

Goats are Great in Times of Emergency

The whys and hows

prepared by Peggy www.northerndawnnigerians.com

I'd like to give a huge thank you to the folks who asked us to participate. I've been learning so much and hope these things we will be sharing are of benefit to you all,

How can goats be of benefit in Times of Emergency?

- meat source
- dairy and food
 1. milk
 2. yogurt
 3. cheese
 4. butter
 5. baking and cooking
- non dairy
 1. soap (liquid and bar)
 2. shampoo and shampoo bars
 3. lotion and creams\
 4. Shaving bars
- packing ¹



- pulling a cart
- comfort, companions and fun.. Goats love to play, give hugs and cuddle. In times of emergency, this is vital to keep our fears down to a minimum.
- and yes, they can be wonderful back massagers with their little hooves!
LOL

Lotions

Goat milk is wonderfully moisturizing to our skin

- **One Goat milk soap Recipe**

We, at www.northerndawnnigerians.com hope to be making lotions and creams soon.

Distilled water

Goats milk

jojoba oil,

sunflower oil

stearic acid

e wax

preservative like Germall Plus

70% water, 2% goats milk, 20% oils, 5% e wax, 1% preservative

Soap recipes

This method will give you very light colored soaps with only milk and no water in the formulation. The only thing to remember is to keep temperatures very low. And 80 to 85 degrees is what I always use, without having anything bad happen to my soap.

- **Goat Milk Soap Cold Process Soap Recipe**

Olive oil 12 oz.

Coconut oil 3.5 oz.

Palm oil 3.5 oz.

Castor oil 2 oz.

Lye 2.90 oz

Slushy frozen GMS 11 oz.

Temps of lye/milk 80 degrees, temps of oils 85 degrees.

Directions: First make sure your frozen milk is mashed up good, for this I use a potato masher. (I usually froze my milk in ice cube containers, then mashed as I needed, so the milk is really cold, not semi unfrosted.) Then I fill my kitchen sink with cold water and ice cubes (use at least two ice cube trays). Float your container with frozen milk where you are going to mix the lye in the sink and proceed to add the lye in very small amounts, as if it were salt adding to a meal, keep mixing good. The secret is not to do it too quickly, because the lye will burn the milk if done carelessly. When you're done (it will take you around 10 minutes) leave the lye/milk in the sink with water till the temperature is 80 degrees. You should by then have your oils ready for mixing, at no more than 85 degrees. When mixing do not use a stick blender all the time but just at the beginning to make sure the lye/milk and oils are thoroughly incorporated, then do the mixing by hand. At trace add your scents (I like better EOs for GMS because they will not overheat the soap). Pour in individual molds, and do not try to cover or insulate.

My soaps always turn delightful, pale yellow or even white (when I use peppermint as EO.) They never smell like goat. I think the smell is a sign of overheating.

I have successfully used some FOs in GMS, but it has to be incorporated at light trace, and be even more careful about temperatures. Also when you add honey or clay, the temperatures tend to rise in the mix.²

- **Vanilla Cold Process Soap Recipe³**

38 oz. olive oil
20 oz. Crisco
6 oz. castor oil
8 oz. lye (6% discount)
4 tsp. sea salt dissolved in water before adding lye (an absolute must)
2 Tbsp. vanilla FO at trace

12 oz. water with lye and
12 oz. goat's milk at trace (make sure the goat's milk is very chilled, but not slushy)

All measurements are by weight except the milk which is by volume.

I kept my temps at about 105° and after adding the lye solution to the oils, I hand stirred for about 2 minutes and then used a stick blender. I reached trace in about another 2-3 minutes — really! I then added the goat's milk and FO and poured into the prepared molds. They were ready to unmold in about 15 hours. It's a dark tan color right now, but I hope it lightens up as it cures. Just hope it lathers good.

- **Basic Goat Milk Soap**

3 cups cooled distilled water 1 1/4 cup lye (12 oz)
2 cups goat milk 12 cups lard or rendered fat

1. **place water in stainless steel pan**
2. **carefully stir lye into water (make sure to put lye into water and wear goggles and rubber gloves)**
3. **Allow diluted lye to cool to 85 degrees**
4. **Add milk and stir 5 minutes. (milk gets very hot).. allow to cool to 75 degrees**
5. **When lye mixture has cooled to correct temperature, warm lard to 85 degrees. Slowly pour and stir lard into lye mixture**
6. **Continue to stir (about 20-30 minutes) till soap is consistency of thick honey. Pour into soap molds⁵**

Making Lye, if you don't have access to a store

Our pioneers made lye from wood ashes. Keep in mind that in some emergencies, we may or may not have access to stores. Here is one explanation of how to make lye. ⁴

Rendering Lard

My dad taught us to render lard when I was small. ⁶

- Cut the fat off of a pig (when butchering)
- place fat in a frying pan or pan in the oven on very low heat, until fat is liquid
- fat will solidify when cooled

Keeping milk and other food items cool without power

Cooling milk in pan of water ⁶

- Place milk in jars
- Set jars in pan of cool water
- Drape wet cloth over top of jars
- This acts as a wick to keep milk cool through evaporation
- Place in shady cool spot

Root Cellar ⁷

Often this was a large hole dug into the ground, although there are variations that can be used above ground.

Canning Milk ⁶

My grandmother used to also can her milk

¹ www.summitpackgoat.com

² <http://www.northcountrymercantile.com/soapmakinglibrary/goats-milk-cold-process-soap-recipe/>

³ <http://www.northcountrymercantile.com/soapmakinglibrary/vanilla-goat-milk-cold-process-soap-recipe/>

⁴ <http://www.countryfarm-lifestyles.com/make-lye.html#.VdEHU5dj3v0>

⁵ Goats Produce Too! The Udder Real Thing volume II by Mary Jane Toth

⁶ Information from my father

⁷ <http://www.almanac.com/root-cellar-build>