

Food Storage Newsletter #0008 - FREE monthly Email newsletter - August, 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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"For the moment we live in a day of peace and prosperity, but it shall not ever be thus. Great trials lie ahead...and we must prepare ourselves temporally and spiritually..." Bruce R. McConkie

Spiritual Goal--Have Family Home Evenings with family every Monday. Make sure at least one Monday is set aside for doing something really fun for the whole family.

Provident Living Goal--Learn to preserve food in a way you haven't tried before.

Storage Goal:

100 quarts fruit and or vegetables per person  
24 pints jam or jelly per person  
feminine needs  
school supplies  
pet supplies

72 hour kit:

1 can tuna per person  
1 can pork and beans per person  
1/2 pound dried milk per person  
2 packets hot chocolate mix per person (or 1 large can per family).  
2 instant soup packets per person (these should be rotated every year)  
disposable plates, cups, bowls and flatware  
pet supplies-be sure to include dishes, leash and extra water

(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:

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Black Beans 24 months Progresso 1-800-200-9377  
Bush Baked Beans 24-36 months Bush 1-423-509-2361  
Comstock Fruits and Pie fillings 18 months  
Corn (whole & creamed) 24 months Del Monte 1-800-543-3090  
Del Monte Canned Fruit 18 months  
Fruits-Veg's-Tomatoes 36+ months Libby's 1-888-884-7269  
Green Beans 24-30 months Del Monte 1-800-543-3090  
Green Giant Corn 36 months  
Green Giant Mushrooms 48 months  
Green Giant Vegetables 24 months  
Jellies Jams 12 months  
Libby's Vegetables and Fruits 36 months  
Motts Applesauce and Juice 12 months  
Peaches 24-30 months Del Monte 1-800-543-3090  
Pear halves 24-30 months Del Monte 1-800-543-3090  
Progresso Vegetables 24 months  
Veg's 24 months Pillsbury 1-800-328-6787

Comstock (800) 270-2743 Apples in can

CODE: On second line, first digit is plant, middle 3 are Julien day of year, next is year, then space, and military time.

SHELF LIFE: 2-3 years

Del Monte (800) 543-3090 Vegetables

CODE: First number is year, next is Julien calendar day

SHELF LIFE: 2 years.

Food Club (847) 676-3030

Canned whole kernal corn 48318 = last 8 is year, first 8 is month, 31 is day

SHELF LIFE: 2 years

Canned Cut Green Beans 29681721 = 8 is year, 9 is month, 6 is day

SHELF LIFE: 2 years

Green Giant (800) 998-9996 Vegetables

First letter is year, next is month, then year

SHELF LIFE: beans 2 yr corn/peas 3 yr mushroms -4 yr, Hungry Jack Instant Potatoes 1.5 year

Libbys (315) 926-3225 call collect. Vegetables

CODE: 2nd dig is year, first letter is month, third dig is plant. Next 2 numbers is day of month

SHELF LIFE: 2 years Kraut 18 mo

Motts (800) 426-4891 Apple Sauce - Glass Jar

CODE: After WA, first number is year, second two are month, next two are day.

SHELF LIFE: One year

Progresso (800) 200-9377 Black Beans

CODE: First letter is month, Next number is year, next letter is mfg plant, next two numbers, day of month.

L7N26 = 12/16/97

SHELF LIFE: 2 years

( - 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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Peach Jam

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4 c Ripe peaches; peeled/pitted; chopped = 2 lb

1/4 c Bottled lemon juice

1 pk Fruit pectin = 1 3/4 oz

5 1/2 c Sugar

In 6 to 8 qt pot, stir together peaches, lemon juice and pectin. Over high heat, bring to boil, stirring constantly. Quickly add sugar. Bring to a full boil; boil for 1 minute, stirring constantly. Remove from heat; skim foam if necessary. Immediately ladle into hot half-pint jars; leaving 1/4" headspace. Wipe jar tops and threads clean. Place hot lids on jars; screw bands on firmly. Process in boiling water canner for 10 minutes. Makes 7 half-pint jars.

