One Hour One Life - Food Study

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In OHOL, food has a value of its own that it gives you each time you eat it, plus there is a global “food bonus” that adds to that food value any time you eat anything. As of the last update to this document, that food bonus is 3.

So for example, a Wild Gooseberry is worth 3 food, but when you eat one you gain 6 thanks to the food bonus.

I’ve included the food bonus into the values below, so the numbers are “what you get when you eat it”.

Raw Food

There are currently three raw foods that can be just eaten as is once picked.

Gooseberries
Food Value: 6
Food Value per Plot: 36
Time to Grow (Wild): 10 minutes per berry
Time to Grow (Domestic): 4 minutes from watered seed
Time to Regrow (Domestic): 1 hour after rewatering bush

The easiest food as far as effort is concerned. You can just pick it off a wild bush and eat it, and the wild bushes will grow more berries as time goes on without any effort from you.

However, a wild bush gives you a pitiful 6 food per every 10 minutes. Compared to the ~1 food per 4 seconds that an unclothed person uses up, you can see that gooseberries just won't cut it on their own. Wild Gooseberry Bushes are simply not enough to sustain you in the long run.

The Domestic bushes that you can grow yourself work a bit differently. They can dry out and be lost forever if you don't water them after removing all of the berries, and when watered they will not regrow their berries until an hour later, meaning you'll never personally see the benefit from watering them. You effectively only get 36 food per life from a Domestic Gooseberry Bush. This is about .36 food per minute over a person's life, which is even worse than the rate you get from Wild Gooseberry Bushes. Planting a berry bush will also use up the soil it is planted in.

You can get the seeds from the berries which makes obtaining more seeds fairly easy, but my recommendation is to only plant them if you really have a need for a lot of berries and have extra soil laying around.

Carrots
Food Value: 8
Food Value per Plot: 40
Time to Grow: 4 minutes per 5 carrots

Carrots have been the staple domestic food plant thus far. They're simple to grow and can be eaten right away, and give slightly more food than a berry does when eaten raw. The main difference is that carrots can be harvested and then replanted in the same soil again and again, where a domestic berry bush will only produce once in your lifetime and uses up the soil permanently.

This means that a carrot farm can produce up to about 10 food per minute. The actual food per minute will likely be lower if you include harvest, replanting, and rewatering time.

If you allow carrots to stay on a field long enough, they'll turn into seeding carrots. These will use up the soil, and will give you a number of Domestic Carrot Seeds equal to the number of carrots that were left on the plot. These seeds are capable of planting 2 fields with carrots, unlike the Wild Carrot Seeds that can only plant 1. Since the entire field is lost no matter how many carrots turn to seeds, it is recommended that you leave all 5 carrots in the field if you plan to let them go to seed for better soil efficiency.

Bowl of Gooseberries (Not Recommended)
Food Value: 19*

Many people may not be aware that you can use an empty bowl to gather berries off of a bush and then eat them. It is really only recommended that you gather berries with a bowl if you plan on making something with them, and is not recommended for eating them.

A full grown adult has 20 food pips. You have to eat when you're down to 1 or you will starve, which means the most food you can get from a bowl of berries is 19. It takes a full bush of berries to fill the bowl, which means 36 food worth of berries goes in, but only up to 19 comes back out. Eating a Bowl of Gooseberries is a waste huge of resources, so just don't.

You might be wondering what the bowl of gooseberries is useful for then. It is required for making compost, which is required for making more soil. Soil will cost you 1 Carrot, 1 Bowl of Gooseberries, and 1 Water, so all told each Soil will require almost 15 food to create.

Campfire Food

The next step up from eating raw fruit and veggies is food that you have to cook on a campfire before you can eat it. You have to be careful when cooking with the campfire, because you can burn the food if the fire is still too hot. You should wait until the fire is reduced to Hot Coals, then cook as much as you can at once. You'll get 2 minutes to cook before the fire goes out completely.

Cooked Rabbit
Food Value: 11

If you've got someone trapping rabbits to get furs, odds are there will be a lot of raw rabbit sitting around. You can cook this over Hot Coals if you use a Skewer.

Eating the rabbit does create a bit of a trash problem. You'll get rabbit bones that'll say around for a few minutes before disappearing, and they can very quickly clutter an area if you're not careful of where you put them down.

To hunt rabbits, you'll need snares.

Cooked Goose (Not Recommended)
Food Value 11 x 2

Geese show up near ponds, and will stay there until either hunted or all the water is removed from the pond.

