

2025

WISDOM FROM THE ELDERS

The Homesteader's Guide to Living Off
the Land
FREE Digital Bonus Guide!

WYLDERSPACE.COM

WYLDER SPACE

INSTRUCTOR



MOLLY BRAVO

Seeker of all things slow and simple

Molly Bravo is the visionary creator and chef behind Wylder Space Inc., a company dedicated to curating unique culinary experiences inspired by nature and sustainable living. With a deep passion for homesteading, foraging, and traditional cooking methods, Molly has combined her love for food and self-sufficiency to inspire others on their journey toward a more connected, mindful way of living. Her expertise in farm-to-table cuisine and resourceful living makes her a trusted voice in the world of homesteading and sustainable food practices.

WHAT WE PROMISE IN THIS COURSE

By taking this course and utilizing the bonus offerings in this homesteading digital guide, you will gain invaluable knowledge and practical skills to lead a more self-sufficient and sustainable lifestyle. We promise to provide:

- Time-Tested Wisdom from those who have mastered the art of homesteading.
- Actionable Skills & Techniques that can be implemented immediately.
- Sustainable Practices for preserving food, raising livestock, and growing your own resources.
- Confidence & Independence to live off the land with resilience and adaptability.
- Bonus Materials & Resources to further enhance your learning and homesteading journey.

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A true homesteader embraces a mindset of patience, resilience, and resourcefulness, understanding that nature operates on its own time and rewards those who work in harmony with it.

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Developing hands-on skills in various trades is key to independence, from building shelters to producing food and crafting necessary tools.

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Food preservation ensures that nothing goes to waste and that you have nourishment year-round, just as generations before us did with limited resources.

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Understanding how to raise healthy livestock with minimal input allows for a more sustainable and humane approach to food production.

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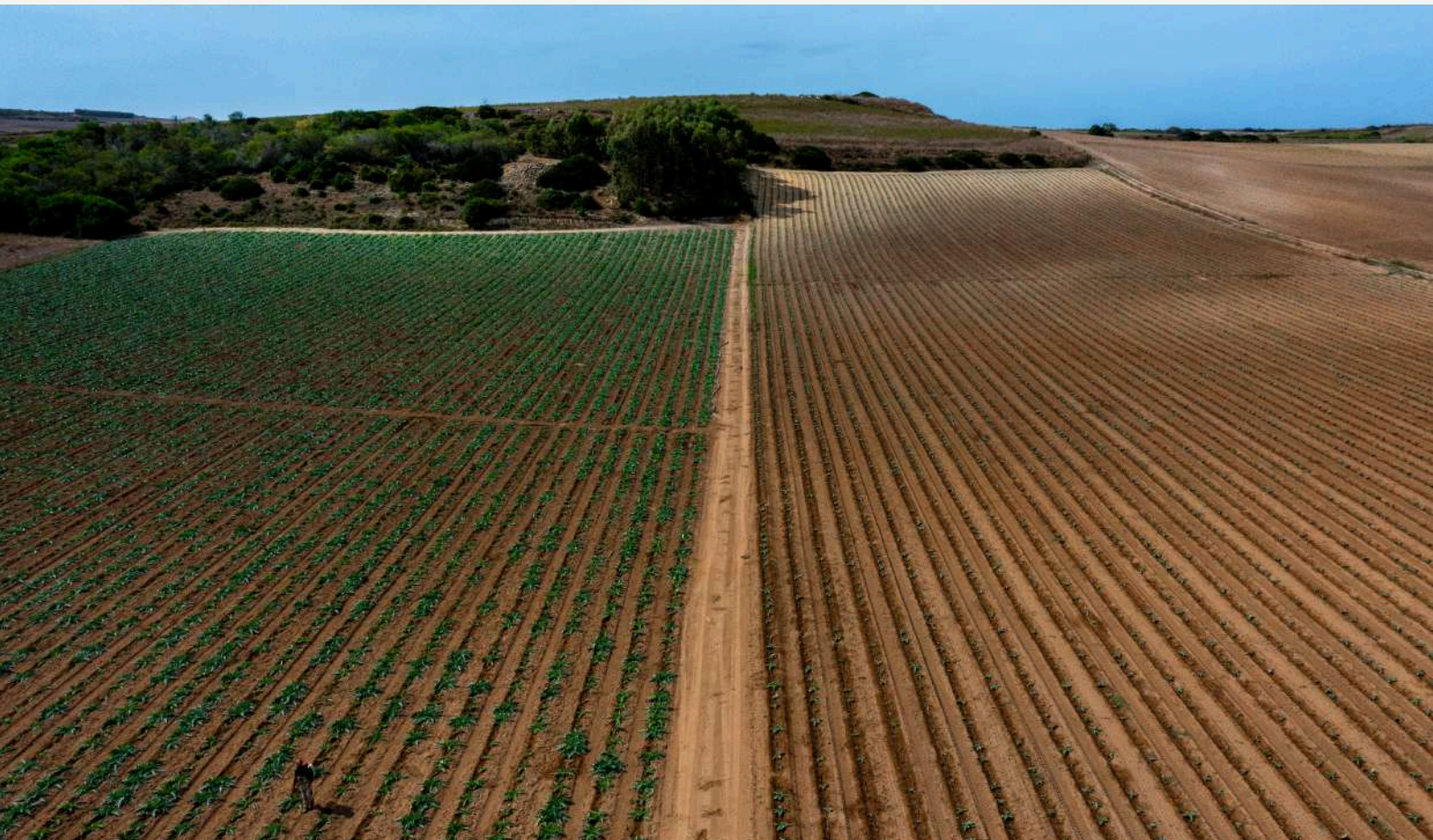
Homesteading is a journey of lifelong learning, and every step you take brings you closer to a simpler, more fulfilling way of life.

