



# MEMBERS UPDATE

December, 2016

## Hunter's Cookbook

Our Top 5 Wild Game Recipes

Zero in Your Rifle  
in 5 Easy Steps

Deer Hunting Myths  
You Probably Fell For

10 Real Survival Tactics  
You Thought Were BS

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Hunting rivals even baseball in the superstition department. In this article, we bust the most popular and widespread myths in the sport. We guarantee you fell for one of these whoppers.



# How to Sight in Your New Rifle Scope

## In 5 Easy Steps

Getting your rifle perfectly “zeroed in” to drive tacks with trim carpenter precision is a tall task for any shooter. Between varying weather conditions, tricky equipment, and the human side of the process, optimizing a riflescope until it reaches that magical “sweet spot” takes lots of time and attention to detail.

Truth be told, most shooters never get their setup to this level. The good news is that “elite” sniper level accuracy isn’t required for most hobby level shooting.

Simply grouping well at 100 yards is often sufficient. With a little practice and patience, you can get to this point on the first trip to the range with a brand new rifle or scope (or both). That’s the goal of this article.

Lots of new equipment hits the field for the first time after Christmas, requiring lots of configuring and fine-tuning. Even if this isn’t your first rodeo, not by a long shot, it may be time to adopt a new regiment for getting that new setup calibrated as thoroughly and painlessly as possible.

We’ll hit the advanced, next level tips and tricks too, of course. But the key is that the rifle you carry is ready for the field and that you are sufficiently familiar with it in the shortest amount of time possible.

One of the best ways to accomplish this is to avoid the frustrations and bad habits that typically occur when preparation is lacking. Thus, it’s not so much the “time” you spend at the range, but how you spend that time that matters most.

## ***The “Right Way” is the Only Shortcut***

Here’s some food for thought before we get into a single detail of target shooting.

We’ve all started at least a few projects with far too little preparation, simply because we thought they would be easy. Then, somewhere at the mid-point of the task, we realize that it would have been much faster and easier had we begun with all the right tools, if we’d made all the measurements first, and even drawn up the plans.

Eventually, we have the realization that our belief we were on a “shortcut” to our goal was simply BS. Even worse, we’ve told ourselves this BS to excuse our impatience, but that’s never going to help us get to our ultimate goal. Instead, time and time again, we prove that the quickest way to get the best results is to do things the dreaded “right way.”

Mounting a scope and dialing it in are no different. Just like any other project, preparation and planning make a world of difference.

We say this because it can be frustrating for shooters of any experience level to work with an unfamiliar, newly mounted scope. Experience doesn’t help much when you go out unprepared and your rifle is consistently missing the entire target.

In the old days, it could take lots of wasted time and ammo to get your rifle hitting paper, much less the bullseye. The process could get fairly expensive, not to mention confounding.

In certain environments such as a public shooting range, your options and shooting distances are limited, and even restricted in fact.

If your scope is off in a major way, you could be in for a long afternoon as you try to determine where your bullets are actually going.

If this sounds familiar to you, we’ve got good news. With a little preparation, today’s hunters don’t have to go through this painstaking process. In fact, you can theoretically be hitting the target with your very first shot. Again, it’s just a matter of preparation.



## ***It All Starts with the Installation***

This part is simple to the point of being downright condescending, but it’s also very important. Screw your scope on straight (and tight too). Yep, we said it.

We’ve seen it all, folks, and we hate to say it, but we’ve seen scopes improperly mounted a time or two. Several times, the riflescope was mounted incorrectly at the gun store.

Perhaps the guys mounting these scopes took it for granted that shooters would snug everything up, or maybe they were simply careless. Loose optics, of course, make for some very inconsistent grouping at the range.

Do your homework (or ask a knowledgeable gun smith for help), get the right scope rings for your rifle and tube, and of course snug everything up before you start firing live ammunition.

There are arguments for and against using blue Loctite and similar products to set your screws for the long haul. We generally default in favor of using an adhesive.

## ***Use a Bore Sight***

In the old days, when configuring a new scope, you did one of two things first:

A.) You would mount your scope, remove the bolt from your rifle, and look down the bore, trying to match the sight picture through your barrel and scope. Every once in a while, it worked shockingly well. Other times, it didn’t worth a flip.





B.) You'd simply start launching lead at a pie plate at 50 yards. If you were lucky, you'd hit somewhere near the plate. If not, you'd have to allow the guess and check method to play out, burning through as much ammo as it took in the process.

Today, you can ensure that your rifle is hitting paper with the first shot using a bore sight. These laser tools are not exactly precision instruments, and they're not intended as a replacement for "zeroing in" before you go hunting. But they do what they're designed to do rather well, i.e. get you hitting paper.

Most experts recommend using the bore sight at 25-yards. This will usually leave you shooting high at 100-yards, but you will be on paper and your wind-age (left-right) should be in an excellent starting position.

The purpose of bore sighters is to save you time and ammo. Again they're absolutely not a substitute for sighting in a rifle.

### ***Ammo: Same Brand, Same Bullet, Every Time***



In the past, most shooting enthusiasts would discount the differences between ammo brands and manufacturers. The only thing that really made a difference, they believed, was the bullet weight.

Truth be told, up until recently this thinking wasn't all that far from accurate. The ammo selection at the sporting goods store was just nothing at all like it has become today. One 150-grain bullet was roughly as good as another.

