Recipes from the homestead

Recipes from the Homestead

By: Spiritwalker

Starseed Press

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Dedication

I dedicate this work of art to those who were with me on "*Dogwood Hollow Homestead"* from the years of 2009-2018. May the memories of those simple and awakening years stay with you for the rest of your lives! -Spirit

Contents

Dedication 5

About The Author 7

Preface.....13

Acknowledgements 16

Introduction.....17

Chapter 1: Breakfast Recipes 22

Chapter 2: Lunch Recipes 55

Chapter 3: Dinner Recipes 87

Appendix 117

About The Author



In 2009, Spiritwalker, and his family, went back to the land and lived off the grid on a 5-acre forest homestead where they grew, raised, foraged, hunted, and traded for almost all of what they ate

or needed, to include 100% of the medicine they needed…for almost a decade. Spirit says, *"Back to my roots, and back to when life made sense, had more meaning, was less hectic, less stressful and way healthier."* During that time, he wrote a successful "off the grid" column for his local newspaper, 2017-2018. His writing is and always has been a way of practicing a self-sufficient way of life as well as informing others of how they, too, can live a simpler way of life.

A life more sustainable, self-sufficient, and meaningful. Spiritwalker is a published author, with over **50** books published, as of 2023. His books can be found online, wherever books are sold and are both enlightening and informative. He is also a renowned Herbalist, Medicine

Man, ordained lay Zen Priest, Medical Specialist (BA), Spiritual Wellness Coach, and natural health guru. He can use the land to heal himself and others as well as what the land can provide physically in the form of food or supplies. With traceable heritage back to his Cherokee and Black Feet Native American ancestors, he keeps the old ways alive in his life, in many aspects. He enjoys writing of all types, traveling the US in his converted “Skoolie”, while living off the grid- wherever he is.

Working with his spiritual business clients at www.starseedpsychics.com and researching to further his self-sufficient knowledge. He also loves spending time hiking, summiting mountains, wilderness exploring, foraging for mushrooms and herbs to be made into medicine, all while

working directly with nature as a steward of the land. Author Spiritwalker has written for many online-based high-profile places, as an investigative Journalist, Alternative Media consultant, Ghost Writer, and Freelance Writer, for many years. He has written for places such as Examiner.com, CBS News Local, Yahoo! Contributors, Truth News network, Natures News network and worked as a natural living and herbal medicine expert at liveperson.com and starseedpsychics.com.

He has had numerous articles published in high-profile magazines such as American Survival Guide, Backwoodsman, Self-Reliance magazines and in many newspapers and on many websites. Spiritwalker has an uncanny

sense of survival recalled from past lives but has also had many years of current survival training in both the USA and USAF. His service includes work in the Military Intelligence field and as a Combat Paramedic. Now in his prime, he has devoted his life to nomadic living, spiritual refinement, and writing. Always drafting books based on his massive mental library of wisdom and knowledge. All while living off the grid wherever he is and living as simple as possible and always connected to nature.

When he is not summiting mountain peaks, hiking the numerous long distant trails around the US, or exploring the next national forest or national park. Then he is helping clients as a Spiritual Wellness Coach, showing others how they too can

obtain true freedom and a sense of satisfaction with life and living, in general. No matter what is taking place in his life and no matter where his life may take him; you can bet that he is either thinking up his next piece of written art or already working on it. Writing is a passion he was born with and will die with! To contact Author Spiritwalker via email, send to justashadow22@protonmail.com

You can follow him online at:
www.starseedpsychics.com/blog
www.forgottenwisdom.etsy.com
www.authorspiritwalker.com

Preface

Thank you for purchasing my recipe book, *"Recipes from the Homestead"*. Each purchase you make of my books helps my family live a better life. I am a disabled veteran and so I have found a way to survive, remain self-sufficient and live the life my life how I want by doing something that I am good at. I am a writer and have been writing books and articles my entire life, really!

I have over 40 books published and 100% of the sales from my writing goes towards my lifestyle as a nomadic author traveling the US with my favorite author, Author Cheyenne James. From buying food for our little family, to buying supplies to fuel our nomadic lifestyle living in a *converted 1993, 36-foot Blue Bird*

Skoolie, my book sells and income from my writing helps out a lot. Again, thanks for buying the book, I hope you enjoyed it and I hope you make good use of all our recipes. Writing books is just one way I can help my family, writing as a freelance journalist and "how to" articles is another way. Although, we do sell handmade goods, and foraged herbs and herbal products as well.

At our online apothecary www.bourbonapothecary.etsy.com as well as making good use of the Farmer's Markets and other festivals around us as vendors. If it is not a solar panel that we need to repair/purchase or something on our skoolie or van that needs repaired, it is food, or propane, or gasoline for the backup generator or a new "gadget" to make living off the grid safer and easier.

Living off the grid, for us, has posed many challenges which we are happy to face. We have learned so much, these simple recipes have gotten us through some tough times and some cold winters as well as some very hot summers all over the US. We hope you will find that they do your family good too and can be your comfort food in times of need. From one family to another, we love you, we care about you and your health. We hope you will continue to buy our books! I will continue to write, as long as these tired ole hands will allow me to type.

Acknowledgements

A special thanks to my daughter who was there through it all! Cooking, cleaning, supporting across the entire homesteading years. To those that ventured to Dogwood Hollow Homestead and Eco-Village to join the revolution, you will never be forgotten. Never forget what you learned, the meals you ate, the energy you experienced, the years you felt as though you had drifted into a void. A void away from modern day society and all its woes. In the future we will reconvene. Life will take us all there, no doubt. We will have no choice but to return to our roots, back to the earth from where we came! Until then, plant seeds and grow your own!

Introduction



Dutch oven on our wood stove

Over the years of living off the grid with nothing except a wood burning stove to cook on I have learned quite a bit about cooking. What I have learned about cooking is probably similar to what the pioneers knew about their cooking. Some of the recipes I have

included in this book actually have their roots in the 1800s. Cooking on a wood burning stove has given me the opportunity to learn new recipes, new ways of cooking "older recipes" and above all, has helped me appreciate food on a whole new level. I have developed a new appreciation for some of the old arts of the pioneer past. Our wood burning stove contains nothing but two removable hot plates on the top.

So, we had to come up with ingenious ways of dealing with our cravings for things such as pizza and homemade biscuits. Have you ever cooked biscuits on a wood burning stove using a cast iron frying pan? Well, we do, and, in this book, I tell you the recipe for our awesome fried biscuits; cooked on top of a wood stove. As well as old favorites with

new flares such as homemade chili- the homestead's recipe. Most people cannot even begin to imagine how you would cook a pizza using a *Vogelzang Box Wood Stove*. But on the homestead, we like pizza and so we discovered how to cook a pizza on the wood stove. We bake bread inside our wood stove, although this stove isn't built for that. We cook large pots of soup, stew, even casseroles, on the top!

