

Food Storage Newsletter #0005 - FREE monthly Email newsletter - May, 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)

"The revelation to produce and store food may be as essential to our temporal welfare today as boarding the ark was to the people in the days of Noah." Pres. Ezra Taft Benson

Spiritual Goal--Share a Book of Mormon with a non-member

Provident Living Goal--Make a goal and plan to exercise regularly.

Storage Goal:

100 pounds variety of cereal grains-rice, oatmeal, cornmeal, etc. per person
24 rolls paper towels per person
24 packages flavored gelatin per person
garden seeds
1 small bottle olive oil (for consecrating)
At least one month prescription ahead for all doctor prescribed medication.

72 hour kit:

battery powered radio
battery powered light
batteries

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

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

Barley, pearled 12 Months
Barley, Whole 60 Months
Buckwheat (kasha) 6-12 Months
Corn cereal, dry Ready-to-eat 12 Months
Corn Meal 18 Months
Corn, Whole 60 Months
Granola 1-3 Months
Hominy & Hominy Grits 12 Months
Oats, groats 1-3 Months
Oats, rolled (oatmeal) 12 Months
Oats, Whole 60 Months
Popcorn, whole kernels 12-24 Months
Quinoa Cereal 1-3 Months
Quinoa, Whole 60 Months
Rice cereal, dry Ready-to-eat 12 Months
Rice, White 24 Months
Rice, wild 24-36 Months
Rice, brown 1-3 Months
Rice, Minute (Kraft Foods) 18mo.
Rye 60 Months
Triticale 60 Months
Wheat, shredded, dry Ready-to-eat 12 Months
Geletin 18 Months
Jello 24mo. Kraft Foods

Olive Oil 24 Months

(- More shelf life information with lots of NEW shelflife LINKS!
- <http://www.nursehealer.com/ShelfLife.htm>)

This Month's Cooking with Food Storage Ideas:

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Ash Cake (Pioneer Recipe)

4 c. corn meal
1 Tbs. lard (shortening)
2 tsp. salt
boiling water

Scald meal in water. Add the salt and shortening. When mixture is cool, form into oblong cakes, adding more water if necessary. Wrap the cakes in cabbage leaves, or place one cabbage leaf under cakes and one over them, and cover them with hot ashes.

The Indians cooked Ash Bread by making a hold in the center of the ashes of a hot fire, raked down to the hearth, then placing the dough in the hole, let it crust and over with hot ashes and embers. Bake to suit taste.

- from "Cookin' With Home Storage" by Peggy Layton and Vicki Tate
<http://www1.icserv.net/D100001/X100043/books.html>

Cereal Pancakes

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1 c. freshly rolled oat groats cooked
1 c. milk
2 eggs
1 c. wheat flour
3 level tsp. baking powder
2 level tsp. salt

Combine the flour, salt and baking powder. Add the eggs and cooked rolled oats. Beat well until smooth. Lightly oil frying pan or griddle. Spoon in pancakes, when bubbles form and break on pancakes, turn and brown other side.

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

Corn Chips

1 c. yellow cornmeal
2/3 c. flour
1 tsp. salt
1 tsp. baking powder
2 Tbs. dry milk solids
1/2 c. water
1/4 c. oil
1/2 tsp. Worcestershire sauce
1/8 tsp. Tabasco sauce
paprika, garlic, onion, OR seasoned salt

Preheat oven to 350 degrees F. Combine dry ingredients in mixing bowl. In separate bowl, stir together liquids. Add liquids to dry mixture and stir with fork. Knead a little until smooth. Grease two cookie sheets (10 x 15 inches) and sprinkle each with cornmeal. Divide dough in half. Roll out each half directly onto cookie sheet with floured rolling pin, rolling dime-thin. Sprinkle lightly with paprika, garlic, onion, or seasoned salt. Run rolling pin over once more. Prick with fork. Cut in squares or triangles. Bake 10 minutes or until lightly browned. -- Makes 1/2 pound.

- from More-with-Less Cookbook

ISBN: 0836117867

<http://barnesandnoble.bfast.com/booklink/click?sourceid=248896&bfpid=0836117867&bfmtype=BOOK>

Corn Bread

1/4 c. vegetable shortening, oil, OR drippings
1 c. Yellow corn meal
1 c. all-purpose flour
1 to 2 Tbs. sugar (optional)
1 Tbs. baking powder
1/2 tsp. salt (optional)
1 c. milk
1 egg, beaten

Heat oven to 425 degrees F. Heat vegetable shortening in 10-inch oven-proof skillet or 8 - or 9 - inch square baking pan in oven 3 minutes; tilt skillet to coat bottom evenly. Combine dry ingredients. Add milk and egg; mix until blended. Add melted shortening; mix well. Pour into hot skillet; bake 20 to 25 minutes or until wooden pick inserted in center comes out clean. -- Yield: 9 to 10 servings.

- from Aunt Jemima Corn Meal package - Tested in my kitchen - Very Good! *****

Cereal Recipe

(This is a complete protein containing complex and simple carbohydrates and fats.)

Equal parts of the following:

Amaranth
Barley
Corn
Oats
Quinoa (more protein) or Millet (more sweetness)
Rice
Wheat
Almonds (or any other nut)
Sesame Seeds
Sunflower Seeds

If you can grind the grains, this will reduce the cooking time, if you are unable to do this just cook the cereal until the grains are done (about a half hour to forty five minutes)

Boil water (approximately double the amount of grain), stir in the grains (if you're using ground meal whip with a wire whip or egg beater to prevent lumps). If the grains are ground you can turn off the heat and cover, the cereal will be ready to eat in 10 minutes. If you are using whole grains you'll need to cook them longer. Sweeten to taste.

