We begin this special report with an excerpt from Bill Bonner’s *Diary of a Rogue Economist*. In it, Bill perfectly and eloquently explains how the next crisis will unfold, and why there’s a need for a Crisis Money Guide like this.

**The NEXT Crisis**

In the last crisis, every major bank and investment firm on Wall Street would have gone broke had the feds not intervened. Next time it may not be so easy to save them.

The next crisis is likely to be across ALL asset classes. And with $57 trillion more in global debt than in 2007, it is likely to be much harder to stop.

Are you with us so far?

Because here is where it gets interesting…

In a gold-backed monetary system, prices fall. But the money is still there. Money becomes more valuable. It doesn’t disappear. It is more valuable because you can use it to buy more stuff.

Naturally, people hold on to it. Of course, the velocity of money – the frequency at which each unit of currency is used to buy something – falls. And this makes it appear that the supply of money is falling too.

But imagine what happens to credit money. The money doesn’t just stop circulating. It vanishes.

A bank that had an “asset” (in the form of a loan to a customer) of $100,000 in June may have zilch by July. A corporation that splurged on share buybacks one week could find those shares cut in half two weeks later. A person with a $100,000 stock market portfolio one day could find his portfolio has no value at all a few days later.

All of this is standard fare for a credit crisis. The new wrinkle – a devastating one – is that people now do what they always do, but they are forced to do it in a radically different way.

They stop spending. They hoard cash. But what cash do you hoard when most transactions are done on credit? Do you hoard a line of credit? Do you put your credit card in your vault?

No. People will hoard the kind of cash they understand... something they can put their hands on... something that is gaining value – rapidly. They’ll want dollar bills.

Also, following a well-known pattern, these paper dollars will quickly disappear. People drain cash machines. They drain credit facilities. They ask for “cash back” when they use their credit cards. They want real money – old-fashioned money that they can put in their pockets and their home safes...

**Dollar Panic**

Let us stop here and remind readers that we’re talking about a short time frame – days... maybe weeks... a couple of months at most. That’s all. It’s the period after the credit crisis has sucked the cash out of the system... and before the government’s inflation tsunami has hit.

As Ben Bernanke put it, “a determined central bank can always create positive consumer price inflation.” But it takes time!

And during that interval, panic will set in. A dollar panic – with people desperate to put their hands on dollars... to pay for food... for fuel... and for everything else they need.

Credit may still be available. But it will be useless. No one will want it. ATMs and banks will run out of cash.
Credit facilities will be drained of real cash. Banks will put up signs. First: “Cash withdrawals limited to $500.” And then: “No cash withdrawals.”

You will have a credit card with a $10,000 line of credit. You have $5,000 in your debit account. But all financial institutions are staggering. And in the news you will read that your bank has defaulted and been placed in receivership. What would you rather have? Your $10,000 line of credit or a stack of $50 bills?

You will go to buy gasoline. You will take out your credit card to pay.

“Cash only,” the sign will say. Because the machinery of the credit economy will be breaking down. The gas station… its suppliers… and its financiers do not want to get stuck with a “credit” from your bankrupt lender!

Whose lines of credit are still valuable? Whose bank is ready to fail? Who can pay his mortgage? Who will honor his credit card debt? In a crisis, those questions will be as common as “Who will win an Oscar?” is today.

But no one will know the answers. Quickly, they will stop guessing… and turn to cash.

Our advice: Keep some on hand. You may need it.

First things first: Where should you hide your one month’s supply of cash?

Your mattress and sock drawer may be tried and true, but the fact that these hiding places are so widely used makes them particularly vulnerable to theft or seizure.

What’s more, unless that safe in your bedroom closet is extremely heavy and bolted down, there’s nothing to stop someone from just taking the whole thing.

But that doesn’t mean your house can’t be a very safe place to store your cash and valuables.

You can install “false fixtures” like a pipe in your basement that goes nowhere (filled with cash) or a hollowed-out I-beam that’s not really supporting anything. You can also chisel out a small nook in the top of a door and stash your cash in there.

If you have a pond, put your money in a waterproof container and let it sink down to the bottom. You can use the same principle with a fish tank. Put the money in a zipper bag (you might want to double up, just in case), and place it underneath the gravel at the bottom of the fish tank (Note: the scarier-looking the fish are, the better).