There is nothing that we cannot cook on our box wood stove now. And if we have not yet cooked something on, or in it, I am sure it is just a matter of time before we do. If you are like me, when you want something, you find a way to get it! Well, when I wanted homemade bread and had no oven to bake it in, I found a way. Somethings we have learned to cook on top of the stove and others we have found

a way to cook inside the stove. Cooking in the box wood stove is like using an oven except there is no temperature control, no rack, and no way to control how fast or slow something cooks in there. Over the years we have learned to look at the coals and feel the heat and tell you just how to cook something such as a casserole in and on top of the stove. It takes practice and patience as well as timing and planning to cook on a box wood stove made only for heating and top cooking.

There are some wood stoves that look like an actual cooking stove with a fire box and water tank mounted on the back and even an oven. But at about $5,000 a pop there is no way we could afford one on our simple budget! So, our little $300-dollar Vogelzang will have to do. So, I have compiled many of our personal recipes

right from our off-grid homestead into this little book. I hope that you find them useful and delicious as we do!

Chapter 1: Breakfast Recipes



Country Omelet

2 Egg Country Omelet

Now I tell you what, some of those city folk know how to really slap an omelet together! Then there are those that will tell you that their recipe for omelets is the best and are way off base. But when I tell you that this omelet

recipe is the best tasting, most “country” taste you can get out of an organic chicken egg… I mean that. There is not a morning that goes by that I do not get my chicken eggs for breakfast. When you are raising 40 plus, free-range chickens you eat chicken eggs every day! Here is my recipe for the best 2 egg country omelet you have ever eaten.

*This usually serves one (hungry) person, but you can easily add to the amounts and serve as many as you like.

Ingredients:

-2 chicken eggs, now I prefer my free range organic eggs to any store bought egg but any 2 chicken eggs would cook up I guess.

-1 tbsp. of onion, again I prefer organic onions but then that is the lifestyle we

live on the homestead, organic and as natural as possible.

-Salt and pepper, to your taste.

-1 tbsp. green bell pepper

-1 tbsp. broccoli

-1 tbsp. yellow squash

-1 tbsp. zucchini

1/4 cup shredded Colby Jack cheese, now I like Colby Jack cheese, but I guess you could use whatever cheese you love as well.

-1/2 tsp. fresh garlic, I grow organic/Heirloom garlic and it tastes so good!

-1 tbsp. fresh mushrooms

-1 tbsp. fresh tomato

-1 tbsp. fresh spinach, use the organic kind and you can avoid all the chemicals they spray leafy greens with when they are growing, or just grow your own!

-Peanut or olive oil,
vegetable/canola/corn oil today is ALL genetically modified, unless it is organic.
* If the amounts listed here, you find is just too much for one omelet in your household, feel free to lower the amounts. We just love our healthy food in my home!

Instructions:

Step 1- Chop all the fresh vegetables including the garlic and fresh spinach. Chop it small because you want it all to fit snug into your omelet.

Step 2- Add about 4-5 tablespoons of healthy, safe oil into a hot cast iron skillet. FYI: Cast iron retains flavors that are cooked in it over time. Over time these flavors mix so well that the cast iron is like a virtual buffet of flavors. These wonderful

flavors are infused into all that is cooked in the skillet from then on. It is also a fact that cast irons cook way more efficiently than ordinary cookware and cooks more evenly as well, resulting in a better cooked meal.

Step 3- Once the oil is hot, add in the onions and garlic and stir fry for about one minute, the onions will begin to caramelize, and the aroma of the garlic mixed with the onions will fill the air. After a minute add in all the rest of your chopped ingredients except the tomato, a hand full at a time, slowly, so the skillet will not cool to quickly resulting in oily food. Stir fry the mixture for about 2-3 minutes or until all the vegetables are soft but not mushy.

Step 4- Remove the stir-fried filling into a bowl and prepare the 2 eggs by beating them as if you were going to scramble them. In the same skillet, and same oils that were just used in the stir-frying process, add your egg. Now use a little bit of cooking knowledge here. If there is not enough oil in the skillet to cook the egg without sticking add in a little more oil before adding in the egg. Allow the egg to cover the bottom of the skillet.

Step 5- Cook the egg by covering the skillet and turning down the heat. Also, add salt and pepper here to your taste preference. Once the egg looks dry on top remove the top and flip the egg over, now turn off the heat. From here on out you are basically done, so the end cooking process will be quick.

Step 6- Sprinkle the whole omelet with the shredded cheese. The cheese will add taste but also hold the omelet together well.

Step 7- On one side of the omelet add the ingredients you previously stir fried as well as the fresh tomato. This will allow the tomato to be heated with the omelet, so it is not cold but also, so it is not all cooked through. Cooked through tomatoes are just not as great as fresh tomatoes. Believe me, it tastes much better this way. Fold the omelet in half and serve, it is done. Do not allow it to sit in the skillet too long because it will begin to get over done. Take it out as fast as you can after turning off the heat. No one likes over-done eggs!

Fried Eggs and Couscous



Couscous

Just what is a couscous you ask? Well, we get that a lot, couscous is sort of like pasta, small like grits or rice and cooks like rice too. It is a middle eastern food actually, and it tastes great! Living on a fixed budget and living off of mostly what we grow, our family has learned to put together recipes that taste very good with

limited and simple ingredients. We are also mostly vegetarian due to our all natural/non-GMO, mostly organic diet! So, we are always looking for ways to make our meals taste great but be as healthy for us as possible too. We raise chickens, we have a lot of chicken eggs, so when you eat chicken eggs every day you want to try and find all the different ways of using eggs as you can so that it does not become too boring. This recipe is one of our own that we came up with in our interesting lives! It is both delicious and healthy.

* This serves 3 people usually, but feel free to alter the amounts to fulfill your family's needs.

Ingredients:

-2 boxes of organic flavored couscous, we usually buy the "organic herb and butter"

flavor and have occasionally bought the plain couscous and cooked it in chicken or vegetable broth in place of the water for flavor. There are a variety of couscous flavors so feel free to try different flavors. We have found that we like many different flavors of this great pasta dish.
-2-3 free range chicken eggs, again, we raise free range chickens and find that the eggs taste so much better than any store-bought eggs. But any eggs will do, I am sure.
-Salt and pepper, too your taste
-Your favorite cooking oil

Instructions:

You parents that are always trying to find actual healthy ways to feed your family quickly will love this one!

