

Food Storage Newsletter #0004 - FREE monthly Email newsletter - April, 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)

"If ye are prepared, ye shall not fear." D & C 38:30

Spiritual Goal--Attend the Temple one more session than you normally do this month.

Provident Living Goal--If you normally do not grow a garden, plan to grow at least one vegetable this year. if you already have a garden either 1)grow a vegetable you haven't tried before OR 2) try a new method or technique this year.

Storage Goal:

2 pounds yeast per person
2 pounds baking powder per person
1 pound soda per person
1 gal vinegar per person
10 cans evaporated milk per person
10 pounds peanut butter per person
spices, condiments and vanilla

72 hour kit:

4 granola bars per person
2 sticks beef jerky per person
1 package chewing gum per person
hard candies or lollipops--at least 12 per person (note these items will be rotated every 6 months--see Oct.)

(- <http://www.nursehealer.com/FS10.htm>)

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

Yeast - 24 months

Fleischman's(800)777-4959 Yeast - Date is stamped. If you use it past the stamped date, you must first "PROOF" it. Proof it by bringing ¼ cup of water to the temperature in the instructions on the back. Stir in 1 tsp. of sugar and one packet of yeast. After five minutes it should begin to bubble. At the end of 10 minutes, it should have a rounded crown of foam on it. If this happens, yeast is active. (Be sure to deduct ¼ cup of liquid from your recipe)

Baking Soda - 24 months

Corn Starch - 18 months

(- More shelf life information: <http://www.nursehealer.com/ShelfLife.htm>)

This Month's Cooking with Food Storage Ideas:

Basic Sprout Bread (Essene Bread)

2 cups Hard Wheat Berries

Sprout wheat (until wheat sprout is just the length of the wheat kernel itself). Grind the sprouts (in a wheat grinder) into a paste. Form a 2 to 3 inch round loaf and bake it in an oven at 250 degrees F. for approximately 3 hours.

(Bread will be a little crumbly and sweet even though the ONLY ingredient is wheat sprouts.)

- from "Sproutman's Kitchen Garden Cookbook" by Steve Meyerowitz Michael Parman (Illustrator)
ISBN: 1878736868

Sprout Garden Salad

4 large leaves romaine lettuce
1 cup alfalfa sprouts
1 cup buckwheat greens
1/2 cup lentil sprouts (3 days)
1 tomato, cubed
1/2 celery stalk, chopped
1/2 sweet red pepper, chopped

Tear lettuce into medium-sized pieces. Toss with other ingredients in a salad bowl. Serve with lemon juice or Russian Dressing.

- from "The Sprouting Book" by Ann Wigmore
ISBN: 0895292467

Carob Pudding

1/2 cup almond sprouts
1 1/2 cups spring or filtered water
12 medium pitted dates
5 teaspoons carob powder
1 Tablespoon raw honey

Blend almond sprouts with water. Add other ingredients and blend at high speed until smooth.

- from "The Sprouting Book" by Ann Wigmore
ISBN: 0895292467

Olive Oil Salad Dressing

5 Tbs. Olive Oil
5 Tbs. Tamari

Shake the two ingredients together in a jar and toss with your favorite salad.

- from "Sproutman's Kitchen Garden Cookbook" by Steve Meyerowitz Michael Parman (Illustrator)
ISBN: 1878736868

(More Food Storage Recipes: <http://www.nursehealer.com/Recipes.htm>)

This Month's Suggested Books:

"The Sprouting Book" by Ann Wigmore
ISBN: 0895292467

Review from Publisher's Weekly - Publishers Weekly:

"Author and publisher state at the outset that they are not responsible for adverse effects resulting from the reader's adoption of Wigmore's Living Food Diet, a nutritional regimen that uses germinated and sprouting seeds. With that prominent caveat, the book goes on to discuss the history of this type of food, a staple in the Orient since ancient days. Wigmore, founder of the Hippocrates Health Institute of Boston, includes lists of seeds for sprouting, directions for maintaining a sprout garden (indoors and out) by various methods, and recipes for food and drinks from the harvest. Clear drawings complement the text."

"Sproutman's Kitchen Garden Cookbook" by Steve Meyerowitz Michael Parman (Illustrator)
ISBN: 1878736868

Synopsis:

Turn nuts, vegetable seeds, grains and beans into gourmet food! Sprouted breads, cookies, crackers, living soups, dressings, dips, spreads, sautéés, alternative non-dairy milks, ice-creams, even sprouted pizza and bagels! Chapters on making sprout bread, food dehydrating, juicing, natural sodas, alternatives to dairy and salt, smart vegetarianism. Glossary of healthy foods. Includes Questions and Answers and seed resources. Over 150 illustrations, photos & Charts.

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

This Month's Frugal Living Tips:

How to Sprout Seeds using the Jar Method:

"The jar method of home sprout growing is simple yet reliable. Wide-mouth glass jars are recommended, as you will need to fit your hand in them to remove the mature sprouts. Extensive testing at the Ann Wigmore Foundation has revealed that these jars are easy to work with and that they produce far better sprouts than plastic containers do. As mentioned above, then half-gallon jars is a good number to have on hand. In addition to the jars, you will need some pieces of cheese-cloth, nylon mesh screening, or any other non-toxic material that will allow air to circulate. Use a piece of this material to cover each jar, and a string or rubber band to secure it. Make sure that this string or rubber band fits securely and that it will withstand heavy duty, or your sprouts could go flying everywhere. Measure the appropriate amount of seed into the jar. Smaller seeds should just cover the bottom of the jar while bigger seeds and beans should not fill the jar more than one-eighth to one-quarter full. Sprouts expand -- for example, one pound of alfalfa seeds produces eight pounds of sprouts. Cover the jar with the cheesecloth or screening. Then, fill it halfway with water. Allow seeds to soak for the required length of time - approximately four to six hours for smaller seeds, and twelve hours for larger seeds and beans. After this time, drain off the water. Place the jar at a 45 degree angle, mouth down, in a place where it can drain freely. The small openings at the bottom will allow excess water to drain and air to circulate. For best results, rinse the sprouts twice a day by placing the jar under the tap, filling it with water, and allowing it to overflow. As rinsing removed waste produced by the sprouts, the water coming out of the jar will appear a little foamy. After rinsing, replace the jar of sprouts at a 45 degree angle so that excess water will drain away.

- from "The Sprouting Book" by Ann Wigmore

ISBN: 0895292467

NOTE: You can place the jar on its side, turning the jar several times a day, still rinsing as suggested. Use purified water for better results.

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

Newsletter & Email List Information:

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FREE Food Storage Newsletter Announce-Only Email List - This list provides ONLY the once-a-month newsletter without any discussion.

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To UNSUBSCRIBE, write to FreeFSN-unsubscribe@listbot.com

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LDS Food Storage Email Discussion List - This list provides the newsletter and discussion of topics related to food storage (LDS and non-LDS may join this list.)

Members can email to the entire list to join the discussion by sending email to LDSFS@listbot.com

To SUBSCRIBE, write to LDSFS-subscribe@listbot.com

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You can SUBSCRIBE and/or UNSUBSCRIBE to ANY of these email lists at

<http://www.nursehealer.com/Listbot.htm>

(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

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"By small and simple things are great things brought to pass."

^_^ FAX (801) 650-5185

(0.0)VoiceMail 1-877-205-6135 # 9255

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