That is no longer the case, not by a long shot. So here's a tip that will help take your accuracy up a notch.

You know the money you saved by using a bore sight? Use it to purchase higher grade ammo (perhaps Hornady). If you're really trying to get dialed in like a sniper, match grade ammo will make a difference. Consistency is the key, and a higher grade of materials and quality control will help you progress faster.

Whether you upgrade your ammo or not, it's imperative that you sight in with the same exact ammo you plan to hunt with. In fact, we highly recommend that you pick a single type of ammo, at whichever price point, and stick with it for the long term.

Even more importantly: Don't just grab an assortment of old leftover rounds while you are sighting in. Different weights and manufacturers (even different lines within a single manufacturer) will all fly a little different.

The key is that you minimize variables, especially when sighting in your rifle. Lots of folks want to minimize their costs by using remnant ammo. Bad idea.

If you sight in with Remington Core-Lokt 150 grain ammo, go buy a bunch of it. Shoot only that ammo, all hunting season long.

### ***Get a Rock Solid Rest***

You know when you see photos of those long-dis-



tance shooting gurus making crazy accurate shots? Have you ever noticed how they're usually leaning very comfortably over a nice bench rest?

There's no reason you can't be the guy in the photo, getting the absolute best results possible with your scope/rifle combo.

It's not even very expensive. In fact, it will save you time and money in the long term as you dial in your optics with fewer shots fired.

Just as most shooters seem to want to shoot all of their mix and match ammo at a target range, many also avoid creating a stable, sturdy rifle rest.

Look, we fully understand. You're at deer camp, time is short, and you just want to go fire off a few rounds to check your sights...

The problem is that, once again, you're introducing a new variable with a shaky, half-assed rest. It's far from ideal if your goal is to fire the rifle at a very specific and consistent spot in order to make adjustments. As usual, an ounce of prevention (or preparation in this case) is worth a pound of cure.

It seems easier to just put together some kind of flimsy shooting setup, but the results will be poor and it can easily cost you double the effort and frustration.



### **Start at 25 Yards**

There is nothing particularly beneficial about making yourself feel foolish, don't you agree? Shooting accuracy is predicated on discipline both physical and mental, but especially mental. It is a "sport," after all.

That's why, even if you are quite stubborn or hard-

headed, we recommend taking a few shots at 25 yards when sighting in a new scope.

Not only will this make your adjustments far more obvious, it will give your confidence a boost. If you're honest with yourself, you probably believe that you are actually training yourself to always expect to hit the bullseye (or not). Missing and getting frustrated will hamstring your focus and attitude.

Once you're grouping at 25 yards, it's time to go out further. Most hunters will recommend that you set the goal of grouping at 2-inches high at 100 yards. This should be relatively dead-on at 200.

Again, missing the paper plate completely is simply a waste of time and ammo. Neither one is cheap, nor is the toll it takes on your confidence.

### **Get Comfortable with YOUR Rifle**

When it comes to modern rifles, the good news is also the bad news, depending on your perspective. Today's hunting rifles and optics are far, far more capable than the operator who is pulling the trigger.



Some of the low-end scopes on the shelf at your local sporting goods store are up there with the best available from several decades ago. They have better magnification, clearer sight pictures, and gather light better than anything your grandpa ever dreamed of. And these are the cheapo scopes we're talking about.

Rifles and ammo have made similar strides as well, delivering significantly more consistent results. The biggest variable in the equation, by far, is you.

The best way to improve your groups is to pull the trigger a lot. Yes, this could mean shooting through hundreds of rounds, but it doesn't have to.

The key is that you've practiced holding on a target and familiarized yourself with the trigger pull on your rifle. You know it like the back of your hand.

Issues like flinching tend to subside more and more with each live round you fire. But dry firing can improve your trigger feel and form by leaps and bounds if you can't get to the range often and you



have the patience for it. There are dummy rounds, aka “snap caps,” for most calibers you can use for training purposes.

A Korean War vet once explained how he learned to shoot so well. Can you guess? In his day, Marines we’re required to dry fire their rifle 1,000 times before they could shoot live ammo.

Imagine how ingrained this action would be to your muscle memory. They learned to pull the trigger and hold on a target before they learned to flinch.

The more you get comfortable with your gun, its action, trigger, etc., the tighter your groups will get and the more your scope adjustments will reflect the true flight of your bullet. When your shooting is inconsistent, you’re literally adjusting your crosshairs to a moving target; think about it.

The key is repetition, and it’s really maddeningly simple. This is also why it’s a great idea to select a rifle, scope, and caliber that you enjoy shooting. Lots of folks want the biggest, fastest round available. Few enjoy the recoil or expense, however.

### ***Fine Tuning Tricks and Tips***

#### **Don’t forget your diopter**

Most of today’s scopes have a threaded diopter knob located on the eyepiece in addition to the magnification adjustments. If your sight picture looks a bit blurry, then you probably need to adjust your diopter settings, especially if you’re making major shifts in your shooting distances.

### **Body positioning counts**

Even when your rifle is cemented in place with a top-notch rest, body positioning is important to managing recoil. Your spine should be parallel to your barrel. This will help you not only with following up to identify the point of impact but also to limit the jarring forces of the shot (which can lead to the dreaded “flinch”).