Step 1- Follow the instructions on the couscous box, in cooking the couscous first. If you have found plain couscous and have some chicken or vegetable broth, you can substitute the water in the recipe with the broth. Believe me when I say plain couscous needs some flavoring! But at any rate you will cook one cup of couscous too two cups of water, or broth. Let the broth boil and add in the couscous, let it simmer for about 25 minutes covered and remove from the heat. Allow it to sit for 5 minutes covered before serving it.

Step 2- In the meantime, fry 2-3 eggs per person adding salt and pepper to your taste. Now when I say fry, I mean bust the egg yolks in the skillet and allow it to fry on both sides in the oil like you are making an egg sandwich.

Step 3- Serve the fried eggs, for each person, over a bowl of couscous. That is, it! This meal is best eaten with some home baked bread with homemade butter or jelly. mmm mmm mmm! Research shows that this is actually very similar to the traditional Japanese meal using fried eggs over a bowl of rice, which I also love!

Trail Cereal



Granola in a bowl

We do a lot of hiking, usually we can be found on the Appalachian Trail and occasionally on a long trail in the state where we are currently residing, which is subject to change every 2-3 years as we are such nomads! But as long as we are subject to remain on the Appalachian Trail there are times when we begin to miss some of the luxuries of home cooking. One

such luxury is cereal! You cannot carry a jug of milk and a box of cereal on the trail and those despicable cereal bars are just the pits! So, we devised a way to eat some food that resembles cereal as close as possible. This recipe is what we have come up with and still remains a favorite of ours even when we are not on the trail, even at the homestead.

*This recipe serves one, but it can be doubled or remade again and again for each individual person.

Ingredients:

-Two containers of mixed fruit. Now you can find prepackaged mixed fruit in small metal cans and small plastic containers. The plastic containers usually come something like four too a pack and are packed in light syrup. Although these are

not the healthiest fruit cups compared to the fruit cups you can make yourself at home, they do the trick, and they are what we use on the trail and at the homestead for this recipe.

-Two Granola bars of your choice or about one cup of loose granola of your choice. We usually use granola bars on the trail and usually carry the oat and honey flavor. At the homestead we usually have a box/bag or three of loose granola and various flavors. In my opinion, the flavor “oats and honey” is the best but try different flavors and make your own choice.

Instructions:

Although, this recipe and these instructions are very simple, you will not believe how these cereal cups taste!

Step 1- Open the fruit cups and add to a larger container, a bowl will work fine. On the trail all we carry are small metal cups which double as cooking containers with metal handles, that is where the recipe originated. But use what you have.

Step 2- If you are using granola bars, crush them up as small as you can but not into dust. Bite size is fine but too small the texture will be too mushy. If you are using loose granola, you are already done with this step. It is not easy to crush a granola bar, we use a rock on the trail, a hammer on the homestead! (really)

Step 3- Add the granola to the fruit and mix well. Serve with a cup of hot coffee or cold raw/organic milk. The kids will love this so much that you may need to actually invest in the ingredients. You

cannot complain and may be overjoyed in the fact that they are eating so healthy and demanding it every morning!

Fried Biscuits and Country Gravy



Biscuits and Gravy

Every time my mother comes to visit us on the homestead, she says I take her back to her childhood because of this recipe. It is not something so original to this homestead or this family as it is probably to some Pioneer family from the 1800's, but it is still non-the-less a wonderful and highly used recipe on this homestead! When you cook on nothing but a cast iron

wood box stove, you are challenged to find new ways of cooking your usual foods. For us, because we do not have an oven, biscuits were a challenge until we learned this recipe.

* Makes 8-10 servings

Ingredients:

-2 cups self-rising Biscuit flour, we like the Pioneer brand flours because they seem too really do well.

-1 1/3 cup of buttermilk, raw cow milk, raw goat milk, organic milk, or just water. As you can see, we are well rounded and love our healthy milk! We also drink non-dairy milks mostly. We also think these biscuits are best made with milk over water any day.

-1 tsp sea salt (We only use pink Himalayan sea salt because of the health

benefits of this salt over regular table salt)
-2 level tsp. organic/raw sugar (we do not use refined white sugar because of the very toxic process used to refine sugar.)
-2 free range chicken eggs, beaten well
cooking oil

Instructions:

Step 1- Mix all ingredients except the oil in a mixing bowl. Now the mixture for this biscuit recipe will not be firm like your regular biscuit recipe that makes biscuits to be cooked in an oven. The mixture should resemble pancake batter instead, just not as loose. Use your liquid to get the texture just right, it shouldn't be too firm and certainly not too loose. When you can spoon the batter into the skillet with a large mixing spoon and have to assist it from the spoon into the oil with your finger or another spoon then it is about right. It

should stay somewhat in a pile in the skillet without spreading all over the skillet too. But not so much of a pile that it does not spread out a little, you want larger than smaller biscuits.

Step 2- In a 10–12-inch cast iron skillet, remember what I said about the cast iron in an earlier recipe? Heat about a cup of oil until hot but not smoking. You do not want the oil to deep and you don't want it not deep enough. So, if you are using a different size skillet than I mentioned, remember that.

Step 3- Drop the biscuit mix into the hot oil with a large mixing spoon, about five biscuits should fit in a 10–12-inch skillet. It is ok if they run into each other just a little, they will be easy to separate. Allow the biscuits to cook on medium heat (with

a cast iron stove that is about two logs split!) until the edges are golden brown, with the lid off. Flip the biscuits and cook the other sides until golden brown this time with the lid on.

Step 4- Drain and serve covered with country gravy. Any gravy is fine, we like to use homemade country gravy on the homestead. Just about ALL gravy mixes in the store are GMO, unless stated organic, non-GMO or not genetically engineered.

Wild Berry Pancakes



Blackberry Harvest

During our time off the grid, foraging for wild berries was a cherished summer ritual. These pancakes, made with nature's bounty, always brought a sense of connection to the land and its gifts.

*Feeds: 4 people

Ingredients:

-1 cup wild berries (blueberries, blackberries, blueberries, or raspberries)

-1 ½ cups organic flour

-2 tablespoons raw/organic sugar

-1 tablespoon non-GMO baking powder

-1 organic/free range egg

-1 ¼ cups raw/organic cow or goat milk

-2 tablespoons melted homemade butter

-Pinch of pink Himalayan salt

Instructions:

Mix Dry Ingredients: Combine flour, sugar, baking powder, and salt in a bowl.

Prepare Wet Ingredients: In another bowl, whisk egg, milk, and melted butter.

Combine & Fold: Gently fold the wet mixture into the dry mixture until just combined.

Fold in the wild berries.

Cook Pancakes: Heat a skillet over medium heat. Pour ¼ cup of batter onto the skillet for each pancake. Cook slowly until bubbles form, then flip and cook until golden brown.