Just like with rabbit, you can cook a goose over Hot Coals if you use a Skewer. The resulting Cooked Goose will give you twice as much food as rabbit does, allowing you to eat from it twice for 11 food each time.

To hunt geese, you'll need a bow and arrow. It is possible that the Geese never come back once they are gone, so hunting them for food is not recommended.

Adobe Oven Food

The Adobe Oven is the next step in food prep technology. You'll have to learn how to build fires and use that fire to light the oven. Once lit, the oven will burn for 15 seconds before the fire goes out, then you have 1 minute to cook things while the oven is still hot.

The steps involved in baking are quite a bit more complex than campfire cooking. You will need some plates and bowls if you want to make pies, but if you have those things handy, it is very much worth the extra effort because a single pie gives you 4 slices of food that you can eat from, allowing you to carry a lot of food value with you which reduces how often you need to make trips back home to eat. Carrying a pie with you and eating off that when hungry will give you a lot more freedom.

Creating pies does require that you grow wheat, which you grind into flour and use water on to get dough for the pie crust. You can't eat wheat or dough directly so it has no food value, but you have to consider that wheat does take growing area and also uses up soil every time you grow it.

Making pies is a much more complex process than carrot farming, but the rewards are worth it.

Berry Pie (Not Recommended)
Food Value: 13 x 4 slices

Berry Pies require a Bowl of Gooseberries to make. While you can use this method to turn 36 food worth of berries into 52 food worth of pie, you have to also consider that each dirt used in the wheat required for the pies will cost you about 15 food per 3 pie crusts, or an additional 5 food per pie. So all told you are actually turning about 41 food into 52 food. This may still sound good, but there is a better use for the bowl of gooseberries, in that it is required for making compost for soil.

Carrot Pie
Food Value: 8 x 4 slices

Probably the simplest and cheapest pie to make, you just need to add a single carrot to a pie crust and you're ready to bake it. This will take 8 food worth of carrots to make and 5 food worth of composting, and gives you 32 food back for almost a 2.5 times increase in food. If you have the ability to make pie crust and bake pies, this is a very good and simple way to stretch how long your carrot crops will last you. It is also more efficient for children and elderly to eat Carrot Pie than it is for them to eat the other pies.

Rabbit Pie
Food Value: 15 x 4 slices

This is a much more efficient use of rabbit meat, taking one rabbit worth 11 food and 5 food worth of composting into a pie worth a total of 60 food. This is 3.75 times more efficient than eating the rabbit cooked over a campfire. The process of making a rabbit pie is fairly simple. You'll need to put raw rabbit into an empty bowl, then use a sharp rock on it to get Minced Rabbit that you can then use in the pie. And another plus to making rabbit pie over just campfire cooked rabbit is you get no bone mess to deal with.

Rabbit Carrot Pie
Food Value: 19 x 4 slices

Yes, you can combine ingredients to get even better pies. The Rabbit Carrot Pie is made by mixing up a bowl of Mashed Rabbit and Carrot, which is as simple as putting both a raw rabbit and a carrot together into a bowl before using the sharp rock to mix them together, for a grand total of 76 food in a single pie from 11 food worth of rabbit, 8 food worth of carrot, and 5 food worth of compost, a 3.1 times increase in overall food value.

If you decide to make this kind of pie, do consider that it can feed you 19 food in a single slice. This means to get the full benefit of each slice of pie, you have to be starving with only 1 food pip left on your bar, and have to be an adult. If you are a child or elderly, you shouldn't be eating this.

This is risky, because if you time things just a little late you may starve to death with a perfectly good pie in your hands. Also, adding the carrot only adds 16 food to the overall pie when compared to the simple Rabbit Pie. It is a small increase over eating the carrot raw, but only if you eat the pie efficiently. If you eat the slices early, you lose that efficiency and the food value from adding the extra carrot is wasted.

This pie is only recommended for those who really want to min/max their food value. If you're not going to wait until 1 food pip left to eat it, then you probably shouldn't make these.

Berry Rabbit Pie (Not Recommended)
Food Value: 19 x 4 slices

Same overall food value as the Rabbit Carrot Pie, the Berry Rabbit Pie is a slight bit harder to make because you'll need to track down and fill a bowl with gooseberries first, then add a raw rabbit to that before mixing it up. Also, a bowl of gooseberries has a food value of 36 food, but only adds 16 additional food to the overall pie over a Rabbit Pie. Because this is a decrease in overall food value produced, it is not recommended that these pies be made.