### **Catch your breath**

There are several schools of thought when it comes to optimal breathing technique, so we’ll focus on our favorite. Take 3 deep breaths, then after exhaling on the 3rd repetition, use this 1-3 second “down breath” for your optimal shooting window.

### **Do the mental math**

There are several competing systems when it comes to optics and long distance shooting. Mil-dot, MOA, and the dummy dial versions designed for your rifle caliber and projected bullet drop (our favorite). The system you use will be determined by the scope you purchase. Once you’ve mounted that sucker, it’s time to crack the books and learn how to make the proper adjustments.

### **Sharpen your skills regularly**

Veteran Army recon sniper Nick Betts calls shooting a “perishable skill.” It’s one of the best ways we’ve ever heard someone describe the shooting muscle. It’s not just the amount of practice, but the recentness of the practice that affects your grouping. 





# SURVIVAL MYTHS



## That CAN Actually Keep You Alive

### PHOTO:

*Above*  
Photo by Samantha Cristoforetti,  
Flickr

The world of prepping is filled with many fascinating pieces of information that can help you survive when the SHTF. Unfortunately, though, not everything you encounter is actually true. In fact, there is a lot of misinformation that survivalists have to wade through in order to get to the good stuff.

Due to this, it's common for anything that seems even slightly "out there" to be labeled as a myth. In many cases, this label is accurate and well-earned.

However, there are a few survival techniques that have been misclassified as myths. These methods can help you stay alive during a crisis situation as long as you know how to put them to proper use.

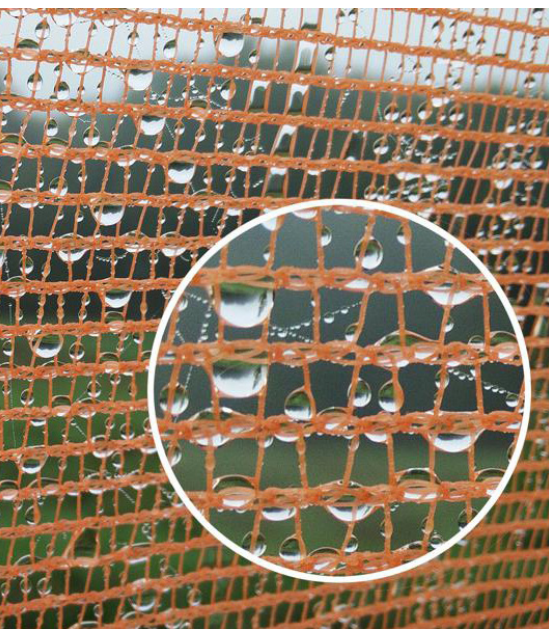
We took a look at some of the most useful and intriguing of these so-called myths in order to debunk the negativity that surrounds them. Now we present this information to help you survive when society inevitably crumbles.

### **MYTH 1** – *Dew is a Source of Water*

This myth may seem suspect at first because dew doesn't accumulate in very large amounts, and it's also quite clearly not the type of water that has fallen from the sky or accumulated in a stream, river or lake. Some people have even questioned whether or not dew would be safe to ingest. To answer this question, we must first look more closely at what dew actually is and where it comes from.

Dew is formed in the morning or evening as surfaces expel heat and begin to cool. Many people refer to this process as condensation instead of dew. The good news is that dew absolutely is drops of water that can be collected and used to quench your thirst. It is necessary to be cautious, though, by following a few guidelines.

1. Don't collect or drink any dew that has formed on the surface of a poisonous plant.
2. Don't drink dew without first putting it through some type of filtering and sanitation process.



We recommend using a clean and absorbent towel or t-shirt to collect as much dew as possible. Next, wring the shirt or towel out over a container. After you've finished this process, you should filter and then boil the resulting water. This definitely requires some effort, but you should be able to amass a relatively large amount of drinkable water as a result.

In other words, the myth that drinking dew is nothing more than a myth has been firmly busted!

## **MYTH 2** – *Kitty Litter Should be in Every Vehicle*

People have been talking about the virtues of kitty litter for a long time, but some individuals who have tried using it during an emergency have had a difficult time receiving positive results. So who is to blame for these issues? Is the kitty litter thing a myth or are we simply dealing with a few cases of user error?

An examination of the kitty litter myth brings a few important things to light. First, you should always choose non-clumping kitty litter. The clumping kind may not work, especially if you're trying to gain traction on snow.

Second, you need to make sure you pour the kitty litter in front and behind your tires. This gives you a source of traction for moving forward or backward.

You should also pour some kitty litter as far underneath the tires as you can safely reach. In other words, don't just pour it a few inches in front of each tire; get it right where the tire begins contact with the ground. If you follow these simple instructions, kitty litter will help you and, therefore, it absolutely should be in every vehicle's emergency road kit.

## **MYTH 3** – *Paracord can Fix a Long List of Problems*

As much as we all strive to get as much as possible out of each item in our bug out bag, preppers are also suspicious of anything that claims to basically work miracles. Paracord is one of the items that people swear up and down can do almost anything, and this naturally makes some preppers nervous. Can you truly trust paracord to come through during an emergency?

The short and long answers are both a resounding yes! Paracord may not be able to perform miracles such as turning water into wine, but when it comes to tying things together or hanging something (such as an emergency tarp), it can't be beat. The best part is that these two common examples of paracord usage barely scratch the surface of all of the things this versatile must-have can do.

