

Food Storage Newsletter #0002 - FREE monthly Email newsletter - February, 2000:
Food Storage for a New Millennium

This Month's LDS Monthly Plan to Acquire Food Storage and 72-Hour Kit in One Year (with Monthly Goals)

"There is a wise old saying 'Eat it up, wear it out, make it do, or do without'. Thrift is a practice of not wasting anything. Some people are able to get by because of the absence of expense. They have their shoes resoled, they patch, they mend, they sew, and they save money. They avoid installment buying, and make purchases only after saving enough to pay cash, thus avoiding interest charges. Frugality means to practice careful economy." James E. Faust

Spiritual Goal--Schedule time each day to read with your family from the Book of Mormon.

Provident Living Goal--plan and carry out a FHE on home fires.
Include planning an escape route and practicing it.

Storage Goal:

100 pounds (total) pasta & flour per person
hand grain mill
thread, needles, buttons, and zippers

72 hour kit:

1 gallon water per person
scriptures
personal documents--genealogical records, wills, passports, insurance, contracts, birth certificates, patriarchal blessings, etc.
\$25.00 cash
(- <http://www.nursehealer.com/FS10.htm>)

Shelf Life & Date Codes for This Month's storage items:

Spaghetti 18-24 months
Pasta 24 months
White or Whole Wheat Flour 9 months (some sources say up to 5 years)
(- More shelf life information: <http://www.nursehealer.com/ShelfLife.htm>)

This Month's Cooking with Food Storage Ideas:

Basic Water-Base Sourdough Starter

2 c. flour
1 c. water
1 pkg. yeast

Mix ingredients well. Keep in a warm place overnight. Next morning, put 1 c. of starter mixture in a scalded container with a tight cover and store in the refrigerator for future use. This is basic sourdough starter. The remaining batter can be used immediately for pancakes, muffins, bread, or cake. This starter, when replenished every week with flour and water, will last years.

- from "Making the Best of Basics"

<http://barnesandnoble.bfast.com/booklink/click?sourceid=248896&bfpid=1882723252&bfmtype=BOOK>

Mom's Sour Dough Starter

1/2 pkg. Active Dry Yeast (1 1/2 tsp.)
2 c. sifted all-purpose flour
2 Tbs. sugar
2 1/2 c. water

Combine the ingredients in a glass or pottery bowl. Beat well. Cover with a thin cloth and let it stand for two days in a warm place. NOTE: To replenish Starter -- stir in 2 c. warm (not hot) water and 2 c. flour.

- from my mother, Dorothy Randolph

Sourdough Whole Wheat Bread Starter

2 c. warm water
2 tsp. active dry yeast
2 Tbs. honey
2 c. whole wheat flour

In a medium glass or ceramic bowl mix water, yeast, and honey. Stir until yeast is dissolved. Let stand for 10 minutes. Stir in the flour and mix until smooth. Cover with plastic and let stand at room temperature for 2 days or longer, stirring occasionally. The longer the starter stands the stronger the flavor. The starter will bubble and a sour smelling liquid may form on top. Pour off liquid. To store the starter, pour into a sterilized jar. Refrigerate until ready to use.

- from "Cooking and Baking with Freshly Ground Grains" by Christine Downs

Mom's Sour Dough Biscuits

These biscuits are light and fluffy -- and they have that marvelous tangy taste.

1 1/2 c. sifted flour
2 tsp. baking powder
1/4 tsp. baking soda (1/2 tsp. if starter is quite sour)
1/2 tsp. salt
1/4 c. margarine
1 c. Sour Dough Starter

Sift dry ingredients together. Cut in oleo. Add starter and mix. Turn dough out on a lightly floured board. Knead lightly until satiny. Roll dough 1/2 inch thick. Cut with floured biscuit cutter. Place biscuits in well-greased baking pan. Brush with melted butter. Let rise about 1 hour in a warm place. Bake in hot oven (425 degrees F.) 20 minutes. -- Makes about 10 biscuits.

- from my mother, Dorothy Randolph

Sourdough Buttermilk Pancakes

1 1/2 c. starter
2 eggs
2 Tbs. sugar
2 Tbs. melted butter or oil
1 1/2 tsp. salt
1 tsp. soda
1 c. buttermilk
1 c. flour

Put the start in a warm bowl and let it set till it is room temperature. Separate the eggs and stir in the yolks with the start. Warm the buttermilk to lukewarm and stir it and the butter and flour into the start. Combine the sugar, salt and soda and sprinkle it over the top of the batter. Fold it in with a large spoon. Beat the egg whites until they peak and fold them into the batter. Nothing left to do but cook and enjoy.

- from "Cookin' With Home Storage" by Peggy Layton and Vicki Tate

<http://www1.icserv.net/D100001/X100043/books.html>

Sourdough Corn Bread

1 1/2 c. cornmeal
1 1/2 Tbs. salt
1 1/2 c. milk
1 1/2 c. sourdough starter
1 1/2 tsp. cream of tartar
1 1/2 tsp. baking soda
2 eggs
6 Tbs. melted butter

Stir all ingredients together. (Batter will be very thin.) Bake in greased pan at 425 degrees F. about 40 minutes.

