Transcript: FOOD SECURITY: Full Tour of Our Basement Grocery Store (plus tips!)

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**[00:00:00]** we have more food in our basement this

**[00:00:01]** year than we've ever had before starting

**[00:00:04]** here with our canned goods but that's

**[00:00:05]** not all we also have tons of dried Goods

**[00:00:07]** we have three freezers full of food and

**[00:00:09]** a root

**[00:00:11]** cell because we're more than Farmers as

**[00:00:14]** you can see here most of what I have is

**[00:00:16]** tomato products I have barbecue sauce

**[00:00:18]** marinara salsa ketchup and then chunk

**[00:00:21]** tomatoes and some tomato juice I also

**[00:00:24]** have pickles a little bit of broth this

**[00:00:26]** is mostly just for when we get sick and

**[00:00:28]** I don't feel like cooking and then lots

**[00:00:30]** of green beans the reason that I can so

**[00:00:32]** many tomatoes is because Cody gets

**[00:00:34]** heartburn from store-bought tomatoes and

**[00:00:37]** they just taste really good and they're

**[00:00:38]** also so easy to can tomatoes are very

**[00:00:41]** acidic and so you can water bath can

**[00:00:43]** them and it doesn't take that much time

**[00:00:44]** canning is really awesome because once

**[00:00:46]** you have canned a product you can set it

**[00:00:48]** on your shelf you don't have to take up

**[00:00:50]** freezer space or refrigerator space or

**[00:00:52]** anything like that but it isn't honestly

**[00:00:54]** my favorite method of preservation it

**[00:00:57]** takes quite a bit of time it also makes

**[00:00:59]** my my house very warm in the summertime

**[00:01:02]** we have a very tiny house and I just as

**[00:01:04]** a general rule don't love being in the

**[00:01:06]** kitchen so I will share with you a bit

**[00:01:09]** later what my favorite way of

**[00:01:11]** preservation is I get asked all the time

**[00:01:13]** why my canning jars don't have rings on

**[00:01:16]** them I put rings on my canning jars to

**[00:01:18]** hold the lid on while they're canning

**[00:01:20]** but after your lid is sealed onto the

**[00:01:23]** jar there's no need to have the ring on

**[00:01:25]** there anymore I like to reuse my rings

**[00:01:28]** so that I don't have to have like tons

**[00:01:29]** of tons and tons of rings I can just

**[00:01:31]** have a small amount and reuse them and I

**[00:01:33]** also like to take the ring off so that I

**[00:01:36]** know if a jar has a bad seal I mean if a

**[00:01:39]** lid is only being held on because the

**[00:01:41]** ring is on here and then obviously the

**[00:01:43]** seal is going to be bad our freezers are

**[00:01:45]** a big mess right now as I've been

**[00:01:48]** preserving throughout the summer I just

**[00:01:50]** throw everything in here and so now that

**[00:01:52]** I'm done preserving I need to organize

**[00:01:55]** everything and make so that it's easy to

**[00:01:58]** get to throughout the winter time

**[00:02:02]** [Music]

**[00:02:05]** there's raspberries everywhere literally

**[00:02:08]** everywhere we're never going to eat them

**[00:02:10]** all never both of our freezers were

**[00:02:14]** Chuck full and so we actually got

**[00:02:17]** another freezer because we just got a

**[00:02:19]** beef processed and there was nowhere to

**[00:02:21]** put it so what I'm doing right now is I

**[00:02:23]** am sorting out this chicken when we get

**[00:02:26]** our chickens butchered I like to divide

**[00:02:30]** two chickens between three different

**[00:02:32]** bags when we are bagging our chicken

**[00:02:34]** right after we butcher what I really

**[00:02:36]** love to do is put all the backs and

**[00:02:39]** necks pieces that you wouldn't just want

**[00:02:41]** to eat as baked chicken I like to put

**[00:02:43]** those into bags and then when I want to

**[00:02:45]** make bone broth I just take out a bag of

**[00:02:48]** backs and necks and I dump them into my

**[00:02:51]** instant pot I put some seasonings over

**[00:02:53]** them cover the bones with water you

**[00:02:55]** don't want to do too much water or your

**[00:02:58]** broth won't gel I just like to cover

**[00:03:00]** them and that literally is all that's

**[00:03:03]** how easy it is to make bone broth in an

**[00:03:05]** instant pot the instant pot has just

**[00:03:07]** completely changed this for me I put the

**[00:03:09]** lid on my instant pot and I set it for 3

**[00:03:12]** hours at low pressure this instant pot

**[00:03:15]** will take I don't know maybe 20 to 30

**[00:03:18]** minutes to get up to heat and then it

**[00:03:20]** also takes about 30 minutes for it to

**[00:03:22]** cool down and let the pressure off so

**[00:03:24]** that adds about an hour I would say to

**[00:03:27]** the cook time but you can have wonderful

**[00:03:29]** bone broth that gels really well in 4

**[00:03:32]** hours instead of 12 to 24 which is

**[00:03:35]** really awesome I make 1 gallon of bone

**[00:03:37]** broth every single week and use it in

**[00:03:39]** soups and stews and things like that I

**[00:03:42]** just really like to have bone broth in

**[00:03:44]** our diet because it's incredibly

**[00:03:46]** nutritious and I feel like it keeps us

**[00:03:48]** healthy during the winter I like to put

**[00:03:50]** the breast of two chickens into another

**[00:03:53]** bag so right here is two chicken breasts

**[00:03:57]** not how do I say that two Chi chicken

**[00:04:01]** breasts what I like to do is then divide

**[00:04:03]** the rest of the two chickens between two

**[00:04:06]** bags so just the drumsticks and the

**[00:04:08]** thighs from one chicken isn't enough for

**[00:04:10]** a meal for us so I put the drumsticks

**[00:04:14]** and the thighs from two chickens into

**[00:04:17]** one bag and then the two breast pieces

**[00:04:19]** from the chickens into another bag I'm

**[00:04:21]** putting all the chicken into this

**[00:04:23]** freezer because most of the chicken is

**[00:04:24]** over here and I would just like to have

**[00:04:26]** all the chicken in the same place we do

**[00:04:28]** 55 60 chickens for a family of six to

**[00:04:32]** last us the entire year we don't buy any

**[00:04:34]** chicken ever I think that's

**[00:04:37]** full B of

**[00:04:41]** chicken all this work reorganizing these

**[00:04:43]** freezers and it would actually be easier

**[00:04:46]** to organize if we had an upright freezer

**[00:04:48]** but when we got that freezer over there

**[00:04:50]** just several days ago I had actually

**[00:04:52]** thought about getting an upright freezer

**[00:04:53]** but there were a few reasons why we

**[00:04:55]** didn't number one upright freezers are a

**[00:04:57]** lot more expensive chest freezers last

**[00:04:58]** longer they say say they last up to like

**[00:05:00]** 5 to 10 years longer than upright

**[00:05:02]** freezers they hold more stuff per cubic

**[00:05:05]** foot of space and they take less

**[00:05:07]** electricity all of that we decided just