If you ever find yourself in an emergency situation, you can even unravel your paracord to access its strands. These strands can be used to suture a wound or to serve as a makeshift fishing line. Giving paracord space in your bug out bag is definitely a no-brainer!



## **MYTH 4** – *Plastic Bags Help You Get Water from Plants*

Okay, let's be honest; this myth really sounds like something that was made up by a prankster. I mean, can you imagine using a plastic bag to somehow siphon water from a plant? And even if you could, how would you then drink the water? It's not like a plastic bag makes a good water bottle.

We can relate to the skepticism with this one, but, yet again, it's not actually a myth. You actually can extract drinkable water from plants with nothing more than a plastic shopping bag. To begin, wrap one of these bags around several plant leaves and allow it to stay there for a few hours. The bag will cause condensation, especially if it's in direct sunlight, which will lead to moisture collecting in the bottom of the bag.

You need to avoid poisonous plants (for obvious reasons), and you'll also need to filter and boil any water you collect. Additionally, it may take a long time to get enough to fill a water bottle. However, this survival trick does work and will supply you with water.

## **MYTH 5** – *A Water Heater is a Source of Fresh Water*

When you think about your water heater, you probably don't envision it as a clean or sanitary way to get water. Many of us would actually purposefully steer clear of the basement or utility room that the water heater is stored in because it seems dirty. Because of this, the idea that a water heater can offer fresh water has been pushed into the myth category by some preppers.

Let us assure you that this absolutely is not a myth, and you should definitely stop treating it as one. If you find yourself looking for water in an emergency situation, a water heater is one of the best resources around. As long as the tank isn't rusted, you can easily survive for several days on the water stored within a water heater.

Tapping this water is also extremely easy. There is a valve located near the bottom of every water heater. Use this to pour yourself a glass of water!



## **MYTH 6** – *Follow the Rats*

There's a scene in "Titanic" where a character mentions that following the rats is "good enough for me" while trying to find a safe spot. Many have assumed that this is nothing more than faulty Hollywood logic, but those same people obviously have no idea how much of a perfectionist James Cameron is.

After all, this is the same guy who digitally altered all future DVD and Blu-ray releases of "Titanic" after scientist Neil Degraesse Tyson informed him that the depicted stars in the sky were incorrect for that location and time of year.

The truth behind this myth is that rats (and most other animals) have an amazingly strong set of survival instincts and skills. Therefore, rats absolutely know how to move to higher land when a boat is sinking or a flood is happening. If you are lost or have no idea which direction to go in, following the rats will give you a better chance of finding a dry and safe area.

Also, if large groups of animals and birds suddenly begin to abandon a particular area in favor of one specific direction, you would be wise to follow their lead. This type of behavior is often indicative of an upcoming natural disaster such as an earthquake or typhoon. Don't wait, though. You may only have a couple of minutes until disaster strikes.

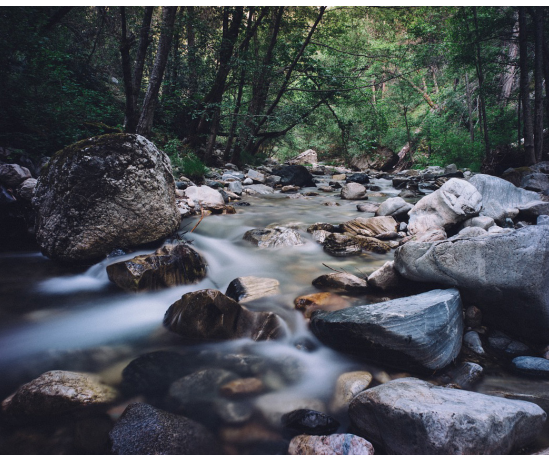
### **PHOTO:**

*Below*

*Photo by Ken Hawkins, Flickr*



## **MYTH 7** – *People Always Live Downstream*



Before we dive too deeply into this myth, it's important to note that building habits have changed significantly now that we are able to basically harness the power of nature and do what we want with it. Of course, nature doesn't always cooperate, but some people are too arrogant to take that into account. Aside from this arrogance, though, the reality is that most people who live near a water source do still live downstream.

If you are lost in the woods and have no idea how to find civilization, it makes perfect sense to follow any available water source downstream. It may take a long time to find an area that has been settled, but you'll eventually come across some type of town. This is because it's easier to tap and control a water source that comes down to you as opposed to being above it.

As you're walking along the water, you'll also find it easier to stop and collect enough to filter, sanitize and drink it as needed. Again, this process is made more simplistic by the downward direction of the water flow.

## **MYTH 8** – *Dead Leaves Are a Good Way to Stay Warm*

When you find yourself in a situation where you need to stay warm, it's imperative to be aware of what is and isn't a survival myth. For example, there are still far too many people who think taking a drink of alcohol is a viable method for warming up. The truth is that this will cause you to feel warm temporarily at the expense of making your body cool down much faster than it would have otherwise.

Insulation is the true key, whether it's on your body or around you with your makeshift shelter. In either instance, dead leaves can be extremely useful. Gather as many as you can and place them inside your jacket. This will provide another layer of defense between you and the elements.

Doing this may feel odd, but it will help keep you warm.