Serve warm, topped with more fresh berries and a drizzle of honey or fresh maple syrup.

Ozark Sunrise Smoothie Bowl



Ozark Sunrise Smoothie Bowl

Mornings in the Ozarks taught us the value of simple, nutritious breakfasts. This vibrant smoothie bowl, with its burst of flavors, reminds me of the fresh energy our days began with.

*Feeds: 2 people

Ingredients:

-1 ripe organic banana

-1 cup frozen mango chunks

-½ cup plain Greek non-dairy yogurt

-½ cup non-GMO orange juice

-Toppings: sliced fresh fruits, nuts, seeds, granola

Instructions:

Step 1- In a blender, combine the banana, mango, Greek yogurt, and orange juice. Blend until smooth.

Step 2- Pour the smoothie into a bowl. Top with sliced fruits, nuts, seeds, and granola in a decorative pattern.

Campfire Breakfast Burritos



Morning campfire on the homestead

The simplicity of cooking over an open fire always brought warmth to our mornings. These breakfast burritos, wrapped in homemade tortillas, were a portable delight during our outdoor adventures.

* Feeds: 4 people

Ingredients:

-4 large homemade tortillas

-6 organic/free range eggs, scrambled

-1 cup cooked and seasoned ground sausage or beans for a vegetarian option

-1 cup shredded cheddar cheese

-1 organic bell pepper, diced

-½ onion, diced

-Salt and pepper to taste

Optional toppings: salsa, avocado, organic sour cream

Instructions:

Step 1- In a skillet over a campfire or stove, cook the bell pepper and onion until softened. Add the scrambled eggs and

cooked sausage or beans. Season with salt and pepper.

Step 2- Lay out tortillas, spoon the filling onto each tortilla, and sprinkle with shredded cheese. Roll the tortillas into burritos.

Step 3- Place the burritos on the skillet or grill for a few minutes on each side until they're golden and crispy. Serve with optional toppings.

Homestead Hash Browns



Hash Browns in a cast iron skillet

Mornings on the homestead often meant utilizing our harvest. These crispy hash browns, made from scratch, reminded us of the satisfaction of growing and cooking our own food.

* Feeds: 4 people

Ingredients:

-4 large potatoes, peeled and grated

-1 onion, finely chopped

-2 tablespoons oil

-Salt and pepper to taste

Optional: chopped fresh herbs (parsley, thyme) We had a separate “medicine garden” composted entirely of herbs!

Instructions:

Step 1- Rinse grated potatoes in cold water and pat dry with a clean cloth to remove excess starch.

Step 2- Heat oil in a skillet over medium-high heat (in a box wood stove, that is two logs split!). Add onions and cook until translucent. Add grated potatoes, spreading them evenly. Season with salt

and pepper. Cook until golden brown and crispy on both sides.

Step 3- Sprinkle with fresh herbs if desired and serve hot.

Chapter 2: Lunch Recipes



Trail Taco and salad

Trail Tacos

We are avid Appalachian Trail (AT) hikers. We can be found on the trail at all different times and when we go, we are not talking about a short weekend excursion. We go to the trail, and we stay on the trail for a month or more living in the elements and

with nature. Being on the trail for that long makes one weary of not having certain "comfort foods" that one might be used too. Once you come off the trail, even for a short time, you want to eat all you can and all types of foods. One of those happens to be tacos! Now any AT hiker knows that there are no tacos on the trail, but we wanted to change that up a bit and so we created the trail taco and today that recipe is a popular meal at our off-grid homestead.

* Makes 8 servings- Each Pita bread can be cut into two sections. There are just four pita bread pieces per bag.

Ingredients:

- Pita bread- We like to use whole wheat pita because it is much better for you, but you can use whatever

type of pita you want, but for this recipe it has to be pita pocket bread.

- Ground Beef- Or whatever type of meat you eat in your taco. On the trail we had to purchase freeze dried or pre-cooked beef which is very hard to find.
- Cheese- We used block cheese because it tends to stay good longer while out hiking, but you can use whatever cheese you like.
- Taco rice- Now on the trail we purchased, actual taco rice made by Rice-a-Roni company or some of the other available brands. *Now* on the homestead, we do not eat much processed foods for obvious reasons enough. So, we tend to use white or Jasmine rice and put in our own

creole seasonings or just use chili seasoning in our rice.

Cooking Steps:

Step 1- If you have fresh meat, brown it in a cast iron skillet or what have you and drain it well, set it off on the side.

Step 2- Start cooking your rice, while it cooks you can move on to the next steps. Always cook rice like this- 2 cups water to 1 cup rice and cook it uncovered and slow. Then turn off the heat, let it sit covered until ready to use. If you are using a rice cooker, the method may be different.

Step 3- Slice the cheese into small rectangle blocks if you are using block cheese. If you are using other cheese prepare it as you would like.

Step 4- Cut the Pita bread in half and open the pockets to have them all ready.

Step 5- Fill each pita bread with the meat first, then the blocks of cheese on the sides, standing up against the pita inside and then top it off with the taco rice.

Johnny Cakes and Fried Squirrel



Fried Squirrel

We love food from way back when things were simple and on the homestead, it isn't any different! But you know… food grew from your garden, wasn't made in some laboratory someplace. There were no genetically modified organisms (GMOs) in our food and food was not sprayed with tons of poisons just to make them more visually appealing! Back in those days

Pioneer's had what they called "Johnny Cakes", and along with that they had something like a chunk of salted pork or some beef on occasion. For those that like to hunt, squirrel meat goes very well with this traditional meal. On the homestead we hunted for our meat on occasion, usually rabbits or squirrels. Although, we raise our own rabbits more so, and rabbit goes exceptionally well with this meal too!

* Makes 4-6 servings

Ingredients:

- 4 plump squirrels- cleaned and prepared for frying.
- 2 cups flour- We like to use organic all-purpose flour to bread the squirrel with.

- 1/2 teaspoon of each seasoning used- Now you can make your own decision here, but we recommend using pepper, salt, garlic powder and thyme for the squirrel.
- 2 cups oil- Again, we go all non-GMO, so we use only organic or non-GMO oils, none of our family members are allergic to anything (thanks to our organic and herbal diet)!

Johnny Cake Ingredients:

3 cups organic self-rising corn meal- There is just no substitution here that I will morally advise of. 99 percent of the corn in the world is now owned by Monsanto and IS genetically modified. So, we will use nothing but organic corn meal.

1 teaspoon salt- We use sea salt. It is all natural and is the only natural salt. It is

also less probable to contribute to high blood pressure.

1 tablespoon sugar- Again we use organic or raw sugar because we are hell bent on non-GMO foods.

