spp.	Floral	White to pink	Eat in moderation since flowers contain cyanide precursors
Arugula	Eruca vesicaria sativa	Spicy	White	Annual; once flowers form the leaves become bitter
Basil	Ocimum basilicum	Herbal	White, lavender	Annual
Bachelor's button	Centaurea cyanus	Vegetal	White, pink, blue	Annual; petals are edible; the calyx is bitter
Bee balm	Monarda didyma	Minty, sweet, hot	Wide range	Perennial
Borage	Borago officinalis	Herbal	Blue	Annual; use with nasturtium; uses sparingly -- diuretic effects
Broccoli	Brassica officinalis	Spicy	Green	Annual
Calendula	Calendula officinalis	Slightly bitter	Yellow, orange	Annual; most often used for color rather than flavor
Chamomile	Chamaemelum nobilis	Sweet apple	White	Perennial; drink tea in moderation -- contains theaflavin; ragweed sufferers may be allergic to chamomile
Chervil	Anthriscus cerefolium	Herbal	White	Annual
Chicory	Cichorium intybus	Herbal	Blue	Perennial
Chives	Allium schoenoprasum	Onion	Lavender-pink	Perennial; avoid eating whole flower; taste can be overwhelming
Chrysanthemum	Chrysanthemum spp.	Strong	Perennial	Use the florets; strong flavor
Dandelion	Taraxacum	Sweet,	Yellow	Perennial; use young flowers,

	officinale	honey-like		mature flowers become bitter; flowers close after picking
Daylily	Hemerocallis spp.	Vegetal, sweet	Wide range	Perennial; may act as a diuretic or laxative; eat in moderation
Dianthus	Dianthus spp.	Sweet clove flavor	Wide range	Perennial; remove the narrow base of the petals (bitter)
Dill	Anethum graveolens	Herbal	Yellowish-green	Annual
Elderberry	Sambucus canadensis	Sweet	White	Perennial; do not wash flowers since it removes much of the flavor
English daisy	Bellis perennis	Mildly bitter	Pink	Perennial; ray flowers have a mildly bitter taste
Fennel	Foeniculum vulgare	Mildly anise	Yellow-green	Normally grown as an annual
Hibiscus	Hibiscus rosa-sinensis	Mildly citrus	Rose, red	Showy edible garnish
Hollyhock	Althea rosea	Vegetal	White, pink, red	Showy edible garnish
Honeysuckle	Lonicera japonica	Sweet	White to pale yellow	Perennial; do not use other honeysuckle flowers
Johnny-jump-up	Viola tricolor	Wintergreen	Purple and yellow	Annual; the petals have little flavor unless the green sepals are included; contain saponins and may be toxic in large amounts
Lavender	Lavendula spp.	Sweet, perfumed flavor	Lavender	Perennial; use sparingly due to intense flavor; lavender oil may be poisonous
Lilac	Syringa vulgaris	Varies	Lavender	Wide variation in flavor -- from no flavor to green and herbaceous to lilac
Linden	Tilia spp.	Honey-like	White	Frequent consumption of linden flower tea can cause heart damage
Lovage	Levisticum officinale	Celery	White	Perennial
Marigold	Tagetes patula	Bitter	Yellow, orange	Annual; Lemon Gem and Tangerine Gem have the best flavor

