Wilderness Survival – Food

In a survival situation finding things to eat may be difficult. You may be in a place like some wet lands that has a lot to find and you may be in a place like a desert that has little to find. In Matt chapters:5,6,7 Jesus is teaching and we call this the sermon on the mount. Right in the middle of the sermon He starts talking about people being concerned about their needs. In chapter 6 verse 32 Jesus says that the Father knows ALL of your needs. And then in verse 33 He says “But seek ye first the kingdom of God and His righteousness and all these things shall be added unto you.” What Jesus is saying is that if we seek His Kingdom and not this world’s kingdom that this gives God the right to take care of you, Even if He has to do a miracle? In the book Ministry of Healing pa 45 – 50 she is talking about when Jesus feed the 5000. There are ten points in that section that need to be considered if you are in a survival situation or in the end times.

1. “There He was, with five thousand men, besides women and children, in the wilderness.”
2. “ Many of them were without means to purchase food.”
3. “The providence of God had placed Jesus where He was, and He depended on His heavenly Father for means to relieve the necessity.”
4. “When the disciples heard the Saviour's direction, "Give ye them to eat," all the difficulties arose in their minds.”
5. “The disciples brought to Jesus all they had;”
6. “The food multiplied in His hands, and the hands of the disciples, reaching out to Christ, were never unfilled.”
7. “The little store was sufficient for all.”
8. “When the multitude had been fed, the disciples ate with Jesus of the precious, heaven-supplied food.”
9. “He will reward honest, simple reliance upon Him.”
10. “That which seemed but a meager supply will prove to be a rich feast.”

Let’s seek Gods kingdom first and then let Him take care of us.

Out of all the resources you may have in a survival situation, there is one resource you have to pay the most attention to. That resource is your energy. Everything you do will add to or subtract from your store of energy. Every decision you make, part of that decision will be how much energy is it going to take and what will be the payoff. If you run out of energy you have lost your survival situation.

The way to add to your energy is to rest and or to eat. All across the nation survival schools teach that you need to find protein to give you energy. And you can get energy from protein but in a

survival situation when you eat you want to eat something that gives you the most energy.

There was a study done a while ago where they just knew that protein gave you the most energy. So they took a group of athletes and split them into two groups. One group they fed a high protein diet for three days. The other group they fed a high complex carbohydrate diet for three days. Then they put both groups on stationary bikes and had them ride as long as they could. They added up the time of each group and was very surprised when the high complex carbohydrate why out did the high protein. So they figured it was the athletes. So they switch diets on the two groups for three more days and back on the bikes. Again the group with the high complex carbohydrate diet lasted longer than the high protein diet. If you go and look at what a marathon runner, swimmer or biker eats for breakfast, it will be the high complex carbohydrate, because they understand this.so when we look for survival food that will give us the most energy we need the roots, nuts, seeds and dark leafy greens. You will find your best source of energy is in the plant group not in the animal group. Besides one thing I have found is that when you find a plant that you can eat it doesn't run away. If you learn enough plants you will not be able to walk across a field and not fine something you can eat. It might not be your favorite but it will give you energy.

There are some plant families that don't have any poisons ones in them. If we learn these families and end up in some part of the world that we are not familiar with the plants, as long as we can identify the family then we know that we have something we can eat.

There are no poisonous grasses worldwide. Many grasses are cultivated like wheat, rye, barley and many people don't know that corn is a grass. You can eat the grass blades. It is best to eat those when they first come up. After the first blade form into a stalk it is hard for our system to break it down. What we enjoy the most are the seeds. You can eat grass seeds but make sure they mature. There is a fungus that can get on grass seeds and if it is on the seeds you can't eat those. The fungus is called ergot fungus. Go to YouTube and search for ergot fungus to see what it looks like. You may see my video on about ergot fungus.

The mustard family has no poisonous members. You can tell if it is in the mustard family by looking into the flower. If it has four peddles, six stamens and one pistil it is in the mustard family and is edible.

There are no poisonous mints worldwide. The way you tell if it is in the mint family is it will have a square steam. The leaves will be opposites and the flowers will form in whorls around the steam. If it has these three markers it is a mint. Some mints are bitter and taste bad. The way to test to see if you want to eat or make a tea is to take one

of the leaves and smash it between your thumb and finger and then smell it. That will let you know if it is sweet or bitter.

Cooking your food when in a survival situation

When you are in a survival situation and you don't have your kitchen and pots and pans, how do you cook your food? Many people know how to do a marsh mellow roast, and this works for a lot of things. But a drawback of this technique is it tends to dry out your food as it cooks it, I want to talk about three ways to bake and one way to boil your food when you don't have your pots and pans. The tree ways to bake is an ember roast, a sand oven, and a pit oven. The boiling method is to rock boil your food.

Ember Roast

This technique is one you will use the most out of the three ovens. It is mainly used for roots and things that have a skin. The way to do it is to get a fire going that will make some coals. So you will need to start this first and get a bed of coals before you can cook. The rest is easy. You move the coals aside till you are down into the ashes. Then you berry in the ashes the things you want to cook. Then you replace the coals back on top and let the heat cook your food. The ashes will block the oxygen from getting to your food so it won't burn. Keep checking to see when your food gets soft and ready to eat. Be careful when you eat it, it is hot.

Sand Oven

Sand ovens are used for nuts and things that have a shell on them. The way to do this is to dig a small square pit. Make this three or four inches deep. Then you fill this pit half full with fine sand. Beach sand works the best but that me not be available. The bottom of a stream or river has some that works well but you need to dry it out first. Use the finest sand you can find. You may have to dig down past the top soil to the white sand underneath and use that. Place your nuts in the middle and cover the rest with more sand. You want your nuts to be in the top two inches of that sand. If you place them to deep it takes the heat a long time to get down there. Build a fire on top of the pit and keep it going for a couple of hours. Scrap off the fire and remember that sand is HOT. Carefully remove you food and let it cool before eating,

Pit Ovens

The Indians used the ember roast and the pit ovens the most, so how do you make a pit oven? Start by digging a pit. The size of the pit depends on how big your food is. The Indians have cooked a whole deer in one of these ovens. You will need to line your pit with rocks. Make sure you find the flattest ones you can for the bottom. You can use round ones for the sides. **Make sure that you get your rocks from a dry place.** If you get them from a stream or river they will blow up when you heat them up.

You need to line the whole pit with rocks. Now you need to build a fire in your pit on top of the rocks and let it burn for a couple of hours. Then scrap your fire out of the pit. Place your food on the rocks and then you will cover the whole pit with sticks laid side by side all the way across the top. Then you cover the sticks with leaves or moss because on top of that you are going to cover that with dirt. So use something that won't let the dirt fall through. I like to cook my big roots like burdock in an oven like this. It takes about two hours for roots of this size, longer for bigger things. Practice will help you learn how long things take.

Rock Boil

Rock boiling is where you use hot rocks to heat your water to cook your food. Just like in the pit oven you need to **get your rocks from a dry place**, because if they come from a wet area they will blowup when you heat them up. If a rock blows up and you get hit with a peace of these rocks it could easily kill you. When you practice this you can use a pan but in a survival situation you will need to burn a bowl in a chunk of wood, or carve a slot in the top of a log or like the Indians did they would make a birch bark pot. You need to heat your rocks in your fire and you want to put them in the hottest part of your fire. Get them to glow red if you can. Fill your cavity with water and one at a time place a hot rock in that water. When that rock has cooled off pull it out and replace it with another one. It will take a couple of rocks to get the water to boil then put your food in and keep switching the rocks until your food is done.