

Food Storage Newsletter #0007 - FREE monthly Email newsletter - July, 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)

"Ye Latter-day Saints, learn to sustain yourselves, produce everything you need to eat, drink or wear,..."
Pres. Brigham Young

Spiritual Goal--Take the family names you prepared last month to the Temple.

Provident Living Goal--Make a goal to eat healthier. For example: less sweets, more fresh fruits and veggies, less meat, more fiber etc.

Storage Goal:

50 pounds sugar or honey per person
10-#10 cans (35 pounds total) powdered milk per person
2 toothbrushes per person
toothpaste
mouthwash
infant needs-formula, baby food, diapers, Tylenol etc.

72 hour kit:

Prepare blankets (the silver foil ones)
gather items to entertain your family and include in kit--UNO cards, coloring books and crayons, x-stitch kit etc. Be sure to include paper and pencils.
camp stove or portable BBQ and fuel
mosquito repellent
\$25 cash

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

NOTE: If anyone has another itemized monthly plan to acquire a year's supply of food storage, please send it to me for next year's newsletters. I'm reviewing plans now.

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

Sugar, Brown - 18 months
Sugar, Confectioners - 24-48 months
Sugar, Granulated - 24-48 months (Some sources say indefinitely.)
Honey - 12-24 months (Some sources say indefinitely. Gently heat to remove crystallization.)
Jellies & Jams - 12 months
Molasses - 12 - 24 months
Syrups - 12 months
Milk, non-instant, powdered - 24-48 months
Non-Dairy Creamers - 24-36 months
Buttermilk Powder - 24-36 months
Powdered milk - 6-15 months
Condensed or Evaporated Milk - 12 months
Nestle Carnation products = CODE: First letter is year, next is month, then year

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

This Month's Cooking with Food Storage Ideas:

This month's cooking with food storage ideas is presented by Rita Bingham, author of "Natural Meals In Minutes" Order Lines: (405) 359-3492 / Toll-Free 877 349-1221. For more free recipes, go to <http://www.naturalmeals.com/books.html>

Food Storage Meals -in Minutes Powdered Milk Cheeses

Cottage cheese in 3 minutes? Firm curds (excellent for dips and sandwich spreads) can be made quickly and easily with a minimum of equipment. The best tasting soft curd cottage cheese is made with buttermilk added to the rinsed and salted curds to make it creamy and give it a slightly soured taste.

Rennet Cheese

1 qt. hot tap water
2 junket rennet tablets
dissolved in 1 T cold water
1 c. buttermilk
2 c. dry milk powder
2 T vegetable oil (opt.)

Blend all ingredients and place in a heavy saucepan coated with a non-stick pan spray. Let sit undisturbed for 10 minutes. Cut or stir gently to break into curds and cook over medium heat for about 3 minutes. Pour curds into a strainer, rinse with hot then cold water and drain. Salt to taste, then refrigerate. If desired, moisten rinsed curds with a little buttermilk before serving. This is a very mild cheese, good with chopped chives. Use within 3-4 days.

To make cream cheese from this recipe, reduce rennet to 1/4 tablet and add 1 c. buttermilk when mixing ingredients. Set in a warm place overnight. After cutting set curds into cubes, place curds over medium heat and cook 5 minutes. Pour into a cheesecloth-lined colander and let rest 15 minutes. Gather edges of bag, secure with a rubber band and hang or press until firm like cream cheese.

Cal. 61 Fat .1g/2% Carb. 9g Fbr. 0g Pro. 6g

Soft Cottage Cheese

2 c. hot water
1 1/2 c. dry milk powder
3 T fresh lemon juice or white vinegar

Blend water and dry milk and pour into saucepan (foam and all). Sprinkle lemon juice or vinegar slowly around edges and gently stir over medium heat just until milk begins to curdle, separating into curds and whey, about 3 minutes. Remove from heat and let rest 1 minute. Pour into a strainer or colander, rinse with hot then cold water. Press out water with back of spoon. Makes about 1 1/2 c. curds. If desired, moisten rinsed curds with a little buttermilk before serving and add salt to taste. Refrigerate if not used immediately. Use within 3-4 days. Whey from fresh milk powder can be used in place of water in breads and soups.

Cal. 47 Fat .1g/2% Carb. 7g Fbr. 0g Pro. 5g

Food Storage Meals -in Minutes Creamy Fat-Free Yogurt

Yogurt By The Gallon

4 c. warm water
2 1/2 qt. lukewarm water
4 c. dry milk powder
2 capsules or 1 t. acidophilus powder*
1/2 c. plain yogurt

(Acidophilus is a "friendly bacteria" found in better brands of commercial yogurt. It helps make a creamier yogurt that does not separate. It is available in the refrigerator section at health food stores.)

Spray large saucepan with non-stick pan spray. Blend dry milk powder with 6 c. of the warm water (3 c. of water at a time, using blender, egg beater or wire whip), then heat to 180°F. Pour into a 1 gallon container.

Add remaining

water to milk mixture. Temperature should not be hotter than 110°F. If mixture is still too hot, add cold water or ice cubes. Add opened acidophilus capsules and stirred yogurt. Mix well. Pour into quart jars and keep in a warm place where it will not be jiggled or moved. Choose one of the methods below for incubating. Makes 1 gallon.

€Put a heating pad on a counter top and set to medium. Place folded bath towel on top. Place quart jars on towel and cover with another towel, tucking in edges to form a warm "nest."

€Put quart jars in a large bowl of hot water and cover with a bath towel. After about 2 hours, add boiling water to reheat cooled water.

