The Advantages of Going Non-Animal Products at Sea

There's no better time to go vegan while cruising.

Save your animal cravings for shore, it will save your power needs and provide you with a sustainable living methodology at sea. What's the first thing to go during a emergency power outage ? Food spoils. In this case, meat (seafood), and dairy. Not to mention that the availability of meat products can be very expensive. You don't have to go vegan, just save your steak endeavors for shore visits.

During the hurricanes, what were the first pressing needs ? Power. All those refrigerators and freezers need power to keep meat and dairy from spoiling. Need a hot meal during a natural disaster ? Get a emergency solar oven. You can even make them. Dried beans and rice are easy to rehydrate and cook for a hot meal.

Onboard, use electrical efficient induction stove top or hot plate, microwave, or Instant Pot pressure cooker. Cooking time is faster, less cleanup, and less heat in the galley (reduces air conditioning in the tropics). All these small electrical savings add up. You reduce generator time, or battery time if on solar.

Dump the propane usage and storage. It's a heavy gas, which means it sinks into your bilge and can be explosive. It's hard to get and expensive. Instead, get a solar oven, or an extra solar panel to drive an induction cook top.

On-Board Vegetable Garden

Micro-greens and other vegetables can be grown at sea.

Less Refrigeration Hassles

Lessen your need for freezing and refrigeration. No spoilage.

Growing Your Nutrition At Sea

Dried beans and rice are easy to store, have a long shelf life, and inexpensive to buy. They rehydrate and cook easy, and are a staple in most parts of the world, which means easy access. A cup of beans and rice will give you all the protein you need for one day.

Dried beans and other seeds not only can be cooked, but used as micro greens (sprout overnight and eat the next day for nutrient packed fresh food), or grown into sprouts or plants.

Micro greens offer a fast-grow solution for delicious variety in salad and fresh food. Best of all, they can be grown with minimal amounts of light (you can use LEDs)in stormy weather. Most micro greens and sprouts pack more nutrition than the grown plants. They offer vitamins and protein.

For more substantial greens, consider varieties of tomatoes and peppers sized for cruising boats. A solar still can produce all the fresh water these plants need. At the very least, consider starting with herb plants, such as cilantro, basil, parsley, oregano, and sage. They can provide you with a fresh spice option for any meal.

Harvesting plants for food daily does not require the use of refrigeration.

Summary: Traditional cruisers need power hungry refrigeration and freezers for meats, dairy, and other high-spoilage rate animal products. Instead, consider fulfilling your steak cravings for shore visits. Acquire and use a solar oven for a midday hot meal, or making beans and rice. You can always heat up later in the power efficient microwave or induction electric stove top or hot plate. Consider energy efficient methodology using a Instant Pot pressure cooker, which reduces cooking time (i.e. power consumption) and keeps the heat out of the galley. Dump the propane. It's expensive to get, takes storage space, and is a heavy gas (sinks instead of rises) which presents a explosion hazard, and goes right to the bilge. Harvesting plants for food daily does not require the use of refrigeration.