It's That Time to Squirrel Away Those Savory Snacks

Categories : Food & Water, Wilderness Survival

Nuts are a super food! I don’t think enough of us eat enough of them in our diet! They are full of protein, fat, calories and minerals which makes them and excellent emergency survival food (good for the bug-out-bag), but not just that, they are a healthy homesteading/frugal food for general eating/storing. It is that time of the year to get out into the woods (even more fun with the kids!) and get searching for, and picking nuts to eat and store.

Below is a superb post about picking/storing the various types of nuts available in the US.

See: Go Nuts