- from The Tampa Tribune, 07/15/93

SOAR <http://soar.Berkeley.EDU/recipes/preserves/indexall.html>

### Fruited Chicken Salad

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1 can (12-1/2 ounces) chunk chicken, drained and cut in bite-size pieces  
1/2 cup coarsely broken pecans  
1 can (8 ounces) pineapple tidbits, drained  
1/2 cup salad dressing  
1 can (11 ounces) mandarin oranges, drained  
Poppy seeds

Stir together chicken, pecans, and pineapple. Stir in salad dressing. Gently fold in oranges. Sprinkle with poppy seeds. Chill before serving.

(from Pantry Cooking by Cheryl Driggs)

### Hot Pickled Okra

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3 1/2 pounds small okra pods  
3 cups water  
3 cup vinegar  
1/3 cup canning salt  
2 teaspoons dill seed  
4 cloves garlic  
2 small hot red peppers, cut in half (if you like it real hot, increase number of peppers)

#### INSTRUCTIONS:

1. Carefully trim stems off okra, being careful not to cut the pod; set aside.
2. Combine water, vinegar, salt and dill seed; bring to a boil.
3. Pack okra into hot jars, leaving 1/4 inch head space.
4. Put 1 garlic clove and one-half pepper (or more) into each jar.
5. Ladle hot liquid over okra, leaving 1/4 inch headspace.
6. Remove air bubbles.
7. Adjust two piece caps.
8. Process 15 minutes in boiling water canner.

Yield: about 4 pints.

Note: when cutting and seeding hot peppers wear rubber gloves.

- from Mountain-Breeze.com <http://www.mountain-breeze.com/canning/index.html>

### Cream of Corn Soup

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2 Tbs. Salad oil  
2 Tbs. Flour  
2 Tbs. Butter or margarine powder OR 2 Tbs. Real butter or margarine  
3 1/4 cups water  
1/4 tsp. Salt  
3/4 cup powdered milk  
1 can cream-style corn (dried corn can be reconstituted and used)  
1 Tbs. Chopped onion  
Pepper to taste

Add the flour to the oil and blend. Add the butter or margarine powder. Real butter or margarine can be substituted. Stir in all remaining ingredients and cook on low heat until thickened. – Serves 4

From "Cookin' with Powdered Milk" by Peggy Layton <http://www1.icserv.net/D100001/X100043/books.html>

### Mild Picante Sauce

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3 1/2 pounds tomatoes, chopped  
1/2 cup chopped onion  
1/2 cup chopped green bell pepper

1/4 cup seeded and chopped jalapeño pepper  
3/4 cup white vinegar (5% acidity)  
1 (15-ounce) can tomato sauce  
1 teaspoon garlic salt

Combine all ingredients in a large non-aluminum Dutch oven; bring to a boil over medium-high heat, stirring often. Reduce heat, and simmer, stirring often, 40 minutes or until thickened. Pour into hot jars, filling to 1/2 inch from top. Remove air bubbles; wipe jar rims. Cover at once with metal lids, and screw on bands. Process 15 minutes in boiling-water bath. Yield: 8 half-pints.

- from Progressive Farmer <http://www.progressivefarmer.com/countryplace/060796/recipes/default2.asp>

#### Quick Vegetable Soup

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1 can (15 ounces) mixed vegetables, undrained  
2-1/4 cups vegetable juice cocktail  
Salt and pepper, to taste

Combine ingredients and heat to boiling. Season with salt and pepper. Serves 3.  
(from Pantry Cooking by Cheryl Driggs)

#### Skillet Potato Dinner (Fresh or Dried Foods)

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Reconstitute 2 cups dehydrated sliced or diced potatoes. Drain. Heat margarine and fry potatoes with choice of the following:

1- dehydrated onions  
2- dehydrated broccoli  
3- canned, stewed tomatoes  
4- dehydrated cheese  
5- chili

6- meat of choice: bacon bits, sausage gluten, canned chicken, etc. Season to taste. From "Cookin' with Home Storage" by Peggy Layton <http://www1.icserv.net/D100001/X100043/books.html>

#### Applesauce Cake Baked in a Jar

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Yield: 12 servings  
2 2/3 c shortening  
2 2/3 c sugar  
4 eggs  
2 c applesauce  
1/3 c water  
3 1/3 c all-purpose flour, sifted  
1/2 ts baking powder  
2 ts baking soda  
1 1/2 ts salt  
1 ts cinnamon  
2 ts cloves  
2/3 c walnuts, chopped (optional)  
2/3 c nuts, chopped (opt)