€Put quart jars in oven that has been heated to 100°F, then oven turned off and pilot light or oven light on.

After 4-6 hours, the mixture should be set. Test with a spoon, rather than jiggling. Set yogurt should be refrigerated in the jars. This recipe will set up more firmly as the yogurt cools.

Use yogurt in fruit "shakes," on granola, in any bread recipe calling for milk, in individual bowls with frozen orange juice concentrate or honey jam stirred in, or to make yogurt cheeses.

Cal. 33 Fat .4g/2% Carb. 5g Fbr. 0g Pro. 3g

Vanilla Yogurt

3 3/4 qt. warm water 4 c. dry milk powder
1 c. plain yogurt 3 T unsweetened gelatin
1 T. vanilla 1 c. melted honey

Soften gelatin in 1/4 c. cold water. Heat slightly to melt. Blend all ingredients well and pour into a 4 quart jars. Using one of the incubation methods above, place where it will stay warm and will not be disturbed. After 4-6 hours, yogurt should be "set." If mixture is still liquid, wait 1-2 more hours. When slightly firm, refrigerate. Serve plain or use in fruit "shakes," on granola, or in individual bowls with frozen juice concentrate or jam.

Cal. 73 Fat .3g/4% Carb. 14g Fbr. 0g Pro. 5g

Simple Candies

Basic Candy

1 1/2 c. non-instant dry milk powder 1/2 c. warm honey

Stir and knead enough dry milk into the honey to make a very firm ball. To color, add 1/4 t. of red, yellow, blue, or green. Flavor with one of the following: 3 drops of peppermint oil, 1/2 t. raspberry, strawberry or orange flavoring.

Peanut Butter Fudge

1/2 c. each: peanut butter, honey, non-instant dry milk powder

Mix well. If desired, add 1 c. carob or chocolate chips and/or 1 c. toasted coconut. Press into pan and cut into squares, or roll into balls.

Spicy Pumpkin Muffins

1 c. oatmeal	2 c. whole wheat flour
1 c. warm water	2 T. dry milk powder (opt.)
3/4 c. mashed pumpkin	1 T. baking powder
2 egg whites or 1 egg	1/4 t. salt
1 egg	1/2 t. ground cinnamon
1/4 c. applesauce or canola oil	1/2 t. ground ginger
1 c. light honey	1/4 t. ground nutmeg
1/4 c. white bean flour	1/4 t. ground cloves

In a large bowl, mix oats and warm water. Let stand 3 minutes. Meanwhile, measure and mix dry ingredients. Beat liquids into oat mixture until smooth. Add nuts, raisins and mixed dry ingredients and stir just until moistened.

Fill muffin tins coated with cooking spray 3/4 full, OR pour into coated 9" x 13" or larger pan. Bake at 350°F for 20-25 minutes, or until a toothpick inserted in center comes out clean. Let cool 5 minutes before removing from pan.

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Order Lines: (405) 359-3492 / Toll-Free 877 349-1221.

For more free recipes, go to <http://www.naturalmeals.com/books.html>

(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:

"Natural Meals In Minutes"

High-Fiber, Low-Fat Meatless Meals in 30 minutes or less!

ISBN: 1882314093

by Rita Bingham

Order Lines: (405) 359-3492 / Toll-Free 877 349-1221

<http://www.naturalmeals.com/books.html>

"The Wonderful World of Honey: A Sugarless Cookbook"

by Joe M. Parkhill

ISBN: 0936744014

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

This Month's Frugal Living Tips:

Adding powdered milk to recipes inexpensively adds extra protein and calcium. Here are some ideas for using Dry Milk:

1. Add to pancakes.

2. Mix in muffin batter.
3. Add to scrambled eggs before cooking.
4. Mix in biscuits.
5. Mix dry milk ahead and refrigerate for drinking.
6. Cook hot cereal in dry milk.
7. Prepare hot chocolate.
8. Make Rice Pudding.
9. Make easy vanilla pudding.
10. Make cold chocolate milk.
11. Make the night before to pour over breakfast cereal.
12. Whiz a milk shake.
13. Prepare macaroni and cheese.
14. Make cream of potato soup.
15. Mix in bread dough.
16. Mix in casseroles.
17. Mix in cornbread.
18. Use in cake batter.
19. Add extra dry milk powder for added protein and calcium.
20. Add two tablespoons to fortify liquid meals with more protein and calcium.
21. Add to mashed potatoes.
22. Make into buttermilk.
23. Add to hot drinks instead of creamer.
24. Use in cookie recipes.
25. Take on trips to use for breakfast cereal.
26. Take camping.
27. Take backpacking.
28. Add to master mix for baked products.
29. Make a cream sauce for pasta.
30. Reconstitute and add to regular milk to reduce cost.
31. Make potato soup.
32. Make evaporated milk: one cup dry milk mixed with 2/3 cup water is the equivalent of 1 can of evaporated skim milk.

- from Saving Food, Time & Money: Baker's Dozen

<http://www.msue.msu.edu/fnh/hunger/baker's13/index.html>

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

Newsletter & Email List Information:

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OR You can SUBSCRIBE and/or UNSUBSCRIBE to any of these email lists at <http://www.nursehealer.com/Listbot.htm>

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

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

You can view the archives online at <http://www.listbot.com/archive/ldsfs>

NurseHealer Email Discussion List - This list provides the newsletter and discussion on matters of preparedness, natural healing, nursing, longterm care, and wellness.

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

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

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

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<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 1-801-650-5185 (NOT Toll-Free)

(0.0) Voicemail/Fax 1-877-284-8158 (Toll-Free)

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