You can also stack dead leaves on top of the branches that you use to create a temporary shelter. Tall dead grass is another useful tool for insulating a shelter. Essentially, the idea is to put as much between you and the wind and cold temperatures as possible. Dead leaves help make this possible, so they are definitely a good way to stay warm if you are stuck outside during a crisis.



## MYTH 9 – *Animal Feces can Lead You to Food*

Do you remember the scene in Jurassic Park when Ellie pulls on some gloves and begins rooting around in a dinosaur's poop? We're not suggesting you take things this far, but a visual examination of animal feces can assist you with determining which local plants, berries and nuts are actually edible.

Another bonus of looking for animal poop is that there will typically be a lot of it in areas that are near a food source. Just like humans, many animals answer the call of nature after dining. Therefore, looking for animal feces can help you find the most popular foraging spots.

Keep in mind that humans cannot necessarily eat everything that the local animals think is delicious. There are some things that animals can digest without any issues that would send a human to the hospital or the morgue. Therefore, you need to have a good understanding of what the poisonous nuts and berries in your general area look like.

This will make it so much easier to avoid these potential killers if you ever find yourself lost in the woods and looking for some much-needed sustenance.

## MYTH 10 - *You Can Eat Leaches*

We apologize if the thought of this just made even those of you with the strongest stomachs feel a bit queasy. It's easy to understand how anything of this nature could quickly become dismissed as nothing more than just a myth, and a mean-spirited one at that. However, we're here to inform you that yes, you actually can eat leaches.

Leaches are also be an extremely beneficial source of protein. But there's a catch: you mustn't ever eat a raw leach. Doing this would be very bad for you and would leave you quite ill.


As long as you cook them first, though, you can eat these little blood suckers to keep your strength up. Make sure you're careful while attempting to catch them. The last thing you want is to end up with a leach attached to your private parts as depicted in the movie "Stand by Me."

### ***Truth Detector: Determining if Something is a Myth***

Now that you know 10 survival myths that actually can help keep you alive, it's wise to start paying attention to other so-called survival tips and myths. Remember that even if something is touted as a true survival tip, it might actually belong in the myth category instead. Unfortunately, many things that are true are said to be false and vice versa. It's up to you to closely analyze the evidence and make a determination.

Right now, you have the benefit of being able to watch YouTube videos in order to see firsthand accounts of what does and doesn't work. You also have time to experiment with survival tips to discover what works for you. And, of course, we're another useful resource for learning the truth about what will and won't help you during an emergency. We greatly recommend taking advantages of all of these opportunities while you still can.

Some of the debunked myths above will definitely take some practice to become truly useful to you after the SHITF. Start doing things today such as collecting water from plants in plastic bags so that you can learn the best methods to use to receive optimal results.

We cannot possibly stress enough that a crisis is not the right time to learn a new skill. Set aside at least an hour or two per week right now to test out theories, practice building a campfire, put together basic emergencies shelters and more. This will help ensure that you possess the necessary knowledge and are fully prepared to do what it takes to survive when disaster strikes. And as they used to say back in the '80s, "knowing is half the battle." 



### **PHOTO:**

*Above*

*Photo by Robyn Jay, Flickr*

# NSRA'S TOP WILD GAME RECIPES



Wild game provides lean protein that is low in fat. Because most wild animals are highly active and consume a natural diet, you won't find them loaded with hormones or antibiotics. Since wild game also have the ability to freely roam and are not fed a heavy corn-based or grain diet, the USDA finds them to have higher levels of B vitamins and iron. But in order to get the most out of wild game, you need to know how to properly prepare the meats in order to avoid a tough and gamey meal. The following are 5 delicious recipes to get you started.

## Venison

One of the most nutritious and sustainable wild meats is venison. In addition to deer consuming natural foods such as acorns, nuts, berries, herbs and grasses, diners don't have to worry about force-fed hormones and antibiotics. Venison is also rich in Omega-3 fatty acids and B12.

Although venison is most commonly used when making roasts, stews and steaks, ground or chopped, it can be also be delicious in chili. Whether you're looking for a great recipe to serve friends on game day or you want your family to enjoy a hearty dish on a crisp fall night, the following is a tasty chili recipe using venison.

## Venison Chili

### Ingredients

2 onions medium in size, chopped and sautéed

Pepper and salt to taste

2 medium sized peppers (red, orange, yellow or green) chopped and sautéed

3 tsp. garlic powder

1 tsp. ground red pepper

1 ½ tsp. paprika

½ tsp. oregano

4 – 5 tsp. chili powder

1 dash of Worcestershire sauce

3 lbs. venison (ground, diced or sliced) browned

4 (16 oz.) cans diced tomatoes

1 (18 oz.) can tomato paste

1 (32 oz.) bottle ketchup

1 (28 oz.) can pinto beans

1 (28 oz.) can black beans

1 (28 oz.) can red kidney beans

### Directions

Sautee the onions and peppers until tender in a large cooking pot. Add the venison until nicely browned. Mix the rest of the ingredients together and stir gently. If you like your chili spicy, you can add liquid hot sauce until it's to the desired spiciness. Simmer over low heat, covered, approximately 3 hours. Stir after every hour. The chili is especially good a day after cooking and reheated just before serving. You can add your own toppings such as cheese, jalapenos, chopped onions, black olives and diced tomatoes.