A former burglar weighed in on the issue and made the following recommendation: Hide your cash in children’s toys, then leave a small amount in an obvious hiding place (like that sock drawer). Thieves will believe they’ve found your entire stash.

Other places include bike tires, curtain rods, inside that Ikea lamp you just got in the mail… Just one word of warning: Do NOT hide cash inside computers, televisions, fancy vases, or anything else that looks valuable. A thief might steal these to sell them only to discover the money later.

Cash Alternatives: Gold Jewelry

With limited options, one early dollar substitute could turn out to be gold and silver in the form of jewelry or small-denomination gold coins. A good course of action here is to collect and assess any small gold chains and charms you already own. This is exactly what happened, for instance, in Argentina during that country’s most recent financial collapse.

Remember, a gold chain purchased at Walmart and labeled 18-karat gold will be just as valuable as the same chain bought at a fancy department store or jewelry shop. You just won’t have paid a stiff markup for workmanship that will be meaningless later. It’s the gold weight that matters most.

However, do not rush to buy gold jewelry at retail outlets. Even at discount chains the markup on jewelry can be significant compared to straight gold in the form of coins.

For instance, a men’s necklace currently sold at Walmart weighs 4.28 grams. It’s 14-karat gold. That means it’s just a bit over half gold, or 2.5 grams’ worth. At current prices, a gram of gold is worth $38, so that $397 necklace has just $95 worth of gold inside it!

Another way of looking at it: Gold would have to quadruple in price to overcome the markup on that necklace. You start out in a deep hole. Better to buy used jewelry and know its true gold value first.

You might find better deals in pawnshops – if you know how to negotiate. Pawnbrokers deal in gold jewelry often but have much less upfront cost in acquiring the pieces they then attempt to sell. You are in a better position by far.

If you do buy jewelry, try to buy gold marked at least 18 karat by weight. That means the piece is 75% gold. If you have 24-karat pieces, those are 100% gold, not an alloy. Either form will work, but it’s important that they are marked clearly and that you know the exact weight of each piece of jewelry.

You can always check a small piece by turning it over and finding the karat-weight stamp, then weighing the
item on a small pocket scale before buying.

Be forewarned, measures are tricky when it comes to gold. An electronic jeweler’s scale is a good investment. Jewelers use a measurement standard known as a Troy ounce. A normal electronic scale is likely to read an ounce as a little more than 28.3 grams, while a Troy ounce is 31.1 grams.

You also might see gold measured in pennyweight (dwt) as a division of a troy ounce. There are 20 pennyweights in a troy ounce, while 1 pennyweight is 1.555 grams. Here’s a conversion table to help keep things clear:

<table>
<thead>
<tr>
<th></th>
<th>U.S. ounce</th>
<th>Troy ounce</th>
<th>Pennyweight</th>
<th>Gram</th>
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<td>0.055</td>
<td>0.0353</td>
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<tr>
<td>Troy ounce</td>
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<td>0.05</td>
<td>0.0321</td>
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<tr>
<td>Pennyweight</td>
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<td>20</td>
<td>1</td>
<td>0.643</td>
</tr>
<tr>
<td>Gram</td>
<td>28.350</td>
<td>31.103</td>
<td>1.555</td>
<td>1</td>
</tr>
</tbody>
</table>

Look for a small stamp on the back of your gold jewelry pieces. You may need a jeweler’s spyglass, or loupe, or a standard magnifying glass to see it. The karat weight will be expressed in decimals or as a number followed by the letter K.

Consider that 24 karat means 100% gold and that all lesser weights mean some part of the piece is non-gold metal meant to strengthen the item and make it durable. The calculation always adds up to 24 parts, while the designation only tells you what fraction is real gold.

If it’s 18-karat gold, then you might see this written as .750, meaning 75% gold. If you check your math, 18 is 75% of 24.

