

Food Storage Newsletter #0006 - FREE monthly Email newsletter - June, 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)

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"We will see the day when we live on what we produce." Pres. Marion G. Romney

Spiritual Goal--Prepare at least one family name for Temple work.

Provident Living Goal--Make a goal to have 6 months wages in savings for emergencies. Write out a realistic plan to make it happen.

Storage Goal:

First aid kit--should include scissors, knife, thermometer, measuring cup, medicine dropper, hot water bottle, triangular bandages, soap, matches, razor blades, needles, safety pins, adhesive tape, elastic bandages, paper bags, gauze bandages, bicarbonate of soda, Ipecac syrup (induces vomiting), ammonia, hydrogen peroxide, calamine lotion (insect bites and sunburn), rubbing alcohol, diarrhea remedy, antibiotic ointment, first aid instruction book, prescription medication, waterproof matches.

72 hour kit:

Container for holding kit. Large garbage cans with wheels OR a back pack for each family member recommended. Find a place in your home that is easily accessible for storing the kit. You need to be able to grab it at a moment's notice to leave your home. Note: Your first aid kit is also part of the 72 hour kit. Note: your 72 hour kit is also part of your general storage, but your general storage CANNOT be part of your 72 hour kit. When you need it there may not be time to gather it together for transport.

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

Further Storage Suggestions:

Store those things you will need for natural remedies, such as herbs and spices, oils, and home remedy ingredients that may double as home cooking ingredients.

First Aid Kit Suggestions:

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(NOTE: Quantities are for one person for one small kit. Multiply quantities according to your family needs.)

Essential Items:

- 4 Triangular Bandages (Cravats)
- 10 Bandage Pads (4" x 4")
- 1 Bandage Roll (1" x 1 to 5 yards)
- 1 Bandage Roll (2" x 1 to 5 yards)
- 1 Adhesive Tape Roll (1" x 1 to 5 yards)
- 10 Adherent Bandages (Band-Aids, assorted sizes)
- 5 Sterile dressings (4" x 4")
- 5 Sterile dressings, non-adhesive (3" x 4")
- 5 Steri-Strips or butterfly bandages
- 5 to 10 Cotton-tipped swabs
- 1 Heavy String (1 yard)
- 1 Tissues Package
- 10 Alcohol Preps
- 1 Snakebite Kit
- 1 Bottle of Water
- 1 Baking Soda (2 ounces)
- 1 Antihistamine

- 1 Aspirin (4 tablets)
- 1 Non-aspirin pain reliever (4 tablets)
- 1 Motion Sickness Medication (4 tablets)
- 1 Diarrhea Medication ( 4 tablets)
- 1 Laxative (4 tablets)
- 1 Antiseptic Solution/Wound Cleanser
- 1 Antibiotic Ointment
- 1 Salt (2 ounces)
- 1 Sugar or Glucagon (2 ounces)
- 1 Syrup of Ipecac (Contact Poison Control for use)
- 1 Activated Charcoal (Contact Poison Control for use)
- 1 Rubbing Alcohol (4 ounces)
- 2 Latex Gloves
- 1 Bandage scissors
- 1 Tweezers
- 1 Flashlight
- 2 Safety Pins
- 5 Plastic bags (zip-lock sandwich bags)
- 1 Pen
- Prescription Medications
- 1 First Aid Information booklet

Optional Items:

- 4 Sanitary Napkins
- 10 Cotton Balls or Pads
- 1 Elastic Bandage (Ace Bandage) (2" wide)
- 1 Elastic Bandage (Ace Bandage) (4" wide)
- 1 Bulb Irrigating Syringe
- 4 Plastic Spoons
- 2 Sewing Needles
- 1 White Thread Spool
- 1 Pocket Knife
- 1 Dental Floss
- 1 Paper Cups (5 cups)
- 2 Hot packs
- 2 Cold packs
- 1 Thermometer
- 1 Mirror (unbreakable)
- 1 Note pad
- 1 Permanent Marker
- 1 Thermal Fold-up Blanket
- 1 Plastic Sheeting
- 1 Waterproof Matches
- 1 Tea Ball (for herbal tea)
- 1 Tea Pot
- 1 Cheesecloth
- 1 Mortar & Pestle
- 1 Diffuser
- 1 Atomizer
- 1 Medicine Dropper
- 1 Liquid Antibacterial Soap (2 ounces)
- 1 Insect Repellent
- 1 Witch Hazel (2 ounces)
- 1 Olive Oil (2 ounces)