Mint	<i>Mentha</i> spp.	Minty	Purple	Perennial; each type of mint has its own unique flavor
Nasturtium	<i>Tropaeolum majus</i>	Spicy, peppery	Wide range	Annual
Okra	<i>Abelmoschus esculentus</i>	Vegetal	Yellow	Annual
Pansy	<i>Viola xwittrockiana</i>	Vegetal	Wide range	Annual; has a slightly sweet green or grassy flavor; petals have a mild flavor; whole flower has a wintergreen flavor
Passion flower	<i>Passiflora</i> spp.	Vegetal	Purple	Vine; showy flowers best used as a garnish
Pineapple sage	<i>Salvia elegans</i>	Sweet, fruity	Red	Perennial; flavor has a hint of mint and spice
Red clover	<i>Trifolium pratense</i>	Sweet	Red	Annual; raw clover flowers are not easily digestible
Rose	<i>Rosa</i> spp.	Perfumed	Wide range	Perennial: remove the white, bitter base of the petal
Rosemary	<i>Rosmarinus officinalis</i>	Herbal	Blue	Perennial
Sage	<i>Salvia officinalis</i>	Herbal	Purple-blue	Perennial
Scarlet runner bean	<i>Phaseolus vulgaris</i>	Vegetal	Purple	Annual; flower only last one to two days
Scented geraniums	<i>Pelargonium</i> spp.	Varies	Wide range	Perennial; the flavor is usually similar to the scent of the leaves
Signet marigold	<i>Tagetes signata</i>	Spicy, herbal	Yellow	Annual; may be harmful if eaten in large amounts; other marigolds are edible but have a tangy to bitter flavor
Snapdragon	<i>Antirrhinum majus</i>	Bitter	Wide range	Annual; use as a garnish
Squash	<i>Curcubita pepo</i>	Vegetal	Yellow	Annual
Sunflower	<i>Helianthus annuus</i>	Varies	Yellow	Annual; flower is best eaten in bud stage when it has an artichoke flavor; petals of open flowers have a bitter-sweet flavor; pollen can cause a reaction for some people
Sweet woodruff	<i>Galium</i>	Sweet, nutty,	White	Can have a blood thinning effect

	odoratum	vanilla		ifeaten in large amounts
Thyme	Thymus spp.	Herbal	White	Perennial herb
Tulip	Tulipa spp.	Vegetal	Wide range	Bulb; good stuffed
Violet	Viola odorata	Sweet, perfumed	Purple, white	Perennial; use candied or fresh

Additional edible flowers include

- Black locust Robinia pseudoacacia
- Cattails, Typha spp.
- Clary sage, Salvia sclarea
- Common milkweed, Asclepias syriaca
- Coriander, Coriander sarivum
- Fuchsia, Fushia x hybrida
- Gardenia, Gardenia jasminoides
- Garlic, Allium sativum
- Garlic chives, Allium tuberosum
- Gladiolus, Gladiolus hortulanus
- Hyssop, Hyssopus officalis
- Leek, Allium porrum
- Lemon, Citrus limon
- Marjoram, Origanum vulgare
- Marsh mallow, Althaea officinalis
- Mustard, Brassica spp.
- Nodding onion, Allium cernuum
- Peony, Paeonia lactiflora
- Orange, Citrus sinensis
- Oregano, Origanum vulgar
- Pineapple guava, Acca sellowiana
- Plum, Prunus spp.
- Radish, Raphanus sativus
- Redbud, Cercis canadensis
- Rose of Sharon, Hibiscus syriacus
- Safflower, Carthamus tinctorius
- Spiderwort, Tradescantia virginia
- Strawberry, Fragaria ananassa
- Water hyacinth, Eichhornia crassipes
- Water lily, Nymphaea odorata
- Winter savory, Satureja montana
- Yucca, Yucca

Long-Life Proteins

For optimum health, you typically should be getting at least 1/3 gram of protein per pound of body weight. If you are physically stressed that number can easily double.

But how do you get enough protein during extended outings in the bush when meats, eggs, and fish will spoil within a day or so? And that powdered cheese that comes with most boxed Mac and cheese's is of dubious quality at best.

One method of supplying enough protein in your diet is to purchase Meals Ready to Eat. If you have plenty of cash and the time to buy MREs this may be an option. However, there is an easier and cheaper way; cheese and sausage.

Cheeses and sausages are concentrated sources of protein that can be made to keep very well even when not refrigerated. This makes these foodstuffs of special value as survival food for the backpacker, camper, and wilderness enthusiast.

Cheese was the original way to preserve milk for extended periods. A big block of cheese lasts very well. In general the harder the type of the cheese the more likely it is to last longer when not refrigerated.

A one ounce portion of cheese typically has 6 to 8 grams of protein and is loaded with other nutrients that will help keep you going during times of intense physical stress.

My favorite cheese trick is to buy jalapeño pepper cheese for use on extended excursions. The hot peppers in the cheese help stop the growth of mold and makes the cheese last much longer without refrigeration. Not only that, it is very flavorful and works well in a variety of meals I make while camping.

Another trick to preserve cheese that has been used through the ages is to soak cheese cloth in cider vinegar and wrap it around the block of cheese you are taking with you. The vinegar will keep mold from growing and therefore help preserve the cheese much longer. Some cheeses come with a wax coating. **You can also dip your block of cheese in in wax, which will harden into a protective coating. The wax can then serve a double purpose as a fire starter.**

Even if you do find some mold on cheese, you can usually just scrape it off and the inner portion of the cheese remains good to eat.