MINDSET OF A HOMESTEADER

Embarking on a homesteading journey requires cultivating a mindset deeply rooted in self-sufficiency, resilience, and harmony with nature. This chapter delves into the foundational attitudes and philosophies that seasoned homesteaders embody, guiding newcomers toward a fulfilling and sustainable lifestyle.

Embrace Simplicity and Patience

Homesteading is a return to simpler times, focusing on life's essentials and shedding unnecessary complexities. This simplicity demands patience, as many processes—such as growing crops or raising animals—operate on nature's timetable, not ours. Understanding and accepting this pace fosters a deeper appreciation for the rhythms of life.





**This magical,
marvelous food on our
plate, this sustenance
we absorb, has a story
to tell. It has a journey.
It leaves a footprint. It
leaves a legacy. To eat
with reckless abandon,
without conscience,
without knowledge;
folks, this ain't normal.**

Joel Salatin

CHAPTER 2: ESSENTIAL SKILLS FOR SELF-SUFFICIENCY

EMBARKING ON A HOMESTEADING JOURNEY REQUIRES A DIVERSE SET OF SKILLS TO ACHIEVE SELF-SUFFICIENCY. MASTERING THESE ESSENTIAL SKILLS EMPOWERS YOU TO SUSTAINABLY MANAGE YOUR RESOURCES, REDUCE RELIANCE ON EXTERNAL SYSTEMS, AND CULTIVATE A FULFILLING, AUTONOMOUS LIFESTYLE. HERE'S AN IN-DEPTH LOOK AT THE CORE COMPETENCIES VITAL FOR SUCCESSFUL HOMESTEADING:

1. GARDENING AND CROP CULTIVATION

UNDERSTANDING SOIL HEALTH: RECOGNIZING SOIL TYPES AND THEIR NUTRIENT COMPOSITIONS IS FOUNDATIONAL. IMPLEMENTING PRACTICES LIKE CROP ROTATION AND COMPOSTING ENHANCES SOIL FERTILITY, LEADING TO HEALTHIER PLANT GROWTH.

SEASONAL PLANTING: ALIGNING PLANTING SCHEDULES WITH LOCAL CLIMATE PATTERNS ENSURES OPTIMAL CROP YIELDS. KNOWLEDGE OF FROST DATES AND GROWING SEASONS IS CRUCIAL FOR PLANNING.

PEST AND DISEASE MANAGEMENT: EMPLOYING ORGANIC METHODS TO MANAGE PESTS AND DISEASES, SUCH AS COMPANION PLANTING AND NATURAL PREDATORS, MAINTAINS GARDEN HEALTH WITHOUT HARMFUL CHEMICALS.

2. ANIMAL HUSBANDRY

SELECTING APPROPRIATE LIVESTOCK: CHOOSING ANIMALS SUITED TO YOUR ENVIRONMENT AND RESOURCES IS ESSENTIAL. CONSIDERATIONS INCLUDE CLIMATE ADAPTABILITY AND SPACE REQUIREMENTS.

BASIC VETERINARY CARE: UNDERSTANDING COMMON AILMENTS AND PREVENTIVE MEASURES ENSURES THE WELL-BEING OF YOUR LIVESTOCK. REGULAR HEALTH CHECKS AND VACCINATIONS ARE PART OF RESPONSIBLE ANIMAL CARE.

SUSTAINABLE FEEDING PRACTICES: PRODUCING OR SOURCING LOCAL FEED REDUCES COSTS AND SUPPORTS ANIMAL HEALTH. INTEGRATING LIVESTOCK INTO YOUR FARMING SYSTEM CAN ENHANCE SUSTAINABILITY.

3. FOOD PRESERVATION TECHNIQUES

CANNING AND JARRING: PRESERVING FRUITS, VEGETABLES, AND MEATS THROUGH CANNING EXTENDS SHELF LIFE AND MAINTAINS NUTRITIONAL VALUE.

DEHYDRATING AND SMOKING: REMOVING MOISTURE FROM FOODS INHIBITS BACTERIAL GROWTH, ALLOWING FOR LONG-TERM STORAGE. SMOKING ADDS FLAVOR AND PRESERVATION BENEFITS.

FERMENTATION: UTILIZING BENEFICIAL MICROBES TO FERMENT FOODS LIKE SAUERKRAUT AND YOGURT ENHANCES FLAVOR AND INTRODUCES PROBIOTICS BENEFICIAL FOR HEALTH.

4. RENEWABLE ENERGY UTILIZATION

SOLAR POWER: HARNESSING SUNLIGHT THROUGH PHOTOVOLTAIC PANELS PROVIDES A SUSTAINABLE ELECTRICITY SOURCE, REDUCING RELIANCE ON FOSSIL FUELS.

WIND ENERGY: IMPLEMENTING WIND TURBINES CAN GENERATE ELECTRICITY, ESPECIALLY IN AREAS WITH CONSISTENT WIND PATTERNS.

BIOFUELS: PRODUCING ENERGY FROM ORGANIC MATERIALS, SUCH AS PLANT MATTER AND ANIMAL WASTE, OFFERS RENEWABLE FUEL OPTIONS FOR HEATING AND COOKING.

5. CARPENTRY AND BUILDING SKILLS

BASIC CONSTRUCTION: BUILDING AND MAINTAINING STRUCTURES LIKE SHEDS, COOPS, AND FENCES ARE FUNDAMENTAL SKILLS FOR ANY HOMESTEADER.