Cream together the shortening & sugar. Beat in the eggs, one at a time until the mixture is light & fluffy. Add the applesauce & water; set aside. Sift together the flour, baking powder, baking soda, salt, cinnamon & cloves. Blend the dry ingredients into the applesauce mixture. Fold in the nuts. Sterilize pint (wide mouth jam/jelly) jars, lids & rings. keep the lids & rings in the hot water until ready to use). Grease the insides of the jars with shortening, DO NOT use Pam). Fill jars half full. As I haven't made this one, you'll have to figure out how many jars to use. Place the jars on a cookie sheet. Preheat oven to 325-degrees. Bake in preheated oven for about 45 minutes or until pick inserted in the center (deep) of each cake comes out clean. Remove jars from the oven one at a time (use HEAVY DUTY HOT PADS!), wipe rim of jar clean; put on a lid

& ring & screw on tightly. Jars will seal as the cakes cool. You'll hear a "plinking" sound which means that the jars have sealed. If you're not sure, push down on the lids after the cakes have cooled, the lids should NOT be loose or it is NOT sealed. Decorate jar as desired. Ellie Collin  
- from Dolores <http://w3.one.net/~proicer/recipes/jarcakes.htm>

#### Dessert -- Debbie

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Pancake mix complete  
Canned pie filling  
Oil or shortening

Follow the directions on mix to make WAFFLE consistency batter. Add a little sugar. Pour on griddle, med. high heat, allow to get about half done, add fruit pie filling, flip sides onto center, turn over allow to cook several minutes more to get the centers done and serve.

from Y2K for Women Recipes <http://www.y2kwomen.com/recommended/recipes.html>

#### Old Fashioned Apple Butter

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Introduction: found in an old Kerr canning cookbook....

8 lbs apples  
16c sugar  
6 T cinnamon (or any variety of spices to suit your taste)  
1 c vinegar

Cut core and peel apples. Boil in water till you have a thick pulp. Some run it through a foley food mill for spreading consistency but my family likes it chunky. Add sugar vinegar and cinnamon. Pour in a large baking dish or roaster pan. Bake at 200 degrees for 6 hours or more, till thick. Process in sterilized jars in the usual and customary way. No need to boil in a water bath if jars are hot and butter is boiling. Makes 16 pints.

Serving Suggestions: Great on homemade bread or on hotcakes! This is the recipe that our grandmothers used.

- from RecipeExchange.com [http://www.recipeexchange.com/recipeexchange\\_cfmfiles/recipes.cfm/263](http://www.recipeexchange.com/recipeexchange_cfmfiles/recipes.cfm/263)

#### Fruit Cobbler

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2 cans of pie filling  
1 white or yellow cake mix  
4 T butter or butter flavor Crisco

Melt butter in Dutch oven or cast iron skillet. Add pie filling and bring to boil. Mix cake mix according to package directions, substituting powdered milk and Just Whites or powdered eggs for fresh if necessary.

Pour evenly over fruit. Cover and cook at medium low for 30 minutes or more until done. Serves 6-8

from Y2K Kitchen <http://www.y2kKitchen.com/>

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

#### This Month's Suggested Books:

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"The Big Book of Preserving the Harvest" by Carol W. Costenbader, Pamela Lappies (Editor), Julia Rubel (Editor)

ISBN: 0882669788 (paperback)

ISBN: 0882668005 (hardback)

From the Publisher: "The Big Book of Preserving the Harvest covers handling and managing produce fresh from the market or garden including canning - containers and equipment, techniques, safety, and what to can; drying - equipment, appropriate foods, drying times, and storage methods; freezing - containers and wrappings, dry and wet pack methods, and safety precautions; pickling - canning, freezing, and

refrigerating, and equipment and containers; and preserving - canning and freezing jams, jellies, and preserves, adding pectin, and gift ideas."

"Complete Guide to Home Canning and Preserving" by The U S Dept of Agriculture  
ISBN: 0486409317

From the Publisher: "This practical, easy-to-follow guide--newly revised and updated--offers food shoppers an attractive, high-quality alternative to high-priced, overprocessed, and undernourishing foods. Virtually everything you need to know about home canning is here: how to select, prepare, and can fruits, vegetables, poultry, red meats, and seafoods; how to preserve fruit spreads, fermented foods, and pickled vegetables; how to test jar seals, identify and handle spoiled canned foods, prepare foods for special diets, and much more."