Hint: A good way to cook whole grains and save energy is to put boiling water and the grains in a thermos and leave overnight. In the morning you'll have a fully cooked cereal.

from - <http://www.acfs.org/cereal.htm>

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

This Month's Suggested Books:

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"The New Book of Whole Grains: More than 200 Recipes Featuring Whole Grains, Including Amaranth, Quinoa, Wheat, Spelt, Oats, Rye, Barley, and Millet"

by Marlene Anne Bumgarner Johanna Roy (Illustrator)

ISBN: 0312156014

From The Publisher:

"Easy-to-make, delicious, and satisfying, whole grains are low in fat and cholesterol but terrifically high in fiber -- and full of those 'magic' antioxidants. They are also the foundations of a healthy diet. In *The New Book of Whole Grains*, Marlene Bumgarner covers more than a dozen grains in an easy-to-use grain-by-grain format. She provides nutritional information, tips on buying and storing for maximum freshness, and a brief historical profile for each. Bumgarner offers more than 20 recipes to turn these nutritional powerhouses into delicious appetizers, entrees, soups, muffins, cookies, cakes, breads, and side dishes, many of which are vegetarian. Any home cook eager to provide his or her family with healthy, delicious food, packed with flavor and nutrients, will delight in this clear and engaging guide."

"Recipes from the Old Mill"

by Sarah E. Myers and Mary Beth Lind

ISBN: 1561481769

Synopsis - From the Backcover

Simple grains yield rich breads that range from the mystically light to the substantially chewy. These breads offer incontestable food value and flavor; they will satisfy and delight those sensitive to nutritional concerns. The very act of bread baking itself provides a welcome diversion from the computer screen or office -- and a gratifying result, no matter one's other occupations! Two sisters, whose family has operated a mill for two generations producing stone-ground flours, bring these recipes from the family and neighbors in West Virginia. Here are more than 180 recipes for a multitude of breads, sweet rolls, international grain dishes, and desserts. Each recipe is explained in thorough detail for a novice as well as an experienced baker. So it is no surprise that we both graduated from college with majors in Home Economics. Sarah continued with degrees in Early Childhood Education and in Occupational Therapy. Mary Beth received a master's in Foods and Nutrition and became a registered dietitian. This cookbook, however, does not grow out of our formal education; instead it rises out of our experience and our love of whole grains. Currently, Sarah lives in Mount Joy, Pennsylvania, with her husband Herb and the youngest of their three daughters. Sarah is an occupational therapist at Wernersville State Hospital where she started a "Dough-it-yourself" bread-baking therapy group. Mary Beth is a consultant dietitian in private practice. She lives near the homeplace in West Virginia with her husband, Lester, who is the miller at The Old Mill. Together they also direct Mountain Retreat, a small Christian retreat center with a theme of "discovering the connection between the spiritual and the organic sources of life."

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

This Month's Frugal Living Tips:

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The essence of voluntary simplicity is summarized in "Living More with Less" by Doris Janzen Longacre:

- 1) Do Justice
 - 2) Learn from the World Community
 - 3) Cherish the Natural Order
 - 4) Celebrate Responsibly
 - 5) Nonconform Freely
- for details, see "What Is Simple Living?"

<http://www.simpleliving.org/main/WhatSimpleLiv.html>

Take the Champion Cheapskate Test.

Are you a savvy consumer? Take this quick 21 question Consumer Challenge and find out:

- 1.) Do you take advantage of FREEBIES: samples, giveaways, Internet access, computers, web sites, e-mail, software, calendars, online trading & pricing services, portals, frequent flyer miles, rebates, etc.?
- 2.) Are you leveraging your buying power with others and pooling your money in co-ops?
- 3.) When is the last time you searched closets, attics, basements, sheds, drawers and cabinets for hidden treasures and long forgotten essentials?
- 4.) Would you rather spend money (buy)? OR barter, swap & exchange and use the 5 R's (Repair, Restore, Reuse, Reduce, Recycle)?

- 5.) Do you volunteer, test-taste, test drive, answer surveys, etc.?
 - 6.) Are you careful about the personal information you reveal and to who you reveal it?
 - 7.) Do you examine and read everything carefully, first (especially the fine print!)? Or are you a frequent victim that's scammed and slammed?
 - 8.) How well do you know your Consumer Rights? really? (for more see Watchdogs)
 - 9.) Do you pay with credit card, cash, check, e-cash or debit card? why?
 - 10.) Buy, rent or lease? why?
 - 11.) You learn refund and return policies before you act, don't you?
 - 12.) Do you investigate companies, products and services before you buy?
 - 13.) Do you ask friends, family and associates for product and service referrals and recommendations?
 - 14.) Are you selling or donating (tax write-off) unwanted goods instead of throwing them away? (for more see Surplus Selling)
 - 15.) You trust advertising and salespeople, don't you?
 - 16.) Do you get all claims, warranties and guarantees in writing?
 - 17.) Do you shop in the right places (online, warehouses, buyers clubs, discount stores, mail order, auctions, etc.)?
 - 18.) Are you getting discounts, negotiating and comparison shopping? (for more see Price Checkers)
 - 19.) Do you know when to shop (sales, specials, seasons, etc.)?
 - 20.) You know what sellers pay (dealer cost) and their typical mark ups, don't you?
 - 21.) If you feel you were wronged, ripped off or taken advantage of do you complain LOUDLY (to the right sources)? (for more see Consumer Champions)
- from <http://www.angelfire.com/biz/infosearchlab/cheapest.html>

(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

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

^_^ FAX (801) 650-5185

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