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# NOW IT'S YOUR TURN!

Congratulations! You've taken the first steps toward building a more self-reliant and intentional life. Whether you're in an apartment, a suburban backyard, or on a few acres-- you're officially a homesteader

**Remember:** Homesteading is not about being perfect. It's about learning, growing, and reconnecting with your food, your hands, and your values



CARTER COUNTY  
EXTENSION

## HOMESTEADING 101



CARTER COUNTY  
EXTENSION



NOTES PAGE:

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Welcome.....	Page 4
Your First Steps.....	Page 5
What Homesteading Involves.....	Page 6
Homesteading Goals.....	Page 7
Transplanting Your Seed Starter Kit.....	Page 8
Garden Planting Log.....	Page 9
Preservation Reference.....	Page 10
Preserving Inventory Sheet.....	Page 11
Choosing the Right Animal.....	Page 12
Livestock Log.....	Page 13
Recipes.....	Page 15 –18
Resources.....	Page 19
Homesteading 101 Video Series.....	Page 20–21





## WHY HOMESTEADING?

Homesteading is a lifestyle centered on self-reliance. Its beauty lies in the fact that you don't need to live in the country or on a farm to be a homesteader. It can look different for everyone, whether they are in a rural or urban setting. This can include growing a few herbs on an apartment balcony or raising chickens and preserving food on a small farm. It doesn't matter how big or small the goal is, what matters is living more intentionally, building skills, and reconnecting with the sources of your food and goods!

## HOMESTEADING 101 VIDEO SERIES

Want to keep growing your homesteading skills?  
Explore the videos below to dive deeper into each part of the homesteading lifestyle – from planning and growing to preserving, raising animals, and more.



### Chicken and Small Livestock

Learn more about deciding what livestock is best for you and how to take care of livestock.



### Preserving What You Grow

Learn more about different types as preservation. We will also learn to make homemade jam!!



### Baking and Homemade Essentials

Learn about making items for yourself rather than buying them at the store.



### Earning and Saving Through your Homestead

Learn more about selling and trading items from your homestead.

# HOMESTEADING 101 VIDEO SERIES

Want to keep growing your homesteading skills?

Explore the videos below to dive deeper into each part of the homesteading lifestyle – from planning and growing to preserving, raising animals, and more.



## Intro to Homesteading

Learn more about what  
homesteading is and why it is  
important.



## Start Where You Are

Learn more about homesteading  
being more of a mindset and  
anyone can do it.



## Planning Your Homestead

Learn more about planning your  
space and goals for your  
homestead.



## Gardening 101

Learn more about starting your own garden, what plants go best together and more.

# YOUR FIRST STEPS

Homesteading is a mindset. You don't need land or animals to start. You can start by cooking one meal from scratch each week, growing your herbs, or mending/reusing instead of tossing. Write down some ideas of how you can begin homesteading in your own space.

## MY HOMESTEADING START PLAN:

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# WHAT HOMESTEADING INVOLVES

Homesteading can include many areas of self-sufficiency. These are the main areas many homesteaders focus on:

<b>Gardening</b>	Growing your own food, herbs, and plants. Even container gardening counts!
<b>Preserving</b>	Learning to can, dehydrate, freeze, or ferment your harvest.
<b>DIY &amp; Homemade</b>	Making everyday essentials like cleaners, soap, and bread at home.
<b>Livestock Care</b>	Raising animals like chickens, goats, or bees for food and other uses.
<b>Cooking from Scratch</b>	Preparing meals using whole, real ingredients.
<b>Bartering &amp; Community</b>	Trading goods or skills with others and learning from your neighbors.
<b>Resourcefulness</b>	Reusing, repairing, and reducing waste in your everyday life.