1 cup oil- It really does not matter, I suggest anything other than any GMO oil,

2 eggs- We raise our own eggs which are organic and free range. Our chickens are not raised in a bad environment. But you may use what you have.

Milk or water- The amount will have to be adjusted personally as the batter never is the same for some reason. You want it similar to pancake batter.

Cooking Steps:

Step 1- After the squirrels are cleaned and prepared for frying, rinse them in cold water and allow excess water to drip free. Put your seasonings on the squirrel, do this over a bowl so you will not waist any seasonings. Another technique is to do it over your flour. Now right after each piece is seasoned, coat it in the flour and place the squirrel in hot oil to fry. Make sure your oil is hot so the flour will stick to the squirrel.

Step 2- Fry the squirrel pieces for about two minutes on each side making sure the blood does not drip red and then place your squirrel on something to allow it to drip free of the oil as much as it can. We use paper towels for the most part.

Step 3- Prepare the Johnny cakes as follows:

First mix all the ingredients in a medium bowl until the mix reminds you of pancake batter but slightly thicker. This is where you use the milk or water adding it to the mix until you get the desired consistency, it shouldn't take a whole lot.

Step 4- In hot oil, add the johnny cake mix into sections about three inches across, small pancakes are what it looks like. We can usually fit about three in a 12-inch cast iron. Cook the johnny cakes on each side until golden brown and all the batter is cooked through. You can check the center with a chop stick or butter knife to see when it is done.

Step 5- Sit the johnny cakes someplace to cook and drain if necessary. They are good cold or hot!

Chicken Ranch Wraps



Chicken ranch wrap

Just thinking of this recipe, I am getting hungry. It is just so dang delicious, especially during the hot summer! On the homestead this is a staple meal for us in the summer for lunch and occasionally other meals as well. Sometimes we were just so busy doing chores for the animals or chopping firewood or gardening, we

needed to be able to grab and go. Life on the homestead was never boring!

* Makes 6-8 servings

Ingredients:

- 6 large chicken breasts- You can also use whatever left over chicken you may have around. Look for chicken that was raised all naturally, just a recommendation. We will not eat store bought chicken unless we find a brand that is all naturally raised and processed which is hard these days.
- 1 cup ranch dressing- Look for brands of ranch that do not have MSG as one of its ingredients, or that is not GMO, it's a lot better for you.

- Romaine Lettuce- Always buy this organic!
- 3 large Tomatoes- Always buy this organic!
- 1 bag baby spinach- Always buy this organic!
- salt and pepper (to taste)
- 10-inch round tortilla shells- I recommend whole wheat or multi-grain, much better for you. Always buy this non-GMO!
- Frying oil- Always buy this non-GMO!

Instructions:

Step 1- Fry the chicken breast if you are using fresh chicken, in a skillet using your oil of choice until the juices run clear and both sides are well done.

Step 2- Cut the cooled chicken breasts into thick strips and put them into a bowl to be served.

Step 3- Cut the lettuce and prepare the spinach for use at the setting.

Step 4- Cut the large tomatoes into thick strips as you did with the chicken and place in a serving bowl.

Step 5- To make the wrap, take a tortilla shell and wrap up some chicken strips, tomato strips, add in the lettuce and baby spinach and salt and pepper to your taste.

Step 6- Drizzle ranch dressing all over the contents of the wrap and wrap it all up, enjoy!

Homemade vegetable soup



Making vegetable soup

There is a long tradition in my family when it comes to homemade soups and stews. My all-time favorite is my vegetable soup recipe. I make this soup often on the homestead for my family and I make sure I make a lot so that it will last up to three days for the three of us. With the growing concern over what is genetically modified

and what isn't and what is in your soups, that are sold in cans, it is more important than ever to learn to “home make” your family's foods.

* Makes about a gallon

Ingredients:

I usually use all organic canned ingredients when I make this because the prep time is cut completely out. Also, it is routinely made after our harvest season, in winter. But you are free to use fresh store-bought vegetables instead.

- 2 cans organic corn (there is just no substitute here, almost 100% of the corn in the US is now owned by Monsanto and DOW chemical companies and therefore is GMO.
- 2 cans sweet peas

- 2 cans green beans
- 2 cans diced or whole tomatoes
- 2 large onions diced
- 2 cans carrots
- 2 cans white potatoes
- 2 cans mixed vegetables
- 2 cans medium size tomato juice
- 4 cups water (adjust this ingredient to make the soup the desired consistency)
- 4 tbsps. garlic powder
- 4 tbsps. parsley
- 4 tbsps. oregano
- Salt & Pepper

Cooking steps:

Step 1- Open all the cans of vegetables, except the juice, and dump them into a strainer and drain.

Step 2- Discard the drainage and add the vegetables to a large pot.

Step 3- Add the water and the tomato juice.

Step 4- Chop the onion and add it to the pot.

Step 5- Add the herbs and spices and salt to your taste preference. If needed, add more water or tomato juice to make the soup the desired consistency.

Step 6- Cook the soup over medium heat, covered, until the onions are opaque.

Homestead Harvest Salad



Wild food Vs Homegrown food

The ingredients for this salad often came from our own garden and off the land. Creating a vibrant mix of flavors and colors, it was a celebration of our harvest, foraging skills, and a healthy midday meal. Most wild mushrooms should not be eaten raw, but chanterelles are usually safe right from the forest. Queen Anne's

Lace, Shizu, Plantain, and Lamb's Quarters were actually part of our meals often. It was abundant and we thrived when we foraged for wild food!

Serves: 2-3 people

Ingredients:

- Mixed greens (lettuce, spinach, arugula, Shizu, Lambs quarters, dandelion, plantain etc.)
- Queen Anne's Lace flowers
- Wild Chanterelle mushrooms
- 1 cup cherry tomatoes, halved
- 1 cucumber, diced
- ½ red onion, thinly sliced
- 1 cup cooked and diced chicken or black beans for a vegetarian option

- ½ cup toasted nuts or seeds (walnuts, almonds, sunflower seeds, pine nuts)
- Dressing: Olive oil, balsamic vinegar, honey, salt, and pepper

Preparation Steps:

Prepare Salad: In a large bowl, toss together mixed greens, cherry tomatoes, cucumber, red onion, and cooked chicken or beans.

Make Dressing: In a separate bowl, whisk together olive oil, balsamic vinegar, honey, salt, and pepper to taste.

Assemble & Serve: Drizzle the dressing over the salad, sprinkle with toasted nuts or seeds, and toss gently. Serve fresh.

Pioneer Pasta Salad



Pasta Salad

This pasta salad was a nod to simplicity, using basic ingredients we had on hand. It reminded us that even the simplest meals can be hearty and delicious. Also, many times during the daylight, we were very busy with a project on the homestead.

