



PRESERVE

The Preserve category centers around protecting, storing, and extending the life of food, resources, knowledge, and traditional practices so they can nourish future generations.

These skills reflect the wisdom of making the most of what you have, reducing waste, and preparing for seasons ahead.

- Water Bath Canning
- Pressure Canning
- Freeze Drying
- Dehydrating
- Sun Drying
- Air Drying
- Fermentation
- Pickling
- Salt Curing
- Smoking Meats
- Cold Smoking
- Hot Smoking
- Root Cellaring
- Vacuum Sealing
- Food Storage Rotation
- Bulk Food Storage
- Long-Term Pantry Building
- Emergency Food Preparedness
- Rendering Tallow
- Lard Rendering
- Jam & Jelly Making
- Syrup Making

- Sauce Preservation
- Bone Broth Preservation
- Soup & Meal Canning
- Dry Soup Mixes
- Shelf-Stable Meal Preparation
- Sourdough Starter Preservation
- Seed Saving
- Herb Drying
- Medicinal Herb Preservation
- Tea Blending & Storage
- Spice Blending
- Oil Infusions
- Vinegar Making
- Cheese Waxing
- Cheesemaking
- Butter Making
- Yogurt Making
- Cultured Dairy
- Wine Making
- Mead Making
- Cider Making
- Brewing
- Meat Processing
- Fish Preservation
- Jerky Making
- Fruit Leather Making
- Freezer Meal Preparation
- Cold Storage Techniques
- Ice Box & Traditional Cooling Methods
- Candle Making
- Soap Making
- Beeswax Preservation Methods
- Natural Cleaning Product Making
- Textile Preservation
- Clothing Storage Techniques
- Document & Recipe Preservation
- Family Recipe Keeping
- Oral Tradition & Story Preservation
- Heritage Skill Teaching
- Traditional Knowledge Passing
- Preparedness Planning
- Sustainable Resource Stewardship

- Waste Reduction Practices
- Reuse & Repurposing Skills

CORE IDEA:

To preserve is to honor provision, reduce waste, and carry wisdom forward so future generations can thrive.