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Sharing Old-Timey Wisdom For Today

Livestock

**Hoof Rot in
Goats:
What Causes It
and How to
Treat It**

**Once-a-Month
Canning Schedule**

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**Old-Fashioned Egg
Custard Pie Recipe**

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**Putting Your Gardens To
Bed For The Season**

**10 Things to Consider
Before Raising Cornish
Cross Broilers**

**42 ways to save money on
groceries will have your
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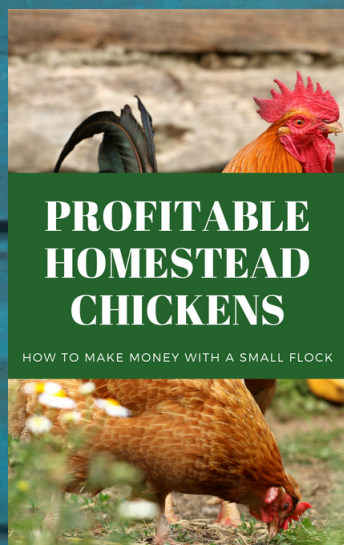
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Our Philosophy

Our purpose is to share old-timey, down-to-earth, common sense knowledge, and experience.

Life is often chaotic, stressful, and sometimes painful which is why our goal and purpose is to be a source of encouragement, information, direction, and strength for all those seeking to live a more self-sustaining lifestyle.

Your homesteading journey is unique to you. We're here to help by providing information, instruction, and sharing knowledge with you.

We have taken up a lesson my grandfather taught me, "There's as many ways of gettin' a farm job done as there's farmers. Ya gotta be willing to listen, help, and learn from 'em, even if it's just to see what not to do."

Come enjoy the journey with us!

Contact Us

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A Note From The Editor

Welcome to Homesteading Today Magazine, formerly known as The Farmer's Lamp Community Magazine. As Editor, I would like to thank you for the overwhelming response and support you've shown for the magazine and TFL.

I'm excited about this issue for a couple of reasons. The first being our rebrand to Homesteading Today Magazine. The second, most of the homestead bloggers in this issue have been of special help, support, encouragement, and friends since I



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started The Farmer's Lamp back in 2011. We are honored to have all the writers in this issue because they are generous with sharing their knowledgeable, skills, and experiences with all those who will benefit or show interest.

Now, enough from me. Dive in and find all the great things they share with you in this edition of Homesteading Today!

Until Next Time,
Safe and Happy Journey,

Rhonda

DO YOU HAVE AN IDEA YOU WOULD LIKE US TO COVER, A STORY YOU WOULD LIKE TO SHARE, OR A QUESTION TO ASK? FEEL FREE TO LET US HEAR FROM YOU!



Pasture Intensive Grazing Management At Cold Springs Farm

We're happy to introduce you to Ryan Willock. He and his wife, Carrie, are the owners of Cold Springs Farm in Bastian, VA, where they raise cattle, pigs, chickens, ducks, and Golden Retrievers.

We sat down with Ryan and asked him the things you would like to know.

Ryan, Tell our readers a little about yourself.

My name is Ryan Willock, my wife and I own Cold Springs Farm here in Bastian, VA. I've been in farming in one form or another for most of my life.

I grew up on a dairy farm that was, at that time, the biggest dairy farm in VA. It had been in my family since the 1700s. On my mother's side of the family, we had been farming in VA since 1626. So, to say farming is in my blood would be accurate.

With that history, I suppose it was inevitable that you would be farming again. Or was there something else that made you decide on the farming/homesteading way of life?

The family lost the farm when I was around 8 years old. I always wanted to get back on a farm of my own so just out of high school, I started to do residential tree work and farming to earn money and get back into the farming lifestyle.



Ryan and Carrie of Cold Springs Farm in Bastian VA. They have three children, raise Cattle, Hogs, and Chickens the old-timey way.

I knew I wanted to do things differently from the conventional way that had caused us to lose the family farm. So, I've spent the last 20 years in the agricultural and forestry industry and learned to combine the two to be more productive on a farmstead.

To quote a buddy of mine, a dairy farmer from Holland, "If you're not a person of the land and don't have the spirit of the land in you, it's not going to work."

I've just always enjoyed being tied to the land. I can't really imagine living any other kind of life.

Along that line, what's your favorite aspect of this way of life?

That's a really hard question. I've never looked at it as a single-point question like that. I don't know if I could nail it down to one single thing. I guess if I had to try it would be that I like being in the outdoors and interacting with the animals and nature.

As far as managing the farm, what have been some of the biggest challenges you've faced?

Well, I think most of us who live this lifestyle want to do it full time. So, one of the biggest challenges is finding a way to make a decent living by farming.

There are so many challenging aspects but one of the hardest is finding a market for what you produce or offer. There's a demand for clean, healthy food but there are so many government regulations that it's incredibly difficult for a farmer to get his products to market.

Take beef for example, if John Q comes up and wants to buy a side of beef from me, or even a few steaks.

I must find a USDA inspected facility to kill and butcher it and those are very hard to find anymore, they're very, very expensive, and right now you have to book 12 to 18 months in advance to get an animal killed.

This drives the cost up for the consumer. Most all these laws and regulations I believe come from the big four companies, which have an 80% market share.

In my experience, most of these rules aren't about food safety, but control of the market.

I don't mean to say there aren't challenges on the production end of things, of course, there are, but for me and other farmers like me, the biggest challenge is getting through the red tape to make a living.

So, on the other end, what would you say have been some of the biggest successes you are thankful for?

I guess I'd have to say starting out it would have to be my Dad encouraging me and believing that it could be done and that I could do it. Of course, I would have to say having an absolutely wonderful wife who has the same passions. It's a real blessing and makes it easier to live this lifestyle.



I know you've talked about pasture rotation. Would you tell our readers some of the principles that you try to employ on Cold Springs Farm?

Most people would say I'm a cattle farmer, but I would say I'm a grassland farmer.

Everything I do as far as the grassland management on Cold Springs farm is looked at as, "What do I have to do to take care of my fields." Most people would look at it and say that's nice grass. But it's more than just grass.

I don't want a monoculture of anything on the farm. I have a polyculture of forage base here on the farm.

I have several species of grass here with several varieties of white and red clover. I've got several varieties of fescue and once you learn to manage them it allows you to extend your grazing season and minimize hay consumption.

I don't use any chemical herbicides or spray for anything. I manage what my neighbors call weeds which are actually medicinal plants for my cows. I've got broad and narrow leaf plantain all over the farm which, besides having nutritional value, is a natural internal parasiticide.

I've got many varieties of medicinal plants in my grass fields that my peers consider weeds.

I majored in cattle reproduction and nutrition and minored in dairy science. So, I would never get rid of something that has nutritional value, medicinal value, and other properties that I want for my cattle's health.

During grazing season, we move on 24-hour paddock rotations giving them just the amount of forage that they will eat down 1/3 to 1/2. So, if I have 12" tall forage in a paddock I like them to eat it down to 6" to 8" and leave the rest and move them.

I give them a forage area that is appropriate for the number of head we are running in it. I measure my forage bank by what we call cow days per acre.

I'll give you an example of how you would set it up.

>If I have a 10-acre paddock and let's say I'm running 50 head on those 10 acres and it's lasted me, let's just say, 30 days.

>So I've got 1 month with 50 cows out of that 10 acres. Now some people would say that is impossible, but that's about what I'm running with the breed of cattle I have here unless we're in a drought condition.

>Now let's take those 10 acres with 50 cows for 30 days.

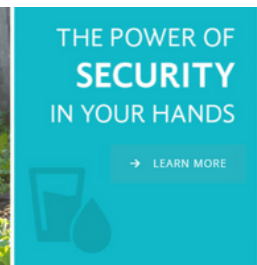
>We would multiply 50 x 30 which would equal running 1500 cows on those 10 acres. per day. Now divide that by 10 = 150 cow days per acre of grass.

>So essentially that means 1 acre of that field would theoretically feed one cow for 150 days.

If you go to Virginia's Department of Agriculture and Consumers' Services website, you will find that the state average is 1 cow-calf pair per 2.7 acres.

Here at Cold Springs Farm, we can run 1 cow-calf pair per acre and that is only possible through management intensive grazing and letting the forage have enough time to recover before grazing it again.

I run smaller framed cows than many farmers, they average around 800-900lbs.



My top land won't give the same number of cow days as my bottom land it's probably going to be less, and it will change throughout the year. But this equation allows me to form a forage budget which is like a bank account for me.

It's critical for me to manage my forage. If I have to destock or sell some cows or move some cows somewhere else because I'm getting in a bind and running out of forage or even if I have to feed hay in July because I've mismanaged badly enough, I'll do it to avoid overgrazing my grass.

Do have a favorite resource that has been a great help to you?

I would have to say, what people today call old-timers, over the years who have handed down knowledge to me that would otherwise be lost. I have always found them most interesting to talk to and that they enjoy sharing their experiences and knowledge with anyone who really wants to listen and learn from them.

When I left college, I left with more questions than I had answers and the old-timers had the answers that I needed to be successful. I wouldn't be where I am without them.