### PHOTO:

Above

Venison Photo by <https://en.wikipedia.org/wiki/Venison>

## Salmon

High in protein and with two nutritious blockbusters such as EPA and DHA, fresh water salmon can boost a person's nerve, eye and brain development.

Salmon is an easy wild game treat that goes perfect for a family dinner. It's also special enough to serve at your holiday meal or on date night. Whether you grill it, cook it in the steamer, broil or fry it, you'll know when it's done after it's reached an internal temperature of 145°F. Another method to determine its doneness is by using a fork and checking the fish to see if it easily flakes.



## Grilled Salmon with Tangy Honey Dijon Sauce



### Ingredients

4 (8 oz.) salmon filets brushed with olive oil	1 tbsp. olive oil
8 tbsp. honey	3 tsp. soy sauce
4 tbsp. Dijon mustard	¼ tsp. black pepper
4 tbsp. warm water	1 tsp. salt

### Directions

Honey Dijon sauce: Combine in a bowl together, Dijon mustard, honey, water, soy sauce, olive oil, salt and pepper.

Prepare the salmon filets by brushing them with olive oil. Set on the grill for 3 to five minutes. Turn over carefully and brush with the honey Dijon sauce. Grill another five to 6 minutes until the salmon is flaky or it's reached the appropriate internal temperature. Serve extra sauce for your guests on the side.

If you're looking for some fine accompaniments to your freshwater wild game, you may want to add crispy potatoes, rice with dill, tangy salads or green beans with garlic.

### PHOTO:

*Above*

Salmon Photo by <http://www.publicdomainpictures.net/view-image.php?image=20442&picture=raw-salmon>



## Quail

If you've never enjoyed quail, it's a delicate and sweet wild game that is low in cholesterol and fat. It's also high in micronutrients and offers a wide range of vitamins, E, B, K and folate. If your cholesterol is high or you're mindful of your diet, quail is the ideal meat to serve at your dinner table.

This game bird is on the smaller side, and the meat is dark and delicate in flavor. If your children aren't fond of other wild game, this is the best options for your kids. Oftentimes game is less tender than the domesticated meats, so you want to be careful you never overcook your quail.

The small birds are also best enjoyed

when sautéed quickly. You can tell when your quail is done when it is almost firm when touched, and the juices from the bird are clear.

## Quail in Red Wine



### Ingredients

6 cleaned quail

All-purpose flour

Brandy

6 tbsp. butter

2 cups sliced mushrooms

1/4 cup butter melted

1 cup beef consommé

1 cup dry red wine

1 stalk celery, quartered

Salt and pepper to taste

2 fresh oranges juiced and strained

### Directions

Soak a cloth liberally with brandy and rub over the six quails. Dust with all-purpose flour. Melt the 6 tbsp. of butter in a skillet and add the quail. Sauté for 10 minutes. Take out the quail and set aside. Sauté the mushrooms in the same skillet. Add the quail back in to the skillet and add the wine, consommé, celery, pepper and salt. Cover the skillet and cook for 25 to 30 minutes or until tender. Stir in orange juice and heat through. Recipe yields 6 servings.

### PHOTO:

*Above*

*Quail Photo by Fotolia*



## Moose

Moose is a wild game that is simple to prepare, even for those who have never tried their hand at cooking the meat before. Because the moose can be tough to eat, you want to ensure that you have plenty of time to allow it to tenderize, cook and simmer when serving it to your family or guests.

In addition to being easy to prepare, moose is also chalk full of vitamins and nutrients, making it a smart meal choice for your family.

Low in saturated fat and less than .5 grams per serving, moose meat is a much healthier option for individuals who are concerned about their cholesterol levels. A typical serving usually contains approximately 59 mg. of cholesterol. Adults should stick close to 300 mg. of cholesterol in a day, so moose meat is well within those limits. It's also high in minerals such as selenium, zinc and iron. With only 102 calories, and 22 grams of protein, it offers riboflavin and niacin to help the body replenish its red blood cells and metabolize food.

Moose meat is not at its best when fried in shortening or heavy oils. A preferred method is to sauté the meat in butter. It's also at its most tender when simmering over a low heat. The longer cooking times also help rid the meat of its gamey flavor.



### PHOTO:

*Above*

*Moose Photo by <https://flic.kr/p/8QSR5V>*

## Moose Stew



### Ingredients

- |                                      |                                          |
|--------------------------------------|------------------------------------------|
| 2 1/2 lbs. moose meat cut into cubes | 2 (10 1/2 oz. cans) condensed beef broth |
| 2 tbsp. butter                       | 3 carrots sliced                         |
| 1/4 tsp. black pepper                | 1 large onion diced                      |
| 1/2 tsp. paprika                     | 12 small potatoes peeled                 |
| 1 tsp. salt                          | 2 tbsp. butter                           |
| 1 bay leaf                           | 2 tbsp. flour                            |
| 1 cup dry red wine                   |                                          |

### Directions

Sauté the cut moose meat in butter until it's been browned on all sides. Add the seasonings such as paprika, bay leaf, pepper, salt, red wine, beef broth, carrots and onion. Cover and simmer approximately 2 hours or until the moose meat is tender. Add the potatoes and cover for another 15 minutes. Mix the flour and butter together until it forms a paste. Drop the mixture into the stew. Stirring constantly, wait until the mixture is thick and lump free. Serve the moose stew with a side of polenta or over steamed rice.