1 Petroleum Jelly (1 ounce)  
1 Sunscreen (2 ounces)  
1 Water Purification Tablets  
1 Chlorine Bleach (4 ounces)  
1 Herbal Remedy Kit - dry herbs (1 ounce each) (See Below) <http://www.nursehealer.com/HerbsDry.htm>  
1 Herbal Remedy Kit - essential oils (1/4 ounce each) (See Below) <http://www.nursehealer.com/HerbOils.htm>  
1 Natural Healing Preparations Kit (1 bottle each) (See under This Month's Cooking with Food Storage Ideas) <http://www.nursehealer.com/HerbsPrep.htm>  
(NOTE: Adjust your kit to your family's needs. Include those items which you will use.)

Your first aid kit should include a small emergency first aid guide and a survival or healing book. You will need to adjust the quantities according to your individual and family needs, and add or omit items based on what you expect to need in an emergency. Quantities given here are for one person for overnight emergency use. If you choose the optional herbal remedy kits, you may elect to omit some of the over-the-counter medications. Organize your first aid kit using your best judgment, prayerfully. Keep your kit well-stocked, neatly organized, compact, and close at hand (easily transportable). Use the items from your kit regularly, restocking them frequently so that your supplies are kept fresh, your knowledge and skill is sharp, and you can find them readily when you need them. Your first aid supplies should be stored in a water-tight or water-repellent, compact, easy-to-carry container at room temperature. You may select a tackle box, backpack, ice cream bucket, milk jug, pail, #10 can with lid, tote bag, or other container for your kit. Restock your kit after each use, and frequently check expiration dates & batteries.

#### Medications:

Medications include prescription and nonprescription medication, including herbal remedies and natural substances. For example, an antiseptic solution may consist of peroxide and normal saline, a commercial product, or an appropriate herbal tincture. Antibiotic ointment may be the traditional triple antibiotic ointment, a commercial product, or an appropriate herbal essential oil added to petroleum jelly. A laxative product may be pills purchased from the pharmacy or an appropriate herbal tea or product. Normal saline can be purchased in sterile containers, or may be made by mixing the proper amount of salt and sterile (or boiled) water. For saline solution, mix one teaspoonful of salt to 800 cc or 27 ounces of water. (Use non-iodized salt because some people are sensitive to iodine. You can buy prepared isotonic saline nasal spray, use up the bottle, then refill it with 1/3 teaspoonful of salt to 8 ounces of water. Refill it once a week to prevent contamination. To mix 6 ounces of tap water, add 1/2 teaspoon of salt.)

- See also Safety, First Aid, & Emergency Preparedness at <http://www.nursehealer.com/Safety.htm> and Herbs & Herbalism <http://www.nursehealer.com/Herb.htm>  
(From - <http://www.nursehealer.com/Guide.htm> )

#### Herbal Remedy Kit - dry herbs

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##### Suggested Dry Herbs:

Basil - *Ocimum basilicum*

Bay - *Laurus nobilis*

Celery Seed - *Apium graveolens*

Chamomile - *Anthemis nobilis* or *Matricaria chamomilla*

Cinnamon - *Cinnamomum zeylanicum*, *Cinnamomum cassia*, *Cinnamomum saigonum*, *Cinnamomum aromaticum*

Clove - *Eugenia caryophyllata* or *Syzygium aromaticum*

Comfrey - *Symphytum officinale*

Echinacea - *Echinacea purpurea* or *Echinacea angustifolia*

Fennel - *Foeniculum vulgare* or *Foeniculum vulgare dulce*

Garlic - *Allium sativum*

Peppermint - *Mentha piperita*

Rosemary - *Rosmarinus officinalis*

Thyme - *Thymus vulgaris* or *Thymus serpyllum*

(from <http://www.nursehealer.com/HerbsDry.htm> )

#### Herbal Remedy Kit - essential oils

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##### Suggested Herbal Essential Oils:

Eucalyptus -Eucalyptus globulus, Eucalyptus radiata, etc.  
Lavender -Lavandula vera, Lavandula officinalis, Lavandula angustifolia, etc.  
Rosemary -Rosmarinus officinalis and Rosmarinus pyramidalis  
Tea Tree -Melaleuca alternifolia  
Thyme -Thymus vulgaris

(from <http://www.nursehealer.com/HerbOils.htm> )

See also Oils & Blends <http://www.nursehealer.com/Oil.htm>

#### Natural Healing Preparations Kit

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##### Suggested Items:

