

HOMESTEADING: YOUR JOURNEY TO SELF SUFFICIENCY

*5 first steps to homesteading no
matter where you are.*

Honey & Nectar Co.




Welcome,

We are Honey & Nectar Co. a family running a homestead on a few acres. We love the Lord and devout all of our successes, skills, character, gifts and all that we are to Him. What you are learning in this pamphlet, is from a family with a heart toward the Lord and the way He intended humanity to live, connected to the earth, homemaking, homesteading, growing and cultivating.

Homesteading doesn't have to require acres of land, vast knowledge, or loads of money to achieve. A big part of our business is to show you not just that you can, but simply how to homestead.

There is so much satisfaction and feeling of purpose that comes with growing your own food, making food from scratch, learning tradition skills and saving your family money in the meantime.

In this free guide we give you 5 homesteading steps that you can incorporate into your home no matter where you live or what you know about homesteading! Let's learn together and start going after our desired lifestyle.



‘SHE CONSIDERS A FIELD
AND BUYS IT; WITH THE
FRUIT OF HER HANDS
SHE PLANTS A
VINEYARD.’

Proverbs 31:16 ESV

Bread Baking



Baking and cooking from scratch will always be the best first step for someone looking to learn homesteading skills no matter where you live.

A specific skill within this skill set is learning to bake bread from scratch. You may be noticing so many homesteaders learning this skill and may be asking “why?”.

Firstly, home baked bread is the BOMB! Secondly, store bought bread is getting very expensive, and the higher the prices rise the more ingredients they seem to carry- ingredients that require learning a new language and earning a biology degree to understand. It is also a very easy first step to home baking, only needing three-four ingredients, and spends most of the time rising on your counter, so it doesn't require lots of time or attention!

Once you have a recipe down you can make changes, add ingredients and get creative with it. If you are looking for a good recipe to learn this skill with, see the next page for our favorite Rustic Loaf Recipe and a list of equipment and ingredients to learn this skill.

Bread Baking Equipment & Ingredients

EVERYTHING YOU NEED TO LEARN THIS SKILL,
SEPARATED INTO TWO SECTIONS. ABSOLUTELY
NECESSARY & ITEMS TO PURCHASE TO ENHANCE YOUR
SKILL!

NECESSARY EQUIPMENT & INGREDIENTS

Click the link above for our Amazon Storefront List

ITEMS THAT AREN'T NECESSARY BUT WILL ENHANCE YOUR BREAD

Click the link above for our Amazon Storefront List

Next Page “Rustic Loaf Recipe” —————>

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Rustic Bread Loaf



1 Loaf



5-6 Hours

INGREDIENTS

4 cups all purpose flour
1 cup of whole wheat flour
1.5 cups of water at 98° to
100° or 36-37C
2 teaspoons of Kosher salt
2 teaspoons of active yeast

DIRECTIONS

In a large bowl combine with your hands the flour and water until completely mixed together. Let rest for 10 minutes.

Next, sprinkle the salt and yeast ovetop and mix it into the dough by pinching, stretching and folding the dough over for 4 to 5 minutes.

Cover and rest the dough in a warm dark place for 15 to 20 minutes before folding the dough over 5 to 6 times.

Cover and rest for 45 to 60 minutes and then fold the dough over 5 to 6 times again.

Cover and rest for 2 hours or until it has tripled in size. Dust a clean surface with flour and place the dough onto it.

Sprinkle the top with flour and fold the dough over in thirds 3 to 4 times and then begin to mold the dough into a ball by cupping around the dough into the bottom.

Place the dough into a floured Benetton and cover and rest for 60 minutes.

In the meantime, place a small Dutch oven pot into the oven on 475° for at least 30 minutes.

Flip the dough right into the hot Dutch oven pot, cover it and return it to the oven and bake for 30 minutes

Let cool for 20 to 30 minutes before slicing and serving.

This recipe is as tried and true as it gets!



Plant a Garden



Growing a garden is another homesteading experience that is at the heart of the lifestyle. It is also another step that almost ANYONE can take towards their homesteading goal. This is including those living in apartments, rentals, in town, or other housing that isn't considered ideal for homesteading.

Without space, much of a budget, and minimal gardening skills you can garden. Gardening doesn't only have to be an outdoor hobby. If you want to learn how to garden and keep plants, your kitchen window is a great place to start. Growing herbs in your window is step one to a garden if you don't want to go big OR if you lack the space or money. In as little as thirty-forty days some herbs are ready to use. This is garden to table, and that is often times what homesteaders desire most- the authenticity of their own food! Knowing how it was grown, what chemicals were and were not used, etc...

More options for unconventional gardening would be container gardening and gardening in raised beds that are collapsable! This adds variety to the type of gardening as well. With space for only one container you can grow so much. Using part of the space for vertical growing, plant nightshades in the soil like potatoes and plant regular growing vegetables on top.

Research your zone (Gurneys.com uses your location to find it for you) and buy seeds specific to your zone for the best results! Gardening not only provides fresh, chemical free produce, it connects you to earth and helps you make better and healthier eating choices.