**[00:05:09]** to go ahead and get another chest

**[00:05:10]** freezer and they do work really well so

**[00:05:13]** that's just kind of a tip if you're

**[00:05:14]** thinking about getting a freezer to

**[00:05:15]** start your own grocery store in basement

**[00:05:17]** I have gallons and gallons of

**[00:05:19]** strawberries it seems like forever ago

**[00:05:22]** when I put those into the freezer we use

**[00:05:24]** our strawberries mostly for Smoothie

**[00:05:26]** bowls I just C the strawberries and

**[00:05:29]** freeze them in gallon bags and you can

**[00:05:31]** see here very easy to dump into a

**[00:05:34]** blender the other way that I preserve

**[00:05:36]** strawberries is I puree them and I add

**[00:05:39]** some sugar or maple syrup and I freeze

**[00:05:41]** them in these plastic containers I will

**[00:05:44]** get these out and just thaw them and the

**[00:05:46]** kids can eat them with a cookie or cake

**[00:05:50]** or whatever during the week next up here

**[00:05:53]** is raspberries and unfortunately I still

**[00:05:56]** have a bunch left over from 2022 so I

**[00:06:00]** think I will gift those to friends the

**[00:06:02]** main ways that we use raspberries is

**[00:06:04]** also in smoothies like for Smoothie

**[00:06:06]** bowls I do make raspberry pie and I am

**[00:06:10]** right now experimenting with some

**[00:06:12]** raspberry strucel bars and things like

**[00:06:14]** that but when you have so much of one

**[00:06:18]** kind of fruit it can be a little bit

**[00:06:19]** difficult to get creative and feel like

**[00:06:22]** eating it over and over and over again

**[00:06:24]** we want to replace some of our raspberry

**[00:06:26]** bushes this year with Elderberry bushes

**[00:06:29]** or just something to give us more

**[00:06:31]** variety because it's not that we

**[00:06:33]** wouldn't eat this amount of food it's

**[00:06:35]** just that we can't eat this amount of

**[00:06:38]** one

**[00:06:41]** thing

**[00:06:42]** steak next we have broccoli broccoli is

**[00:06:46]** my children's favorite veggie and it's

**[00:06:48]** so easy I just like drop these bags on

**[00:06:52]** the counter and the broccolis will fall

**[00:06:55]** apart and I put them Frozen onto a

**[00:06:58]** cookie sheet drizzle them with some

**[00:07:00]** avocado oil and salt and pepper and

**[00:07:02]** roast them until they're kind of crispy

**[00:07:04]** and brown absolutely delicious we also

**[00:07:07]** really love a good broccoli cheddar soup

**[00:07:10]** with sourdough bread when it's nice and

**[00:07:12]** cold outside this year I had tons and

**[00:07:15]** tons and tons of green beans I filled

**[00:07:18]** two raised beds with green beans and I

**[00:07:20]** had no idea how fruitful they would be

**[00:07:22]** so I finally just quit picking them

**[00:07:24]** because it was just we just have too

**[00:07:25]** many what I like to do when I freeze

**[00:07:27]** green beans is I like to blanch them and

**[00:07:31]** then put them into individual bags like

**[00:07:34]** as in how much we'll eat in one meal cuz

**[00:07:37]** green beans like to really stick

**[00:07:39]** together and I don't feel like taking

**[00:07:40]** the time to lay them out on cookie

**[00:07:42]** sheets and freeze them first before

**[00:07:44]** putting them into bags it just takes too

**[00:07:46]** long I canned green beans until I got

**[00:07:49]** sick of canning them and then I just

**[00:07:51]** froze the rest that's why I have some

**[00:07:52]** frozen and a whole bunch canned here we

**[00:07:55]** have a freezer that is completely full

**[00:07:57]** of beef we just got a beef butchered and

**[00:08:00]** it was quite a wild ride so we decided

**[00:08:02]** to do an entire video on how we get our

**[00:08:04]** beef processed and also how we use the

**[00:08:06]** different cuts here we have raspberry

**[00:08:09]** jam I did about 50 pints of raspberry

**[00:08:12]** jam this year for the freezer we love to

**[00:08:15]** have raspberry jam on hand to use for

**[00:08:18]** peanut butter and jelly sandwiches

**[00:08:19]** that's kind of one of my easy fast food

**[00:08:22]** things like if we go on a picnic or

**[00:08:23]** something we pack peanut butter and

**[00:08:25]** jelly and here's some frozen milk we

**[00:08:27]** don't normally freeze milk but we're

**[00:08:29]** drying our cow off right now we don't

**[00:08:32]** love the taste of frozen milk like after

**[00:08:35]** it's thawed the cream doesn't quite mix

**[00:08:37]** in properly but we feel like having some

**[00:08:40]** frozen raw milk is better than just

**[00:08:42]** having pasteurized milk from the store I

**[00:08:44]** just dried off our cow Maddie she's due

**[00:08:46]** to have a calf on like December the 4th

**[00:08:49]** and you want to give them at least a

**[00:08:50]** two-month break from milking so they

**[00:08:52]** have time at the end there to build that

**[00:08:54]** calf and be all ready to start milking

**[00:08:56]** again then a lot of people have asked

**[00:08:57]** how to dry off a cow and it can look

**[00:08:59]** really confusing or whatever but it is

**[00:09:01]** pretty simple I've done a video on

**[00:09:03]** exactly how to do it all and I'll link

**[00:09:05]** that so that you can watch that if you

**[00:09:06]** want to but for me she was down to

**[00:09:08]** giving only about a gallon a day so all

**[00:09:11]** I had to do was just stop milking her

**[00:09:14]** and then she'll dry off herself and I

**[00:09:16]** just need to come out here about every

**[00:09:17]** day and just check to make sure that

**[00:09:20]** nothing is too hot or like extra swollen

**[00:09:23]** or anything like this is looking totally

**[00:09:25]** fine we only have three gallons of

**[00:09:26]** frozen milk and clearly that's not

**[00:09:28]** enough to last us for the 2 months until

**[00:09:31]** she's giving milk again but she was only

**[00:09:33]** giving a gallon a day which is barely

**[00:09:35]** enough for us the way it is and so it

**[00:09:37]** really just didn't work for me to be

**[00:09:38]** freezing tons of milk so we will just

**[00:09:40]** have to buy some grocery store milk

**[00:09:43]** under our canned goods here is where we

**[00:09:45]** keep our bulk foods and first of all I

**[00:09:47]** want to tell you where we get our Bulk

**[00:09:48]** Foods we get them from a place called

**[00:09:50]** Dutch Valley that is not somewhere where

**[00:09:52]** just anybody is going to be able to get

**[00:09:53]** it it's like a wholesale company and we

**[00:09:55]** happen to have a connection in the

**[00:09:57]** community here where we can get it

**[00:09:59]** through them and it works out really

**[00:10:00]** well because it's a whole lot cheaper

**[00:10:02]** than anywhere else we've found they do

**[00:10:04]** sell their products retail on bulk

**[00:10:06]** food.com so you can get it there but it

**[00:10:08]** is a lot more expensive Azure standard

**[00:10:11]** is also a