TOOL PROFICIENCY: USING TOOLS SUCH AS HAMMERS, SAWS, AND DRILLS SAFELY AND EFFECTIVELY IS ESSENTIAL FOR CONSTRUCTION AND REPAIRS.

MASONRY: UNDERSTANDING THE BASICS OF WORKING WITH STONE AND BRICK CAN BE BENEFICIAL FOR BUILDING DURABLE STRUCTURES LIKE OVENS AND RETAINING WALLS.

6. MECHANICAL MAINTENANCE

EQUIPMENT REPAIR: MAINTAINING AND REPAIRING TOOLS AND MACHINERY, SUCH AS TRACTORS AND GENERATORS, ENSURES THEIR LONGEVITY AND FUNCTIONALITY.

VEHICLE UPKEEP: BASIC AUTOMOTIVE SKILLS, INCLUDING OIL CHANGES AND BRAKE REPAIRS, ARE CRUCIAL FOR MAINTAINING TRANSPORTATION MEANS.

PLUMBING AND ELECTRICAL REPAIRS: ADDRESSING MINOR PLUMBING AND ELECTRICAL ISSUES PREVENTS SMALL PROBLEMS FROM ESCALATING, MAINTAINING THE HOMESTEAD'S INFRASTRUCTURE.

7. FORAGING AND WILDCRAFTING

PLANT IDENTIFICATION: RECOGNIZING EDIBLE AND MEDICINAL PLANTS IN YOUR REGION EXPANDS FOOD SOURCES AND NATURAL REMEDIES.

SUSTAINABLE HARVESTING: PRACTICING ETHICAL FORAGING ENSURES THE PRESERVATION OF WILD PLANT POPULATIONS FOR FUTURE USE.

PREPARATION AND USAGE: LEARNING HOW TO PROCESS AND UTILIZE WILD PLANTS SAFELY ENHANCES YOUR SELF-SUFFICIENCY AND CONNECTION TO THE LAND.

8. FIRST AID AND MEDICAL KNOWLEDGE

EMERGENCY RESPONSE: BEING PREPARED TO HANDLE INJURIES AND SUDDEN ILLNESSES IS VITAL, ESPECIALLY IN REMOTE AREAS.
HERBAL REMEDIES: UTILIZING MEDICINAL PLANTS FOR COMMON AILMENTS PROVIDES NATURAL AND ACCESSIBLE HEALTHCARE OPTIONS.

PREVENTIVE CARE: IMPLEMENTING HYGIENE PRACTICES AND REGULAR HEALTH CHECKS FOR BOTH HUMANS AND ANIMALS REDUCES THE RISK OF DISEASE.

9. FINANCIAL MANAGEMENT

BUDGETING: EFFECTIVELY MANAGING FINANCES ENSURES THE SUSTAINABILITY OF YOUR HOMESTEADING ENDEAVORS.

RESOURCE ALLOCATION: PRIORITIZING EXPENDITURES AND INVESTMENTS, SUCH AS INFRASTRUCTURE IMPROVEMENTS OR LIVESTOCK PURCHASES, MAXIMIZES EFFICIENCY.

INCOME DIVERSIFICATION: EXPLORING MULTIPLE INCOME STREAMS, LIKE SELLING PRODUCE OR HANDMADE GOODS, ENHANCES FINANCIAL STABILITY.

10. COMMUNITY ENGAGEMENT

NETWORKING: BUILDING RELATIONSHIPS WITH FELLOW HOMESTEADERS AND LOCAL COMMUNITIES FOSTERS KNOWLEDGE EXCHANGE AND SUPPORT.

BARTERING: TRADING GOODS AND SERVICES WITHIN YOUR COMMUNITY REDUCES MONETARY DEPENDENCE AND STRENGTHENS SOCIAL BONDS.

EDUCATION: SHARING YOUR SKILLS AND LEARNING FROM OTHERS ENRICHES THE COLLECTIVE KNOWLEDGE AND RESILIENCE OF THE COMMUNITY.

DEVELOPING THESE ESSENTIAL SKILLS EQUIPS YOU TO NAVIGATE THE CHALLENGES OF HOMESTEADING WITH CONFIDENCE AND ADAPTABILITY. EMBRACING CONTINUOUS LEARNING AND PRACTICAL APPLICATION FOSTERS A REWARDING, SELF-SUFFICIENT LIFESTYLE.



PRESERVING FOOD LIKE THE OLD-TIMERS (INTERACTIVE GUIDE)

BEFORE MODERN REFRIGERATION, HOMESTEADERS RELIED ON TRADITIONAL FOOD PRESERVATION METHODS TO ENSURE THEY HAD ENOUGH TO EAT YEAR-ROUND. IN THIS SECTION, YOU'LL NOT ONLY LEARN ABOUT THESE TECHNIQUES BUT ALSO BE GUIDED STEP-BY-STEP TO APPLY THEM IN YOUR OWN KITCHEN. LET'S GET STARTED!

STEP 1: CHOOSE YOUR PRESERVATION METHOD SELECT A METHOD BASED ON THE TYPE OF FOOD YOU WANT TO PRESERVE:

- CANNING (BEST FOR FRUITS, VEGETABLES, SAUCES, AND MEATS)
 - DEHYDRATING (PERFECT FOR HERBS, FRUITS, VEGETABLES, AND MEATS LIKE JERKY)
 - FERMENTING (IDEAL FOR VEGETABLES, DAIRY, AND BEVERAGES LIKE KOMBUCHA)
 - FREEZING (USEFUL FOR MOST FOODS, BUT REQUIRES ELECTRICITY)
 - ROOT CELLARING (GREAT FOR POTATOES, ONIONS, APPLES, AND CARROTS)
 - SMOKING & CURING (BEST FOR MEATS AND FISH)
- ✓ **ACTION STEP:** PICK ONE PRESERVATION METHOD THAT INTERESTS YOU AND WRITE DOWN ONE FOOD ITEM YOU'D LIKE TO PRESERVE USING THAT TECHNIQUE.