"Stocking Up: The Third Edition of the Classic Preserving Guide" by Carol Huppig, with The Staff of the Rodale Food Center  
ISBN: 0671693956

From the Publisher: "For the self-sufficient farmer or the urban weekend gardener, the third edition of Stocking Up is an invaluable addition to any kitchen. With detailed illustrations and easy-to-follow directions, this encyclopedic resource makes 'stocking up' easy. With more than 300 recipes for preservable foods - from old standards like casseroles, fruit leather, and ice cream to new favorites such as sun-dried tomatoes, herb vinegars, and salt- and sugar-free versions of basic fare, Stocking Up covers everything for the home cook. Hundreds of charts and illustrations simplify preserving chores and choices for everyone interested in stocking up on wholesome, natural foods."

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

This Month's Frugal Living Tips:

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Home canning provides us with the opportunity to store our garden produce and prepared food storage. Safety in home production and storage is always an issue.

From "Canning & Preserving Food" at <http://www.thevision.net/DMS/canning.htm> we learn: "Canning is an important, safe method of food preservation if practiced properly. The canning process involves placing foods in jars or similar containers and heating them to a temperature that destroys microorganisms that cause food to spoil and create a health hazard. During this heating process air is driven out of the jar and as it cools a vacuum seal is formed. This vacuum seal prevents air from getting back into the product bringing with it contaminating microorganisms." . . . "There are two safe ways of processing food, the boiling water bath method and the pressure canner method."

The National Food Safety Database on Canning is at <http://www.foodsafety.ufl.edu/cmenu/can/canning.htm>  
Here you will find the USDA Complete Guide to Home Canning, The University of Georgia's So Easy to Preserve Canning Guide, and more information on canning.

"Quality for Keeps: Food Preservation — Steps to Success in Home Canning" at <http://muextension.missouri.edu/xplor/hesguide/foodnut/gh1452.htm> states, "Start with the best to end with the best."

HomeCanning.com offers assistance with the basics at <http://www.homecanning.com/can/ALBasics.asp>

Another good canning primer is available from FireGirl.com at <http://www.firegirl.com/preserving/canning1.html>

An article in Backwoodshome at <http://www.backwoodshome.com/articles/clay53.html> called "Canning 101 — pickles, fruits, jams, jellies, etc." by Jackie Clay tells how to get started with home canning.

MakeStuff.com offers a superb canning primer at [http://www.makestuff.com/canning\\_basics.html](http://www.makestuff.com/canning_basics.html)

An article from the North Dakota State University Extension Service at <http://ndsuxt.nodak.edu/extpubs/yf/foods/he174w.htm> called "Home Canning of Fruit and Fruit Products" provides information and a chart to help with canning fruit.

Excellent information about canning jars is available from WebLife at <http://www.weblife.org/canning.html>

The Mississippi State University Extension Service offers recipes for Pickles, Relishes, Jellies, Jams, and Preserves at <http://ext.msstate.edu/pubs/pub220.htm>

SOAR offers preserve recipes at <http://soar.berkeley.edu/recipes/preserves/>

For the most tomato recipes I've seen in one place, visit "TOMATO RECIPES TO PRESERVE THE GOODNESS OF AN ABUNDANT HARVEST" at <http://extension-horticulture.tamu.edu/plantanswers/recipes/tomatorecipes.html>

Canning Recipes for Preserving Fruit are available from <http://www.thevision.net/DMS/canningrecipes.htm>

To share your canning ideas or ask for help from others, you can post your messages and read others at the Home Canning Message Board at <http://www.InsideTheWeb.com/mbs.cgi/mb654001>

The Kitchen Link also has a message board for sharing canning recipes at [http://www.kitchenlink.com/msgbrd/board\\_20/tklcc.html](http://www.kitchenlink.com/msgbrd/board_20/tklcc.html)

More home canning resources are available from The Mining Company at <http://southernfood.miningco.com/food/southernfood/msubcan.htm>

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

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Members can email to the entire list to join the discussion by sending email to [LDSFS@listbot.com](mailto:LDSFS@listbot.com)

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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."

^\_^ FAX 1-801-650-5185 (NOT Toll-Free)

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

> ' < ICQ Pager <http://www.icq.com/2839630>

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