Charcoal (Tablets)  
Echinacea (Capsules) - Echinacea purpurea or Echinacea angustifolia  
Feverfew (Capsules) - Tanacetum parthenium  
Garlic (Tablets) - Allium sativum  
Oats (Capsules) - Avena sativa  
Saint John's Wort (Capsules) - Hypericum perforatum  
Senna (Tablets) - Cassia senna, Cassia acutifolia, Cassia angustifolia, Cassia marilandica  
Witch Hazel (Distilled)- Hamamelis virginiana  
Zinc (Lozenges)

(from <http://www.nursehealer.com/HerbsPrep.htm> )

CAUTION: Herbal remedies should not be used by the elderly, small children, or pregnant or nursing mothers, except under the direction of a physician.

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

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Herb Leaves, flowers, roots, and other herb parts - Keep for about a year after harvesting in cool place. Store in sterilized, dark glass containers with airtight lids. (May also store in new brown paper bags which must be kept dry and away from light.)

Herbs, Frozen - Herbs frozen in freezer bags keep up to 6 months.

Herbal Infusions - Make fresh daily. Store in refrigerator or cool place.

Herbal Decoctions - Consume within 48 hours. Store in refrigerator or cool place.

Herbal Tinctures, syrups, and essential oils - Keep for several months or years. Store in dark glass bottles in a cool environment away from sunlight. Store syrup in the refrigerator for up to 1 month.

Herbal Ointments, creams, and capsules - Keep for several months. Store in dark glass jars (or plastic containers.)

( - 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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#### Herbal Preparation Methods

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Infusion:

Place 1 tsp (2 to 3 g) dried or 2 tsp (4 to 6 g) fresh herb in the strainer of the tisane cup and place the strainer in the cup. Fill the cup with 1 cup of freshly boiled water. Cover the cup with the lid and infuse for 5 to 10 minutes before removing the tisane strainer. (Add 1 tsp honey to sweeten, if desired.) Dosage: Take 3 to 4 doses (500 ml) each day. (Source: Encyclopedia of Medicinal Plants Andrew Chevallier)

Use up to 1 ounce dried herb in 1 pint water. (Source: Growing and Using the Healing Herbs Gae Weiss Shandor Weiss)

(from Herbal Preparation Methods - Dry Herbs <http://www.nursehealer.com/HerbMethods.htm> )

#### Poultice:

Simmer enough herb to cover the affected area for 2 minutes. Squeeze out any excess liquid, rub some oil on to the affected area to prevent sticking and apply the herb while hot (but not so hot as to burn the skin).

Bandage the herb securely in place using gauze or cotton strips. Leave on for up to 3 hours, as required.

Application: Apply a new poultice every 2 to 3 hours. Repeat as often as required. (Source: Encyclopedia of Medicinal Plants Andrew Chevallier)

(from Herbal Preparation Methods - Dry Herbs <http://www.nursehealer.com/HerbMethods.htm> )

#### Compress:

Wash your hands thoroughly and soak a soft cloth or clean flannel in the lotion, which consists of 500 ml infusion or decoction, or 25 ml tincture in 500 ml water.. Wring out the excess liquid. Before applying, rub some oil on the affected area to prevent sticking. Place the compress against the affected area. For pain and swellings, secure the compress with plastic film and safety pins and leave for up to 1 to 2 hours. Re-apply as required. (Source: Encyclopedia of Medicinal Plants Andrew Chevallier)

(from Herbal Preparation Methods - Dry Herbs <http://www.nursehealer.com/HerbMethods.htm> )

#### Steam Inhalation:

Pour 1 litre of freshly boiled water into a large bowl, add 5 to 10 drops of essential oil and stir well.

Alternately, make an infusion of 25 g of herb to 1 litre of water, brew for 15 minutes, and pour into a bowl.

Cover your head and the bowl covering the bowl also with a towel, close your eyes, and inhale the steam for about 10 minutes or until the preparation cools. (Source: Encyclopedia of Medicinal Plants Andrew Chevallier)

(from Herbal Preparation Methods - Dry Herbs <http://www.nursehealer.com/HerbMethods.htm> )

#### Bay Leaf Footbath for Tired Feet

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¾c. fresh Bay leaves (OR ¼ c. dried bay leaves)

1 Tbs. Sea Salt (OR Epsom salt)

2 quarts hand-hot water

Add bay leaves and salt to water in a basin or foot tub. For convenience, these can be loose in the water.

Swish around, and soak tired feet until water cools.