I had the privilege of mentoring under one of the world's leading grass-based geneticists, the late Gerald Fry. He was a great help and you can still find his books for sale if you look. I also like Stockman Grass Farmer and have been reading that magazine for twenty years.



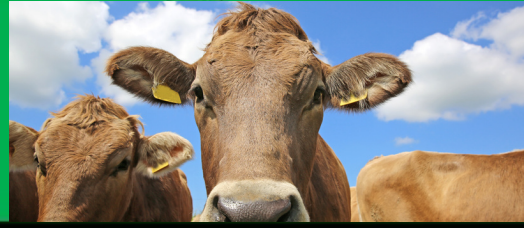
These resources opened my eyes and helped me leave the conventional modern farming that I grew up with and start something that is healthier for us and the animals.

If you could start over with your farm is there one thing you could say you would do differently?

I would take more time evaluating my land and take my time setting up a plan for fencing and grazing cycles. It's better to start slow than to jump in and put the money and work into a plan that must be redone in the future.



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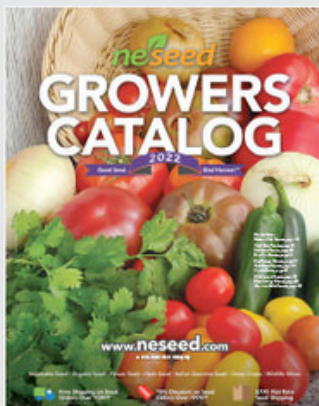
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**STOPS
PREDATORS!**

Old-Fashioned Egg Custard Pie Recipe

This old-fashioned egg custard pie recipe is handed down from my great-grandmother. It's an easy pie to make with a sweet, silky texture. It's sure to be a family-pleasing addition to any meal.

I've never found anyone in the middle of the road on the subject of egg custard pie. You are either a lover or a hater. Some people prefer it warm, some prefer it cold. My husband prefers it either way!



Growing up, I never realized we had egg custard pie so often because there were so many eggs. I just always thought it was one of our family favorites. Ma Horton was known for her pies and cookie making. She taught my grandmother in turn she taught me.

There's something comforting about the taste and texture of egg custard pie to me. I can almost smell it as the deliciousness wafts from Granny's kitchen mixed with the smell of coffee and bacon from breakfast. My fondness for the pie could come from the memories I subconsciously associate with it. Of course, it could also be the deliciousness of Ma Horton's recipe. Maybe even both! Either way, it is one of our favorites.

My youngest son was the only one of the kids who joined me in my delight in this delicacy. He would often say, "Mama, will you make you and me a pie?" I knew what he meant. He loved to have it for breakfast and so do I!

Egg custard pie is a good way to use up some of the spring and summer abundance your girls are giving you.

Funny how so much of life happens around us when we're children and not until we're grown and carrying on the traditions do we realize there were some practical reasons behind their actions.

I should say this recipe is supposed to make eight servings...I must guiltily say this isn't usually the case here unless we have company. You may have better control than me.



BAKED FRESH

OLD-FASHIONED EGG CUSTARD PIE RECIPE

Begin by preparing your favorite pie crust recipe. If you don't have a favorite recipe, [try mine](#).

Prep time: 15 min

Bake time: 35 to 45 min

I use a 9" deep-dish pie pan

Ingredients:

- 6 eggs
- 1/2 cup of sugar
- 2 2/3 cups of whole milk
- 2 teaspoons vanilla
- 3/4 teaspoon salt
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon ground cloves
- 1/8 teaspoon allspice (optional) – we enjoy it in the pie.



Instructions:

1. Move your oven rack to the lowest position and preheat your oven to 450°
2. Using a wire whisk and a medium bowl, or electric mixer on medium, mix the eggs until well blended.
3. Next, add the milk and sugar and blend well. Then add the vanilla, real salt, and spices and mix well.
4. It's a good idea to place your pastry-lined pie plate on the oven rack and then pour the filling into it. This helps prevent any spilling. I also place a baking sheet under the pie while it cooks, just in case.
5. Bake at 450 for 20 minutes
6. Reduce the oven temperature to 350° and continue baking for 10 to 20 minutes. Check every 5 minutes until a knife inserted halfway between the center and edge comes out clean.
7. Enjoy warm or chilled

You can find more of my great-grandmother's [recipes on The Farmer's Lamp](#).

INSTANT POT TRI-TIP ROAST RECIPE THAT WORKS FOR ANY ROAST

Instant Pot Tri-Tip Roast makes an easy, hearty meal for even the busiest family. The recipe includes with and without gravy instructions and works for any type of roast you want to use.

You could also use your slow cooker or oven. I like using the Instant Pot for convenience, speed, and less heating up of the kitchen.

If you've never heard of a Tri-Tip roast, it's a cut of meat from the bottom of the sirloin that has a triangular shape. It is a beefy, lean cut but if cooked properly it will be tender and juicy.

ROAST RECIPE SEASONINGS

Seasonings are key to determining how you want your roast to taste. For a Southwestern flavor, you would use spicy flavorings like chipotle, smoked paprika, and cumin. For a Southern flavor, you would use salt, black pepper, onion powder, garlic powder, and bay leaves.

My Northern friends use salt, red pepper, bay leaf, thyme, and sage in the seasonings for their roast. My relatives in South Louisiana use cayenne pepper, salt, smoked paprika, black pepper, garlic, onions, rosemary, cumin, and bay leaf.

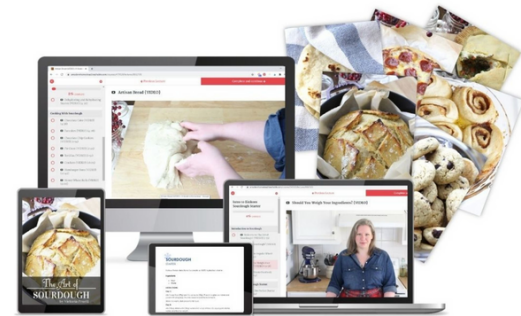
So only your imagination can limit the seasonings you use. Just use the seasonings your family enjoys in the amounts they like.

INSTANT POT TRI-TIP ROAST RECIPE

These instructions are for a 2-pound roast. You can [find tips and FAQ](#) in the recipe on [The Farmer's Lamp](#) to adjust the time for the size roast you have.

Use a 6 quart or larger Instant Pot

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INGREDIENTS

- Tri-tip or other roast the size you want
- 2 Tbs of coconut oil (or the oil you prefer) use more or less depending on the size of your roast
- Seasonings according to what you like – as discussed above – or the ones I use listed here:

- 1-2 teaspoons of real salt
- 1 tsp Black pepper
- 2-3 tsp Garlic powder
- 1 tsp Smoked paprika
- 1 bay leaf

- 1 large onion chopped coarsely
- 2 cups of beef broth or water

•For Gravy

- 2 Tbs Einkorn flour + ½ cup cold water (any all-purpose flour will work)
- 1 cup sliced or chopped mushrooms (I use Baby Bella or Shitake mushrooms)
- 1 cup heavy cream or whole milk

INSTRUCTIONS TO MAKE WITH CREAM OF MUSHROOM GRAVY

1. Use the sauté function set on high and let it get hot.
2. Add the oil and then sear the roast on both sides (this means brown it on both sides).
3. Remove the roast from the Instant Pot and place it on a plate.
4. Add the onions and mushrooms to the pot and sauté them until they are translucent.
5. Stir in the flour and brown.
6. Add the broth, water, and cream or milk to the pot and stir well.
7. Add the seasonings to the liquid and stir well.
8. Place the roast into the liquid and place the lid on the Instant Pot and lock it in place.
9. Set the vent to sealing position.
10. You have a couple of cooking options:
 - Manual for 40 minutes of cook time and 25 minutes of natural release time for the pressure valve.
 - Meat function for 40 minutes of cook time and 20 minutes of natural pressure release.
 - Slow cook for 6-8 hours.



If you want tips on how to make this recipe without gravy just [visit The Famers Lamp](#).

The same principles work for any cut of roast for tender meat and great flavor.

As with any kitchen job, use common sense and caution when dealing with steam and hot surfaces.

We have other [Instant Pot recipes](#) to help make your mealtime healthier, happier, and fast.



DELICIOUS HOME MADE HOT CHOCOLATE

Stir these ingredients gently over heat:



1/2 cup of good
quality chocolate

+



2 heaped tbsp cocoa



2 tbsp sugar, honey
or maple syrup

+



2 cups of milk

Optional extras:

+



Cinnamon

or



Turmeric

or



Vanilla

Serve 2 delicious mugs of hot chocolate!



Putting Your Gardens To Bed For The Season

As some of us are ramping up for the fall and winter growing season of cool-weather crops, the rest of us are saying goodbye to the long days in the garden and putting them to bed for the winter. If you're in the latter group, we have some tips for you!

Although nothing beats the excitement of planting a spring garden after a long slumber of winter, my absolute favorite time to work in the garden is fall. The cool crisp air, the smell of burning logs on the fire pit, not to mention the lack of mosquitoes and other biting insects that plague my days during the summer.

Gardening and the act of growing food goes far beyond putting a plant in the ground and hoping it grows. Of course, that is a start, but there is so much more involved. From proper planning to soil management, there are steps that should be taken to continue the successful growth of food for you, and your family.

