How To Make Your Own Salt

Categories : General Prepping, Homesteading

We don't think it today, but once, salt was a very valuable commodity; and even nowadays whilst we don't particularly value it, if for whatever reason there was suddenly no salt in your diet you would miss it like crazy... We put salt on our food and food manufacturers put salt in almost everything we eat too, we have become very accustomed to its taste, in many ways we are addicted to it.

I have high blood pressure and for a while I was on a low salt diet, so believe me when I say it - you'll miss it like crazy if you don't have it! Food just doesn't taste the same without salt and you don't truly appreciate this until you have gone without salt for a while.

With the above it mind, if you are a prepper or someone living a self-sufficient lifestyle, storing salt should be a priority. Not only for the taste factor, but also for the other valuable uses salt has, such as preserving foods.

In addition to storing salt, if you live by the coast you can actually make your own sea salt very
easily by boiling down clear/clean sea water. If you want to know more about this process, check out the link below from the Not Without Salt website.

Trust me when I say this - if the SHTF and there is ever is a total collapse of society, salt will once again become a very valuable commodity. Store it/learn how to make it! It is also a fun project to do with the kids, showing them how to turn water into salt.

Making your own sea salt

(Photo from: Not Without Salt)