Many sausages have ingredients that allow them to stay fresh for quite some time even when not refrigerated. In good supermarkets you can buy large sticks of sausage wrapped in plastic. Simply cut off a piece of sausage from the end of the stick and cover the remaining portion. You may even want to use the cider vinegar on cheese cloth trick on the sausage end to further preserve the sausage.

Sausage has the additional advantage of adding flavor to any dish into which it is added. Sausage can spice up mac and cheese, and season fish and game you have managed to obtain through your survivor skills.

Although a bit bulky, pickled eggs will last a long time without spoiling. I make pickled eggs by boiling several dozen at a time. When the eggs are boiled hard I peel them and seal them in a jar of regular vinegar. Wait at least a week before eating them. A medium sized egg supplies six grams of first class protein, the best protein combination you can get.. A few eggs a day are an excellent addition to the protein you need to stay healthy.

So there you go. It is not as difficult or as expensive as you may have thought to supply yourself with enough protein when [surviving in the wilderness](#). Although MRE's are nice to have, they are not necessary for the survivor who knows how to improvise. And isn't that what the art of survival is all about?

Pemmican	
Food Item	Percent Weight
Beef Suet	32.66
Whole Milk Powder	19.80
Dried Smoked Bacon	17.57
Powdered Beef Liver, Dehydrated	4.95
Granulated Dried Beef, Dehydrated	4.95
Tomato-Vegetable Concentrate, Dehydrated	4.95
Soy Bean Grits	4.95
Oatmeal, Quick Cooking	2.47
Pea Soup Powder, Dehydrated	2.47
Potatoes, Shredded, Blanched, Dehydrated	1.48
Granulated Bouillon	.99
Brewer's Yeast, type 50 B	.99
Onion Salt	.74
Paprika	.37

Lemon Powder	.37
Caraway Seed	.25
Cayenne Pepper, Ground	.025
Black Pepper, Ground	.025

Directions to Make Pemmican

Slice the bacon to at least 1/8 inch thick and dice it. Render the bacon until it turns light brown in color and is moisture free. You can tell when the bacon is moisture free by observing when the foam disappears. Strain the fat from the bacon grits and set it aside.

Melt the beef suet, add the bacon fat, and mix well.

Next add and mix all the other pemmican ingredients in this order:

- 1) Whole milk powder, powdered beef liver, tomato-vegetable concentrate, pea soup powder, soy bean grits, brewers yeast, granulated bouillon, onion salt, and lemon powder.
- 2)Next add the black pepper, cayenne pepper, caraway seed, and ground paprika
- 3) Lastly, add the quick cooking oatmeal, dried bacon grits, granulated dried beef, and the shredded potatoes.

Best Survival Food

Pemmican has served as the foundation for [survival rations](#) for generations. It stores well for extended periods of time and provides a very high calorie meal for a minimum of wieght. Pemmican is proven. This makes pemmican one of the [best survival foods](#) you can make.

Harvesting Spring Cattails



Cattails

The dry stalks, leaves, and tops of the old cattails have their uses but today I was more interested in the fresh crop of sprouts reaching for the sky. At this time of the year the green cattail shoots are just poking out of the mud, some have gotten as high as a foot or so and are in prime condition for harvest.

Harvesting cattail shoots for food is easy. Simply grasp the shoot at its base, as close to the root as possible. You may have to press your hand into the mud an inch or so in order to do this. Then gently pull upward until the cattail shoot breaks off. You should be able to gather a large pile of shoots in no time at all.

Preparing Cattail Shoots



Cattail Sprouts

As you can see in the next picture, you should peel your cattail shoots because the outer layers are tough. Ribbed with air chambers, these layers of the cattail allow it to float. They are very easy to peel off using your fingers alone. Be sure to keep the lower portion of the green leaves as they are especially tender and tasty.

And there you have it. In just a few minutes you will have a large handful of delicious and nutritious food, fit for any survivor.

Before eating, make sure to wash your cattail sprouts in clean water that has been treated to remove parasites and other nasty creatures. Your swamp may very well be harboring such

intestinal pests as [giardia](#). If you do not have clean water available, you can [boil](#) your cattail shoots for a short while in order to be on the safe side.

Cattail shoots can be gathered in large quantities and pickled, frozen, or canned.