<table>
<thead>
<tr>
<th>Weight</th>
<th>Stamp</th>
<th>Decimals</th>
<th>Amount of Gold</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 karat</td>
<td>10K</td>
<td>.417</td>
<td>10 parts gold + 14 parts other metals</td>
</tr>
<tr>
<td>14 karat</td>
<td>14K</td>
<td>.585</td>
<td>14 parts gold + 10 parts other metals</td>
</tr>
<tr>
<td>18 karat</td>
<td>18K</td>
<td>.750</td>
<td>18 parts gold + 6 parts other metals</td>
</tr>
<tr>
<td>24 karat</td>
<td>24K</td>
<td>1.0</td>
<td>24 parts gold + zero parts other metals</td>
</tr>
</tbody>
</table>

Additional resources for understanding gold buying:

- Kitco 24-Hour Spot Gold Price
- Detailed Guide to Stamps and Inscriptions on Gold Jewelry
- Scrap Gold Value Calculator
- Jeweler’s Loupe Buying Guide

How to Own Gold

If you plan to build up a supply of gold for barter, it’s very important to understand the process of gold buying well before you need to buy it. Gold coins, for instance, have a dealer markup, just like jewelers, only much smaller. They have to make a living, after all.

You can negotiate discounts for larger purchases, but remember that a gold bar that weighs 400 Troy ounces (27.5 pounds) will not be a help later unless you can somehow divide it. Your buyer might not want a hacked-off hunk of gold as much as a clearly valued gold coin or sheet he can resell easily.

Real, pure gold is 99.5% gold in its bullion form. There are a variety of ways to test the purity of gold, ranging from fast and easy to harder but more certain.

For instance, you can check a gold ring or necklace easily with a magnet. Gold is not magnetic. If the piece moves toward a magnet, then it might be just gold in color or lightly plated with gold.

Likewise, you can test gold by rubbing it on an unglazed ceramic plate, such as a terra cotta planter dish. Real gold will rub off on the ceramic, while base metals will leave a black mark. Note, however, that rubbing the piece will scratch it, and you still won’t know how much of the piece is gold (its karat weight), only that it contains some gold.

Another easy, damage-free test is to weigh the gold. Real gold of 24-karat purity will be 19 grams to the milliliter of water displaced. To check this, use a beaker with precise milliliter marks. For instance, if you put the gold in the beaker and it displaces 3 milliliters of water while weighing 57 grams, then 57 divided by 3 is 19.

Now you know that the object you have is at least the same density of pure gold. It may still not be gold, but now you know for a fact that is heavy enough to be the real thing.

If you know the density is right, you can be completely assured by conducting a simple acid test. A drop of nitric acid on real gold will not react, while lesser metals will result in various chemical reactions.

If you see colors such as green (an indicator of base metal presence), gold (gold-plated brass), or a milky color (gold-plated silver), then it’s not pure gold.

Additional resources for understanding gold testing:

- How to Test Gold Jewelry (video)
- Buying Guide to Pocket Digital Scales
- Gold Weight Conversion Calculator
- Types of Gold Alloys and Colors
What if the Government Confiscates Gold?

Sounds crazy, but it’s part of our history. On January 30, 1934, Franklin D. Roosevelt signed the Gold Reserve Act, forcing U.S. citizens to relinquish their bullion to the government.

Coins were illegal, bullion bars forbidden. Rather than redeeming dollars for gold, the normal practice of the time, the banking system was turned inside out. Banks and citizens had to redeem their now-illegal gold for paper U.S. dollars. It could happen again, for any reason the government might choose and at any time.

If that happens, then you have to know how to assess, accumulate, and spend alternative currencies, as we explain in the rest of this guide.

Alternative Mediums of Exchange

Beyond gold coins, jewelry, and bullion, what else will be of value?

Here are some non-metal stores of value to consider. These are not money per se but resources that will be of value if societal order is stressed to the breaking point:

Gold receipts – An early progenitor of paper money was, in fact, a receipt for stored gold held by a depositor. At the time, in the 17th century, that was goldsmiths. (The modern equivalent is a mutual fund that issues shares based on stored gold.)

It’s possible that such a system may be revived, creating an alternative “paper” currency backed by actual gold held in safekeeping. If so, gold receipts could be exchanged for goods and services and provide a form of hard money that otherwise would not exist.

This is not to make the case that you should attempt to purchase mutual fund shares backed by gold. First all, getting the actual paper certificates in a day and age of electronic storage will be impractical and easily faked. It also will be hard to estimate the real value of gold day-to-day if the economy is wrecked.

However, be aware that such a system might spring up locally if enough people have larger amounts of bullion that they cannot otherwise divide or trade but who need some divisible medium of exchange for it, and assuming clarity on the value of gold is available.

U.S. postage – The scramble for paper of value might lead to dollar substitutes you might not expect. For instance, a “Forever” postage stamp has a quantifiable value today that is automatically and permanently adjusted for inflation, at least under current law.