LOOKING FOR CONTAINER GARDENING
INSPIRATION, AVAILABLE SEEDS?

GARDENING SUPPLIES
(INCLUDING CONTAINER
GARDENING IDEAS)

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Sourdough Starter



Each of these skills is a skill you can acquire no matter where you are. A lot of these take place in the kitchen. The third skill and one of my favorites is to learn to make and keep your own sourdough starter.

Sourdough is so good for your gut health and raising a starter can begin your journey to learning more about fermenting and natural yeasts! This can come in handy for skills like kombucha, wine and beer making, kefir and more. Giving bread and starter as gifts is my new favorite way to celebrate others! The diversity of learning these skills is so wide!

All sourdough requires is flour and water, along with a jar and some warm temperatures (like next to your oven). Sourdough is becoming a skill so many people are learning and getting so creative with.

Learn to make bagels, bread, crackers, muffins and more. BUT let's start Simple with the starter itself. On the next page you can find our simple, scale free method to kickstart your sourdough starter in the first fourteen days and on. It is another freebie, along with our lists of equipment and ingredients!

SOURDOUGH EQUIPMENT LIST & “HOW TO”

SOURDOUGH FREEBIE

Click the link above to download the sourdough freebie

SOURDOUGH EQUIPMENT AND INGREDIENT LIST

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Preserving Food



Food preservation is a large spectrum. There are simple, and somewhat complex ways to preserve food. There are traditional and new ways to preserve food! This is another skill for everyone- no matter where you live or how far into your homesteading journey you are, you can preserve foods.

Preserving can require some equipment but it doesn't always have to! There are ways to preserve with the sun, winds, your oven, using a blender and freezer! Oftentimes it also includes canning equipment, a food dehydrator, immersion blender and more. This depends on your desired outcomes!

Preserving food can be slicing and freezing a garden harvest! Dehydrating or freeze drying fruit, canning broth or jams, smoking meat, learning how to air dry herbs, or how to properly keep garlic, potatoes and squashes over Winter.

As you can see this is a diverse skill to learn, as in it can be done everywhere. If you live in an apartment with a window or an oven you can preserve food, with little to no equipment.

You can begin by air drying herbs, do this by tying the bottom of the stems with string and hanging them in a place that has good air flow, no moisture and lots of light. Place them by a fan on low or spread your herbs out on a baking sheet and place in your oven on the lowest temperature. Place the herbs in for the time required for the specific plant you are dehydrating. These are just two simple ideas to try if you do not have any equipment or don't want to make a purchase without first learning and dipping your toes in.

A rustic wooden rack with hanging red chili peppers and a head of garlic. The background is a soft, warm-toned image of a wooden rack with several bunches of bright red chili peppers hanging from it. In the foreground, a head of garlic with its roots is visible, slightly out of focus. The overall aesthetic is natural and homey.

LEARN TO PRESERVE FOOD IN A
MILLION WAYS. THE LINK BELOW WILL
GIVE YOU UNIQUE IDEAS AND
DIFFERENT WAYS TO PRESERVE FOOD.

LEARN ALL THE DIFFERENT
WAYS TO PRESERVE FOOD,
EQUIPMENT

*Click the link above to find your starting point in
preserving food*

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Kit Skills



What are kit skills? Kit skills are expertise you can learn from a kit. It is that simple.

This may sound somewhat strange, so to explain further. Kit skills include any skill that is easy enough to learn and is sold together in one box. This includes the equipment too.

Water bath canning, for example, is NOT a kit skill, whereas Kombucha and cheese making is! Knitting and crocheting are both kit skills. Sewing by hand is a kit skill but sewing by machine is not.

A kit skill will include everything you need in one box. I have learned so many skills out of a box. My kombucha is almost six months old and she started from a kit.

How crazy is it that we can buy a twenty dollar item that can turn into something we can eventually pass on to our children!

We often think of kit skills in a different light, not always in a good way. We often think of cheap children gifts like bracelet looms. But that is not at all the experience. These, again, are kits that can live forever through your care of the produce and products! Absolutely mind blowing how easy it is to learn such rich skills, that will be with your forever, from a KIT!

See the next page for my compilation of homesteading skill kits!

LEARN A SKILL FROM A KIT! IT IS THAT
EASY TO LEARN A NEW SKILL THAT
WILL PROVIDE FOR YOU A LIFETIME
ON THE HOMESTEAD.

FIND DIFFERENT
HOMESTEADING SKILL
KITS

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It is my hope we have inspired you to start your homesteading journey, to take the leap no matter where you live, how much money you make, or how much experience you have on your hands. You don't have to have land, lots of experience or money to start.

It is our goal at Honey & Nectar Co. to build a community of strong and traditional people from all walks of life- who love the homesteading way of life. People who take action, their lives into their own hands, and live off of the earth as the Lord intended. So we share tips, recipes, homesteading skills and more on our instagram page. We would love to see you there!

— Honey &
Nectar Co.

- *Honey & Nectar Co.*

JOIN OUR JOURNEY AND
MAKE IT YOURS:



[@thehoneyandnectarco](https://www.instagram.com/thehoneyandnectarco)