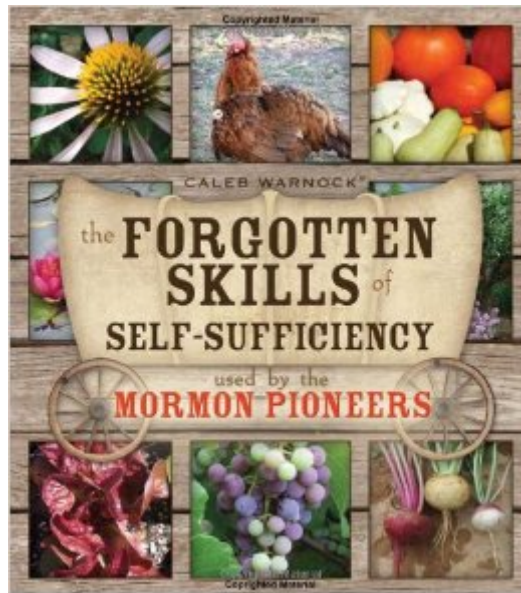


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# The Forgotten Skills Of Self-Sufficiency Used By The Mormon Pioneers



## Synopsis

Many people dream of becoming self-reliant during these times of fluctuating prices and uncertain job security. Using truly simple techniques, you can cultivate the pioneer's independence to provide safety against lost wages, harsh weather, economic recession, and commercial contamination and shortages. Strengthen your family's self-reliance as you discover anew the joy of homegrown food, thrift, and self-sufficient living.

## Book Information

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Average Customer Review: 4.4 out of 5 starsÂ Â See all reviewsÂ (130 customer reviews)

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## Customer Reviews

Just two weeks ago, the residents of Utah celebrated Pioneer Day in honor of the arrival of the Mormon pioneers in the Salt Lake Valley in 1847. I appreciate the hard work and sacrifices these determined people showed throughout their lives. It seems such a shame that so much of their knowledge and work ethic has disappeared over the generations. I was surprised to read that our ancestors harvested nearly all year long, including during the winter. I am several generations removed from my farming and pioneering ancestors, so I was unaware of several of the aspects of self-sufficiency that the author talks about. Did you know carrots were originally yellow and purple? I didn't. Did you know it's possible to grow and harvest salad greens in the snow? I can't wait to try growing some. In the age of supermarkets and fast food, it would do mankind good to return to a degree of self-sufficiency. In the timeline of history, grocery stores and processed "food products" are brand new concepts. We have become so accustomed to the appearance and taste of the items lining the shelves that it makes one wonder how people lived without Doritos, Oreos, and Diet

Coke. The first half of *The Forgotten Skills of Self-Sufficiency* covers heirloom plants and seeds, expanding the harvest, and storing the harvest. The author shows several examples of these concepts in his own garden and root cellar. He briefly covers pioneer yeast and bread making, then moves on to how to raise and care for your own chickens for the remainder of the book. While covering several interesting topics, this book doesn't get into a lot of specifics of how to do these things and does reference additional material.

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