STEP 2: LEARN THE BASICS OF CANNING

CANNING IS A FANTASTIC WAY TO PRESERVE FOOD, BUT IT REQUIRES SOME KNOW-HOW.

THERE ARE TWO MAIN TYPES:

WATER BATH CANNING (FOR HIGH-ACID FOODS LIKE FRUITS, JAMS, AND PICKLES)

PRESSURE CANNING (FOR LOW-ACID FOODS LIKE MEATS, BEANS, AND VEGETABLES)

TRY THIS:

GRAB A FEW MASON JARS, A LARGE POT, AND SOME FRESH PRODUCE.

FOLLOW THIS SIMPLE WATER BATH CANNING RECIPE:

BOIL YOUR JARS AND LIDS TO STERILIZE THEM. FILL JARS WITH FRESH FRUIT OR PICKLED VEGETABLES.

POUR BOILING SYRUP, VINEGAR, OR BRINE OVER THEM.

WIPE THE RIMS, SEAL TIGHTLY, AND SUBMERGE IN BOILING WATER FOR 10-15 MINUTES.

REMOVE AND LET COOL—LISTEN FOR THE “POP” TO KNOW THEY SEALED PROPERLY!

 **PRO TIP:** ALWAYS LABEL YOUR JARS WITH THE DATE AND CONTENTS FOR EASY TRACKING!

STEP 3: TRY YOUR HAND AT DEHYDRATING

DEHYDRATION IS ONE OF THE OLDEST AND EASIEST FOOD PRESERVATION METHODS. YOU CAN USE A DEHYDRATOR, AN OVEN, OR EVEN THE SUN!

✓ **ACTION STEP:** SLICE UP SOME APPLES OR HERBS AND TRY DEHYDRATING THEM.

DIY DEHYDRATING (NO SPECIAL EQUIPMENT NEEDED!):

1. SLICE YOUR FRUIT OR VEGETABLES THINLY.
2. ARRANGE THEM ON A BAKING SHEET AND SET YOUR OVEN TO THE LOWEST TEMPERATURE (150-170°F).
3. KEEP THE OVEN DOOR SLIGHTLY OPEN AND LET THEM DRY FOR 4-6 HOURS.
4. STORE IN AIRTIGHT CONTAINERS FOR LONG-TERM USE.

BONUS: TRY MAKING HOMEMADE DRIED HERBS BY HANGING BUNDLES OF BASIL, THYME, OR OREGANO UPSIDE DOWN FOR A WEEK!

STEP 4: EXPERIMENT WITH FERMENTATION

FERMENTED FOODS ARE RICH IN PROBIOTICS AND INCREDIBLY EASY TO MAKE.

QUICK FERMENTED PICKLES RECIPE:

SLICE CUCUMBERS AND PLACE THEM IN A JAR WITH GARLIC, DILL, AND SPICES.

MIX 2 TABLESPOONS OF SALT INTO 4 CUPS OF WATER, THEN POUR OVER THE CUCUMBERS.

COVER WITH A LOOSE LID OR CHEESECLOTH AND LET SIT AT ROOM TEMPERATURE FOR 3-5 DAYS.

TASTE-TEST DAILY—ONCE THEY REACH YOUR DESIRED TANGINESS, REFRIGERATE THEM!

 **PRO TIP:** ALWAYS USE NON-CHLORINATED WATER AND AVOID METAL LIDS DURING FERMENTATION!

STEP 5: STORE FOOD LIKE THE PIONEERS – ROOT CELLARING

NO ELECTRICITY? NO PROBLEM! ROOT CELLARS NATURALLY KEEP FOOD FRESH BY MAINTAINING COOL TEMPERATURES AND HUMIDITY.

FOODS THAT STORE WELL IN A ROOT CELLAR:

POTATOES, CARROTS, BEETS (STORE IN MOIST SAND)

APPLES, ONIONS (STORE IN COOL, DARK CRATES)

CABBAGE (WRAP IN NEWSPAPER AND KEEP ON A SHELF)


✓ ACTION STEP: IF YOU DON'T HAVE A ROOT CELLAR, TRY USING A BASEMENT, GARAGE, OR EVEN A BURIED COOLER TO STORE HARDY VEGETABLES!


RAISING LIVESTOCK WITH MINIMAL RESOURCES (QUICK REFERENCE GUIDE)


LIVESTOCK PLAYS A VITAL ROLE IN A HOMESTEAD, PROVIDING FOOD, MANURE FOR SOIL HEALTH, AND ADDITIONAL INCOME OPPORTUNITIES. HOWEVER, NOT EVERYONE HAS THE RESOURCES FOR LARGE-SCALE OPERATIONS. HERE'S HOW TO RAISE LIVESTOCK EFFICIENTLY WITH MINIMAL RESOURCES:

BEST LOW-MAINTENANCE LIVESTOCK FOR SMALL HOMESTEADS


 **CHICKENS** – PROVIDE EGGS & MEAT. REQUIRE A SMALL COOP (2-3 SQ. FT PER BIRD). FEED ON FREE-RANGE SCRAPS & GRAIN. SECURE FROM PREDATORS.