The Edible Cattail

I liken the taste of cattail shoots to that of the cucumbers. They are fine food eaten raw, boiled, steamed, or in salads. I have not found nutritional information on cattail shoots but it seems they would contain a host of vitamins, minerals, and starch for the [food energy you need to survive](#).

Harvesting food like the cattail from nature's storehouse is smart. It is food you do not have to expend energy in growing, carrying with you, or keeping fresh. These survival food freebies can give you the edge in any wilderness survival situation.

[How to Make Bannock \(Bread\)](#)

[More Articles Related to Food](#)

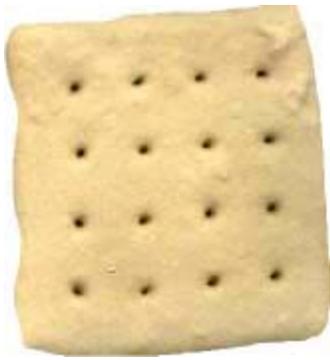
Knowing how to make bannock (bread) was standard fare for generations of prospectors and wilderness explorers. Simple to make, hearty, and delicious, bannock is the bread of the outdoorsman.

Every [survival](#) enthusiast should know how to do make bannock and it cook it over an open fire. The recipe your great grandfather used has not changed and it remains an excellent [food for the hungry survivor](#):

- 2.5 cups flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- One cup cold water

Mix and kneed the bannock ingredients. Then place in a greased pan over a glowing bed of coals; or better yet cook it on a stick.

Recently Survival Topics showed you how to make [bannock](#) over an open fire. Makes my mouth water just thinking about it!



Hardtack is Good Survival Food

Make Your Own Hardtack Recipe

There is a number of good hardtack recipes that you can try at home that will be the subject of another Survival Topic. To begin with, perhaps the most basic and historically accurate is this army hardtack recipe:

- **Hardtack ingredients:**
 - 4 cups flour, preferably whole wheat
 - 4 teaspoons salt
 - Water - about 2 cups

Preheat your oven to 375 degrees F. Mix your flour and salt in a bowl, adding just enough water to form dough that does not stick to your hands or the bowl as you knead it. Then roll the dough out into a rough rectangle about half an inch thick. Cut into three inch squares.

Use a nail or other object to press a pattern of four rows of four holes each in each square. Do not go through the entire thickness of the dough. Then turn the hardtack dough over and do the same on the other side.

Next put the squares on an ungreased pan and bake in the oven for half an hour. Then turn the hardtack squares over and bake for another half hour so that the hardtack is just a bit brown on both sides.

When you take the hardtack out of the oven it will be somewhat brittle, but as it cools it will become very hard – hopefully as “hard as a brick”!

How to Eat Hardtack

Now that you know how to make hardtack you will need to learn how to eat it! Because it tends to be much too hard to chew when dry (hence the nicknames related to broken jaw parts), hardtack is typically pre-soaked in coffee, crumbled into soups and stews, or fried with bacon and eggs or whatever else was on the menu.

Sourdough Starter, one version of many:

1 tsp active dry yeast 3/4 cup milk

1/4 cup warm water (105-115 degrees) 1 cup all purpose flour NOTE: NOT self rising

Dissolve yeast in warm water in 3 quart glass bowl (I use stainless & no problem). Stir in milk. Gradually stir in flour. Beat until smooth. Cover with towel or cheesecloth & let stand in warm, draft-free place about 24 hours or until starter begins to ferment (bubbles will appear on the surface of starter). If fermentation has not begun after 24 hours, discard and begin again. If fermentation has begun, stir well, cover tightly with plastic wrap & return to warm, draft-free place. Let stand 2 to 3 days or until foamy.

When starter has become foamy, stir well, pour into 1 quart crock or glass jar with tight cover & store in refrigerator. Starter is ready to use when a clear liquid has risen to top. Stir before using. Use 1 cup starter in recipe, reserve the remaining starter. Add 3/4 cup milk and 3/4 cup flour to reserved starter. Cover & store at room temperature about 12 hours or until bubbles appear, then refrigerate.

Use starter regularly, every week to 10 days. If volume of baked breads begins to decrease, dissolve 1 teaspoon active dry yeast in 1/4 cup warm water. Stir in 1/2 cup milk, 3/4 cup flour and the remaining starter & store at room temp (to refresh), then refrigerate.

This works well and has great flavor.