really good option and we did

**[00:10:13]** some price comparisons between like what

**[00:10:16]** it would cost to buy this stuff at the

**[00:10:17]** grocery store or to get it in bulk and

**[00:10:19]** we used Azure standard as kind of the

**[00:10:22]** idea of what the price would be this

**[00:10:23]** real Salt here if we were to get that at

**[00:10:26]** our local grocery store by the pound

**[00:10:28]** like in a one PB bag it would be

**[00:10:31]** $275 for a 25 lb bag and for a 25 lb bag

**[00:10:35]** it's like $75 from Azure standard this

**[00:10:39]** is a 50 lb bag of rolled oats and on

**[00:10:42]** Azure standard it's like

**[00:10:44]** $56 if you were to buy this in the

**[00:10:46]** smaller containers at the grocery store

**[00:10:47]** you're looking at like

**[00:10:49]** $178 big difference there so a lot of

**[00:10:51]** the reason that we buy stuff in bulk is

**[00:10:53]** so that we can save money it's also so

**[00:10:56]** that mean that's a big part of having a

**[00:10:58]** grocery store in our basement saves a

**[00:11:00]** lot of trips to town and it's that

**[00:11:01]** little extra layer of food

**[00:11:06]** security 50 lb of raw sugar from Azure

**[00:11:10]** standard would be

**[00:11:12]** $61 and from the grocery store it be

**[00:11:14]** about 86 so not just like a huge

**[00:11:16]** difference but that's still a little

**[00:11:17]** chunk of money and Michelle went through

**[00:11:20]** a lot of raw sugar and salt during

**[00:11:23]** canning season so that's why we're

**[00:11:24]** needing to stock up again also in these

**[00:11:26]** buckets we store rice and beans and

**[00:11:29]** spell flower and I just want to say that

**[00:11:31]** this is a really really good way to

**[00:11:33]** start turning your basement or your

**[00:11:35]** garage or whatever extra room you've got

**[00:11:37]** into your own grocery store you don't

**[00:11:39]** have to start out thinking that you need

**[00:11:41]** to grow everything yourself a lot of

**[00:11:42]** people have asked like how we keep the

**[00:11:44]** mice from getting into our food number

**[00:11:46]** one I built this house and I made sure

**[00:11:48]** that the basement was Mouse proof and

**[00:11:50]** then putting it in buckets rather than

**[00:11:51]** keeping it in these bags will also make

**[00:11:53]** so the mice can't get in there very

**[00:11:55]** easily I also did want to say that these

**[00:11:57]** buckets that we're using here are from

**[00:11:58]** from Home Depot they're pretty cheap and

**[00:12:01]** I get these Lids here for them they are

**[00:12:03]** not an airtight seal so we are not

**[00:12:05]** storing food down here for a decade this

**[00:12:08]** is not apocalypse food storage right

**[00:12:10]** here y 2K food storage this is just to

**[00:12:13]** store like from one year to the next

**[00:12:15]** we've been doing this for a decade this

**[00:12:16]** is actually how we got started with food

**[00:12:19]** storage I remember like first time going

**[00:12:21]** into a health food store and asking if

**[00:12:24]** they would sell us bulk rice and bulk

**[00:12:26]** beans and that's how we got started we

**[00:12:27]** put it in buckets and we've been using

**[00:12:29]** these lids for a long time and we've

**[00:12:32]** never used like the little absorber

**[00:12:33]** packets or anything like that and it's

**[00:12:36]** never been a problem one more thing that

**[00:12:37]** I do want to show you something that we

**[00:12:38]** don't buy we actually grow ourselves is

**[00:12:42]** popcorn we also store this in buckets

**[00:12:44]** this stuff can be shelled and pop just

**[00:12:46]** like popcorn you buy from the store but

**[00:12:48]** it tastes so much better so just a quick

**[00:12:50]** note here some of you may wonder why we

**[00:12:52]** use Dutch Valley instead of azure

**[00:12:54]** standard because Dutch Valley is a

**[00:12:56]** little bit more expensive than Azure

**[00:12:57]** standard so so in the past we've had

**[00:13:00]** some experiences that made us think that

**[00:13:02]** maybe Azure standard wasn't quite the

**[00:13:04]** quality that we were looking for um like

**[00:13:07]** for example the sugar was pretty coarse

**[00:13:09]** and I felt like I needed to put it in

**[00:13:11]** the blender before I made baked goods

**[00:13:13]** with it one of the other things was that

**[00:13:15]** there were little pieces of stock in

**[00:13:17]** with like the spelt berries if Azure

**[00:13:20]** standard is the option that you have in

**[00:13:23]** your area absolutely go for it it's not

**[00:13:25]** like their products are bad they're good

**[00:13:27]** quality we just like Dutch Valley a

**[00:13:29]** little bit better here I have a really

**[00:13:31]** big patch of cilantro and I have found

**[00:13:34]** that when you dry cilantro it's pretty

**[00:13:36]** tasteless so what I decided to do this

**[00:13:38]** year is do the same thing I did with my

**[00:13:40]** basil I'm going to put my cilantro into

**[00:13:43]** a food processor with some olive oil and

**[00:13:45]** then freeze it in little blobs on

**[00:13:47]** parchment paper and then I can get it

**[00:13:49]** out for dishes like rice and beans or

**[00:13:52]** any Mexican dish really all throughout

**[00:13:54]** the winter and have that fresh pop of

**[00:13:57]** cilantro here is my tea stash drying

**[00:14:00]** teas is one of my hobbies here on our

**[00:14:02]** Homestead I have chocolate peppermint

**[00:14:04]** and I have apple Min which is our

**[00:14:06]** all-time favorite APPL Min is just

**[00:14:08]** really good for any kind of tummy aches

**[00:14:11]** or anything like that and chocolate

**[00:14:12]** peppermint then is a lot more potent

**[00:14:15]** peppermint and it's really good for

**[00:14:16]** congestion like clearing up sinuses and

**[00:14:18]** stuff I also do nettle it has tons of

**[00:14:21]** vitamins and minerals in it it's kind of

**[00:14:23]** like Nature's multivitamin and then

**[00:14:25]** lemon balm which is really good for

**[00:14:27]** stress sleeping well stomach aches all

**[00:14:30]** sorts of things like that my very

**[00:14:32]** favorite way to make tea is with this

**[00:14:34]** little tea strainer I guess is what you

**[00:14:37]** call it you just set it on top of your

**[00:14:39]** cup and then

**[00:14:40]** you put in however much tea leaves that

**[00:14:44]** you want you can just pour your boiling

**[00:14:46]** water right over those tea leaves and

**[00:14:48]** let it steep for a little bit it's so

**[00:14:50]** easy to use loose leaf tea in this way

**[00:14:53]** we also have a tea ball I don't like

**[00:14:55]** this as much cuz it's not quite as

**[00:14:56]** kid-friendly it's a little bit hard to

**[00:14:58]** like screw it together especially when

**[00:15:01]** it's wet and another thing that I do

**[00:15:03]** with loose leaf teas when we have guests

**[00:15:05]** when I want to make a large amount