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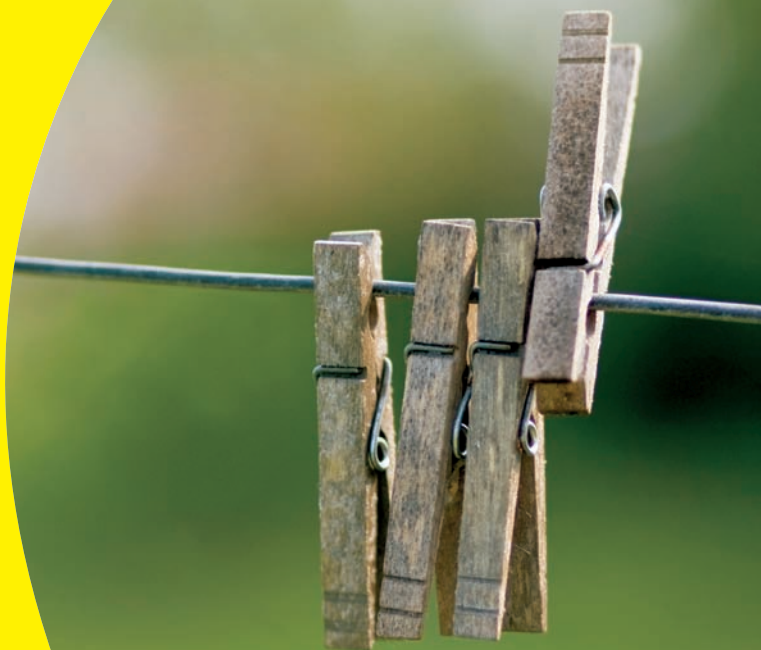
# *Living the Country Lifestyle*

ALL-IN-ONE

FOR  
DUMMIES®

**6** BOOKS  
IN 1

- Country Kitchen Skills
- Traditional Crafts
- Edible Gardening
- Getting Outdoors
- Raising Farm Animals
- Natural Health





*Living the  
Country Lifestyle*  
ALL-IN-ONE  
FOR  
DUMMIES®

**Tracy L. Barr, Compilation Editor**



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## **Publisher's Acknowledgments**

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# Introduction

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**M**odern technology and technological processes are great. Take, for example, the sewing machine. Before its invention, people made clothing by hand. After its invention, the sewing machine enabled women everywhere to make a garment in a fraction of the time it took previously. Now consider the additional advancement of the assembly line and the precision and speed with which thousands of garments can be made in a single day.

What was gained? Speed, efficiency, consistency of outcome. And what was lost? Tedious, eye-straining, finger-pricking labor. And a connection to a traditional, and in many ways, simpler and more meaningful way of doing things. The pricked fingers are gone, but so is the feeling of satisfaction that comes with self-sufficiency and accomplishment. This is just one example, but the lesson — that traditional ways of doing things have value, even if it can't be tallied on a ledger or articulated as time saved — is applicable to many other areas as well.

*Living the Country Lifestyle All-in-One For Dummies* helps you rediscover the joy and satisfaction that come when you get back to the basics. Whether you long to rediscover what mealtimes can be like when the food you prepare is that which you've grown or preserved yourself; or seek to reawaken the joy of spending time outdoors; or have decided that a natural approach to caring for your health is the best approach, this book can put you on the right track.

## About This Book

In a world that seems to grow more fast-paced every day, what do you do if you want to slow life down and get back to the basics — beyond turning back the clocks and tossing out the Cuisinart, that is? You find a resource that's chock-full of information on how to apply traditional, down-home approaches to the activities you have to do or want to do. Lucky you, that's just the kind of information that *Living the Country Lifestyle All-in-One For Dummies* provides. In this book, you can find out how to

- ✓ Prepare traditional meals, using traditional cookware, indoors or out.
- ✓ Put up (read *preserve*) fresh fruits and vegetables.
- ✓ Spin your own wool and knit it up into gorgeous apparel.
- ✓ Make quilts and other hand-sewn favorites.
- ✓ Plant and harvest your own fruits, vegetables, and herbs.

- ✓ Raise your own farm animals.
- ✓ Experience the great outdoors.
- ✓ Incorporate the healing power of foods and herbs into your health regimen.

That's a lot of information for one book, but like all *For Dummies* books, the info here is easy to find so you can focus your attention only on the topics that interest you. After reading this book, you may not be an expert, but you'll have a new confidence that may spur you on to discovering even more ways to embrace a country lifestyle.