Fall Garden Chores

Truth be told, I really don't like calling them 'chores' because that word always means something I don't want to. I enjoy gardening, even the 'chores', and I look at it as something I 'get' to do. I'm happy to have my hands in the soil, working with plants, and taking pride and satisfaction in all the food I was able to grow and feed my family over the season.

With the fall task, I feel a sense of peace. I'm not rushed to get plants in the ground, and I feel like I have time to relax and just enjoy the process.

Here are 7 fall gardening chores that you get to do, and enjoy, in order to put your garden to rest for the season.

Amber and her family moved from their tiny homestead by the ocean in South Carolina to over forty-six acres in the Smoky Mountains in East Tennessee.



While building their off-the-grid homestead, they live like the days of old – cooking without electricity, collecting water from the creek and raising chickens, goats, rabbits, ducks, pigs, turkeys, bees, and guineas. They've recently filmed their journey for a TV show on the Discovery Channel and the DIY Network/HGTV called Building Off The Grid: The Smokey Mountain Homestead, as well as filming for Homestead Rescue with Discovery Plus. You can follow their journey at

[My Homestead Life](#)



1. Document

Garden journals are just as important to gardening as recipes are to baking. They don't need to be anything fancy; a notebook will do just fine. If you forgot to do so in the spring, now is a good time to write down what you planted, and where. Add notes about your harvest and any issues you may remember.

2. Clean Up

Remove any empty planter pots, empty soil bags, those plastic starter containers, and so on, that are around the garden and yard. Place any pots that you can reuse in a large tub with water and vinegar to disinfect for next year. Let them soak for ten minutes, remove to drain, and place them in storage when dry.

3. Save The Seeds

Did you leave anything on the vine or in that garden that went to seed? Save those seeds for next year. Make sure to dry and label them with the name and date, and store them in a dark cool place until the next growing season.

4. Dead and Diseased

Now is the time for that fall fire in the firepit I mentioned earlier. Remove any diseased plants and burn them in the firepit. Any other dead plants, remove and place in the compost pile.

5. Tags, Trellises, Supports

Remove any tomato cages, trellises, or supports, along with the tags or garden markers. Make sure you remove any vines or dead plant material, from the cages and trellises.

6. Garden Hoses, Sprinklers, Cans

Now is the time to retire and repurpose that garden hose you patched up during the summer with duct tape. Go ahead and buy a new one during the off-season when they are on sale. Inspect any garden hoses for leaks, bulging spots, missing or bad o'rings. Drain all the water from them, wrap neatly, and place them in storage.

Inspect sprinklers, do they still function properly? If so, make sure all the water is drained from them and store away until next season.

Watering cans should be drained, dried, and stored out of the sun and weather, as well.

7. Compost, Mulch, and Manure

Last on your fall garden chore list is to add manure, compost, and mulch to your gardens to help replenish the soil from a season of gardening.

When plants grow, they deplete the soil of its vital nutrients to used to feed the plants. If you don't help replenish the nutrients come next year your plants will not produce as well, become susceptible to disease, and fail to produce.



Natural manure from rabbits or goats can be placed directly in the garden, while others like chicken and cow manure can be added after they've been composted for several months. However, if you have a long winter and it'll be at least 120 days or longer until you plant your spring garden, you can go ahead and add chicken or manure directly to the garden.

*Some manures need to compost for 120 days because they are high in nitrogen and may contain harmful bacteria that composting will help destroy.

Crushed fall leaves, or dried grass clippings make a great mulch for garden beds.



You can help your soil by adding manure, rich compost, and protecting the soil with organic mulch. In addition to manure, compost, and mulch, you may want to grow cover crops in the off-season to help your soil. Cover crops such as vetch, clover, beans, and peas; grasses such as annual ryegrass, oats, rapeseed, winter wheat, winter rye, and buckwheat are excellent choices.

Time To Plan

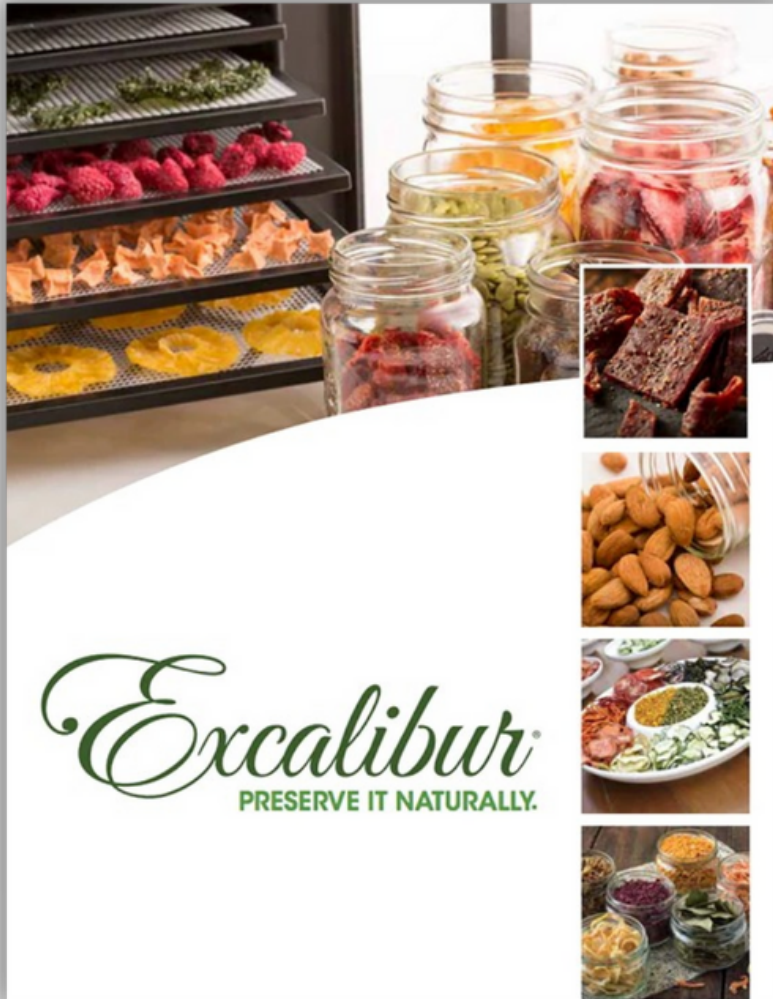
After your gardens are all cleaned, organized, and prepped for the winter months, you can relax, grab some seed catalogs, and start to plan your gardens for the next season.



As a garden enthusiast, this is the adult equivalent of getting the Sears and Roebuck Catalog as a child and circling everything I wanted for Christmas. Except now I get food instead of toys!

You can read more gardening advice on Amber's website, MyHomesteadLife.com

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VEGETABLE GARDENING FOR BEGINNERS



Why garden, you ask? If you've never tasted garden-fresh food, you will be amazed by the sweet, juicy flavors and vibrant textures. There's absolutely nothing quite like fresh veggies, especially if you grow them yourself—which you can!

1.



PICK THE RIGHT LOCATION

Picking a good location for your garden is absolutely key. Consider: water drainage, sunlight, soil quality, and access.

CHOOSING A PLOT SIZE: START SMALL!

Start off with a small raised bed or plot. Keep a garden journal and track your progress.

2.



3.



CHOOSING VEGETABLES

As a beginner, start by choosing easy vegetables that are also productive. Check which vegetables grow in your climate and start with your favorite five.

WHEN TO PLANT WHAT

For each crop, find specific information about how to plant, tend, harvest, and preserve. We are here to help you succeed!

4.



10 THINGS TO CONSIDER BEFORE RAISING CORNISH CROSS BROILERS

By Kathi Rodgers

If the desire to be more self-sufficient has you thinking about raising broiler chickens, you're not alone. Raising chickens for meat has become quite popular in the past year or two, and hatcheries have had trouble keeping up with the demand for them.

We've raised chickens for meat before, both Rhode Island Red chickens - which are a dual-purpose breed for both the table and for egg-laying - and Cornish Cross chickens, a breed developed especially for the freezer. After raising both, we've decided we prefer the short-term commitment - as well as the taste and texture - of the Cornish Cross.

If you're considering raising Cornish Cross meat birds for your freezer, here are ten things you need to think about before ordering your chicks.

If you ultimately decide against raising the bred-for-the-freezer Cornish Cross chickens, I have some alternative suggestions at the end of this post.

What to consider before raising Cornish cross chickens



Day-old Cornish Cross chicks are balls of yellow fluff in the brooder lined with wood shavings.

1. Where will you buy your chicks?

Will you buy them from the feed store or will you order your chicks from a hatchery?

Most feed stores, as well as the farm supply chain stores, have chicks for sale in the spring. Whether or not they will have the breed you want isn't always a sure thing. Their price is usually slightly higher than the hatchery price, because they need to make a profit.

Online hatcheries will add the cost of shipping to your order, so the difference might not be that great after all. Hatcheries usually have a supply of chicks for a longer period of time.

You can purchase smaller quantities of chicks from a retail outlet, while hatcheries usually require a minimum number of chicks.

