

natural Homestead

40+ Recipes for Natural Critters & Crops



Jill Winger

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Homestead

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By Jill Winger

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Acknowledgments

To the faithful readers of The Prairie Homestead blog:

You were the ones who inspired me to start this crazy project, and have kept me motivated the whole way. Here's to healthier, more wholesome lifestyles—in the barnyard, and beyond.

To my Lord and Savior Jesus Christ:

What a fantastic adventure You have led me on as You've fulfilled heart's desires I didn't even know I had. I can't wait to see what's up ahead-- let's go!

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About the Author



I'm Jill Winger. I didn't grow up on a ranch, farm, or homestead, but I've always had a deep rooted passion for the rural way of life.

I reside on a sixty-seven acre chunk of Wyoming prairie that I share with my husband, two children, and an ever-expanding menagerie that includes horses, cattle, goats, pigs, dogs, chickens, and geese.

I'm not the perfect

homesteader—my barn gets messy, my garden is full of weeds, and my cow sticks her foot in my milk bucket sometimes, but I still love inspiring others to start homesteading journeys of their own.

I've been writing on my blog, [The Prairie Homestead](#), for three years. It's there I share recipes for down-home cooking, natural remedies, random observations from my chaotic life, tips for running a homestead, and stories about the snakes in my house. (Yes, really.)

Find me: [The Blog](#) | [Facebook](#) | [Pinterest](#) | [Instagram](#)

Introduction

I am the daughter of a farm chemical salesman. I grew up in a subdivision, on a tiny lot in town. As a kid, I wolfed down potato chips and diet soda, and was probably well into my teen years before I ever had an egg from a chicken that didn't live in a factory.

I used to run to the doctor for antibiotics every time I had a sniffle; I hated to cook, and liberally applied every conventional product I could find on myself and my animals.

Fast-forward ten years and now you'll see a wife and mama who lives out in the middle of nowhere, milks her cow, raises and processes her own meat, cans the vegetables from her garden, mixes her own chicken feed, doesn't vaccinate herself or her kids, and cooks crazy things like tortillas and French fries from scratch.

Why am I telling you all this? **Because if someone like me, a wholehearted devotee of the standard American lifestyle, can change, then so can you.**

My transformation didn't occur overnight; it came about over the period of several years, and is still happening to this day. It started when I stopped buying certain processed items at the grocery store (bye-bye margarine), and then progressed as I learned how to cook (not just reheating frozen burritos) and make my own skincare items from scratch.

I had an awakening, and judging by the 47,000+ people who currently make up my blog's community on Facebook, I'm not the only one feeling the urge to get back to the basics.

Anyway, there I sat: drinking raw milk, eating homemade tortillas, and rubbing coconut oil on my face--all while feeding my animals processed foods

and chemical-laden products. That just didn't make sense, and I decided to do something about it.

This book is the culmination of my quest to implement more natural techniques on my homestead. A quick Internet search will quickly yield tons of tips, remedies, and urban legends on the topic of natural animal remedies. Unfortunately, I found that after about ten minutes of research, my head would spin and I'd shut down my laptop to focus on something less confusing ...

Thankfully, my determination eventually won out and I plunged headfirst into the world of feed rations, vinegar, herbs, and every sort of DIY-spray-concoction known to man. And that, my friends, is how this book was born.

What to Expect from this Book

My goal in writing this e-book was to compile the various remedies, tidbits, recipes, and anecdotes I mined from a pile of books, blogs, websites, scholarly articles, and personal experience.

I hope to offer some sort of middle ground between someone with a Master's degree in animal or plant science, and Great Aunt Bertha's eclectic collection of home remedies.

I know there will be some who scoff at the thought of these simple recipes having any significance in modern agriculture, but keep in mind that many of these remedies have been used on humble homesteads, backyard gardens, and small farms for decades. There has to be a reason that they are so well-loved and passed from generation to generation.

You probably won't find yourself implementing every single alternative idea found in this book, and that's OK. Even if you can swap out just a few of the conventional chemical products that might be lingering in your cupboards, you'll still be ahead. *The pharmaceutical companies have done an excellent job*

of interweaving themselves into every area of our lives, and sometimes it takes a little while to figure out how to wean ourselves off of their influence.

So, grab your bottle of vinegar, put on your homestead scientist hat, and let's get busy returning to what great-grandma knew.

Sample Recipe



Milk or Whey Spray

Wagner Bettiol, a Brazilian agronomist, discovered that not only does a spray of raw milk help to combat mildews, it also acts as an fertilizer for the leaves of the plant and can help in boosting production.⁴⁸ If you are a home dairy-er, this is an excellent way to put excess milk to good use. It's also an ideal job for soured milk or whey leftover from cheese making.

- 1 cup raw milk or whey
- 9 cups water

Instructions

1. Mix and spray on vegetables, shrubs, or flowers that are battling mildews or fungi. It can also be used as a soil drench.