Because of this it was a faster alternative than cooking. Cooking anything on the homestead took hours to prepare and complete and often had to be prepared beforehand during the eating of the meal before it.

Serves: 2-3 people

Ingredients:

- 2 cups cooked pasta (penne, rotini)
- 1 bell pepper, diced
- 1 cup cherry tomatoes, halved
- ½ cup diced cucumber
- ½ cup diced cheese (cheddar, mozzarella)
- Dressing: Olive oil, red wine vinegar, Dijon mustard, salt, and pepper

Preparation Steps:

Prepare Pasta: We often made our pasta and cooked it ahead of time. Using Amish recipes, we love homemade pasta! But if you use store bought pasta, cook the pasta according to package instructions. Drain and let it cool.

Assemble Salad: In a large bowl, combine cooked pasta, bell pepper, cherry tomatoes, cucumber, and diced cheese.

Make Dressing: In a small bowl, whisk together olive oil, red wine vinegar, Dijon mustard, salt, and pepper to taste.

Toss & Chill: Drizzle the dressing over the salad and toss gently to coat. Chill before serving. Haha, often this was a joke, there was no electricity on our homestead. Instead, we ate it as is. The cold water running over the pasta cooled it plenty!

Harvest Veggie Wrap



Harvest Veggie Wraps

Dogwood Hollow Homestead was not about making money or even having money. In fact, we thrived using the barter and trade system in the area. These wraps were a favorite for lunch, using freshly harvested veggies, from our organic garden or from neighbor's gardens of whom we traded with. As we wrapped

these wholesome ingredients, we were reminded of the abundance from our garden and those around us who lived the same way. These wraps were sometimes created using wild greens such as, dandelion leaves, Lamb's Quarters, Plantain and even wild garlic and onions. When the season was right, we would sometimes add in certain flowers to really give this wrap a foraged and vibrant color!

Feeds: 4 people

Ingredients:

- 4 large whole-grain tortillas (organic)
- Hummus or cream cheese spread (We made our own Hummus by smashing Garbanzo peas and adding fresh squeezed lemon juice, salt and pepper as well as some herbs or smashed garlic.)

- 2 cups mixed fresh/wild vegetables (bell peppers, carrots, lettuce, sprouts, wild greens, wild garlic and onions or flowers)
- 1 cup cooked quinoa or rice
- Optional: Sliced avocado, shredded cheese

Preparation Steps:

Prepare Tortillas: Spread a layer of hummus or cream cheese on each tortilla.

Assemble Wraps: Layer mixed vegetables and cooked quinoa or rice on the tortillas. Add optional avocado slices or shredded cheese if desired.

Wrap & Serve: Roll up the tortillas tightly, tucking in the sides. Slice in half if preferred and serve.

Ozark Harvest Soup



Ozark Harvest Soup

This hearty soup was a culmination of our garden's bounty, providing warmth and nourishment on cool Ozark afternoons. To be honest, this soup can be put together using anything you have on hand. I have included the usual ingredients we had on hand during the seasons of Autumn and Winter and sometimes even early Spring.

Feeds: 4-6 people

Ingredients:

- 2 tablespoons olive oil
- 1 onion, chopped
- 2 cloves garlic (wild or Heirloom), minced
- 2 carrots (wild or grown in our garden), diced
- 2 celery stalks, diced
- 1 potato, diced
- 1 cup diced tomatoes (we grew 200 plants usually and harvested loads of tomatoes each year and canned them all for later use.)
- 4 cups vegetable or chicken broth (We would make our chicken broth usually, using a chicken we harvested from our flock. Culling the young roosters before Winter.)

- 1 cup cooked beans (black beans, kidney beans) We usually had a large, canned collection of beans that we would purchase locally for very cheap. These canned beans never went to waste!
- Salt, pepper, and herbs (thyme, rosemary, etc. to taste. Every herb we used for our dishes was always from the forest or the medicine garden.)

Cooking Steps:

Saute Vegetables: Heat olive oil in a large pot. Add onions, garlic, carrots, and celery. Cook until softened.

Add Ingredients: Stir in diced potatoes, tomatoes, and broth. Bring to a boil, then reduce heat and simmer until vegetables are tender.

Add Beans & Season: Add cooked beans and season with salt, pepper, and herbs.

Serve: Ladle into bowls and serve hot.

Chapter 3: Dinner Recipes



Pizza Casserole

Pizza Casserole

When I married my wife, she harbored this secret for a few years. I never knew the lusciousness of this recipe until it was surprisingly sprung on me. From the first bite I was in awe! If you love pizza but want

to try pizza with a different twist to it, this Pizza Casserole has your chance all over it. The good thing about this casserole is that it does not take all day and the cooking time can actually be taken completely out, for the whole thing, by using precooked noodles and hamburger meat. To express how easy this is, I will tell you my wife cooks this totally on a Vogelzang box wood stove. No, we do not use an oven. Enjoy this truly one of a kind recipe straight from the secrets of our homestead. I hope my now ex-wife does not find out I shared this recipe!

* Makes about 6-8 servings

Ingredients:

- 1 lb. of hamburger meat or sausage
- 1 small can of cream of mushroom condensed coup

- 1 green bell pepper
- 1 large onion
- 1 jar of pizza sauce
- 1 bag of large eggs noodles
- 12 pepperoni pieces
- 2 cups (1 bag) of mozzarella cheese

Instructions:

Step 1- Chop the onion and green pepper

Step 2- In a 12-inch skillet, brown up the hamburger or sausage meat. Saute the green pepper and onion with the meat.

Step 3- When it is done, drain the mix, discarding the drainage and set the contents aside.

Step 4- Boil the noodles in a pan of water, drain, and set aside.

Step 5- In a large bowl, mix the meat, green peppers, onion, cream of mushroom soup, pizza sauce and egg noodles together.

Step 6- Place all ingredients in a 2-quart casserole dish and top with the mozzarella cheese. Place pepperoni on top of the cheese.

Step 7- Bake in the oven (or on top of your wood stove!) at 350 degrees for 30 minutes or until the cheese is all melted. If baking on top of your wood stove, like we do, bake covered for 45 minutes with a large fire in the stove or until the cheese is all melted.

Homemade Vegetarian Chili



Canned Vegetarian Chili

Living as we do, very natural, GMO free and as organic as we possibly can get, we do not eat a lot of red meat. In fact, we do not even buy meat of any type from a grocery store, haven't since moving off the grid some years ago. We do eat meat, but we either hunt it, raise it or trade for it through others who also do the same. So,

for this recipe I am sharing my very own vegetarian chili. In the winter months, we wear this recipe slap out, I tell you what. It is so good the hairs on the back of your neck will stand up and do a gig!