The rate for a first-class letter today is 49 cents, so you can easily deduce that two stamps are worth about $1, four stamps is $2, and so on. There is no reason to divide them since they come in strips of 10 and 20 and even rolls currently worth $4,900 (that is, 10,000 stamps).

You wouldn’t buy these to use them as postage. Rather, they are an assignment of value that is easy to agree on and one that is protected from devaluation, at least in theory, forever.

Naturally, the U.S. Postal Service could ask Congress to cut off the supply of Forever stamps or change the regulation, but in an intermediate period of no-value money, it would be easy for stamp holders to use them as reliable local scrip and the government might let this happen in order to avoid a total social breakdown.

Local scrip – A time-honored form of “emergency” currency is locally issued paper money designed to keep a small economy functional in tough times. During the 1991 recession, for instance, you could earn “Ithaca Hours” in Ithaca, New York, by performing labor or supplying a handmade good, say a knitted sweater.

Today, in Bavaria, Germany, residents use Chiemgauer notes, which they buy with euros but cannot spend outside the local towns. These notes lose value automatically if not spent, thanks to a 2% monthly fee charged by local banks. This is done in order to discourage speculation and hoarding. That feature is known as “demurrage” and shows up in local currency schemes on and off throughout history.

The idea of local currencies pops up around the world for different reasons – from ritzy artist colonies in the Berkshires to poor urban areas of London, such as Brixton – but they all have the same goal: to keep a small economy working completely outside the boundaries of a larger one.

This trend dates back to the Great Depression, when gigantic barter systems were common and scrip was created in order to facilitate exchanges when there was no one-to-one match. For instance, a farmer with a basket of apples might need to have a tool sharpened while the tool sharpener really needed a pound of bacon, not apples.

Much like paper currency, the locally sanctioned scrip preserved the value of the basket of apples by substituting for it in the short term. It really couldn’t earn interest or compound, just smooth the way toward more systematic bartering. Scrip bartering resurfaced in a big way in Argentina during the most recent economic collapse there, keeping the local economy afloat for millions of otherwise destitute Argentines.

Barter systems – Often derided as impractical and inef-
ficient, in fact the world operated for centuries on a sophisticated system of bartering of labor, goods, and services. A rollicking “open outcry” market of barter as a medium of exchange has sprung up in the wrecked economy of modern Greece, for instance.

Today, people in Greece simply meet in town squares and advertise their skills while asking directly for what they need. Home repairs in exchange for child care, for example. Some towns have begun to operate repositories of time earned, allowing Greeks to build up a form of rudimentary credit.

Performing a task or providing a simple good earns you hours redeemable against someone else’s skill or goods in the near future. It’s not money but it gets the job done. Most importantly, it’s beyond government and tax-free.

**Animal protein** – In an area where hunting is a normal activity, meat will be easier to come by, as long as bullets are not in short supply. In urban areas, however, a supply of protein will be harder to replace. If the power goes down, too, there will be no way to freeze meat, so it will be important to hunt efficiently and to learn how to cure meat with salt.

For non-hunters, animal husbandry at a small scale will be a key skill. Many people are now learning how to raise chickens as a hobby. Keeping a dozen chickens for eggs and the occasional hen for dinner could easily become a recurring form of real, tradable income. During the Great Depression, in fact, fresh eggs were used as money in some places.

If you have enough space, it can be worthwhile to consider raising rabbits and goats for their fur and meat. Pelts and skins have a long history of being early forms of money in the American colonies (thus we call our dollars “bucks” to this day).

Larger-scale farming will be harder to manage without significantly more space and access to credit, so the default form of animal-keeping is likely to be exactly the kinds of animals that can be kept on an acre or less of space with minimal antibiotics, veterinary care, and feed costs.

- **Raising Backyard Chickens for Dummies**
- **Raising Rabbits for Beginners**
- **Egg Business Basics**

**Butchering skills** – One of the most distasteful aspects of our modern dietary system is the slaughterhouse. Once the economy no longer supports industrial-scale meat-packing, a very useful and appreciated skill will be the proper operation and management of an open-air abattoir.

Farm families know all about killing poultry and hogs for food. It’s a specific skill set that could translate into a significant advantage in a barter economy with fewer choices of protein supply. It’s isn’t hard to find deer butchers in the countryside of America these days, thanks to the over-supply of deer and the growing interest in casual hunting. If you can find one, try to arrange a part-time job during hunting season in order to absorb know-how.