2. Who will butcher them?

Cornish Cross broiler chickens are extremely fast-growing - and I do mean fast!

In just 8-10 weeks they'll be ready to butcher. Yes, really. I know it seems impossible when you look at those tiny, day-old, fluffy yellow chicks, but it's true. Eventually your meat chickens will need to be butchered.

So what's your plan? Will you take them to a processor, have a friend do it, or butcher them yourself? You should make this decision ahead of time.

Before you buy your chicks, ask around to see if there is a processor in your area, and if so, call and make an appointment as soon as you bring your chicks home.

You can't just show up at their door wanting your birds processed, and you'll probably need to make an appointment several weeks in advance.

You'll need to make two trips to the processor - one to drop off your chickens and another to pick them up when they're ready.

When you call, ask how much it will cost to process your chickens. You can choose whether to have them packaged whole, halved or quartered, or cut into pieces. Each cut adds more to the price.

You might need to pay for ice. You will also pay for the bags. Ask about all charges when you call.

How will you transport your broilers to the processor, if you plan to use one? A few birds can be moved in a large dog crate, but if you have fifty birds, how will you transport them?

3. If you plan to butcher them yourself, what equipment will you need?

Will you purchase it all or can you borrow some items from friends?

4. How much freezer space do you have available?

You'll be surprised how much freezer space 25 or 50 chickens will require.

5. Where will you raise your chickens?

They don't need much space when they are tiny, but they'll outgrow the brooder quickly.

Once they leave the brooder you'll need a larger area for them. Remember they grow very quickly and in just a few weeks they will be much larger. The recommended amount of space for meat chickens is two square feet per bird.

Cornish cross - like any other breed of chicken - need to be kept safe from dogs and from wild predators.

They are large and clumsy, and they can't run away from predators quickly. Basically they are "sitting ducks." Be sure to provide safe quarters for them.

Your young birds will do well in a regular chicken coop, in a converted shed, or in a mobile "chicken tractor" which is moved around an area to provide clean ground, new grass and bugs for the chickens, while keeping them safe from predators.

6. What will you feed your meat chickens?

Meat birds eat a lot. Our fifty birds at six weeks of age consumed two 50-pound bags of feed per week. That amount will continue to increase as they get larger.

Broilers need high-protein feed because they grow so quickly. Provide 20% or 18% protein feed for optimum growth.

You can keep costs down a bit though. Letting your meat chickens free range, or using a chicken tractor that you move around the yard will cut your feed costs a bit. However, Cornish Cross chickens don't move around much and prefer to sit in front of the feeder and eat - and eat - and eat some more.

As they grow larger, you'll need to increase the amount of feed you give them.

You'll need multiple feeders so that all of the birds will be able to reach the feed. Since Cornish cross like to sit in front of the feeders, make sure all of your birds have ample access to food. The larger birds push the smaller birds away.

To make it easier on myself, I use large metal feeders that I only have to fill twice a day.

7. Cornish Cross chickens drink a lot of water, more than my laying hens ever have.

In our hot summer weather our meat birds are drinking over five gallons of water each day.

Because they eat a great deal of feed each day, they need a lot of fresh water in order to digest their food. You'll need to provide cool water for them at all times.

Like the large metal feeders, I use two large waterers that I fill twice a day when I feed the birds. One waterer holds five gallons and the other holds three gallons. Anything smaller would need to be refilled more often.

I recommend using waterers that you can fill from the top rather than one you have to turn over to fill.

To fill a top-fill plastic waterer, remove the small black cap near the top and use it to cover the hole in the drinking tray where the water comes out. Now you can remove the big screw-top without the water running out the bottom.

After filling, remember to move the small black cap so water can fill the drinking tray.

8. Cornish cross poop a lot.

That makes sense though, right? If something eats a lot and drinks a lot, it will also poop a lot. But their droppings are quite smelly.

Cleanliness is important to keep down the odor, but also to keep your birds clean and cool. Their manure is HOT, and as that manure sits on the floor of the coop it generates heat under the birds.

Keeping their quarters clean will help to keep the temperature down in their shed or coop, and will keep the birds clean too. After all, we're raising our family's food and we don't want it living in filth.

Plan on cleaning the coop completely at least once every week. I use shavings as bedding, and the shavings and manure are easy to scoop up in layers using my stable fork or a flat shovel.

But it's work, I won't lie.

In between cleanings, add more shavings or other bedding to help absorb the moisture of their droppings. This will help keep down the odor, keep them cooler, and help keep the birds clean.

9. Cornish cross chickens are known to have heart problems and leg issues.

These birds grow so big so fast that it creates a strain on their legs, and heart attacks aren't uncommon.

In fact, it can be hard to keep meat birds alive much longer than 10-12 weeks because of those heart and leg issues. (Reminder: make your butchering plans early!)

10. You'll need to keep your chickens warm - or cool.

Timing is important, and that was really brought home to me this year.

We've always purchased our chicks in late summer, when the weather was hot and keeping the brooder warm while they were tiny wasn't an issue.

The weather would cool down as they matured, and we'd have them processed in the fall.



This year we bought our chicks in the spring instead. We had to use a heat lamp on the brooder, and we lost two chicks because it was cold. When we moved them to the shed our weather turned very hot and keeping them cool enough has been a real issue.

They had access to a covered outside run, but Cornish Cross prefer to congregate around their feeders and wait for their next meal rather than go outside and walk around.

We used a large, powerful fan to keep the air moving around them, but after losing three to the heat, we moved an extra window air conditioner to the shed to keep them cool.

So take your weather into consideration - it's much easier to work with nature than against it.

Also, don't plan on going on vacation when you are raising meat birds. They need constant monitoring - food, water, weather and safety - so it's better to plan your vacation around your chickens.

[Is the Cornish Cross breed genetically engineered? \(GMO\)](#)



Some people think that Cornish cross chickens are genetically engineered or modified; I've even heard them called "frankenbirds."

Genetically engineered means that an animal's genetic material has been altered in a way that does not occur in nature. (You'll remember the dinosaurs in Jurassic Park, for instance, whose missing DNA was replaced with frog DNA.)

But these fast-growing broilers are not genetically engineered. The original Cornish cross chickens were a cross between a white Cornish chicken and a white rock chicken. They are a hybrid, a cross between two established breeds.

They are also sometimes called "Cornish Rock cross" or "Cornish Rock" chickens.

Those first hybrid chicks grew so fast and so heavy that farmers began to breed selectively for those traits.

Chickens - even heritage breeds - mature fast compared to other livestock. You can quickly see the results of selective chicken breeding. In comparison, it takes years to see the results of breeding cows, pigs, horses or other livestock.

But you can see the results of a particular breeding in chickens in just months.

If you decide not to raise Cornish Cross broilers

You might decide that the fast-growing Cornish cross aren't the birds for you. Perhaps you prefer slower-growing food, or you want to raise a heritage breed and keep the females as laying hens and process the extra cockerels.

If you want to raise a broiler bird that grows more slowly, there are alternatives to the Cornish Cross. Many hatcheries offer Freedom Rangers and Red Rangers, which are slower-growing but still bred for the table, for instance.

Look at online hatcheries for their offerings, which often have the hatchery's proprietary name instead of "Cornish Cross." These slower-growing breeds are sometimes red-feathered rather than white.

Some of the breeds listed on hatcheries' "broilers" pages are actually dual-purpose birds, but others are truly bred for the frying pan.



Cornish Cross broilers are a good choice

But on the other hand, Cornish cross chickens are fast to raise, convert feed to meat very well, and taste really good.



Many of our birds were seven pounds and over after processing at nine weeks of age.

In comparison, the Rhode Island red cockerels that we processed a few years ago took five months to raise, which means they ate more feed and were more work. The texture of the meat was tougher and rather stringy, and the finished birds weighed significantly less than our meat birds did.

The choice is up to you.

Can you raise your own meat cheaper than buying it at the grocery store?

In my opinion - and it's just my opinion - it costs us just as much or more money to raise our own meat chickens. But it's worth it to us.

If you're concerned with food shortages and want to have healthy meat for your family, raising it yourself is an excellent solution.

Healthy feed for your meat animals is more expensive than cheap feed, but that's ok because your goal is healthy food for your family.

If you're going to raise your own meat birds, make it worth the work. Give them the high-protein food they need, plenty of cool, fresh water, and good care. Make your investment count, and treat your birds humanely.

And remember, there's no rule that says you must raise fifty birds at one time. Buy six or ten or twenty-five chicks if that's what fits your plan. Or raise two smaller batches during the year instead of one large group at a time.

Bon appetit.

Kathi Rodgers is a lifelong homesteader-at-heart, and self-reliance is her mantra.



Decades of experience with gardening, goats and chickens has given her a mission to help others learn to be more self-sufficient, and how to sustain their families no matter where they live.

On her website, [Oakhill Homestead](#), you'll find simple living advice, frugal tips to help you homestead with limited funds, and encouragement to keep you going when times get hard.