of

**[00:15:06]** tea is I'll use a French press you just

**[00:15:09]** put your tea in the bottom put your

**[00:15:10]** boiling water in and then you can just

**[00:15:12]** press it after 10 minutes I also really

**[00:15:14]** love to grow as many herbs as I can this

**[00:15:17]** year I didn't do quite as good in the

**[00:15:19]** herb Department as I should have I was

**[00:15:21]** going to do parsley and oregano and I

**[00:15:23]** just plain forgot so I have basil here I

**[00:15:26]** used a ton of my dried basil already and

**[00:15:28]** my homemade sauces so most of my basil

**[00:15:31]** is already preserved I also have basil

**[00:15:34]** ice cubes in my freezer just like I did

**[00:15:37]** my cilantro here I have time time is one

**[00:15:39]** of my all-time favorite spices this is

**[00:15:42]** like putting medicine in your soups

**[00:15:44]** putting medicine on your steaks and

**[00:15:45]** everything like

**[00:15:47]** that one thing that I've really come to

**[00:15:49]** realize in the past few years as I've

**[00:15:51]** been healing from some health issues is

**[00:15:53]** the power of herbs and just simple food

**[00:15:57]** all of the marketing and Western

**[00:15:59]** medicine is telling us that natural

**[00:16:01]** remedies are you know ineffective and

**[00:16:04]** weak and that drugs are powerful for

**[00:16:07]** healing when in reality drugs can give

**[00:16:09]** you a quick fix and it can be really

**[00:16:12]** hard to be patient and wait while herbs

**[00:16:15]** do their gentle work in your body but

**[00:16:17]** what our bodies actually want is gentle

**[00:16:20]** healing that's how root issues can be

**[00:16:23]** solved not just symptoms masked my

**[00:16:26]** cilantro and avocado oil cubes are solid

**[00:16:31]** now so I'm just going to throw them into

**[00:16:33]** a Ziploc

**[00:16:37]** bag while we are here at the freezer

**[00:16:41]** I'll just go ahead and show you our

**[00:16:44]** stash of butter I love to make tons and

**[00:16:47]** tons of butter when our cow is on grass

**[00:16:50]** because then the butter is this gorgeous

**[00:16:52]** gorgeous golden yellow I don't know how

**[00:16:53]** many pounds of butter I have here

**[00:16:57]** honestly

**[00:16:59]** in here is our absolute favorite way of

**[00:17:01]** preserving food in our Homestead this is

**[00:17:03]** our root cell and the reason that we

**[00:17:04]** love it so much is because it takes so

**[00:17:06]** little work to preserve something for

**[00:17:08]** the potatoes and the sweet potatoes we

**[00:17:10]** just lay them out on shelves out here in

**[00:17:12]** the little bit warmer basement to cure

**[00:17:13]** for a little bit and stick them in there

**[00:17:15]** with the squash and the onions those get

**[00:17:17]** laid on the porch for a couple weeks to

**[00:17:19]** cure for a little while and then we put

**[00:17:20]** them in here nothing like sticking stuff

**[00:17:22]** in bags and chopping stuff up or

**[00:17:24]** anything like that it's so simple our

**[00:17:26]** root seller here is actually technically

**[00:17:27]** not a root seller it would be considered

**[00:17:29]** a cold seller because half of the walls

**[00:17:32]** are in our basement and then the other

**[00:17:33]** half is the ground a root Celler would

**[00:17:35]** be all in the ground so I built two

**[00:17:37]** walls in a corner of our basement that

**[00:17:39]** are well insulated the ceiling is well

**[00:17:42]** insulated and so it does stay really

**[00:17:44]** cool in here and there's two rooms here

**[00:17:46]** and there's two vents in each side for

**[00:17:48]** air to circulate you really really need

**[00:17:50]** air to circulate in a root cell or cold

**[00:17:52]** seller because some of the vegetables

**[00:17:54]** and stuff will off gas and you don't

**[00:17:55]** want that to stay in here plus you need

**[00:17:57]** to get that cool air in here to keep it

**[00:17:59]** cooler one thing that I'm doing this

**[00:18:00]** year is I put a fan on the end of this

**[00:18:03]** one pipe right here this is where the

**[00:18:05]** cooler air comes in and it can be turned

**[00:18:08]** on to pull in cooler air right now while

**[00:18:11]** it's still kind of warm outside I'm

**[00:18:13]** basically just pulling in some cool air

**[00:18:14]** at night to try to cool it down in here

**[00:18:16]** but once it gets actually cold outside

**[00:18:18]** what I'm going to have to do is put it

**[00:18:19]** on a thermostat so that it doesn't keep

**[00:18:21]** pulling cold air in because it would

**[00:18:23]** actually get too cold in here we don't

**[00:18:24]** want stuff to freeze at this point we

**[00:18:26]** don't claim to be experts on root cell

**[00:18:28]** in but what we do really does work we've

**[00:18:30]** got a lot of potatoes in here we grew

**[00:18:33]** over 500 lb of potatoes this year and

**[00:18:36]** that was from about 40 lb of seed

**[00:18:38]** potatoes and we got a bunch of sweet

**[00:18:40]** potatoes here these sweet potatoes and

**[00:18:42]** potatoes and then also butternut squash

**[00:18:45]** and onions will last in this room until

**[00:18:48]** at least next spring some of it will

**[00:18:49]** start sprouting by then but then you're

**[00:18:51]** starting to get fresh food from the

**[00:18:52]** garden so this will last us all winter

**[00:18:55]** long even though we're not necessarily

**[00:18:57]** doing everything perfectly right the

**[00:18:59]** reason that we have two different rooms

**[00:19:01]** here is because eventually I want to

**[00:19:02]** make this one a colder more damp room

**[00:19:04]** and this one just a little bit warmer

**[00:19:06]** because different vegetables want

**[00:19:07]** different conditions and this book here

**[00:19:10]** root selling is a super super good book

**[00:19:12]** it's really helped us figure some things

**[00:19:14]** out and they will go through what each

**[00:19:15]** vegetable what kind of conditions it

**[00:19:17]** wants and so I would highly highly

**[00:19:19]** recommend this to get started a lot of

**[00:19:20]** people have asked us if you could just

**[00:19:22]** buy potatoes from the store and store

**[00:19:24]** them in a root seller and I really

**[00:19:25]** wouldn't recommend that it could work

**[00:19:27]** okay but it's not something that I would

**[00:19:29]** want to invest my money in to get a

**[00:19:30]** whole bunch of potatoes and put them

**[00:19:32]** down here because those potatoes you

**[00:19:34]** don't know when they were harvested and

**[00:19:36]** they could potentially be already up to

**[00:19:37]** like 11 months old so they've used up a

**[00:19:39]** lot of their storage time and plus

**[00:19:41]** they've been in a lot of light being in

**[00:19:43]** the grocery store and stuff light is

**[00:19:45]** like just as important as temperature if

**[00:19:46]** we would leave the light on in here even

**[00:19:48]** if it's cool in