* Makes about a gallon

Ingredients:

- 4 cans of kidney beans or 1 lb. of dried beans.
- 2 large cans of diced, or whole tomatoes
- 2 large cans of tomato sauce
- 4 cups of water
- 6 tbsps. of mild chili powder
- 2 large onions
- 2 blocks of firm or extra firm organic tofu (please do not poison yourself by eating non-organic tofu)

- 2 tbsps. garlic powder
- 2 tbsps. onion powder
- salt and pepper to taste

Instructions:

Step 1- Begin the water on the stove so it will be getting hot.

Step 2- Open all the cans and if you are using canned beans, drain them and wash them. If you are using dried beans, they will have to cook for about two hours before you can move on from this step. In a Dutch Oven on top of a woodstove, about an hour and half with the fire blazing!

Step 3- Add the canned ingredients to the mix. Do not drain the tomatoes.

Step 4- Chop the onions and add to the mix.

Step 5- Add in the spices and salt to your taste preference.

Step 6- Cook the chili over medium heat until the onions are opaque, if using dried beans, make sure the beans are soft. Medium heat is about one log split and the slide draft placed at half, on the box wood stove!

Note- For thicker chili add more tomato sauce, for thinner add more water.

Thai Coconut Curry Chicken



Dutch Oven of Thai Coconut Curry Chicken

This has to be one of my all-time favorites. When it comes to Asian cuisine, Thai food has to take the cake! I love Thai, I love spice and I love coconut flavors. Who doesn't love a good coconut rum, huh? Well, this dish makes use of everyone's favorite meat, chicken, and one of my favorite foods' coconut milk. If you are one

that is into certain foods that are also known as healing foods then you will love the curry in this dish, curry has been shown to be effective at killing cancer cells!

* Makes about 6-8 servings

Ingredients:

2 cups Jasmine Rice

2 lbs. of free range/organic chicken

3 tbsps. of yellow curry paste (non-GMO/no MSG)

2 cans of coconut milk

6 cups of mixed stir fry vegetables. (1 medium bag of frozen Asian veggies ought to do it too)

1 large onion

2 cloves of garlic

Cooking oil of choice

Instructions:

Step 1- Start rice, (two cups rice to four cups water.)

Step 2- Slice the fresh chicken into short strips similar to chicken stir fry. *Tip: If it is slightly frozen it is SO much easier to cut. Otherwise, you could slightly cook it on each side before trying to slice it up.*

Step 3- If using frozen vegetables, thaw them in warm water. While the chicken cooks and drains well. If fresh vegetables are being used chop up the vegetables like the chicken strips. Chop onion and mince garlic.

Step 4- Add oil to a large cast iron skillet, a deep sided skillet is best, but any large skillet should be ok.

Step 5- Stir fry the chicken first until browned through. Add in the minced garlic and chopped onion and continue to stir fry over high heat.

Step 6- Add in vegetables and coconut milk. Allow mixture to heat up before adding curry paste.

Step 7- Add curry paste and allow it to melt and mix well. Coconut milk will take on a yellowish tint then. Meal will thicken some as it cools.

Step 8- Serve with Jasmine Rice on the side or over Jasmine Rice.

Wild Rabbit Stew



Roasted rabbit with gravy

I tell you what, living off the grid and a homestead style life you learn to eat rabbit! Rabbit is very good meat, and it is very healthy in terms of eating meat too. Lean and full of flavor, rabbit is delicious no matter how you cook it. These days the family and I raise our own rabbits, we mostly sell the offspring for extra income,

but we occasionally eat a few of the offspring or one of the bucks that start giving us trouble in the rabbit house. But compared to wild rabbit the taste is much different. I personally love wild rabbit meat the most of all. This stew I have made many times and the whole family really enjoys it a lot.

* Makes about a gallon

Ingredients:

- 2 medium sized wild rabbits
- 1 lb. carrots
- 2 large onions
- 2 lbs. red potatoes
- 4 cloves garlic
- Salt and Pepper to your taste
- 1 tsp thyme
- 1 tsp oregano

- 1 tsp parsley
- 8 cups water (half pan)

Instructions:

Step 1- Add prepared rabbit into stew pot to boil until done. You will boil just the rabbit alone for 2-3 hours to allow the wildness to calm down and the meat to tenderize and start coming off the bones.

Step 2- Remove cooked rabbit, allow to cool, and remove all bones. Add rabbit back into water, now rabbit broth. Add in all chopped vegetables, chopped garlic, salt, and herbs.

Step 3- Cover pot and allow to simmer for another hour or until all vegetables are tender and stew comes together. On the wood stove, we learned to judge the heat by placing the Dutch Oven at the back

middle or front of the stove top. Closer to the pipe in the back, was high heat!

Step 4- Serve this awesome wild rabbit stew with Johnny cakes (recipe in chapter 2) and Jasmine Rice on the side!

Wild Mushroom Risotto



Wild Mushroom Risotto

Our foraged mushroom risotto was a culinary adventure, blending earthy flavors with the comfort of a homestead meal. We often foraged for onions, mushrooms and even the herbs/greens in this dish. It was a celebration of our foraging abilities as well as a way we felt very connected to the earth.

***Servings:** 4

Ingredients:

- 1 cup Arborio rice
- Assorted foraged wild mushrooms (shiitake, morel, oyster, Boletes, Chanterelles)
- 1 onion (or a handful of wild onions), finely chopped
- 4 cups vegetable or chicken broth
- ½ cup white wine (optional)
- 2 tablespoons butter
- Grated Parmesan cheese
- Fresh parsley (or wild Shizo,) chopped
- Salt and pepper to taste

Cooking Steps:

1. **Saute Mushrooms:** In a pan, sauté chopped onions and mushrooms

until mushrooms are golden brown. Set it aside.

2. **Prepare Risotto:** In a separate pot, heat butter and add Arborio rice. Stir until rice is coated and slightly translucent. Add white wine (if using) and cook until absorbed.
3. **Gradually Add Broth:** Add broth gradually, stirring frequently until absorbed before adding more. Cook until rice is creamy and al dente.
4. **Finish & Serve:** Stir in sauteed mushrooms, grated Parmesan cheese, and chopped parsley. Season with salt and pepper.