# RESOURCES

## Books

- The Self- Sufficient Backyard For the Independent Homesteader by: Ron and Johanna Melchior
- Oklahoman's Guide to Growing Fruits, Nuts, and Vegetables Second Edition by: Stafne, Eric T. Shrefler, James William, 1953-Brandenberger, Lynn Philip
- Oklahoma Gardner's Guide by: Steve Dobbs
- The Family Poultry Flock by: Lee Schwanz

## Websites

- Oklahoma State University Extension  
<https://extension.okstate.edu/>
- Carter County Exentsion  
<https://extension.okstate.edu/county/carter/>
- The Prairie Home Stead  
<https://www.theprairiehomestead.com/>
- Mother Earth News  
<https://www.motherearthnews.com/>
- Homesteaders of America  
<https://homesteadersofamerica.com/>
- Homesteading  
<https://homesteading.com/>

## Homemade Cleaner

### What You'll Need:

- 1/2 cup vinegar
- 1/2 cup water
- 10 drops essential oil (lemon/lavender)
- Spray bottle + funnel
- Label + marker

### Instructions:

1. Pour ingredients into bottle
2. Shake well and label

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## Homemade Soap

### What You'll Need:

- 1lb sulfate-free soap base
- 2 tsp carrier oil
- 1 tsp shea butter
- Essential oils of choice
- Soap molds

### Instructions:

1. Melt soap base using microwave or stove top
2. Mix remaining ingredients and pour blend into molds
3. Let cool and harden

## HOMESTEADING GOALS

Use this space to create goals for your homestead, when you want to get there, and how you are going to get there!

Goal Area	My First Goal	Deadline MM/DD/YYYY	Steps to Get There
Cooking	Cook one meal from scratch		Pick a recipe, get ingredients
Gardening			
DIY Skills			
Preserving			
Livestock			

# TRANSPLANTING MY SEED STARTER PACK

Once your seeds sprout and grow a few inches tall with a couple of true leaves (not just the tiny first ones), it's time to transplant them! Here's how:

## WHEN TO TRANSPLANT

- Wait until the plants are about 3–5 inches tall.
- Make sure the risk of frost has passed if planting outside.
- Gently touch the top of the soil –if roots are showing underneath or the plant looks crowded, it's ready.

### Tips

- Water gently & often
- Give 6–8 hrs of sun daily
- Add support for tall plants
- Check for pests weekly
- Harvest & prune to encourage growth

## STEPS FOR TRANSPLANTING

1. Choose a bigger pot or spot in your garden with good sunlight (6–8 hours a day).
2. Loosen the soil in the new spot and dig a small hole.
3. Gently remove the seedling from its starter container by squeezing the sides or loosening the soil with your fingers.
4. Place it in the new hole and cover the roots with soil, pressing lightly.
5. Water immediately to help it settle in.
6. Add a label or marker so you remember what you planted.

## Homemade Body Scrub

### What You'll Need:

- 1/2 cup sugar (white or brown)
- 1/4 cup coconut oil (melted)
- 10–15 drops essential oil (optional)
- Mason jar for storage

### Instructions:

1. Mix sugar and oil in a bowl
2. Add essential oils
3. Spoon into jar and label

## Homemade Toilet Bowl Cleaner Tabs

### What You'll Need

- 1/2 cup baking soda
- 1/4 cup citric acid
- 10+ drops of tea tree essential oil

### To Make at Home:

1. Mix the dry ingredients and essential oils in a bowl
2. Slowly spritz in the water until the mixture has a crumbly texture
3. It should hold together when pressed firmly



## Sourdough Starter

### What You'll Need:

- 1/2 cup flour
- 1/4 cup water, 75 degrees F
- 32oz jar
- Paper Towel
- Rubber band

### Instructions:

1. Mix all ingredients and let it rest 30 mins
2. Set aside until the first feeding
3. Feed flour and water every 24 hours

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## Homemade Biscuits

### Dry Mix Ingredients (per bag):

- 2 cups flour
- 2-3 tbsp sugar
- 1 tbsp baking powder
- 1/4 tsp salt

### To Make at Home:

1. Pour dry mix into bowl
2. Add 1/2 stick melted butter and 1 cup milk
3. Mix gently (don't overwork)
4. Drop spoonfuls on baking sheet
5. Bake at 450°F for 10-12 minutes

# GARDEN PLANTING LOG

Use this space to log what you plant, where you plant, and when you harvest the plant. This record can help you keep track of what grows best for you!