here those potatoes are

**[00:19:49]** going to start sprouting we're not

**[00:19:50]** storing our carrots in our root seller

**[00:19:52]** yet because it's not cold enough in

**[00:19:53]** there but once it cools down outside and

**[00:19:55]** we can cool that off then we want to try

**[00:19:57]** storing the carrots in sand you have to

**[00:19:59]** layer it with layers of sand and carrots

**[00:20:01]** and then supposedly they'll store all

**[00:20:02]** win long we've never tried that yet but

**[00:20:04]** for now we're storing them in our extra

**[00:20:06]** refrigerator down here and it works

**[00:20:07]** really well Michelle bags them up in

**[00:20:09]** grocery bags tapes it shut and they will

**[00:20:11]** store all winter long like that we

**[00:20:13]** homesteaders love to show off all the

**[00:20:15]** things that we grow but we want to be

**[00:20:17]** very transparent with you guys and show

**[00:20:19]** you all the things that we still buy at

**[00:20:20]** the grocery store because there's quite

**[00:20:22]** a few things so this is like the Bare

**[00:20:24]** Bones of what a grocery shopping trip

**[00:20:27]** looks like for me we do buy lots of

**[00:20:31]** cheese hard cheese and I know that's a

**[00:20:33]** little bit pathetic uh we have a cow

**[00:20:35]** tons and tons of milk and we don't make

**[00:20:36]** our own hard cheese I make lots of

**[00:20:38]** things with our milk yogurt butter all

**[00:20:40]** the things but hard cheese is something

**[00:20:41]** that I have not had the time to delve

**[00:20:44]** into yet at this point Cody is hoping to

**[00:20:46]** do some courses and figure this out this

**[00:20:48]** coming year we get juice hopefully

**[00:20:51]** eventually we'll have our own apple

**[00:20:52]** cider and our own grape juice we buy

**[00:20:55]** lots of collagen gelatin cocoa this is

**[00:20:58]** is mostly for Cody's chocolate milk

**[00:21:00]** addiction really good we do coffee and I

**[00:21:02]** drink an ungodly amount of tea no shame

**[00:21:05]** we do lots of fruit bananas and apples

**[00:21:08]** for the kids lots of snacks I fully

**[00:21:11]** fully realize that Walmart is not going

**[00:21:13]** to be the best quality raw honey but

**[00:21:16]** here's another one of those transparency

**[00:21:18]** things uh local raw honey is incredibly

**[00:21:21]** expensive we're definitely hoping to

**[00:21:23]** have our own honey and we do have some

**[00:21:24]** of our own honey we just kind of blow

**[00:21:26]** through it pretty fast so we supplement

**[00:21:29]** with this I love the unsweetened

**[00:21:30]** chocolate to put on top of granola bars

**[00:21:33]** also chocolate chips for cookies and

**[00:21:35]** things like that we do eat some pasta

**[00:21:38]** just because we get kind of tired of

**[00:21:40]** white potatoes and sweet potatoes

**[00:21:42]** sometimes so we will do some pasta I

**[00:21:44]** also love dates if you buy these very

**[00:21:47]** dates on Amazon it'll cost you $12 a

**[00:21:49]** pack at Meer you can get them for $3 a

**[00:21:52]** pack so these are really awesome for we

**[00:21:55]** call them date bars kind of like a

**[00:21:56]** granola bar with chocolate on top peanut

**[00:21:58]** butter raisins for granola bars

**[00:22:00]** unbleached organic white flour to feed

**[00:22:03]** my sourdough starter I have found my

**[00:22:04]** sourdough starter does much better with

**[00:22:07]** white flour than it does whole grain

**[00:22:09]** flour I don't know why that is and then

**[00:22:12]** we have just kind of our baking things

**[00:22:14]** like avocado oil vanilla if you want to

**[00:22:17]** buy vanilla buy it on Azure standard

**[00:22:20]** this is the best tasting vanilla and

**[00:22:22]** it's also much much cheaper than getting

**[00:22:24]** pure vanilla at the grocery store I also

**[00:22:26]** of course buy vinegar

**[00:22:28]** baking soda baking powder corn starch

**[00:22:31]** and then some of my spices like chili

**[00:22:33]** powder paprika garlic some of those

**[00:22:35]** things another thing that we absolutely

**[00:22:37]** do is like if we're going camping or if

**[00:22:39]** we're going hiking or just times when we

**[00:22:42]** need a break like that we will sometimes

**[00:22:44]** buy things that are on sale here I found

**[00:22:46]** some uncured beef hot dogs yesterday for

**[00:22:49]** 1.77 which is a complete steel and so we

**[00:22:53]** do definitely buy like some convenience

**[00:22:56]** food if we're doing something extra

**[00:22:58]** special but it's very very minimal I

**[00:23:00]** really want to inspire you to grow as

**[00:23:02]** much of your own food as possible

**[00:23:03]** because it is so fulfilling so I put

**[00:23:05]** together a playlist of this last

**[00:23:07]** season's harvesting and preserving

**[00:23:08]** videos for you to watch

**[00:23:10]** next

**[00:23:17]** yes

# Full Text (without timestamps)

we have more food in our basement this year than we've ever had before starting here with our canned goods but that's not all we also have tons of dried Goods we have three freezers full of food and a root cell because we're more than Farmers as you can see here most of what I have is tomato products I have barbecue sauce marinara salsa ketchup and then chunk tomatoes and some tomato juice I also have pickles a little bit of broth this is mostly just for when we get sick and I don't feel like cooking and then lots of green beans the reason that I can so many tomatoes is because Cody gets heartburn from store-bought tomatoes and they just taste really good and they're also so easy to can tomatoes are very acidic and so you can water bath can them and it doesn't take that much time canning is really awesome because once you have canned a product you can set it on your shelf you don't have to take up freezer space or refrigerator space or anything like that but it isn't honestly my favorite method of preservation it takes quite a bit of time it also makes my my house very warm in the summertime we have a very tiny house and I just as a general rule don't love being in the kitchen so I will share with you a bit later what my favorite way of preservation is I get asked all the time why my canning jars don't have rings on them I put rings on my canning jars to hold the lid on while they're canning but after your lid is sealed onto the jar there's no need to have the ring on there anymore I like to reuse my rings so that I don't have to have like tons of tons and tons of rings I can just have a small amount and reuse them and I also like to take the ring off so that I know if a jar has a bad seal I mean if a lid is only being held on because the ring is on here and then obviously the seal is going to be bad our freezers are a big mess right now as I've been preserving throughout the summer I just throw everything in here and so now that I'm done preserving I need to organize everything and make so that it's easy to get to throughout the winter time [Music] there's raspberries