Berry Carrot Pie
Food Value: 16 x 4 slices

The Berry Carrot Pie requires you add a carrot to a bowl of berries and mix it up to make the pie filling. This is the same mixture that is used for compost to make new soil, so you may want to think twice before making it into a pie if your farm is needing more soil.

The combination of berries and the carrot together are worth 44 food. This plus the 5 compost food value means you are putting 49 food in to get 64 food back out which is an increase of about 1.3 times as much food, but you are forgoing the materials for a compost to make this pie.

Whether or not you make these pies should depend on if you need compost or not, and if you have other alternatives available such as Rabbit Pies.

Berry Carrot Rabbit Pie (Not Recommended)
Food Value: 19* x 4 slices

Technically the pie that can give the most food, but due to the fact that you can only gain 19 food per eating maximum due to having only 20 food pips, this pie gives you no more nutrition than the Berry Rabbit Pie and Rabbit Carrot Pie and requires additional ingredients to make, which means the additional ingredients are completely wasted.

Don’t make these.

Cooked Mutton
Food Value: 19

If you’re the hunting type and have access to a knife, you can hunt and butcher Mouflon to get meat that you cook in the oven. Each Mouflon can give you 4 chunks of meat, and each chunk is worth 19 food, meaning you’ll have to wait until you are completely starving to eat it for maximum efficiency if you’re an adult. It is not recommended to feed this to children or elderly.

Conclusion

The most optimal use of your baking time, assuming ingredients are available, is to make Rabbit Pies. They're one of the simpler pies to make and is the easiest on the soil, since the Wheat required to make the pie crust is the only farming required and is a slower growing plant. You can get 3 pies out of every Wheat plot harvested currently, and the Straw from the Wheat can go back into compost to give you a surplus of Soil back. This does mean you'll still need access to some berries and carrots to make the proper mixture to do the composting, so over all you'll want to have a small balanced farm even if you focus on Rabbit Pie baking.

As a secondary option, if you do not have rabbits available you may want to consider Carrot Pies. A Wheat field takes 6 minutes to grow to maturity, and makes enough Wheat for making 3 pie crusts. A single Carrot plot gives you 40 food every 4 minutes if eaten raw, but that food can be increased to 160 if you bake them all into pies.

You would need at least 2 Wheat plots to make all of the Carrots from a single plot into pies every 6 minutes. Here is what the math looks like:

5 Raw Carrots about every 4 minutes, or ~7.5 every 6 minutes.
2 Wheat (6 pie crusts) about every 6 minutes
6 Carrot Pies about every 6 minutes = 192 / 6 = ~32 food per minute.
Requires 4 water every 6 minutes (2 for Wheat, 2 for pie crust)
Requires 1 water every 4 minutes for Carrots
Requires 2 water every 18 minutes for Compost
Can produce up to ~6 Soil every 6 minutes if berries are available.
Will Require ~2 Soil every 6 minutes for the Wheat.
Will Require ~1 Soil every 40 minutes if you grow domestic Carrot Seeds.
Can produce 2 extra Baskets every 18 minutes from excess Straw.

Note that these aren't exact ratios, because you can replant the Carrots early and be growing more while the Wheat is still growing to get excess carrots, but that's assuming you could instantly harvest, replant, and water the carrot plot, which isn't possible. However, if you're fairly quick about it, you can likely keep up with the required 1 carrot per minute with a single plot to keep making pies. Also, if you decide to grow an extra plot of Carrots for seeds to support your 1 Carrot farm plot, you'll likely only need to do that once over your lifetime because a single Seeding Carrot plot produces enough seeds to plant 10 times over. Seeds from Wheat are basically free, you just need to pick them off the Wheat before you harvest it. So, overall you'll only need to Compost twice every 18 minutes to keep up with what the Wheat requires, or you can Compost more often to expand the farm. If you don't need to expand, then you can use up the extra Straw to make more Baskets instead of hunting for Reeds.

The Straw from the Wheat and the Raw Carrots are two of the three ingredients that you need for doing Composting. All you need in addition is a bowl of berries for each 3 Soil you'll want to create, which you may be able to find on wild bushes nearby, and I'd recommend using wild bushes before growing your own if you can.

If instead you just grew 3 plots of Raw Carrots to feed yourself, the math works out like this:

15 Carrots about every 4 minutes = 120 / 4 = ~30 food per minute.
Requires 3 water every 4 minutes
Requires 1 additional Seeding Carrot Plot every ~9 minutes.
Will require 1 Soil every ~9 minutes.

