

# PRESERVING FOODS

Food preservation was essential to the survival of the pioneers. Pioneers were creative and resourceful in their techniques.

## Directions

Invite students to create a three-dimensional display to illustrate one of these food preservation techniques.

## Sun Drying

Native people showed the first settlers how to dry fresh meat to preserve it for the coming year. Beef or buffalo could be made into pemmican, strips of meat that were dried and then stored or ground into a powder and mixed with dried berries.

## Smokehouse

A small building near the brick oven. Its walls were covered with creosote but later made of brick as well. It took one week of steady fires to smoke meat properly.

## Pickling Barrels

Meats could be preserved for one year if packed into pickling barrels.

## Sealed Crocks

Fruits were preserved in sealed crockpots.

## Root Cellar

Root cellars kept food cool in the summer and safe from freezing in the winter. They were constructed below the frost line under dwellings or into the side of a hill.

## Springhouse

A small shed built over a cold running spring kept important food items cool.

## Water Wells

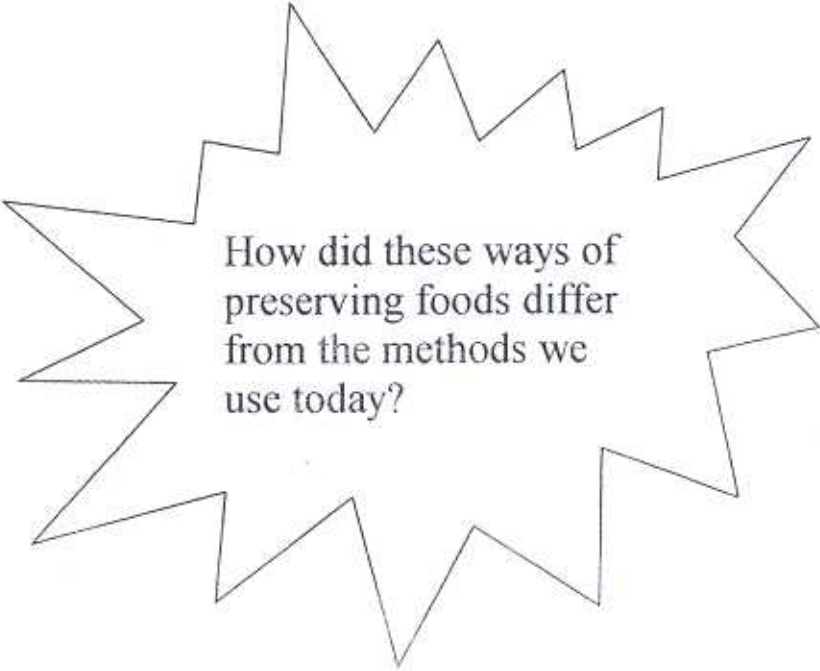
Sometimes food was put in a bucket and lowered into the cool depths of the family well.

## Icehouses

A small building was built half above and half below ground. Ice was cut from a water source in winter and packed in sawdust. The ice kept food cold until it finally melted in the summer heat.

## Nature's Freezer

When temperatures dropped below freezing, settlers could store their food outdoors in crates or buildings to protect it from hungry creatures.



How did these ways of preserving foods differ from the methods we use today?

## MEDICINES: YESTERDAY AND TODAY

Herbs were used in a variety of ways in the 18<sup>th</sup> century--in cooking, as cleaning agents and as medicines. Complete the chart by identifying how we treat the following medical problems today and compare that to the 18<sup>th</sup> century remedy.

<u>Health Problem</u>	<u>18<sup>th</sup> Century remedy</u>	<u>Today's Remedy</u>
Headache	feverfew	
Burns	aloe	
Chest infections	horehound	
Upset stomach	mint	
Sleeplessness	lemon balm/chamomile	
Pain	hops	
Body odor	lavender	
Chapped lips	lard mixed with mint	
Sore throat	lavender/horehound	
Insect bites	lemon balm	
Lice, fleas	hellebore	
Toothaches	lavender	

Can you add any other herbs or plants to this chart?