 **RABBITS** – GREAT FOR MEAT & MANURE. NEED A SMALL HUTCH. THRIVE ON GRASS, HAY, & GARDEN SCRAPS. BREED QUICKLY AND ARE LOW-NOISE.

 **GOATS** – PROVIDE MILK, MEAT, & WEED CONTROL. NEED AROUND 250 SQ. FT PER GOAT. FEED ON BRUSH, HAY, & GRAIN. EXCELLENT FOR CLEARING LAND.

 **DUCKS** – PRODUCE EGGS & ASSIST IN PEST CONTROL. CAN LIVE IN A SMALL POND OR COOP. FEED ON FORAGE + GRAIN. HARDIER THAN CHICKENS.

 **QUAIL** – PRODUCE EGGS & MEAT. CAN BE KEPT IN INDOOR/OUTDOOR CAGES. REQUIRE SMALL AMOUNTS OF FEED. FAST-GROWING & QUIET.

 **PRO TIP:** IF SPACE IS LIMITED, FOCUS ON SMALLER ANIMALS LIKE CHICKENS, RABBITS, AND QUAIL, WHICH REQUIRE LESS LAND AND FEED.

HOW TO FEED LIVESTOCK ON A BUDGET

💡 **FORAGE & FREE-RANGE:** LET ANIMALS GRAZE ON NATURAL FOOD SOURCES LIKE GRASS, WEEDS, AND KITCHEN SCRAPS TO CUT COSTS.

💡 **GROW YOUR OWN FEED:** PLANT HIGH-PROTEIN CROPS LIKE ALFALFA, SUNFLOWERS, AND PUMPKINS FOR LIVESTOCK FEED.

💡 **FOOD WASTE RECYCLING:** TURN KITCHEN SCRAPS INTO ANIMAL FEED—CHICKENS LOVE VEGETABLE PEELS, AND GOATS ENJOY GARDEN TRIMMINGS.

💡 **FERMENT GRAINS:** FERMENTING FEED INCREASES ITS NUTRITIONAL VALUE, MAKING IT EASIER TO DIGEST AND REDUCING THE AMOUNT NEEDED.

✅ **TRY THIS:** START A SMALL MEALWORM FARM FOR PROTEIN-RICH CHICKEN FEED!

DIY LOW-COST SHELTER IDEAS

RECYCLED PALLET CHICKEN COOP – USE FREE PALLETS TO BUILD A STURDY, INSULATED COOP.

PVC RABBIT HUTCH – AFFORDABLE, LIGHTWEIGHT, AND EASY TO CLEAN.

PORTABLE GOAT PEN – MOVEABLE ELECTRIC NETTING ALLOWS GOATS TO GRAZE DIFFERENT AREAS.

DUCK POND FROM A BATHTUB – REPURPOSE AN OLD TUB FOR AN EASY DIY POND.

✓ **BONUS:** CHECK OUT ONLINE HOMESTEADING FORUMS FOR FREE OR DISCOUNTED BUILDING MATERIALS!

BEST LIVESTOCK FOR NATURAL PEST CONTROL

CHICKENS & DUCKS – EAT TICKS, MOSQUITOES, AND GARDEN PESTS.

GUINEA FOWL – EXCELLENT AT CONTROLLING TICKS IN LARGE YARDS.

GOATS – CLEAR OUT WEEDS AND OVERGROWN AREAS.

GEESE – NATURAL LAWNMOWERS AND GUARD ANIMALS!

✓ **ACTION STEP:** ADD 3-5 DUCKS TO YOUR GARDEN AREA TO NATURALLY CONTROL BUGS AND SLUGS.

NATURAL REMEDIES & HERBAL MEDICINE (HERBAL GARDEN LAYOUT & USES)

GROWING YOUR OWN HERBAL MEDICINE GARDEN IS A POWERFUL WAY TO INCORPORATE NATURAL REMEDIES INTO YOUR HOMESTEAD. BELOW IS A LAYOUT FOR AN EASY-TO-MAINTAIN HERBAL MEDICINE GARDEN ALONG WITH PRACTICAL USES FOR EACH PLANT.

HERBAL GARDEN LAYOUT (4X4 RAISED BED OR GROUND GARDEN)

🌿 OUTER BORDER PLANTS (PEST CONTROL & POLLINATORS)

LAVENDER – REPELS INSECTS, CALMS ANXIETY, AND AIDS SLEEP.

MARIGOLD – NATURAL PEST REPELLENT AND SKIN-SOOTHING REMEDY.

CHAMOMILE – SUPPORTS DIGESTION, RELAXATION, AND WOUND HEALING.

🌿 MIDDLE LAYER (MEDICINAL HERBS FOR EVERYDAY USE)

ECHINACEA – BOOSTS THE IMMUNE SYSTEM AND HELPS FIGHT COLDS.

LEMON BALM – SOOTHES NERVES, REDUCES STRESS, AND AIDS DIGESTION.

PEPPERMINT – HELPS WITH HEADACHES, NAUSEA, AND DIGESTION.

THYME – NATURAL ANTISEPTIC AND RESPIRATORY SUPPORT.

🌿 INNER CORE (POTENT MEDICINAL HERBS)

COMFREY – SPEEDS UP WOUND HEALING AND SUPPORTS JOINT PAIN.

YARROW – STOPS BLEEDING, RELIEVES FEVERS, AND AIDS DIGESTION.

GARLIC – NATURAL ANTIBIOTIC, BOOSTS IMMUNITY, AND LOWERS BLOOD PRESSURE.

CALENDULA – HEALS SKIN WOUNDS, BURNS, AND RASHES.