Armadillo stew/Jalapeno Johnny Cakes



Armadillo stew with Jalapeno Johnny Cakes

Cooking armadillo, that we hunted ourselves, and simmering pintos over the open-top fire of the woodstove brought a rustic charm to our dinner table. This hearty meal was a testament to our resourcefulness and connection to the land. A note about eating Armadillo. There is absolutely no reason to fear eating this animal. For one, all the stories you hear

about disease and such from eating Armadillo meat is shot full of so many holes it isn't reliable. There are two different types of Armadillos in the US. One has seven bands, and one has nine bands. It is the nine banded Armadillo you want to eat, the seven banded Armadillo is usually from Mexico and found close to the border, for this reason. All the stories you hear are related to the seven banded animal, not the nine banded animal. I have eaten countless meals of this animal over the course of 9 years off the grid, with no effects except a feeling of wanting more!

*** Feeds: 2-4 people**

Ingredients:

- ½ of one armadillo cleaned and trimmed of all fat. (The fat is nasty!)

- 2 cups cooked pinto beans (optional)
- 1 medium onion, chopped
- 6 cloves garlic, minced
- 1 can diced tomatoes
- 5 Carrots, chopped
- 8 ounces of whole Baby Bella mushrooms
- 4-5 medium russet potatoes, peeled and diced
- Smoked paprika, cumin, oregano to taste
- Salt and pepper to taste

Cooking Steps:

Prepare Armadillo: Marinate armadillo with smoked paprika, cumin, salt, and pepper.

Prepare vegetables: Peel potatoes, chop carrots, potatoes, garlic, and onions like any stew.

Cook: Place the Armadillo half into a large Dutch Oven. Surround it with all the veggies, garlic, and mushrooms. Make sure to drain the tomatoes before adding to the pot. Now add water until almost covering the ingredients.

Next: Cook until it begins to boil on high heat. Cover with the heavy Dutch Oven lid and turn down the heat to about a medium. You want it to boil but not enough to make a mess from under the lid.

Last step: Let this cook in its own juices for about an hour or until it falls off the bone.

Serve: Remove bones and serve with a side of Jalapeno Johnny cakes or cornbread (recipe in chapter 2.)

Raccoon and Black-Eyed Peas with Johnny Cakes



Raccoon stew

Cooking raccoon and simmering it with black-eyed peas reflected our resourceful and sustainable lifestyle. This savory dish held a taste of the wild and our connection to nature's bounty. In fact, to this day, it remains a favorite dish of me and my daughter, some 10 years later! Raccoon is a very well-liked meat and very common as

a stew meat in just about any country home in the southern US!

* **Feeds:** 2-4 people

Ingredients:

- 1 raccoon, cleaned and dressed
- 2 cups dried black-eyed peas, soaked overnight and drained
- 1 onion, chopped
- 6 cloves garlic, minced
- 1 can diced, fire roasted tomatoes drained
- Liquid Smoke, smoked paprika, thyme to taste
- Olive oil
- Salt and pepper to taste

Cooking Steps:

1. **Prepare Raccoon:** Use half a raccoon seasoned with liquid smoke,

smoked paprika, thyme, salt, and pepper. Heat olive oil in a Dutch oven or heavy pot over medium-high heat. Sear raccoon pieces until browned on all sides. Set Aside.

2. **Saute & Simmer:** In the same pot, sauté onions and garlic, until softened. Add diced tomatoes, soaked black-eyed peas, and water. Return the raccoon to the pot. Add more water, if necessary to cover almost completely. Simmer for 1.5 to 2 hours until meat is tender, and all vegetables are cooked through.
3. **Serve:** Serve the raccoon stew in a bowl with a side of Johnny cakes (recipe in chapter 2.)

Sheep Fajitas



Bighorn Sheep Curry

So, let me tell you a story here. One day my daughter and I were working in the garden as usual. From the forest walks this sheep and ram. Obviously, a pair and obviously very tame but obviously quite confused. We spared no time, rounded them up, penned them and began searching for local owners. After what seemed like weeks, no one came forward.

Along with them a large flock of turkey and a few roosters showed up. We captured them all. No one claimed them. So, we did what any homestead would have done at that point and either ate them or inherited them. The sheep we let roam free. We love free range animals. They became a big problem, eating our plants, fruit trees and even the food of the other animals! So, we harvested them for food. These sheep fajitas, filled with tender meat and vibrant vegetables, were a fusion of flavors that celebrated the essence of our self-sufficiency and truly awe-inspiring homestead meals—and a hearty and satisfying dinner.

***Serves:** 4 People

Ingredients:

- 1 pound sheep meat, thinly sliced
- 2 bell peppers (preferably different colors), sliced
- 1 onion, sliced
- 4 cloves garlic, minced
- 2 tablespoons olive oil
- Homemade Fajita seasoning mix (cumin, chili powder, paprika, garlic powder, onion powder)
- Salt and pepper to taste
- Homemade Flour tortillas
- Optional toppings: salsa, guacamole, sour cream, shredded cheese, fresh cilantro

Cooking Steps:

1. **Marinate & Season:** In a bowl, toss thinly sliced sheep meat with fajita seasoning, minced garlic, salt, pepper, and a tablespoon of olive oil.

Let it marinate for at least 30 minutes.

2. **Saute Vegetables:** Heat the remaining olive oil in a skillet over medium-high heat. Add sliced bell peppers and onions. Cook until they start to soften and caramelize. Remove and set aside.
3. **Cook Sheep Meat:** In the same skillet, add the marinated sheep meat. Cook for a few minutes until browned and cooked through.
4. **Assemble Fajitas:** Warm the flour tortillas. Fill them with the cooked sheep meat, sauteed vegetables, and any desired toppings.
5. **Serve:** Roll up the tortillas and serve the sheep fajitas immediately.

Appendix

Other works by this author include, but are not limited to:
http://forgottenwisdom.etsy.com

- Preparing For The Collapse: How To Live Off The Grid
- Preparing for the collapse: Food production basics
- Preparing For The Collapse: Growing, foraging & making natural medicine
- Preparing For The Collapse: The Gray Man's Guide To Awakening The Wolf Within
- An advanced look at Shikatakai martial arts
- An introduction to Shikatakai martial arts
- Basic meditations for beginners

- Jesus and Buddha two master's one path
- Raising chickens for profit
- A beginner's guide to the Martial Arts- White belt
- Using herbal remedies
- Raising rabbits for profit
- Shikatakai martial arts training manual
- Understanding anxiety and depression
- Recipes, Tips and Tricks for Vegans
- The Magical Blue Butterfly
- The Mystery Of The Red Door
- The Sacred Journal- An Appalachian Trail Adventure
- Return to the AT: An Appalachian Trail Adventure
- The Magical Golden Owl
- The Healing Puppy

- Preparing for the collapse: The Gray Man’s Guide To Awakening The Wolf Within
- Love's Unlikely Alliance: Embracing the Enemy Within
- COLLAPSE! The Ultimate Nightmare
- The Homesteading Children- An Abandoned Cabin
- The Unique Book on How To Cook and Enjoy Wild Meats