## Wild Turkey

Turkey is a popular poultry that is typically enjoyed around the holidays. Because the wild turkeys are more active and eat a healthier diet, you'll find the wild turkey slightly different than the store bought variety.

In addition to delicious in taste, wild turkeys are also low in fat and a rich source of protein. They also contain other important nutrients such as zinc, iron, potassium, phosphorous and vitamin B6. Regular consumption of the wild game can also help individuals with high cholesterol lower their levels.

Since store bought turkeys are also typically influenced by preservatives and growth hormones, your wild bird will be much healthier for meal time feasts because the natural birds are free ranging and eat a healthier diet.

No matter if you've basted your wild bird for hours in the oven or you've decided to deep fry it, you may have leftovers. You can put your wild turkey meat to good use with the following delicious recipe.


# Wild Turkey and Rice

## Ingredients

- 2 cups water
- 1/4 cup raisins
- 3/4 cup Wild Rice
- 1/2 apple (cored and diced)
- 2 slices bacon
- 1/4 cup chopped onion
- 1 cup cooked wild turkey meat chopped
- 1 stalk celery
- 1 tsp chicken base (powder or cube form)
- 1/2 carrot chopped
- 1/4 cup peas
- 3 tbsp. soy sauce
- 1/4 cup chopped parsley
- 1/2 cup fresh mushrooms sliced
- 1/4 cup slivered almonds
- Salt and pepper to taste

## Directions

Using a medium saucepan, bring the water to a boil. Lower the heat and add the wild rice (use the brand to your preferred tastes and flavoring). Cook the rice approximately 20 minutes or until its fluffy. You can also follow the rice cooking directions on the package of rice. If the rice is still moist, drain any excess water and set aside. In a large skillet, sauté the bacon until crispy brown. Pat the bacon dry, chop and place it back to the skillet. Retain the bacon drippings. Add the chopped celery, onion, carrot, mushrooms, almonds, peas, raisins and apple to the skillet and slowly cook over medium heat. Stirring constantly, sauté until the mixture is tender. Add the cooked wild turkey meat, soy sauce, chicken base and parsley. Add salt and pepper to the desired seasoning. Fold in the cooked wild rice and serve hot. You can also top with buttered bread crumbs for added flavoring.

Wild game is more than just a great way to get your required protein, vitamins, iron and other nutrients. Venison, moose, salmon, wild turkey and quail are also great when served for breakfast, lunch, dinner and as leftovers. If you're looking for amazing ideas on how to prepare your wild game, the above recipes are exciting ways to feed your family and friends. 



## PHOTO:

Above

Turkey Photo by [https://commons.wikimedia.org/wiki/File:Heritage\\_turkey,\\_thanksgiving.jpg](https://commons.wikimedia.org/wiki/File:Heritage_turkey,_thanksgiving.jpg)

# 9 DEER HUNTING MYTHS YOU MAY HAVE FALLEN FOR



Whenever you combine sport, chance, and fanaticism, you end up with a recipe for massive and hard to debunk superstitions that are passed down from generation to generation.

In no area of life is this any more true than when it comes to hunting, and deer hunting in particular.

From strange beliefs about deer having nearly supernatural senses, to lunar cycles, to plain old misinformation, hunting lore is chock full of some laughable whoppers. However, the more you try to gain an edge and improve your odds, the more likely it is that you'll buy into some of the mythology, even the ridiculous stuff.

Still, there are plenty of myths that at least sound perfectly reasonable on the surface, yet they're actually totally false. Like any good rumor, however, these ideas are hard to dispel... and even harder to contain.

Have you fallen for some of these myths? If you're a longtime hunter, we're going to say that there's roughly a 99% chance that you're guilty on at least 1 count of "buying into the hype."

If you want relief from these often burdensome superstitions, good news! We're going to help you get rid of some of the most useless rituals most lesser-informed hunters undergo every time they take the field.

## NEVER Pee Near Your Stand

This one seems perfectly reasonable. The smell of human urine is sure to alert deer to human presence and will spook deer away. Surprisingly enough, this seemingly logical belief is complete hog wash.

Numerous studies have shown that the smell of urine has no effect on deer. Crazy right?

So next time you're sitting in the stand for hours in a row, no need to be miserable. Provided you don't get spotted as you find a place to relieve yourself, it's not going to ruin your hunting.

## Shooting Will Send Deer Packing

You may have firsthand experience with this one that cuts against what seems like the most obvious "don't" in the hunting playbook: Extremely loud gunshot noises can't be good for hunting. Surely, the sound of gunshots will cause deer to move to a neighboring property.

Once again, this one falls flat under a thorough investigation. Yes, deer will run initially after the loud muzzle blast, but they're not bugging out of their home range and heading for unfamiliar territory. If you sit still and quiet, the deer may even come back minutes later.

Most experienced hunters have seen this first hand. After firing a shot, all the deer in your area retreat into cover seemingly to never be seen again. Then, not 5 minutes later, they're back to grazing.

## Deer Are Colorblind

It's true that deer don't see all of the same colors we do. Obviously, hunter's orange doesn't stand out for deer like it does for us. Still, they do see colors on certain parts of the spectrum quite well.