Date Planted	Crop	Variety	Planted In	Harvest Date

# PRESERVATION REFERENCE

You can use this sheet to get a general idea of how long different preserved items will last under proper storage conditions. The actual shelf life may vary depending on the technique, cleanliness, and storage environment.

Item	Preservation Method	Storage Location	Shelf Life
Tomatoes (whole/crushed)	Canning (water bath)	Pantry (cool/dark)	12-18 months
Pickles	Canning (vinegar brine)	Pantry	1-2 years
Strawberry Jam	Canning (water bath)	Pantry	1-2 years
Salsa	Canning (water bath)	Pantry	12-18 months
Green Beans	Pressure canning	Pantry	12-18 months
Frozen Berries	Freezing	Freezer	8-12 months
Shredded Zucchini	Freezing (blanched)	Freezer	8-10 months
Dried Herbs	Air drying or dehydrator	Pantry	1 year (best flavor)
Apple Chips	Dehydrating	Airtight in pantry	6-12 months
Applesauce	Canning (water bath)	Pantry	12-18 months
Sauerkraut	Fermentation	Fridge or root cellar	6-12 months
Butter	Freezing	Freezer	6-9 months

## Strawberry Jam

### What You'll Need:

- 1lb fresh strawberries, hulled and halved
- 1 ½ cup granulated white sugar
- 2Tbs lemon juice
- Mason Jar

### Instructions:

1. Add strawberries and sugar to sauce pan mix well
2. Stir continually bringing strawberries to a boil.
3. Once boiling add lemon juice
4. Boil 15 mins, stirring often
5. Pour into jar and allow to cool
6. Cover and refrigerate

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## Homemade Butter

### What You'll Need:

- 1 cup heavy cream
- Pinch of salt (optional)
- Mason jar with lid
- Optional: 1-2 marbles

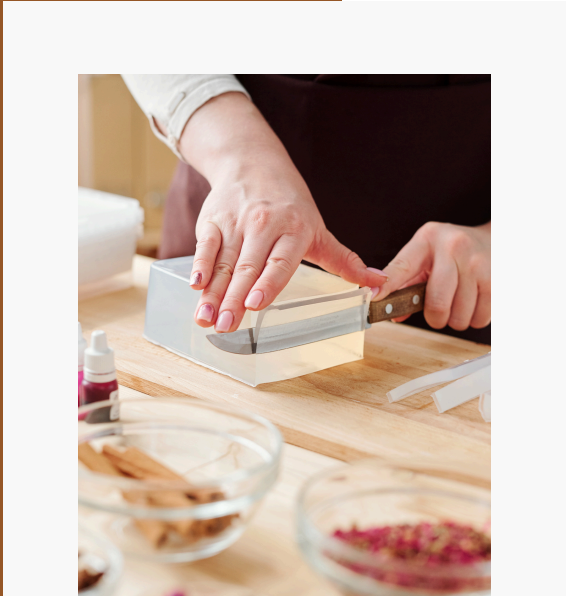
### Instructions:

1. Pour cream into jar
2. Add marbles and seal tightly
3. Shake for 5-10 minutes
4. Stop when butter clumps and liquid separates
5. Strain and rinse with cold water
6. Add salt if desired and store



# RECIPES

Cut out these recipes and  
start your own recipe box!



Use this space to keep track of the foods you are preserving so you know how long they have been stored for!

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# CHOOSING THE RIGHT ANIMAL

Knowing what animal works for your lifestyle is important when choosing livestock. Use this guide to help you in making that choice.

Animal	Best For	Time	Space	Noise
Chickens	Eggs, compost	Low	Small yard	Low/Medium
Rabbits	Meat, manure	Low	Very small space	Quiet
Goats	Milk, brush control	Medium/High	More space	Medium
Bees	Pollination, honey	Low	Small	Very quiet
Ducks	Eggs, pest control	Medium	Need water area	Medium

# LIVESTOCK LOG SHEET

Use this space to track chores completed and the over all well being of your livestock.