everywhere literally everywhere we're never going to eat them all never both of our freezers were Chuck full and so we actually got another freezer because we just got a beef processed and there was nowhere to put it so what I'm doing right now is I am sorting out this chicken when we get our chickens butchered I like to divide two chickens between three different bags when we are bagging our chicken right after we butcher what I really love to do is put all the backs and necks pieces that you wouldn't just want to eat as baked chicken I like to put those into bags and then when I want to make bone broth I just take out a bag of backs and necks and I dump them into my instant pot I put some seasonings over them cover the bones with water you don't want to do too much water or your broth won't gel I just like to cover them and that literally is all that's how easy it is to make bone broth in an instant pot the instant pot has just completely changed this for me I put the lid on my instant pot and I set it for 3 hours at low pressure this instant pot will take I don't know maybe 20 to 30 minutes to get up to heat and then it also takes about 30 minutes for it to cool down and let the pressure off so that adds about an hour I would say to the cook time but you can have wonderful bone broth that gels really well in 4 hours instead of 12 to 24 which is really awesome I make 1 gallon of bone broth every single week and use it in soups and stews and things like that I just really like to have bone broth in our diet because it's incredibly nutritious and I feel like it keeps us healthy during the winter I like to put the breast of two chickens into another bag so right here is two chicken breasts not how do I say that two Chi chicken breasts what I like to do is then divide the rest of the two chickens between two bags so just the drumsticks and the thighs from one chicken isn't enough for a meal for us so I put the drumsticks and the thighs from two chickens into one bag and then the two breast pieces from the chickens into another bag I'm putting all the chicken into this freezer because most of the chicken is over here and I would just like to have all the chicken in the same place we do 55 60 chickens for a family of six to last us the entire year we don't buy any chicken ever I think that's full B of chicken all this work reorganizing these freezers and it would actually be easier to organize if we had an upright freezer but when we got that freezer over there just several days ago I had actually thought about getting an upright freezer but there were a few reasons why we didn't number one upright freezers are a lot more expensive chest freezers last longer they say say they last up to like 5 to 10 years longer than upright freezers they hold more stuff per cubic foot of space and they take less electricity all of that we decided just to go ahead and get another chest freezer and they do work really well so that's just kind of a tip if you're thinking about getting a freezer to start your own grocery store in basement I have gallons and gallons of strawberries it seems like forever ago when I put those into the freezer we use our strawberries mostly for Smoothie bowls I just C the strawberries and freeze them in gallon bags and you can see here very easy to dump into a blender the other way that I preserve strawberries is I puree them and I add some sugar or maple syrup and I freeze them in these plastic containers I will get these out and just thaw them and the kids can eat them with a cookie or cake or whatever during the week next up here is raspberries and unfortunately I still have a bunch left over from 2022 so I think I will gift those to friends the main ways that we use raspberries is also in smoothies like for Smoothie bowls I do make raspberry pie and I am right now experimenting with some raspberry strucel bars and things like that but when you have so much of one kind of fruit it can be a little bit difficult to get creative and feel like eating it over and over and over again we want to replace some of our raspberry bushes this year with Elderberry bushes or just something to give us more variety because it's not that we wouldn't eat this amount of food it's just that we can't eat this amount of one thing steak next we have broccoli broccoli is my children's favorite veggie and it's so easy I just like drop these bags on the counter and the broccolis will fall apart and I put them Frozen onto a cookie sheet drizzle them with some avocado oil and salt and pepper and roast them until they're kind of crispy and brown absolutely delicious we also really love a good broccoli cheddar soup with sourdough bread when it's nice and cold outside this year I had tons and tons and tons of green beans I filled two raised beds with green beans and I had no idea how fruitful they would be so I finally just quit picking them because it was just we just have too many what I like to do when I freeze green beans is I like to blanch them and then put them into individual bags like as in how much we'll eat in one meal cuz green beans like to really stick together and I don't feel like taking the time to lay them out on cookie sheets and freeze them first before putting them into bags it just takes too long I canned green beans until I got sick of canning them and then I just froze the rest that's why I have some frozen and a whole bunch canned here we have a freezer that is completely full of beef we just got a beef butchered and it was quite a wild ride so we decided to do an entire video on how we get our beef processed and also how we use the different cuts here we have raspberry jam I did about 50 pints of raspberry jam this year for the freezer we love to have raspberry jam on hand to use for peanut butter and jelly sandwiches that's kind of one of my easy fast food things like if we go on a picnic or something we pack peanut butter and jelly and here's some frozen milk we don't normally freeze milk but we're drying our cow off right now we don't love the taste of frozen milk like after it's thawed the cream doesn't quite mix in properly but we feel like having some frozen raw milk is better than just having pasteurized milk from the store I just dried off our cow Maddie she's due to have a calf on like December the 4th and you want to give them at least a two-month break from milking so they have time at the end there to build that calf and be all ready to start milking again then a lot of people have asked how to dry off a cow and it can look really confusing or whatever but it is pretty simple I've done a video on exactly how to do it all and I'll link that so that you can watch that if you want to but for me she was down to giving only about a gallon a day so all I had to do was just stop milking her and then she'll dry off herself and I just need to come out here about every day and just check to make sure that nothing is too hot or like extra swollen or anything like this is looking totally fine we only have three gallons of frozen milk and clearly that's not enough to last us for the 2 months until she's giving milk again but she was only giving a gallon a day which is barely enough