It could turn out to be a tremendous boon to own the proper tools to butcher medium- to larger-size hunting kills and to provide successful hunters with consumable cuts of their own meats. Likewise, backyard rabbit and chicken operations are not likely to want to mix the peaceful aspects of throwing feed to a few noisy hens with the ultimate truth of having to slaughter those same hens on the same property.

- **Animal Slaughter Best Practices**
- **A Meat Cutter Shares His Secrets**
- **Farm-Based Butchering**

**Ammunition** – If you don’t have black powder, bullet casings, tools, and know-how, you can bet you will be paying someone else for fresh ammo. This is not to suggest a total breakdown is likely. It’s possible, of course, but the bigger concern is being able to steadily hunt for protein from wild sources.

While hobbyists and arms enthusiasts will focus on the more exotic, highly powered firearms, the higher demand will be for common small-caliber bullets used in hunting, such as .22-caliber bullets used to take down squirrels. If you recall, this was exactly the caliber bullet that was in short supply at retailers for several years starting in 2008.

Part of the reason for the run on small-caliber bullets was a manufacturing kink that resulted from a sudden surge in gun ownership that coincided with the 2008 stock market crash and the ensuing “Great Recession.” People were trying to prepare for disorder, and that meant using small firearms and, therefore, many more buyers of bullets.

Nominally priced at 5 cents a round, the cost of .22-caliber bullets tripled before it was all over, and thousands of gun owners turned to recycling shells and learning how to make their own ammo if necessary. If things go south again, expect the cost of bullets to zoom much higher and, potentially, for bullets to become a form of currency unto themselves.

Likewise, larger-caliber bullets for bigger animals will be in demand as well, but none of the military-style ammo that expands on impact. It’s useless for hunting and just tears up a carcass and reduces the food value of a kill.

- **Step-by-Step Guide to Making Your Own Bullets**
• **How to Make Ammo (video)**
• **Curing Meats with Salt and Nitrates**

**Wood fuel** – Gasoline is hard to keep and natural gas might be disrupted. Electricity could be spotty, too, and sooner than you think. A good long-term plan is to own remote land with trees on it. Hardwoods such as elm, hickory, oak, maple, and birch have the highest energy content in terms of Btus. Soft woods such as cedar, spruce, fir, and pine are among the lowest but grow faster.

If you own a forest or a large stand of trees, it’s important to leave three or four mature trees standing per acre and a similar number of dead, fallen trees to encourage wildlife to nest and remain in the area. The ecosystem needs all of its members to allow new trees to grow and prosper, creating future forest to be cut and harvested for fuel.

“Clear-cutting” a forest might bring a higher immediate return but the result will be a very long delay for the forest to recover and regrow. It’s killing the goose in search of its golden eggs.

It’s best to cut and split wood early in the season and let it dry fully before burning. Wood must be split and dried over a full summer to be in the best shape for the following winter. The problem is natural moisture in the wood that makes it burn smoky and results in less efficient heat and coals that do not last.

Longtime wood collectors not only split their wood early but store it in the open in cords between standing trees. A properly stacked cord will protect the bulk of the wood from the weather with little worry. Consider buying a manual log splitter, axes, and sharpening tools. Splitting the logs of others could also be a useful barter tool.

• **Firewood Splitting Tutorial (video)**

**Solar Power** – If you can build or cheaply purchase a small solar power station, having enough juice to recharge electronic devices could be a lifesaver. Something as simple as a solar-powered or hand-powered multiband emergency radio could matter a lot in certain situations. Indeed, running a small solar grid on your property could result in you becoming the sole supplier of power in your own neighborhood.

• **Portable Solar Power Kits for Home and Camping**

**Rations** – Military surplus Meals Ready to Eat (MREs) are surprisingly high-quality eating and you can store a lot of them if you have a basement or other cool, dry place. Consider building up a supply that will last for several weeks. It might be easier to add MREs to your weekly shopping list and make a stop at the local Army-Navy surplus store to stock up while there is little demand.

It’s very hard to quantify the value of readily consumable food to people who are hungry now. If you do decide to stockpile rations for the future, you have to make sure that you have the space to store them safely and securely and that you don’t advertise that you are sitting on months’ worth of food.