- from my mother, Dorothy Randolph

More sourdough recipes are at <http://www.nursehealer.com/Recipes9.htm>
(More Food Storage Recipes: <http://www.nursehealer.com/Recipes.htm>)

This Month's Suggested Books:

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"Prescription for Nutritional Healing: A Practical A-Z Reference to Drug-Free Remedies Using Vitamins, Minerals, Herbs and Food Supplements"
by James F. Balch and Phyllis A. Balch
ISBN: 0895297272

From The Publisher:

"Here is the expanded second edition of America's bestselling guide to nutritional, herbal, and complementary therapies. The new edition incorporates the most important up-to-date findings in the field of nutrition - from chromium picolinate to melatonin to shark cartilage. It also provides the latest research on herbal medicine - examining cat's claw, saw palmetto, yohimbe, kombucha, and much more. Written by a medical doctor and a certified nutritionist, this newly revised book provides all the information needed for the average person to design his or her own nutritional program for better health. The book is divided into three parts. Part One explains and lists the various types of nutrients, food supplements, and herbs found in health food stores and drugstores; Part Two describes common disorders, from acne to cancer to yeast infection, and names the supplements that can be used to combat the conditions; and Part Three is a guide to traditional remedies and therapies that can be used in conjunction with a nutritional program. In addition, there are helpful self-diagnostic tests and insets throughout the book. Included are the latest research and theories on the treatment of aging, Alzheimer's disease, chronic fatigue, endometriosis, fibromyalgia, HIV and AIDS, infertility, inflammatory bowel disorders, osteoporosis, and a host of other critical subjects. Written in an easy-to-understand style, this new edition will fast become an indispensable health resource for you and your family."

My personal recommendation:

I would not be without this book! I consult "Prescription for Nutritional Healing" frequently for almost any illness that befalls my family, neighbors, and friends. It is usually the first and most comprehensive resource I find. Then I may research further in other books to find out more about a particular herb or natural healing method. This is my favorite holistic healing resource.

"Recetas Nutritivas Que Curan: Prescription for Nutritional Healing" (Spanish version)
by James Balch
ISBN: 1583330100

(More Food Storage books & ideas are at <http://www.nursehealer.com/Storage.htm>)

This Month's Frugal Living Tips:

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Practice nutritional healing. It's less expensive than traditional methods, more convenient, natural, healthy, and fits well with the Lord's plan for our lives. Store your herbs, nutritional supplements, herbal essential oils, and natural healing items properly along with your food storage. Some herbs may serve the dual purpose of seasoning your food storage and healing your illnesses or wounds. Essential oils may be used in household cleaning and disinfecting as well as healing methods. A bottle of Vitamin C may cost less than \$10 and last through the entire cold and flu season. Antibiotics, flu remedies, and office visits are far more costly. If preventative and nutritional healing can make a difference in the number of times we have to visit the doctor and the duration of our illnesses, it worth consideration.

Here are some examples of nutritional healing:

Avoid foods that contain additives and artificial ingredients, and increase your consumption of raw produce to provide a healthy diet that promotes wellness.

Americans spend more than \$1 billion every year on nonprescription treatments for coughs and colds. To relieve congestion, put 5 drops of Eucalyptus essential oil in a hot bath or a cup of boiling water, and inhale the steam. For a sore throat, add 3 to 6 drops of pure tea tree oil to warm water and gargle. Take 5,000 to 20,000 mg of Vitamin C daily in divided doses to fight cold viruses.

Calcium deficiencies have been linked to high blood pressure. Take 1,500 to 3,000 mg of calcium and 750 to 1,000 mg of magnesium daily for hypertension.

For conjunctivitis chamomile, fennel, and/or eyebright herbal teas can be used to make hot compresses. The tea from eyebright can also be used to rinse the eyes.

Gingko biloba extract improves circulation to the brain, and may be helpful for certain types of headache.

For hiatal hernia, drink 1/4 cup of aloe vera juice in the morning and again at night to promote healing of the intestinal lining. At the first sign of heartburn, drink one or two large glasses of water to wash the acid out of the esophagus.

Poultices made with lobelia and charcoal are helpful for insect bites.

To prevent or treat nausea and upset stomach associated with motion sickness, take 2 ginger capsules (approximately 1,000 milligrams) every three hours, starting one hour before the beginning of the trip.

For a boil, apply colloidal silver topically as directed on the label.

(More Frugal Living resources: <http://www.nursehealer.com/Frugal.htm>)

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(The newsletter goes to all three groups; so you need to join only one.)
You can also view the archives of the FREE Monthly Email Food Storage Newsletter online at
<http://www.nursehealer.com/Storage.htm>

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Many blessings,
Mary Catherine ("Cathy") Miller
Cat =^;^=
"By small and simple things are great things brought to pass."
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