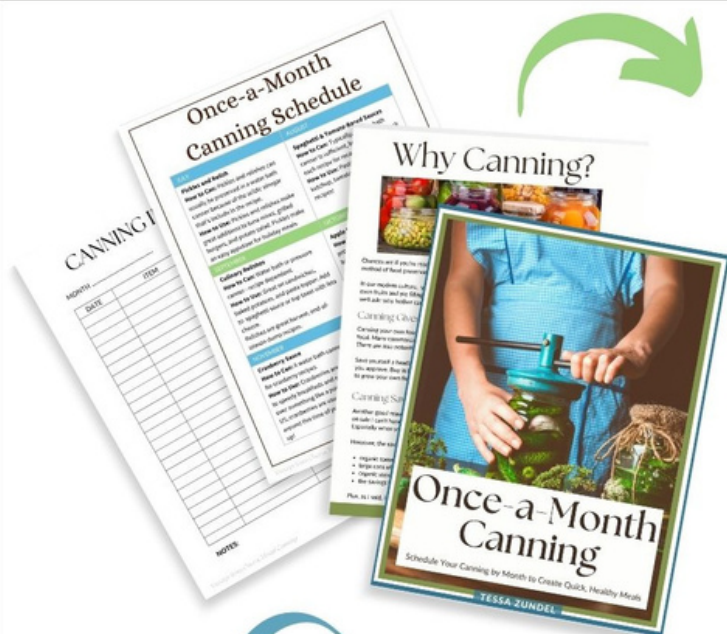
A homeschooling mom, grandma of seven and great-grandma, Kathi lives with her husband in Oklahoma.



Chicken Fact

Chicken is one of the largest sources of protein consumption in the world. There are over 4 x's as many chickens living in the world as there are humans.

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Tessa Zundel is the homemaking, homesteading, homeschooling mother of five children and wife to one long-suffering man. She currently lives on acreage in the wilds of Missouri. She is an advanced master gardener, certified permaculture designer, and has worked with several community groups in the areas of home education, gardening, and seed saving. She is the author of *The Do It Yourself Homestead*, the upcoming *Homestead Holidays*, as well as many e-publications. She is also the voice behind the homestead-family-building blog, [Homestead Lady](#).



Once-a-Month Canning Schedule



**Can one type of food each month.
No stress, a modest time investment, lots of healthy meal planning and preparing.**

You've heard of once-a-month meals, right? Well, here's a schedule for once-a-month canning! With this schedule, you will can components for quick meal assembly throughout the year. These foods represent twelve types of store-bought items that you will water bath and pressure can at home. No need to purchase these items at the store anymore because you will can them yourself!

Solving the Healthy, Home-Cooked Meal Dilemma

There's no question that eating from home with fresh ingredients is better for your health and well-being. It can also bring you closer together as a family. Then why do we struggle to create healthy, home-cooked dinners?

Here are some common roadblocks to getting the family together for dinner:

1. It's rare that we're all home at the same time.
2. We don't have time to prepare home-cooked meals.

Let's deal with these obstacles together:

1. Ok, so you don't have everyone all together every night. Just work with what you have and allow schedules to adjust as everyone sees that eating at home is important. Believe me, if you stay diligent about the family dinner hour, they'll come around.

2. Re-define how you think of the phrase "home-cooked" and be flexible. Some nights you might be in your kitchen two hours before dinner preparing beautiful meals from fresh ingredients. Other days you may be filling a slow cooker or solar oven in the morning and not thinking about dinner until two minutes before you serve it.

3. On even busier days, you'll be grabbing home-canned foods from your shelves and creating instant meals in a matter of minutes. These are your once-a-month meals! These are the meals that will make this canning schedule worth the effort.

Start a once-a-month canning plan and you will be able to eat healthy meals every day of the week with your family whether they're cooked fresh from the garden or assembled from ingredients taken from your shelves.

Getting Started

Now, this suggested schedule is simple on purpose. If you are an experienced canner and look at this list and think, "Bah, I can do this stuff in my sleep," go right ahead and customize the schedule for your year and your family. You are a smart person and know what you can do. For beginner-canners, this list is meant to do two things:

1. Empower, not overwhelm you.
2. Inspire you to can continually throughout the year.

These twelve items, one for every month of the year, will give you the components for healthy, home-cooked meals. No running to the store, no scrambling to get it all made in time. Just reheat and serve!

This schedule is completely adaptable to your region, farmers market, backyard garden, personal schedule, and personal tastes. If you're a gardener or you're accustomed to purchasing

seasonal foods from local markets, it will be easy to see that this canning schedule follows the harvests in most temperate climates.

JANUARY – Dried Beans

The gardens and farms are taking a long winter nap during the winter in many regions, so January is a great time to can items other than fresh veggies and fruits. Beans fit nicely into this category, especially because they are a protein-rich addition to any meal. You can purchase dry beans in bulk and keep them in your food stores. However, when you want to prepare them for eating, dry beans require a long pre-soak and cook time. It's much more convenient to have cooked beans canned up for quick use.

How to Can: Beans will require a pressure canner to preserve safely.

How to Use: Our favorite thing to do with canned beans is to make quick refried beans to supplement taco night. They can also be used in soups, stews, casseroles, curries, and even brownies!

A Word on Dietary Restrictions

If your eating plan (like Paleo or Keto) prohibits the consumption of beans, can some extra batches of the things you are able to eat like broths and meats. Don't procrastinate this once-a-month canning just because your schedule will be different from mine. Simply adjust all these months to fit your dietary needs, keeping in mind what's fresh in your area at any time of year.



FEBRUARY – Meats or More Beans for Vegetarians

Winter is a great time to can meats because small-farm meat growers near you will be doing their yearly harvests in late fall/early winter. Take advantage of nutrient-dense, local, ethically raised meat and preserve it this month.

Home-canned meats can include chicken, beef cuts, hamburger, pork cuts, sausage, fish, and venison. However, you might also try corned beef or moose!

How to Can: Meat requires a pressure canner to safely preserve.

How to Use: Combine home-canned meats with broths and veggies for a tasty stew. You can also try mixing meats and beans with rice, quinoa, or pasta and your favorite sauce. Don't forget to make a delicious base for chili with home-canned beans and tomatoes. Canned meat is highly versatile!

For Vegetarians:

If you are vegetarian, use this time to put up more beans. The variety of beans available to home-canners is diverse and delicious. White beans can be included in soups and pasta dishes. Black beans make the most delicious "burgers." Chickpeas shine in homemade hummus recipes. Put up a rainbow of bean selections for this year's meals!

MARCH – Soups and Bone Broths

Having broths on hand makes cooking so much easier. If you have spent any amount of time in the kitchen preparing meals, you know that broth is often included in main dishes. Even if it's only added in small amounts, hearty bone broths can be a flavor enhancer, as well as the base for hearty soups.

It may go without saying that having pre-made soups on the pantry shelves will speed up dinnertime without any further effort on your part. Nearly every soup you might see on the store shelves can be produced at home. These include:

- Tomato · Chicken · Stew · Beef Barley
- Minestrone · Lentil And more!

How to Can: Soups and broths will require a pressure canner to preserve safely.

How to Use: Broth can be added to any casserole, soup, sauce or even just a basic rice pot for added protein.

Remember, with meals made from home-canned products, you will probably need to do a little mixing, unlike many freezer meal recipes. Think about which meal components you'd prefer to have on hand.

- Is it meat?
- Carrots?
- Tomatoes?

Maybe condiments like ketchup or pickles?

Pick your priorities for this year. The more you follow a once-a-month canning schedule, the more you'll see the versatility of these products and be able to make a quality plan to fit your family's needs every year.

Notable Safety Exceptions

There are a few exceptions to replicating store-bought soups at home that should be noted.

Rice and noodles are omitted from home-canned soups because the starch in these ingredients interferes with the balance of the heat transfer during canning. Even if they were safe, these starchy items would turn to mush during the canning process and taste nasty.

It's safer and far more palatable to separately prepare several cups of rice or pasta per gallon of broth or soup base. Go ahead and can up your favorite chicken noodle soup recipe but simply omit the noodles.

Prepare pasta the night you serve the soup and toss it in!

Another ingredient to be wary of when canning food at home is dairy. This is because dairy foods are low acid and support the growth of *Clostridium botulinum* (botulism) spores when stored at room temperature. Cream based soups like cream of mushroom, bisque, or even potato chowder must all be canned in a broth, not dairy base for safety.

All is not lost, however! As with pasta or rice, once you heat up these "base" soups to serve them for dinner, you can add any amount of milk, cream, or cheese that you'd like. You may also add thickeners like corn or potato starch at that time.



APRIL – Root Veggies – Carrots, Beets, Potatoes, Etc.

Many root crops are ripening in the spring and canning is a useful way to preserve them. Carrots and beets are spring crops so can them fresh from the garden. Kohlrabi and rutabaga aren't far behind in the early summer, depending on your growing zone. You can also search the farmer's markets, produce auctions, and local CSAs for these items.

At this time of year, to can home-grown potatoes (which ripen mid to late summer or into the fall depending on your zone), you'll be preserving the last of the previous year's harvest that might be leftover in your root cellar or pantry.

As long as the produce is free of mold or other imperfections, canning is a great way to save a product that is still good but fading fast. Check out the root cellar and see what else can be preserved. Although this article focuses on canning, there are many ways to preserve foods, like dehydrating.

