

In 2019 I was released from nearly 2 years of captivity, torture, mutilation and murder. After nearly a year of starvation and worse I had lost $\frac{1}{3}$ of my body weight, developed my 4th terminal medical issue (seizures) and was in such poor health from organ failure and malnutrition that I was unable to walk or stand for any length of time.

I started living at a coffee shop that opened June 1st 2019. The owners and customers didn't know what my health issues were - but they were evident.

I was unable to help the owners or staff by working, working in the kitchen or dealing with customers - my health was that poor.

As I regained some of my health, I began cooking for the owners and their twins, as a means of assisting them the only way I could.

Cooking with Aurora lead to cooking with Charley - which is what started all the homesteading projects and tasks.



Giblets - necks, livers, hearts and gizzards - the twins liked them - the 5 yr old liked them - I liked them.



Thanks Giving Turkey in a 10 lb roast pan



Cooking a Xmas turkey in a bag.



Turkey in a bag - the little plastic bit is a meat thermometer.





Fried cabbage - the start of a vegetable curry.



Other veg for the curry



Peelings for the stock pot.



Curry - Hodge Podge - not a lot of difference.