✅ **PRO TIP:** PLANTING COMPANION FLOWERS LIKE BORAGE AND BEE BALM WILL ATTRACT POLLINATORS AND IMPROVE PLANT HEALTH.

HOW TO USE YOUR HERBAL GARDEN

MAKING HERBAL TEAS & INFUSIONS

- **CALMING TEA:** 1 TSP CHAMOMILE + 1 TSP LEMON BALM IN HOT WATER.
- **COLD RELIEF TEA:** 1 TSP ECHINACEA + ½ TSP THYME + ½ TSP PEPPERMINT.
- **DIGESTION AID:** 1 TSP PEPPERMINT + ½ TSP GINGER ROOT.

HOMEMADE HEALING SALVES & OILS

- **WOUND HEALING SALVE:** INFUSE DRIED CALENDULA AND COMFREY IN OLIVE OIL FOR 4 WEEKS. STRAIN, MIX WITH BEESWAX, AND STORE IN A TIN.
- **PAIN-RELIEF BALM:** COMBINE YARROW, COMFREY, AND PEPPERMINT-INFUSED OIL WITH COCONUT OIL AND BEESWAX.

DIY TINCTURES FOR IMMUNE SUPPORT

- **ECHINACEA TINCTURE:** FILL A JAR WITH ECHINACEA FLOWERS AND LEAVES, COVER WITH VODKA OR APPLE CIDER VINEGAR, SEAL, AND LET SIT FOR 6 WEEKS. **STRAIN AND STORE IN A DROPPER BOTTLE.**
- **GARLIC & HONEY TONIC:** CHOP GARLIC, PLACE IN A JAR, COVER WITH RAW HONEY, AND LET INFUSE FOR 2 WEEKS. TAKE A SPOONFUL AT FIRST SIGNS OF A COLD.

BONUS: QUICK REFERENCE HERBAL USES

 **LAVENDER:** ANXIETY RELIEF, SLEEP AID, NATURAL INSECT REPELLENT. 

CHAMOMILE: DIGESTIVE AID, ANTI-INFLAMMATORY, PROMOTES **RELAXATION.**


 **ECHINACEA:** IMMUNE BOOSTER, COLD PREVENTION, WOUND HEALING. 

PEPPERMINT: HEADACHE RELIEF, NAUSEA REDUCER, MUSCLE RELAXANT.

 **CALENDULA:** SKIN REPAIR, ANTI-INFLAMMATORY, ANTISEPTIC PROPERTIES.

 **GARLIC:** NATURAL ANTIBIOTIC, HEART HEALTH, IMMUNE BOOSTER. 

THYME: RESPIRATORY HEALTH,
ANTIFUNGAL, ANTISEPTIC.

 **ACTION STEP:** START BY
GROWING 3-5 HERBS FROM
THIS LIST AND INCORPORATE
THEM INTO YOUR DAILY
HEALTH ROUTINE.

CREATING A SUSTAINABLE HOMESTEAD (ACTIONABLE STEPS FOR ANY SPACE)

A SUSTAINABLE HOMESTEAD ISN'T ABOUT OWNING ACRES OF LAND—IT'S ABOUT MAKING THE MOST OF WHAT YOU HAVE. WHETHER YOU LIVE IN AN APARTMENT, SUBURBAN HOME, OR RURAL PROPERTY, HERE ARE ACTIONABLE STEPS TO INCREASE YOUR SELF-SUFFICIENCY.

STEP 1: GROW YOUR OWN FOOD

✅ **SMALL SPACE:** USE VERTICAL GARDENING, BALCONY PLANTERS, AND WINDOWSILL HERBS.

✅ **SUBURBAN YARD:** CREATE RAISED BEDS AND USE COMPANION PLANTING TO MAXIMIZE YIELDS.

✅ **RURAL LAND:** ROTATE CROPS, BUILD A GREENHOUSE, AND PLANT FRUIT TREES. 💡
PRO TIP: START WITH EASY-TO-GROW FOODS LIKE LETTUCE, TOMATOES, POTATOES, AND HERBS.

STEP 2: WATER COLLECTION & CONSERVATION

✔ **SMALL SPACE:** USE A WATER-SAVING SHOWERHEAD AND COLLECT KITCHEN RINSE WATER FOR PLANTS.

✔ **SUBURBAN YARD:** INSTALL RAIN BARRELS TO COLLECT RUNOFF FOR YOUR GARDEN.

✔ **RURAL LAND:** BUILD A POND, SET UP A FULL RAINWATER HARVESTING SYSTEM, AND USE DRIP IRRIGATION.

💡 **PRO TIP:** MULCH GARDEN BEDS TO RETAIN SOIL MOISTURE AND REDUCE WATER USE.

STEP 3: REDUCE WASTE & COMPOST

✔ **SMALL SPACE:** USE A WORM COMPOST BIN UNDER THE SINK.

✔ **SUBURBAN YARD:** SET UP A SMALL COMPOST PILE FOR FOOD SCRAPS AND YARD WASTE.

✔ **RURAL LAND:** BUILD A LARGE COMPOSTING SYSTEM AND USE MANURE FROM LIVESTOCK.



PRO TIP: KEEP A SMALL BIN IN YOUR KITCHEN TO COLLECT SCRAPS FOR COMPOSTING.