If you don't grow your own root crops, remember to check your spring farmer's markets. Potatoes can be purchased in season and locally at the end of summer. Of course, you may see good deals on potatoes appear at any time of year in the grocery store. Capitalize on the savings and make room in your schedule to can items you find on sale.

How to Can: You will need a pressure canner for vegetables. The exception to this is pickled vegetables which can be preserved in a water bath canner.

How to Use: Root vegetables can be served as a side dish once warmed. They can also be included in soups and casseroles. They can even be mashed, whipped with butter, and served on the side.

MAY – Berry Jams and Jellies

Jam is part art and part science. The more you make, the more varieties you'll discover. The first fruits of the season are the berries, followed by tree fruits like peaches, and then apples in the fall. For May, simply focus on making berry jams from berries that are local to you. Most berry fruit is highly perishable so making jam is the perfect way to preserve this fleeting harvest. If you grow your own berries and discover that you don't have enough of one berry to make a single berry jam, don't be afraid to mix them up! Simply follow tested recipes from reputable sources to ensure you have enough sugar/acid to safely preserve your jams in a water bath canner. You may also want to try your hand at making chutney. Chutney is a condiment made from chopped fruits, sugar, vinegar, and various spices. The resulting product is a sweet/savory, chunky spread used in a wide variety of dishes. Traditional Indian chutneys are usually quite spicy, but home canners can adapt recipes to taste.

How to Can: Fruit jams and chutneys are preserved in a water bath canner.

How to Use: Jam gives life to toast, pancakes, ice cream, and cakes. Jam is a way to experience summer in the dead of winter.

Cross Over Crops

Do be aware that you will have some cross over canning despite your best efforts to stay focused on only one item per month. Take jam as an example. The berries of early summer give way to tree fruits that you may also want to turn into jams and jellies. However, fruit like peaches don't arrive until summer, and apples and pears don't turn up until fall!

What's a canner to do?

Take a deep breath and remind yourself that this schedule is only a suggestion, not gospel. This is your canning year, so organize it the way that best serves your needs.

If you want to can peach jam in July, just put it on the schedule along with pickles and relish. The more experience you acquire canning various items, the more you'll be able to preserve each year without having a nervous breakdown.

The point is to schedule your canning so you can be prepared!



JUNE – Whole Fruits

You may need to adjust canning whole fruit to a month further along in the summer if your growing zone doesn't provide you with ripe fruit in June. Some northern gardeners are putting in their spring gardens in June because their frost has barely receded! No worries, this schedule can be adjusted by you at any point.

How to Can: A water bath canner is usually sufficient for fruits but be sure to check each recipe for instructions. If you have bits of fruit that are leftover, don't hesitate to turn them into jam. Sometimes you end up with fruit that is too soft can whole. You can turn those into jam, as well! (This happens with peaches and apricots a lot.)

How to Use: The joy of having whole fruits on hand is that they make fantastic snacks and treats when you don't really want something full of processed sugars. They're especially good on morning yogurt and granola. If you need a quick topping for pancakes, filling for crisps and cobblers, or an impromptu winter fruit salad, these whole fruits will come in handy.

If you want to know more about canning for the remainder of the year like:

JULY – Pickles and Relish
Canning Condiments

AUGUST – Spaghetti and Other Tomato-Based Sauces

SEPTEMBER – Culinary Relishes

OCTOBER – Applesauce & Apple Products

NOVEMBER – Cranberry Sauce

DECEMBER – Pumpkin

Learn More About Home Canning by visiting:
Homesteadlady.com

Home canning is NOT too hard for you. You CAN learn to do it – pun totally intended. To make it easier on yourself, though, start with water bath canning. The equipment is cheaper, and the canning (or processing) times are generally quicker.



In the end, the most important thing is to make a plan that includes achievable goals. Think about your local harvests and what your family eats throughout the year. Consider your current skill level and challenge yourself a little. Then, gather your equipment, read up on your method, and get canning today by following your schedule!

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HOOF ROT IN GOATS: WHAT CAUSES IT AND HOW TO TREAT IT

By: Shelby DeVore

Hoof rot is a nasty condition that many livestock species can get. Treating hoof rot is easy, if it is caught early.

If you think one of your goats has foot rot, check them ASAP. The sooner you get them treated, the easier it will be on you and them.

What is Hoof Rot?

Hoof rot, foot rot, foot scald, and thrush, are all terms used to describe the same problem. It's a condition that is caused by an infection from two types of bacteria.

Goats have cloven hooves and an interdigital space between the two toes. This interdigital space is warm, which is attractive to pathogens looking to set up shop.

Infections don't usually bother animals that have dry space between the toes. The bacteria that cause hoof rot prefer moist and warm environments.

Hoof rot is most likely to occur when the goats are on wet pastures for extended periods. The interdigital space becomes moist and warm, which creates the perfect home for bacteria.

Causes of Thrush in Goats

Two types of bacteria cause foot rot in goats: *Fusobacterium necrophorum* and *Bacteroides nodusus*.

F. necrophorum is an organism that lives in the soil where ruminants live. The *F. necrophorum* is found in the digestive tract of ruminants and therefore the pastures where they are kept. It doesn't want to be in the air because it is anaerobic and can only grow in the absence of oxygen. This is exactly the situation in deep, muddy pastures or stalls.

B. nodusus cannot live in the soil for more than 10-14 days but can live in the hoof tissue for

extended periods. When *Bacteroides nodusus* is introduced, the two organisms work together and create an enzyme that causes hoof rot.

These two organisms cannot penetrate the healthy tissue of the hoof. There has to be an 'entryway' for them created by moisture or injury.

Goats that are in frozen pastures often get small nicks and cuts in the skin between the toes. When the frozen pasture thaws and turns muddy, the bacteria can quickly enter the injured areas.

Signs of Foot Rot

You may notice your goats limping, holding up a leg, or even trying to walk around on their knees. There are many reasons that goats may have foot problems, but hoof rot is common and should be the first thought. If you notice any of these symptoms, it's time to investigate. When you pick up the injured foot you will notice a sick, sweet smell. The hoof has a distinct, nasty odor when a goat has thrush. The hoof won't smell like manure or dirt. The foot often smells strong enough that you can smell it as soon as you pick the foot up. You might also notice some bleeding or tissue between the toes that looks 'sticky' or wet.



Treating Hoof Rot

- Lameness
- Reduced weight gain
- Weight loss
- Decreased appetite
- Decreased milk or fiber production
- Inability to reproduce
- Lying down for extended periods
- Rubbing the hair off of knees, legs, or the side



Make sure that your goat has hoof rot and not another foot problem like an abscess, founder, or an injury. Be prepared with a pair of hoof shears, a damp rag, and a hoof pick. Clean the hooves out and trim them back if needed. Make sure there aren't any rocks or cuts that may be causing the soreness.

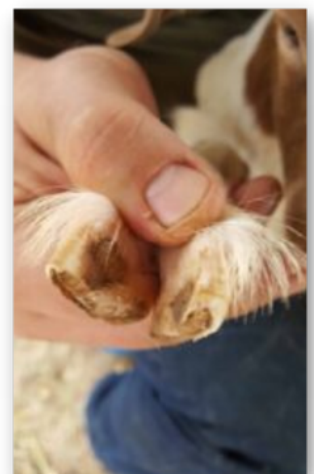
Hoof rot causes sticky tissue between the toes. Again, you'll notice a distinct odor if the goat has thrush. If your goat has hoof rot, you'll want to treat that immediately.

You can treat thrush at home without a veterinarian most of the time. Treat it early to prevent injury in the deeper tissues of the foot. The bacteria and fungi will continue to eat away at the tissues though, so the longer you wait to treat it, the harder it will be to get rid of.

Put the goat in a milking stand or have someone help you as you treat the hoof. The foot is quite sore, and they aren't going to want you touching it. It makes it easier if you have help that can distract the goat while you work.

1. Start by trimming the feet. Cut off any excess hoof tissue to create a nice clean working area. If you notice any rotting hoof or tissue, trim it off. This exposes it to the air and will reduce the chances that your goat will develop severe hoof rot.
2. Use a warm, wet cloth and clean up around the foot. Remove any dirt or debris. Use a hoof rot treatment, such as Hoof n' Heel, and soak the infected area.
3. Hold the hoof upside down when treating to make sure that the medication gets down into the infected tissue really well before you put the foot down.
4. Repeat the treatment twice a day until the tissue is healthy and the goat is no longer sore.

For multiple goats with foot rot, it's a good idea to use a foot bath system to treat cases of hoof rot. You can fill foot baths with zinc sulfate or copper sulfate. Both are chemicals that help to dry out the hoof.



Be careful if using a copper sulfate foot bath. Although it's an effective treatment for hoof rot, you'll want to make sure that your goats don't drink it. Too much copper can be toxic to goats.

Hoof Rot Is Contagious

When you're treating a goat for hoof rot, it's a good idea to separate him/her from the rest of the herd. The bacteria and fungi that cause infection can be spread through the soil and moist bedding. There they can get onto the hooves of other goats and cause problems.