for us the way it is and so it really just didn't work for me to be freezing tons of milk so we will just have to buy some grocery store milk under our canned goods here is where we keep our bulk foods and first of all I want to tell you where we get our Bulk Foods we get them from a place called Dutch Valley that is not somewhere where just anybody is going to be able to get it it's like a wholesale company and we happen to have a connection in the community here where we can get it through them and it works out really well because it's a whole lot cheaper than anywhere else we've found they do sell their products retail on bulk food.com so you can get it there but it is a lot more expensive Azure standard is also a really good option and we did some price comparisons between like what it would cost to buy this stuff at the grocery store or to get it in bulk and we used Azure standard as kind of the idea of what the price would be this real Salt here if we were to get that at our local grocery store by the pound like in a one PB bag it would be $275 for a 25 lb bag and for a 25 lb bag it's like $75 from Azure standard this is a 50 lb bag of rolled oats and on Azure standard it's like $56 if you were to buy this in the smaller containers at the grocery store you're looking at like $178 big difference there so a lot of the reason that we buy stuff in bulk is so that we can save money it's also so that mean that's a big part of having a grocery store in our basement saves a lot of trips to town and it's that little extra layer of food security 50 lb of raw sugar from Azure standard would be $61 and from the grocery store it be about 86 so not just like a huge difference but that's still a little chunk of money and Michelle went through a lot of raw sugar and salt during canning season so that's why we're needing to stock up again also in these buckets we store rice and beans and spell flower and I just want to say that this is a really really good way to start turning your basement or your garage or whatever extra room you've got into your own grocery store you don't have to start out thinking that you need to grow everything yourself a lot of people have asked like how we keep the mice from getting into our food number one I built this house and I made sure that the basement was Mouse proof and then putting it in buckets rather than keeping it in these bags will also make so the mice can't get in there very easily I also did want to say that these buckets that we're using here are from from Home Depot they're pretty cheap and I get these Lids here for them they are not an airtight seal so we are not storing food down here for a decade this is not apocalypse food storage right here y 2K food storage this is just to store like from one year to the next we've been doing this for a decade this is actually how we got started with food storage I remember like first time going into a health food store and asking if they would sell us bulk rice and bulk beans and that's how we got started we put it in buckets and we've been using these lids for a long time and we've never used like the little absorber packets or anything like that and it's never been a problem one more thing that I do want to show you something that we don't buy we actually grow ourselves is popcorn we also store this in buckets this stuff can be shelled and pop just like popcorn you buy from the store but it tastes so much better so just a quick note here some of you may wonder why we use Dutch Valley instead of azure standard because Dutch Valley is a little bit more expensive than Azure standard so so in the past we've had some experiences that made us think that maybe Azure standard wasn't quite the quality that we were looking for um like for example the sugar was pretty coarse and I felt like I needed to put it in the blender before I made baked goods with it one of the other things was that there were little pieces of stock in with like the spelt berries if Azure standard is the option that you have in your area absolutely go for it it's not like their products are bad they're good quality we just like Dutch Valley a little bit better here I have a really big patch of cilantro and I have found that when you dry cilantro it's pretty tasteless so what I decided to do this year is do the same thing I did with my basil I'm going to put my cilantro into a food processor with some olive oil and then freeze it in little blobs on parchment paper and then I can get it out for dishes like rice and beans or any Mexican dish really all throughout the winter and have that fresh pop of cilantro here is my tea stash drying teas is one of my hobbies here on our Homestead I have chocolate peppermint and I have apple Min which is our all-time favorite APPL Min is just really good for any kind of tummy aches or anything like that and chocolate peppermint then is a lot more potent peppermint and it's really good for congestion like clearing up sinuses and stuff I also do nettle it has tons of vitamins and minerals in it it's kind of like Nature's multivitamin and then lemon balm which is really good for stress sleeping well stomach aches all sorts of things like that my very favorite way to make tea is with this little tea strainer I guess is what you call it you just set it on top of your cup and then you put in however much tea leaves that you want you can just pour your boiling water right over those tea leaves and let it steep for a little bit it's so easy to use loose leaf tea in this way we also have a tea ball I don't like this as much cuz it's not quite as kid-friendly it's a little bit hard to like screw it together especially when it's wet and another thing that I do with loose leaf teas when we have guests when I want to make a large amount of tea is I'll use a French press you just put your tea in the bottom put your boiling water in and then you can just press it after 10 minutes I also really love to grow as many herbs as I can this year I didn't do quite as good in the herb Department as I should have I was going to do parsley and oregano and I just plain forgot so I have basil here I used a ton of my dried basil already and my homemade sauces so most of my basil is already preserved I also have basil ice cubes in my freezer just like I did my cilantro here I have time time is one of my all-time favorite spices this is like putting medicine in your soups putting medicine on your steaks and everything like that one thing that I've really come to realize in the past few years as I've been healing from some health issues is the power of herbs and just simple food all of the marketing and Western medicine is telling us that natural remedies are you know ineffective and weak and that drugs are powerful for healing when in reality drugs can give you a quick fix and it can be really hard to be patient and wait while herbs do their gentle work in your body but what our bodies actually want is gentle healing that's how root issues can be solved not just symptoms masked my cilantro and avocado oil cubes are solid now so I'm just going to throw them into a Ziploc bag while we are here at the freezer I'll just go ahead and show you our