STEP 4: GENERATE YOUR OWN ENERGY

- ✓ **SMALL SPACE:** USE SOLAR-POWERED LIGHTS AND ENERGY-EFFICIENT APPLIANCES.
 - ✓ **SUBURBAN YARD:** INSTALL SOLAR PANELS OR A SMALL WIND TURBINE.
 - ✓ **RURAL LAND:** BUILD A FULL SOLAR POWER SYSTEM OR HYDROPOWER GENERATOR.
- 💡 **PRO TIP:** START BY REDUCING ENERGY USE WITH LED BULBS, UNPLUGGING UNUSED DEVICES, AND AIR-DRYING CLOTHES.

STEP 5: RAISE LIVESTOCK FOR FOOD & SUSTAINABILITY

- ✓ **SMALL SPACE:** KEEP QUAIL OR RABBITS INDOORS OR ON A BALCONY.
 - ✓ **SUBURBAN YARD:** RAISE BACKYARD CHICKENS FOR EGGS AND MEAT.
 - ✓ **RURAL LAND:** MAINTAIN GOATS, COWS, OR PIGS FOR DAIRY AND MEAT.
- 💡 **PRO TIP:** IF SPACE IS LIMITED, FOCUS ON ANIMALS THAT PROVIDE THE MOST RETURN, LIKE CHICKENS OR RABBITS.

STEP 6: DEVELOP SELF-SUFFICIENCY SKILLS

✓ **SMALL SPACE:** LEARN BASIC FOOD PRESERVATION (CANNING, FERMENTING, DEHYDRATING).

✓ **SUBURBAN YARD:** PRACTICE WOODWORKING, SOAP-MAKING, AND NATURAL REMEDIES. ✓ **RURAL LAND:** IMPROVE BUTCHERING, BLACKSMITHING, AND CARPENTRY SKILLS.

💡 **PRO TIP:** DEDICATE TIME EACH WEEK TO LEARNING A NEW HOMESTEADING SKILL.

STEP 7: BUILD A COMMUNITY & BARTER SYSTEM

✓ **SMALL SPACE:** JOIN ONLINE HOMESTEADING GROUPS AND SWAP RESOURCES.

✓ **SUBURBAN YARD:** ORGANIZE A NEIGHBORHOOD FOOD SWAP OR SEED EXCHANGE.

✓ **RURAL LAND:** TRADE GOODS AND SERVICES WITH LOCAL FARMERS AND HOMESTEADERS.

💡 **PRO TIP:** ATTEND FARMER'S MARKETS AND HOMESTEADING MEETUPS TO CONNECT WITH OTHERS.

STEP 8: EMERGENCY PREPAREDNESS & SELF-RELIANCE

✓ **SMALL SPACE:** STORE NON-PERISHABLE FOODS AND WATER FOR EMERGENCIES.

✓ **SUBURBAN YARD:** MAINTAIN A STOCKED PANTRY AND BASIC SURVIVAL GEAR.

✓ **RURAL LAND:** SECURE A RELIABLE WATER SOURCE AND INVEST IN ALTERNATIVE POWER.

💡 **PRO TIP:** ROTATE STORED FOOD REGULARLY AND KEEP A FIRST-AID KIT ON HAND.

WYLDER SPACE

THE 7-DAY HOMESTEADING KICKSTART CHALLENGE

A SIMPLE, PRACTICAL GUIDE TO JUMPSTARTING
YOUR SELF-SUFFICIENT LIFESTYLE

Mastering self-sufficiency through homesteading requires dedication and consistency, much like any valuable skill. However, by immersing yourself in the process and breaking it down into manageable steps—such as those outlined in this challenge—you can build confidence and set the foundation for long-term success in your homesteading journey.



NOTES:

The 2000s brought significant advancements in homesteading education, with the rise of online communities, digital resources, and open-access learning platforms. As interest in self-sufficiency grew, so did the availability of blogs, forums, and video tutorials covering everything from gardening and food preservation to off-grid living. By the 2010s, structured online courses and virtual workshops on homesteading topics became more popular, allowing aspiring homesteaders to learn essential skills from experts without leaving their homes. Today, the wealth of digital resources continues to make homesteading education more accessible than ever.

7 DAY KICKSTART HOMESTEADING CHALLENGE

DAY 1: ASSESS AND PLAN

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Take stock of your available space, resources, and goals. Whether you have an acre of land or a small urban balcony, list out your homesteading priorities, such as gardening, food preservation, or livestock care. Start a journal to track your progress.

DAY 2: START A SMALL GARDEN

02

Begin with easy-to-grow vegetables like lettuce, radishes, or herbs. If you lack outdoor space, consider container gardening or hydroponics. Research your local planting seasons to optimize your yields.

DAY 3: LEARN TO PRESERVE FOOD

03

Choose one food preservation method—canning, fermenting, dehydrating, or freezing—and try it out. Start with something simple like making homemade pickles, drying herbs, or freezing seasonal produce.

DAY 4: BAKE YOUR OWN BREAD

04

Practice self-sufficiency in the kitchen by baking your first loaf of homemade bread. Choose a simple recipe like sourdough or no-knead bread to start. Mastering this skill can help reduce dependence on store-bought goods.

DAY 5: REDUCE WASTE AND REPURPOSE

05

Implement sustainable waste management by composting food scraps, reusing household items, or repurposing materials. Challenge yourself to create a zero-waste day by making mindful consumption choices.

7 DAY KICKSTART HOMESTEADING CHALLENGE

DAY 6: LEARN A BASIC DIY SKILL

06

TPick up a homesteading skill such as basic carpentry, sewing, soap-making, or candle-making. These skills not only promote self-sufficiency but also reduce reliance on commercial products.

DAY 7: CONNECT WITH THE HOMESTEADING COMMUNITY

07

Find local homesteading groups, farmers' markets, or online forums to connect with others on the same journey. Building a network of like-minded individuals provides ongoing support, inspiration, and knowledge-sharing.