Hoof rot itself will not kill a goat but it can lead to other problems that can kill your goat. Goats that cannot walk cannot eat and will lose weight rapidly. If a goat cannot walk to eat, it also cannot walk to drink water.

Preventing Hoof Rot

Hoof rot is most common during the rainy seasons. If your goats are on pasture, provide them housing or an area that is dry. Goats that are constantly on moist ground will develop foot rot really fast. Giving them a dry spot to escape will help.

Unfortunately, goats that have dry areas to escape to may still develop foot rot. It's a good idea to have hoof rot treatments on hand so that goats can be treated as soon as they develop signs of foot rot. If you house your goats indoors, you may want to provide your goats with copper sulfate foot baths as a precaution for foot rot. Always provide them with clean, dry bedding.

If you're purchasing new goats, don't buy a goat from a farm that is dealing with hoof rot issues, even if the animal(s) you're looking at don't have foot rot.

Hoof rot is contagious and the organisms causing it can get off of an infected goat's hoof and into bedding or the pasture. This makes it easier for the

organisms to infect your healthy goats. Hoof rot is a common issue that goat owners have to deal with.

Fusogard is a vaccine that was created for cattle to protect against foot rot. This vaccine can be used to prevent hoof rot in goats. Goat owners that have used the vaccine report that they can see results that last as much as 6 months.

It's important to note that the vaccine may not be as effective for everyone. There are multiple strains of the bacteria and fungi that cause thrush.

The vaccine only works against the more common strains and may not protect against all strains. Even though the vaccine needs to be repeated to be effective, it may be worth it for you to give a vaccine two or three times per year rather than try to deal with hoof rot as it appears.

You can read more about hoof rot and other goat-related topics on Shelby's website, [Farminence](#).

Shelby DeVore has been gardening and raising livestock for over 20 years.

She grew up on a small hobby farm where we always had a big garden and livestock around. Now that she is married and has three kids of her own, she likes the idea of raising their kids as farm kids.

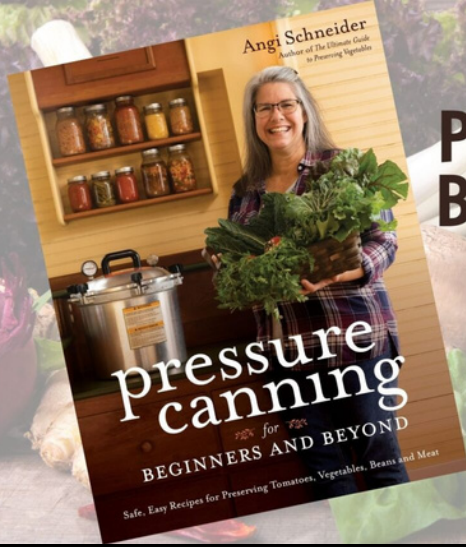
She has a couple of degrees- a B.S. in Animal and Dairy Science from Mississippi State University (go Dawgs!) and a M.S. in Agriculture from the University of Tennessee.

she has taught just about every ag. class out there, from veterinary medicine classes to greenhouse classes, ag. business classes and everything in between.

Her website is [Farminence.com](#) where she offers helpful information and tips to help people get started.

To get on her email list, you can go here and she will send you a free guide to walk you through how to plan out your farm. She also hosts [two summits](#) every year with some of the top experts in small ag.





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Safe Canning Recipes to Fill Your Pantry, Preserve the Garden Harvest, and Save Money!

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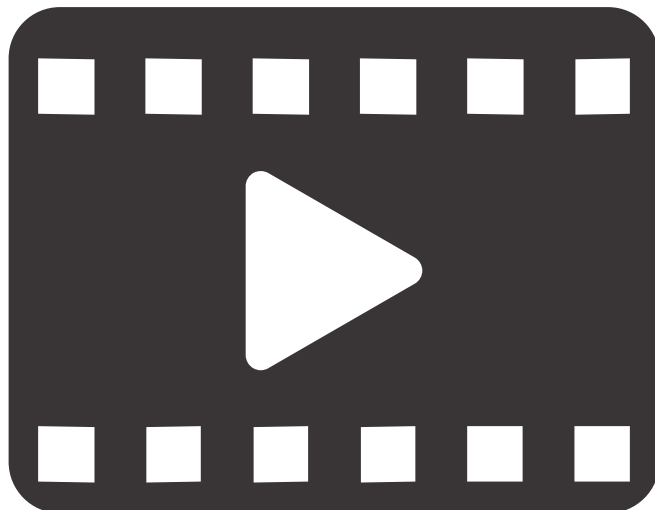
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Why Does Apple Cider Vinegar Help With Weight Loss?



Dr. Eric Berg, DC



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Dr. Eric Berg DC Bio: Dr. Berg, age 56, is a chiropractor who specializes in Healthy Ketosis & Intermittent Fasting. He is the author of the best-selling book *The Healthy Keto Plan*, and is the Director of Dr. Berg Nutritionals. He no longer practices, but focuses on health education through social media.

Disclaimer: Dr. Eric Berg received his Doctor of Chiropractic degree from Palmer College of Chiropractic in 1988. His use of "doctor" or "Dr." in relation to himself solely refers to that degree. Dr. Berg is a licensed chiropractor in Virginia, California, and Louisiana, but he no longer practices chiropractic in any state and does not see patients so he can focus on educating people as a full time activity, yet he maintains an active license. This video is for general informational purposes only. It should not be used to self-diagnose and it is not a substitute for a medical exam, cure, treatment, diagnosis, and prescription or recommendation. It does not create a doctor-patient relationship between Dr. Berg and you. You should not make any change in your health regimen or diet before first consulting a physician and obtaining a medical exam, diagnosis, and recommendation. Always seek the advice of a physician or other qualified health provider with any questions you may have regarding a medical condition.

42 WAYS TO SAVE MONEY ON GROCERIES WILL HAVE YOUR REFRIGERATOR, PANTRY AND WALLET ALL FULL!

If you're as frugal as our family likes to be, you'll know just how far you can stretch a dollar. However, when you go out grocery shopping, the ways to save money are not always as obvious as you may think. We're going to show you a few ways that you can save money on groceries.

How to Save Money on Groceries

Whether you're a homesteader or not, we all would love to save a little money in the grocery store, right? You try not to strain your budget each month, but sometimes you go over. Using this list, you'll not only save money on groceries, but you may actually walk out of the store under budget!

1- Set a Budget



You won't be able to save money on groceries if you're not sure how much you're spending in the first place. Make a spreadsheet for your usual buys. Find out how much you're spending each month in groceries, and you'll be able to set yourself a budget.

Budgeting will also let you know when certain groceries go up in price. You could also track this in a ledger book that you can take with you.



2- Keep a Running Grocery List

In restaurants, the kitchen staff and restaurant managers keep a list of everything they use on a monthly basis. When they get low on something, they reorder it. You can do the same at home. Make that list and put a check by things when you need more. The more well-stocked you keep your pantry, the better off you'll be. Just remember: If it's not on the list, you don't need it!

3- Grow Your Own

If you're into gardening, this is an easy step to take. If you're **not** into gardening yet, you'll get hooked fast! It's great to plant your own seeds and watch those tiny little things produce pounds and pounds of food for your family. It's a great feeling to eat the food you have grown yourself, especially when it's saving you money in the long run.



4- Forage for Free Food

Learn to identify edible plants in the wild and take advantage of that knowledge.

If you've got acres and acres of land, it's very easy to forage on your own.

If you live in an apartment or a subdivision, find a place to go hiking and forage there (just make sure it's ok to take plants from that area first). There's nothing better than free food!

5- Try to Make Your Own Staples

We eat lots of bread in our house. When we have more than we need, we freeze it. More importantly, we're starting to bake our own bread. Figure out what foods your family eats a lot of and make them yourself instead of buying them. The ingredients are most always cheaper than the finished product. Ice cream, yogurt, and even popcorn are good ideas of foods you can make yourself.

6- Create a Freezer and Pantry Inventory

If you know what you already have, you'll know what you don't need to buy. This couples with #2- Keep a Running Grocery List.

By knowing what you already have, you'll know what you need. It also helps with your weekly meal planning. Take your inventory list each week, figure out what meals you can cook from that list, and then you know what else you may need from the grocery store.

7- Cook Meals at Home More

Obviously, you can cook your food at home for cheaper than you can buy it in a restaurant. If you go out to eat on a regular basis, cut back on a few of these outings and eat at home instead.

8- Cook for a Week or a Month

Maybe you don't always have time to cook dinner every night. Maybe you do, but sometimes you just want to take a break and do something easy for dinner. If you cook a few meals in advance and freeze them, this will eliminate the "we need to go out to eat for

convenience" mentality. It's always easy to cook in large batches when you're in the mood to cook. If you're cooking spaghetti, for example, cook more marinara sauce than you will need and freeze it in zipper bags. You could even batch prepare freezer meals and always have something ready to pop into the oven.

9- Plan Your Meals

You don't have to batch cook all the time. Maybe you've got a freezer full of meals, but you want something that doesn't freeze well. Making a weekly meal plan will help you know what foods you need from the store when you go shopping.