If you choose to store just enough to tide your family over in the event of a temporary disruption in the economy or a natural disaster, your basement or other cool, dry underground space should be sufficient. The Red Cross recommends three days’ worth of food per person (nonperishable) and a can opener, as well as one gallon of clean bottled water per day per person.

If you expect to do something larger, consider a climate-controlled storage space or your own small business storage, if you have that. Another strategy if you have land is to build an underground, weather-tight storage space just for rations. A ready-made underground tornado shelter, for instance, can function as a food storage area if you make it large enough to accommodate your family and your food supply as needed.

• **Shelf Life of MRE Rations**
• **Make Your Own MREs Using Grocery Foods**

**Medical supplies** – A basic first aid kit is always useful, but stockpiling burn cream, bandages, splints, medical tape, and pain relievers such as ibuprofen and acetaminophen can put you in a good barter position. Hospitals and medical centers may be only partially operational, and drugstores, if open, could be wiped out and not restocked.

If you can store medical supplies in bulk, consider buying some of the things that will run out quickly in an emergency, such as sterile gloves and wound dressing, antiseptic wipes, self-sticking bandages, and antibiotic creams.

Avoid drugs that have a relatively short shelf life or need special cooled storage. Over-the-counter pain relievers, properly kept, will be in demand for years to come, as well as basic stomach medications, antifungal ointments, insect repellents, and sunscreens.

Similarly, if you have access to quality prescription medications that you can stockpile, do so. Even if they expire, painkillers of a certain caliber will work better than over-the-counter meds and will be in high demand.

• **A Fireman’s Survival First Aid Kit Build**
• **Red Cross First Aid Kits**
• **Red Cross Adult First Aid/CPR/AED Ready Reference (PDF)**
Water filtration – A dollar collapse is unlikely to create significant problems in urban sanitation. However, it only takes a few boil-water orders to disrupt an entire city. Having access to safe water could be at a premium in some areas. Certainly, supplies of bottled water will run out quickly. A simple water filtration kit should be stored with medical supplies and rations.

Water from rivers and lakes is often infected with a form of microorganism known as giardia lamblia, which causes diarrhea and can lead to severe health problems. Filters can help, but boiling water is the best way to kill off waterborne organisms. It pays to understand how to build and operate a water distiller, which boils water but captures the airborne water droplets and collects them into a clean container for consumption.

Clean, drinkable water is something we tend to dismiss in the modern world, but in many countries where it is unavailable or insecure it is literally priceless. Being able to turn questionable water into safe drinking water is a highly monetizable skill in a disrupted world.

- Guide to Basic Survival Water Filtration
- Emergency Water Purification, Step-by-Step
- High-Volume Water Filtration System

Homegrown spices – Americans are fond of cooking with a variety of herbs and spices, many of which are grown and harvested in poor countries, packed and dried into tiny glass bottles, and shipped from overseas at great expense. In that strange system you have an echo of a form of money that pre-dated our modern economy and paper money – the spice trade. It was what drove Columbus to search for India by going West, after all, leading to the discovery of America in the first place.

In the chaos of an economic collapse, there is likely to be little interest in cooking or spices, but it might turn out to be worthwhile to cultivate knowledge of basic cooking spice plants and their growing seasons on land you own. Oregano, for instance, is remarkably easy to grow and can survive a hard winter.

Rosemary bushes grow almost nonstop and are a very good spice for meats, and thyme is a basic spice for sauces and stews. Parsley and cilantro will grow almost anywhere and can be dried. Tarragon can be preserved in vinegars, and sage dries very well bundled. Finally, many herbs can be dried and used as teas.

Keeping a supply of seeds on hand will be a help, too. You can buy pre-sealed packages of vegetable garden seeds that can last in storage for decades and still be ready to plant. Or buy smaller packets of seeds that have a shorter shelf life but are easily divisible and can be exchanged for other goods.

- 10 Easy Herbs to Grow
- Care and Cultivation of Common Herbs
- Grow and Dry Herbs for Tea

Canning supplies – Canned goods could easily become a quantified medium of exchange if you store the finished goods properly and keep a supply of clear jars and materials, or retrieve your jars once the food is consumed. One way to ensure you get jars back is by incentivizing their return with credit on future canned goods, similar to the way some states collect soda bottles by allowing a few cents credit for returning them to a store.

- Food Canning Basics Explained
- Canning Supplies and Tools
- Canning for Beginners (video)