You'll be left to find a source of Wild Carrot Seeds or have to gather the materials to do Composting to continue a carrot farm, and it'll use up soil at a rate of 1 Soil about every 9 minutes for about every 4 Carrot plots that you're growing.

Also, the above numbers assume maximum efficiency, which means being able to instantly harvest, replant, and water plots the very second they are full grown. This does not happen. Carrot fields very often remain at full grown state for many minutes before they are completely picked clean, replanted, and watered. In addition, if you are letting carrots go to seed, that field has to stay dormant not producing any food until the carrots turn to seeding carrots.

Since the change that made seeding carrots use up soil, I now believe that making Carrot Pies is more productive for a farm long term than simply farming Raw Carrots alone because you need less Carrot Seeds. Wheat produces 1 of the 3 ingredients that you need for Composting even as it uses up the Soil, where Seeding Carrots do not and also produce 0 food value over 9 minutes, cutting down your overall food value per field ratio. While pies are more complex to make, you get much more food value and other additional benefits from making them. You can also do things in ‘batches’, cooking a half dozen pies all at once while the oven is hot and the fields can be growing while you’re cooking, or someone else could be tending the fields for you while you focus on the baking part.

How long can you live off of a pie?

When it comes right down to it, this is the main reason why you would want to make pies at all. Just how long can you live off of one if you take one with you out into the wilderness?

My estimates put food usage at about 1 food every 5 seconds if you are wearing nothing. Using this worst case scenario, here is how long you can live off of the two recommended pies:

Carrot Pie
4 slices at 8 food per slice = 32 food total
32 food x 5 seconds = 160 seconds, or 2 minutes 40 seconds.

Rabbit Pie
4 slices at 15 food per slice = 60 food total
60 food x 5 seconds = 300 seconds, or 5 minutes.

For comparison, a single Raw Carrot can sustain you for 40 seconds.

Now consider that as you put on clothing and increase your temperature, the rate that you consume food decreases. A set of Rabbit Fur clothing increases your temp enough to more than halve how much food you need, which would mean you could live off of a single Rabbit Pie for more than 10 minutes, which is over 9 minutes longer than a single carrot.

Think of how often this means you'll have to stop what you're doing to go find another carrot.

At these rates, you would need about 720 food over the course of your life if you wear no clothing the entire time. Considering that the first 4 minutes of your life you'll have to get food from your mother, the remaining 672 food must come from you finding it. Using just straight math, 12 Rabbit Pies

could cover that over the course of one lifetime. However, if you manage to find clothes, the requirement drops to at least half that and maybe down to a third of that depending on how close you are to the ideal temperature. But at the worst, you're going to need to grow 4 plots of wheat and snare 12 rabbits to feed yourself with Rabbit Pies. You're also going to need to replace the soil that you use up, which in this case means composting twice, so you'll either need to find 2 full wild berry bushes, or grow two berry bushes, which would require 2 extra plots for a total of 6 plots that have to be harvested and 12 rabbit family holes that need to be hunted.

For Carrot Pies, you would need about 21 pies if you never found any clothing. This would require that you grow at least 5 plots of carrots and 7 plots of wheat, which is a total of 12 growing plots. If you want to do composting to replace seeding your carrots and growing the wheat, you'll need to compost 3 times to get 9 Soil, increasing your required growing plots up to 15. If you have to grow the required berry bushes, your total increases up to 18 plots that need to be harvested.

And if you instead decide that you want to cover your 672 food cost with Raw Carrots alone, you're going to need to eat about 84 Carrots over your life to keep from starving, which means harvesting about 17 plots of carrots just for you. You'll also need to get 2 plots to seed to generate enough seeds to replant the carrots, and if you have to grow the berries to replace that soil you'll have to grow 1, for a total of harvesting 20 plots to feed just you. It sounds crazy, but if you look at the size of some of the carrot farms out there that it takes to feed a small village off of Raw Carrots alone, it makes sense why they're so big. Carrots are being produced and consumed at a rate of about 15,000 per hour according to the website stats, which means hundreds of thousands are being grown and eaten every single day.

All this math is when people are being efficient, eating the food only when they can get the full benefit from it, which does not always happen. Quite a

bit gets wasted on children and elderly eating food that has more value than what they need, and many people will eat food earlier than what they should, so the actual number of carrots one eats in a lifetime is likely higher.

And this is exactly what a lot of people are doing. They're standing in a carrot field, tending it while wearing no clothing for their entire life, munching on raw carrots.

This might sound strange but, please, put some pants on. You'll make the food last longer and you won't have to work as hard.