10- Recycle Old Meals (leftovers)

Monday's pot roast can become Tuesday's roast beef sandwiches and Wednesday's beef stew with a few additions. If you have enough food from dinner left that would make one plate full, take it to work for lunch the next day. Too often people toss out the smallest portions of food thinking "that's just not enough for even one person." If you add all those tiny portions together, you just might have a great soup, stew or casserole!

11- Don't Throw Food Away

We save ham bones to add flavor when we're cooking beans or greens. Bacon grease gets used for sautéing veggies for soups, stews and casseroles. Chicken carcasses, fish carcasses, beef bones and veggie ends (carrots, onions, celery, etc) boiled in a large pot of water will make healthy homemade stocks and broths. There's usually something you can do with the "remnants" from cooking. Be creative!



12- Cut Your Own Food

Instead of buying pre-cut carrot sticks, celery and other veggies, buy the whole product and cut them yourself. It costs about 4 times as much to buy the pre-cut stuff. It may not be as convenient to cut your own, but this article is about saving money, not time.

This goes for meats, as well. You can typically cut up a whole chicken cheaper than you can buy the parts. If you're unsure of yourself as a butcher, this book will help you learn to butcher just about any meat you can think of!

13- Volunteer at a Food Bank

You can probably find a food pantry in your town or somewhere nearby. Go do some volunteer work there. On Fridays at closing time, there's often large quantities of food that didn't get distributed that would otherwise be thrown out. The people who run the food pantry may let you take home such things as strawberries, bananas, and other produce items just to keep them from going to waste. Be sure to take eco-friendly shopping bags with you!

14- Pack a Lunch

Planning a trip? Taking the kids to the park? Take your own food with you instead of eating out while you're away from home. This not only saves you money, but your food quality will also be much better! This handy soft-sided cooler will help keep your food cold until you're ready to eat it.

15- Eat First, Then Shop

"Never go grocery shopping on an empty stomach." If you do it just once, you'll know why. You end up buying what looks appealing to you right then rather than sticking to your budget and grocery list. Don't go if you're tired, either. You won't add things up as well, which will cost you extra at the register.

16- Take a Calculator

Some grocery stores have calculators built into the shopping cart handle, and most stores have already calculated the unit prices of every item in the store. There are still some that don't offer either. It might take you longer to shop, but if you calculate the unit prices, you'll know what's the best buy for your money and save more in the end. Besides, if you have a cell phone (and who doesn't, right?), you already have a calculator with you.

17- Use Discount Stores to Save Money on Groceries

There are some great stores that buy surplus merchandise from the larger grocery chains. They have these items discounted for you, and they're the same exact thing you would be buying from the bigger stores. You can save a ton buying from the smaller discount stores without sacrificing quality. Aldi, for example, has great selections on most groceries, the quality is fantastic, and the prices typically beat other grocery stores.

18- Buy in Bulk

My mom told me once after I moved out that I needed to move back home. She said they were spending more for food just buying for her and dad than they were when I lived there. Of course, she meant they were paying more per unit. The more of something you buy, the less the unit price usually ends up being. Again, you can prepare meals and freeze them, or you can split the uncooked food up, vacuum seal it in bags and freeze it. Just thaw it a day in advance, and it's ready to cook the next night.



19- Avoid Impulse Purchases

Every grocery store has gum, candy and other items at the register, stuff hanging on strips in an aisle, and the dreaded “bargain bins” at the front of the store. These will blow your budget out of the water. If you didn’t plan to buy it, and it isn’t on the list, just don’t buy it! If you REALLY need that item, budget it in for next week’s shopping trip.

20- Make Fewer Shopping Trips

The more often you go shopping, the more you are likely to spend. Some people go to the store three to four times a week. Some only go once a week. Try to cut your frequency in half, for a few months, then in half again. This will focus you more on buying large quantities and staying closer to your list.

21- Investigate & Ask Questions

What’s the price difference between the bag of dried beans that sells for \$.89 and the can of beans that sells for \$.99? Just a dime? No. The bag yields 7 cups of cooked beans, \$.13 per cup. The can yields 1-1/2 cups of cooked beans, \$.66 per cup. The canned beans – as inexpensive as they are – are five times more expensive than dried beans. Apply this logic to everything you buy. You can make marinara sauce and boil pasta for much, much cheaper per serving than that can of spaghetti rings on the shelf (and it’s healthier, too).

22- Food Only, Please

Paper goods, cleaning supplies and cosmetics are probably going to be less expensive at big-box stores like Target or Wal-Mart. This also helps you to track your grocery costs separately from other living expenses. You can always make your cleaning products and use linens instead of paper products.

23- Avoid Processed Food

The more ingredients you see on the label, the more the food is processed and the less nutritional value it has. Not only will you be healthier for buying whole foods (like potatoes, bananas, and apples), but it’s actually cheaper, too. You’ll be avoiding tons of chemicals and preservatives and saving money at the same time! Your health and your wallet will sing praises unto your name!

If you want to read more of the 42 ways to save on your grocery bill you can visit:

[Southern Dreams Homestead](#)

Patrick and his wife Jessie homestead in Middle Georgia with two of their four children and their three dogs. They love gardening, food preservation, and keeping their family prepared for any disaster that may come.



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on his channel
by clicking
HERE**



Imagine being able to print your own latch for your chicken coop or making a replacement part for your pea sheller without even leaving the house or putting in an order online and waiting days for it to arrive.

We live in a day when you may be able to own your own personal factory that prints out almost any part you need on your homestead.

3-D printers are more affordable now than when they first came out and the time and money homesteaders can save on small parts that are needed to maintain the homestead are now just a few step away.

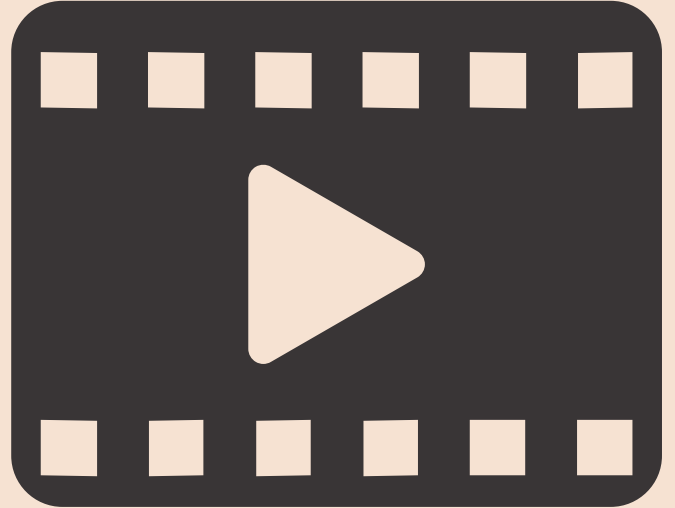
You may be able to print small parts and sell or barter them with local friends and neighbors as an added income for your homestead.

This is something that has yet to be fully utilized by the small AG community but seems to be something that will revolutionize the way we get our parts to build or fix many of the things we have had to order from the factory in the past.

The video of the 3-D printer in action was purchased for \$180.00 and has already saved more time and money than the initial investment.

We may all soon be able to have our own mini factory on our homestead.

Homesteading Tool You Will Love



ALL ABOUT 3D PRINTING

It's like having your own
personal mini factory!

3D PRINTING 101

Like regular printing, 3D printing starts as a digital file. That's about where the similarity ends, however, as 3D printing--as the name suggests--prints in 3 dimensions. No boring print jobs here!

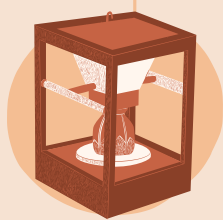


START HERE

You can choose to create your digital file via a 3D printing software, or you can download a premade file off the internet. There are libraries online dedicated to 3D printing.

SLICE IT UP

After you've created your file, you'll need to slice it using a slicing software. This is so that your printer can read the different layers of your model and print them accordingly.

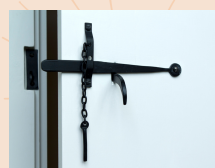


PRESS PRINT

When your file is ready, you can send it to a 3D printer and wait for it to be rendered in full. The result is an awesome 3D model of what you envisioned on paper!

AROUND THE FARM

Need a working latch for the chicken coop? Its quick, easy, and cheap to make your own with a small 3D printer! The possibilities are endless!



SOURCES

- Hoffman, Tony, and As Analyst for printers. "3D Printing: What You Need to Know." PCMag Asia, 1 July 2020, sea.pcmag.com/3d-printer/9266/3d-printing-what-you-need-to-know.
- "What Is 3D Printing? How Does a 3D Printer Work? Learn 3D Printing." 3D Printing, 7 Jan. 2021, 3dprinting.com/what-is-3d-printing/.



JUST FOR FUN



We asked you to write your best caption for this cartoon and are pleased to announce that John Goodman was the winner!

**John has won a custom TFL T-Shirt.
Please claim your prize by August 31st 2022 by
replying to
your winners email
telling us where to ship your new T-shirt!**



All of these words can be found in this edition of Homesteading Today Magazine

Q	G	Q	X	C	U	S	T	A	R	D	G
A	W	S	G	G	E	W	F	Y	W	R	E
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R	B	B	V	C	O	R	N	I	S	H	C

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