FINAL WORDS FROM MOLLY BRAVO

HOMESTEADING ALLOWS US TO RECLAIM
A WAY OF LIFE THAT SUPPORTS
SIMPLICITY.

IT'S A RETURN TO THE WISDOM OF OUR
ANCESTORS, A STEP TOWARD SELF-
SUFFICIENCY, AND A COMMITMENT TO
REAL, WHOLE FOOD.

THIS PATH ISN'T ALWAYS EASY, BUT IT'S
ONE OF THE MOST REWARDING CHOICES
YOU CAN MAKE FOR YOURSELF AND
YOUR FAMILY.

EVERY SEED YOU PLANT, EVERY LOAF OF
BREAD YOU BAKE, EVERY JAR YOU FILL—
THESE ARE ACTS OF RESILIENCE. THEY
ARE A STAND AGAINST INDUSTRIALIZED
FOOD AND A CELEBRATION OF WHAT IT
MEANS TO TRULY NOURISH.

THIS JOURNEY ASKS US TO SLOW DOWN,
TO BE PRESENT IN THE WORK OF OUR
HANDS, AND TO REMEMBER THAT THE
BEST MEALS ARE THE ONES MADE WITH
INTENTION, PATIENCE, AND LOVE.

WYLDER SPACE: YOUR PARTNER IN THE JOURNEY

AT WYLDER SPACE, WE'RE HERE TO BUILD A MOVEMENT THAT EMBRACES THE BEAUTY OF SLOW FOOD, THE STRENGTH OF TRADITIONAL SKILLS, AND THE POWER OF COMMUNITY. WHETHER YOU'RE JUST STARTING OUT OR HAVE BEEN HOMESTEADING FOR YEARS, WE'RE HERE TO SUPPORT YOU EVERY STEP OF THE WAY.

✔ **EAT REAL FOOD** – START WITH THE SIMPLEST AND MOST POWERFUL CHANGE: COOKING WITH WHOLE, UNPROCESSED INGREDIENTS. THE WYLDER SPACE COOKBOOK IS FILLED WITH TRADITIONAL RECIPES TO HELP YOU REDISCOVER FOOD AS IT WAS MEANT TO BE.

✔ **FIND YOUR PEOPLE** – COMMUNITY MAKES ALL THE DIFFERENCE. JOIN THE WYLDER SPACE HOMESTEADING COMMUNITY TO CONNECT WITH OTHERS ON THE SAME JOURNEY, SHARE YOUR SUCCESSES, AND LEARN FROM EACH OTHER.

✔ **GROW YOUR SKILLS** – DIVE DEEPER INTO SELF-SUFFICIENCY WITH OUR WYLDER SPACE ONLINE COURSE. WHETHER IT'S LEARNING TO FERMENT, BAKE SOURDOUGH, OR RAISE BACKYARD CHICKENS, HANDS-ON LEARNING WILL EMPOWER YOU TO TAKE THE NEXT STEP.

✔ **START SMALL, START TODAY** – DON'T WAIT FOR THE "PERFECT" MOMENT. WHETHER IT'S PLANTING A FEW HERBS, MAKING YOUR OWN BROTH, OR LEARNING TO CAN, SMALL STEPS LEAD TO BIG CHANGES.

💡 **MOLLY'S TIP:** YOU DON'T NEED ACRES OF LAND TO START LIVING SUSTAINABLY. WHETHER YOU'RE IN AN APARTMENT, A SUBURBAN HOME, OR A RURAL FARM, YOU CAN GROW FOOD, COOK FROM SCRATCH, AND LIVE WITH INTENTION.

JOIN THE REAL FOOD MOVEMENT

TAKE CONTROL OF WHAT WE EAT, HOW WE LIVE, AND THE LEGACY WE LEAVE BEHIND.

CHOOSE NOURISHMENT OVER CONVENIENCE,
COMMUNITY OVER ISOLATION, AND
TRADITION OVER TRENDS.

IF YOU'VE EVER FELT DRAWN TO THIS WAY
OF LIFE, CONSIDER THIS YOUR SIGN.

**THE KNOWLEDGE IS HERE. THE RESOURCES
ARE HERE. THE ONLY THING LEFT TO DO IS
START.**

BONUS RESOURCES TO KEEP YOU INSPIRED:



BACK TO BASICS

📌 A cookbook and guide to canning and food preservation

AUGUST
2025



📌 NOURISHING TRADITIONS ONLINE COURSE

- Step-by-step guidance for self-sufficiency

[MORE INFO](#)



📌 THE HARVESTERS HOMESTEADING COMMUNITY

- Your place to connect and learn

[MORE INFO](#)

THANK YOU!

We want to take a moment to thank you for embarking on this journey with us. Homesteading, real food, and sustainability are not just concepts—they are a way of life, and it is inspiring to see so many individuals reclaiming their independence and rediscovering the wisdom of past generations.

Your commitment to learning, growing, and embracing a more intentional lifestyle is what keeps this movement alive. Whether you're planting your first herb garden, preserving food for the winter, or simply cooking a meal from scratch, every small step you take makes a difference.

At Wylder Space, we are honored to be part of your journey. Your passion for self-sufficiency and real food fuels our mission, and we are here to support you every step of the way. Keep learning, keep experimenting, and keep sharing your journey with others. Together, we are building a future rooted in sustainability, connection, and true nourishment.

Thank you for being part of this incredible movement.
We can't wait to see what you create!

With gratitude,
The Wylder Space Team 🌿🏠

WYLDERSPACE.COM