stash of butter I love to make tons and tons of butter when our cow is on grass because then the butter is this gorgeous gorgeous golden yellow I don't know how many pounds of butter I have here honestly in here is our absolute favorite way of preserving food in our Homestead this is our root cell and the reason that we love it so much is because it takes so little work to preserve something for the potatoes and the sweet potatoes we just lay them out on shelves out here in the little bit warmer basement to cure for a little bit and stick them in there with the squash and the onions those get laid on the porch for a couple weeks to cure for a little while and then we put them in here nothing like sticking stuff in bags and chopping stuff up or anything like that it's so simple our root seller here is actually technically not a root seller it would be considered a cold seller because half of the walls are in our basement and then the other half is the ground a root Celler would be all in the ground so I built two walls in a corner of our basement that are well insulated the ceiling is well insulated and so it does stay really cool in here and there's two rooms here and there's two vents in each side for air to circulate you really really need air to circulate in a root cell or cold seller because some of the vegetables and stuff will off gas and you don't want that to stay in here plus you need to get that cool air in here to keep it cooler one thing that I'm doing this year is I put a fan on the end of this one pipe right here this is where the cooler air comes in and it can be turned on to pull in cooler air right now while it's still kind of warm outside I'm basically just pulling in some cool air at night to try to cool it down in here but once it gets actually cold outside what I'm going to have to do is put it on a thermostat so that it doesn't keep pulling cold air in because it would actually get too cold in here we don't want stuff to freeze at this point we don't claim to be experts on root cell in but what we do really does work we've got a lot of potatoes in here we grew over 500 lb of potatoes this year and that was from about 40 lb of seed potatoes and we got a bunch of sweet potatoes here these sweet potatoes and potatoes and then also butternut squash and onions will last in this room until at least next spring some of it will start sprouting by then but then you're starting to get fresh food from the garden so this will last us all winter long even though we're not necessarily doing everything perfectly right the reason that we have two different rooms here is because eventually I want to make this one a colder more damp room and this one just a little bit warmer because different vegetables want different conditions and this book here root selling is a super super good book it's really helped us figure some things out and they will go through what each vegetable what kind of conditions it wants and so I would highly highly recommend this to get started a lot of people have asked us if you could just buy potatoes from the store and store them in a root seller and I really wouldn't recommend that it could work okay but it's not something that I would want to invest my money in to get a whole bunch of potatoes and put them down here because those potatoes you don't know when they were harvested and they could potentially be already up to like 11 months old so they've used up a lot of their storage time and plus they've been in a lot of light being in the grocery store and stuff light is like just as important as temperature if we would leave the light on in here even if it's cool in here those potatoes are going to start sprouting we're not storing our carrots in our root seller yet because it's not cold enough in there but once it cools down outside and we can cool that off then we want to try storing the carrots in sand you have to layer it with layers of sand and carrots and then supposedly they'll store all win long we've never tried that yet but for now we're storing them in our extra refrigerator down here and it works really well Michelle bags them up in grocery bags tapes it shut and they will store all winter long like that we homesteaders love to show off all the things that we grow but we want to be very transparent with you guys and show you all the things that we still buy at the grocery store because there's quite a few things so this is like the Bare Bones of what a grocery shopping trip looks like for me we do buy lots of cheese hard cheese and I know that's a little bit pathetic uh we have a cow tons and tons of milk and we don't make our own hard cheese I make lots of things with our milk yogurt butter all the things but hard cheese is something that I have not had the time to delve into yet at this point Cody is hoping to do some courses and figure this out this coming year we get juice hopefully eventually we'll have our own apple cider and our own grape juice we buy lots of collagen gelatin cocoa this is is mostly for Cody's chocolate milk addiction really good we do coffee and I drink an ungodly amount of tea no shame we do lots of fruit bananas and apples for the kids lots of snacks I fully fully realize that Walmart is not going to be the best quality raw honey but here's another one of those transparency things uh local raw honey is incredibly expensive we're definitely hoping to have our own honey and we do have some of our own honey we just kind of blow through it pretty fast so we supplement with this I love the unsweetened chocolate to put on top of granola bars also chocolate chips for cookies and things like that we do eat some pasta just because we get kind of tired of white potatoes and sweet potatoes sometimes so we will do some pasta I also love dates if you buy these very dates on Amazon it'll cost you $12 a pack at Meer you can get them for $3 a pack so these are really awesome for we call them date bars kind of like a granola bar with chocolate on top peanut butter raisins for granola bars unbleached organic white flour to feed my sourdough starter I have found my sourdough starter does much better with white flour than it does whole grain flour I don't know why that is and then we have just kind of our baking things like avocado oil vanilla if you want to buy vanilla buy it on Azure standard this is the best tasting vanilla and it's also much much cheaper than getting pure vanilla at the grocery store I also of course buy vinegar baking soda baking powder corn starch and then some of my spices like chili powder paprika garlic some of those things another thing that we absolutely do is like if we're going camping or if we're going hiking or just times when we need a break like that we will sometimes buy things that are on sale here I found some uncured beef hot dogs yesterday for 1.77 which is a complete steel and so we do definitely buy like some convenience food if we're doing something extra special but it's very very minimal I really want to inspire you to grow as much of your own food as possible because it is so fulfilling so I put together a playlist of this last season's harvesting and preserving videos for you to watch next yes