## *Conventions Used in This Book*

To help you navigate through the text and easily identify different components, this book uses the following conventions:

- ✓ Web addresses appear in a special font (which looks like this: `www.wiley.com`) so you can easily pick them out.
- ✓ New terms appear in *italics* and are closely followed by an easy-to-understand definition.
- ✓ **Bold** highlights the action parts of numbered steps or keywords in bulleted lists.

**A special note about the recipes in this book:** As is true of most traditional cooking, the recipes have been handed down from one generation to the next and passed from cook to cook. Many recipes have made it to this book in just that way. A typical characteristic of these types of recipes is that they often don't use precise measurements or give specific time guidelines. Instead, they tell you to "Add just a smidgeon of salt," or "Simmer the sauce until it's nice and thick." So that anyone from the culinary novice to the seasoned cook can have success with the recipes in this book, the impreciseness is kept to a minimum. All temperatures are Fahrenheit.

- ✓ **Measurements:** The recipes largely give precise measurements (a half teaspoon of this or 1½ tablespoons of that, for example) or indicate a range (½ to 1 teaspoon, for example).
- ✓ **Times:** The recipes also indicate approximate prep and cooking times, as well as times for the tasks within individual recipe steps.

But, at the end of the day, to be true to the heritage of traditional cooking, some ingredient amounts are occasionally left to your cooking judgment. Continuing

a long-standing kitchen tradition, as soon as you make a recipe, that recipe becomes yours to do with as you please. Take advantage of this flexibility and feel free to adjust any of these recipes to suit your own tastes and cooking style.

And now just a few more quick words about the ingredients. Unless otherwise noted,

- ✔ **Butter** is unsalted.
- ✔ **Milk** is whole.
- ✔ **Eggs** are large.
- ✔ **Salt** is common table salt, and **pepper** is freshly ground black pepper.
- ✔ **Fruits and vegetables** are washed under cold running water before using.

Finally, when you see 🐷 before a recipe title, that's an indication that the recipe doesn't contain any meat.

## What You're Not to Read

Like all *For Dummies* books, this one makes it easy for you to recognize non-essential information. Feel free to skip these bits without worrying about impairing your understanding of the topic at hand:

- ✔ **Paragraphs beside the Technical Stuff icons:** These paragraphs contain interesting, albeit tangential, info — think background information or technical details that go beyond what the average person would be interested in.
- ✔ **Sidebars:** These are entertaining or informative asides that add to the discussion but don't contain vital, need-to-know information.
- ✔ **Anything that doesn't strike your fancy:** Hey, it's a *For Dummies* book. If you have no interest in beekeeping, for example, feel free to skip that entire chapter. No hard feelings.

## Foolish Assumptions

Not every book is for every person. In fact, most books are written for a very *specific* person — obviously one who would be interested in the info the book contains. So here are the assumptions we made about you, our reader:

- ✔ You want easy-to-understand information about how to get back to doing and enjoying the simpler things in life.
- ✔ Although you may have an interest in particular topics already and know something about them, you're not an expert and you don't want to be. You just want to know how to get started and how to make a successful go of your attempts — whatever the task at hand is.
- ✔ You may not buy into a romanticized “everything was better back then, and we all need to sell our cars and unplug our appliances” mindset, but you do believe there's value in working with your hands and getting back to nature.

If these statements sound like you, then you've got the right book.

## *How This Book Is Organized*

*Living the Country Lifestyle All-in-One For Dummies* is divided into six books, each one focusing on a particular topic or activity related to living a country lifestyle. Each book is further divided into chapters that relate to that book's topic. So, for example, the book that covers country kitchen skills includes chapters on country cooking, canning and pickling, and so on. This structure allows you to find info whether you're looking for a general area of interest or something more specific.

### *Book I: Country Kitchen Skills*

Want to know how to cook a down-home meal? Book I includes indoor and outdoor cooking techniques and a collection of recipes that will have you hankerin' to ring the dinner bell. Another traditional skill that's coming back into vogue (for a variety of reasons, including money savings, healthy living, and the desire to support local farmers) is “putting up” produce. To help you do that, this book includes chapters covering how to can, pickle, or dry fruits, vegetables, and herbs.

### *Book II: Traditional Crafts*

Many of the skills required to run a home of yesteryear — candle-making, knitting, spinning, hand-sewing, quilting, and more — have turned into