For warming footbath, add 1 Tbs. black mustard seed, bruised.

For itchy feet, add 4 Tbs. cider vinegar

For deodorant, add sage to make strong decoction

(from Herbal Formulas <http://www.nursehealer.com/06Formulas1.doc> )

#### Rosemary Household Disinfectant

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1 oz dried Rosemary (OR ½c. fresh Rosemary)

2 ½c. distilled, bottled, or mineral water

Simmer rosemary in water for 30 minutes. Strain out the rosemary, and pour the liquid into a glass jar or spray bottle. Use to clean sinks and bathroom. Store excess in the refrigerator for up to one week. For greasy surfaces, add a little dishwashing liquid.

(from Herbal Formulas <http://www.nursehealer.com/06Formulas1.doc> )

#### Sage and Vinegar Gargle for Sore Throat

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1 tsp. fresh sage leaves  
1 c. boiling water  
1 tsp. vinegar

Infuse (steep) sage and water for 10 minutes. Add vinegar. Use as gargle.  
(from Herbal Formulas <http://www.nursehealer.com/06Formulas1.doc> )

#### Thyme and Lemon Gargle for Sore Throat

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1 tsp. fresh thyme leaves  
1 c. boiling water  
1 tsp. lemon juice

Infuse (steep) thyme and water for 10 minutes. Add lemon. Use as gargle.  
(from Herbal Formulas <http://www.nursehealer.com/06Formulas1.doc> )

#### Peppermint Toothpaste

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1 tsp. baking soda  
2 drops Peppermint Essential Oil  
few drops water

Mix baking soda and oil. Add enough drops of water to create a paste. Mix and use as commercial products.

(from Essential Oil Formulas <http://www.nursehealer.com/10Formulas2.doc> )

#### Ointment for Nasal Congestion

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3 oz petroleum jelly  
few drops Eucalyptus Essential Oil

Put petroleum jelly in an enamel pan or bowl over boiling water and heat just until melting. Cool, then stir in essential oil. Pour into a container. Store tightly covered.

(from <http://www.nursehealer.com/Formulas4.doc> )

#### Minty Body Powder

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15 drops Peppermint Essential Oil  
10 drops Lavender Essential Oil  
2 Tbs. Cornstarch

Pour cornstarch into a widemouthed glass jar or a spice powder container. Add the essential oils. Tighten the cap and let the body powder sit for a day. Shake well before using.

(from <http://www.nursehealer.com/Formulas4.doc> )

(More on Herbs and Herbalism at <http://www.nursehealer.com/Herb.htm> )

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

#### This Month's Suggested Books:

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"500 Formulas for Aromatherapy: Mixing Oils for Every Use"

Carol Schiller David Schiller

ISBN: 0806905840

"Encyclopaedia of Essential Oils: A Complete Guide to the Use of Aromatics in Aromatherapy, Herbalism, Health & Well-Being"

Julia Lawless

ISBN: 1852303115

"Healing Herbs: The Ultimate Guide to the Curative Power of Nature's Medicines"  
Michael Castleman Prevention Magazine (Editor)  
ISBN: 0553569880

"Herbs"  
Lesley Bremness  
ISBN: 1564584968  
OR  
"Herbs"  
Lesley Bremness  
ISBN: 0895773554

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

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

#### This Month's Frugal Living Tips:

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More information on growing, harvesting, storing, and using herbs can be found online. Here are some resources:

The Herbal Encyclopedia - Gathering, Storing and Using Herbs <http://www.wic.net/waltzark/herbuse.htm>

Harvesting & Storing Herbs [http://innerself.com/Magazine/Herbs/Harvesting\\_Storing\\_Herbs.htm](http://innerself.com/Magazine/Herbs/Harvesting_Storing_Herbs.htm)

Drying Herbs: Storing Herbs: How long will Dried Herbs last?

<http://www.thefoodstores.com/thp/html/herbfaq.htm>

Storing and Preserving Your Bulk Herbs <http://essiac-info.org/storage.html>

Selecting, Storing and Using Fresh Herbs <http://www.ag.ohio-state.edu/%7eohioline/hyg-fact/5000/5520.html>

Harvesting and Storing Herbs <http://www.herbalcreations.com/harvest.html>

Using and Storing Herbs and Spices <http://www.msue.msu.edu/msue/imp/mod03/03900064.html>

Herbs, Spices & Sprouts <http://www.artrans.com/rmsg/cook/herbs.htm>

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

#### Newsletter & Email List Information:

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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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