Deer can see blues and yellows clearly. This is why they see best around dawn and dusk when there is a blueish hue in the ambient light. It's the reds and greens that they can't pick up on. The term for this, FYI, is "dichromatic."

That's not to say that you should dress as a Christmas tree when you head out to the stand, but it's certainly a better idea than going as an Easter egg.

Solid colors of any hue are typically a no-go, since those rarely occur in the natural landscape. Also, white is known to attract the eyes of a deer. Whitetails especially use the white under their tails to signal danger.





### *Culling Inferior Bucks Creates "Monsters"*

The vast majority of antler deformities are the result of injuries, not genetics. When a buck suffers an injury, it can impact antler growth for multiple years depending on the injury and severity. Thus, culling bucks with undesirable racks is dicey at best.

Another downside to culling is the fact that some bucks will sire 3 fawns per year, while others will sire 3 in their lifetime. The future impact of taking one buck out of a herd is negligible. This is magnified by the fact that desirable antlers aren't a great predictor of breeding success.

The second part of this equation is, of course, does. While they don't have antlers, they do contribute every bit as much to the genetics of your herd and therefore your antlers. As far as we know, there's no way to accurately determine whether a doe is carrying superior or inferior antler genetics.

### *The Rut Follows a Lunar Cycle*

This myth has persisted for ages and it's one of the hardest to debunk (especially if you're talking to a moon phase believer).

If you like astrology or horoscopes, you probably think it makes perfect sense that the rut is triggered by a moon phase.

The fact is that many significant scientific studies have shown that it has nothing to do with the moon. The rut begins at roughly the same time each year in each region, no crystal ball or star charts needed.

For whatever reason, hunting and moon phases have long been linked by hunters, but they are not a catalyst for the rut.

### *Deer Have Incredible Hearing*

Another of the most popular deer hunting beliefs of all-time is the analogy that eyes are to eagles as ears are to deer. The fact is, that's simply not true.

In the world of mammals, human hearing falls somewhere in the middle, better than a chicken but nowhere near a dog. You know what other species is right there next to mankind on that scale? Yep, deer.

The average whitetail or mule deer hears about as well as the average human, give or take. So the idea that these animals will hear you fumbling with your binoculars from 300-yards away, well, that's just paranoia.



### Older Bucks Have Larger Ranges

Mature dominant bucks are as shrouded in myth as any creature in North America. Everyone has theories about them and their habits, though few have dabbled in anything resembling true “research.”

The truth is that most of this mystique is simply a byproduct of the rarity of big bucks, relatively speaking.

Actually, younger bucks have larger ranges than older bucks. Older bucks, it turns out, tend to stake out smaller, more productive habitats. When the rut is on, however, all breeding age bucks will increase their ranges dramatically to find suitable does.

### Full Moon Equals Less Deer Activity

A popular theory holds that on nights where the moon is full, deer tend to move and feed more during the overnight hours. Thus, they are far less likely to be feeding at dawn when you go out hunting.

Contrary to how this may come off, this isn't based on any deep seated belief in astrology, just the increased visibility allows deer to forage and move more easily.

Even though this is a fairly logical assertion, recent studies published on MossyOak's website show that deer follow their typical feeding patterns, despite the moon phases. Temperatures are the biggest driver when it comes to shifts in behavior.

If you don't see more deer on a morning hunt following a full moon, it might be because they spotted you walking to your stand.

### Once You Spook a Buck, He'll Book It

Again, the mysticism surrounding “wise” or “cunning” big bucks is mostly just that. Bucks that get spooked aren't heading for a different zip code.

In fact, studies show that the more pressure bucks encounter, the more they tend to confine their movements to core areas.

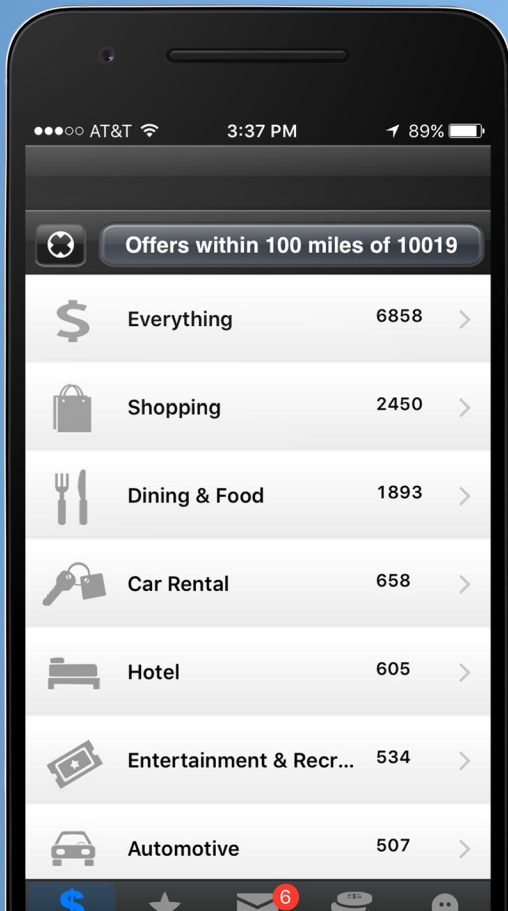
The reason you may not see him again is that he may stay even closer to his bedding area and/or restrict his movements in the daylight.



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