By Jan Rahn
Managing Editor

Linda Heitman, who owns Double L Farm in Elsie with her husband, Lance, was recently featured in Grit magazine.

Heitman's article entitled, "Save Money With Home-Canned Foods" was published in the September/October 2012 issue of the country living magazine.

Interested in authoring a story, Heitman said she contacted the bi-monthly magazine about a year ago. Six months later she was contacted and given an assignment—an article that will run this winter on selecting a goat for the family.

Then—a month later the magazine contacted her again and gave her the assignment of writing the canning article that appears in the magazine she is holding in the accompanying photo.

"I had a really good time with it," she said.

Heitman has written for two other magazines—Countryside and Back Home—but this is her first feature article.

There are seven recipes in her article, ranging from jam and sauce to pickles and rendered lard. She speaks of how comfort food bring a sense of well being as it brings back good memories of people, places and happy times in her life.

Heitman's goal is to become food self-sufficient. She loves to can; she and her family raise their own meat, milk and other food items to process and preserve.

This summer, she has set aside a couple days a week to travel to other towns where she sets up a farmer's market to sell her home-baked, home-canned, home-grown foods and produce.

Taking time and going to the trouble of canning and processing foods gives her great

satisfaction when it comes to preparing a meal and knowing it was all provided for her family by her labor of love.

Grit is available at the Tractor Supply store in North Platte.