

Food Storage Newsletter

Food Storage Newsletter #0011 - FREE monthly Email newsletter - November, 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 time will come that gold will hold no comparison in value to a bushel of wheat." President Brigham Young

Spiritual Goal---Have personal prayers and scripture study every day.

Provident Living Goal---Make a goal to reduce your family garbage by recycling more.

Storage Goal:

100 pounds wheat per person

1 #10 can juice mix with vitamin C per person

Hand/shower soap

light bulbs

At least one month prescription ahead for all doctor prescribed medication.

72 hour kit:

soap

toothbrushes and toothpaste

shaving supplies

infant needs

feminine needs

disinfectant

aluminum foil

(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:

=====
Wheat - 2 Years in original container (indefinitely in a food grade container with an oxygen absorber or vacuum sealed in a food grade bag)

White or Whole Wheat Flour - 9 Months

Kool Aid 18-24 Months Kraft Foods 1-800-543-5335

Drink Mix: Country Time Lemonade; Crystal Light; Tang – 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:

Whole Wheat Pie Crust

Makes 1 - 9" crust

In a large bowl combine:

2 cups whole wheat flour

1/2 cup vegetable oil

Mix until a moist but crumbly consistency is achieved. If necessary, add water to achieve the desired consistency. Use your hands to form a ball with the dough and place it into the middle of the pie form. Press down the dough towards and up the edges of the form. Trim any overhanging dough with a knife and use it to patch up any thin spots. Either prebake or fill with whatever ingredients your recipe calls for.

- http://www.earthsave.bc.ca/recipes/recipes/pie_crust.html

Roasted Wheat Berries (from Ethiopia)

Heat a small amount of oil in skillet. Add wheat berries (whole wheat) and pop like popcorn. They don't actually pop, but will puff up. Serve hot with salt.

- from The "More-with-Less Cookbook" by Doris Janzen Longacre

ISBN 0836117867

Sage and Herb Whole Wheat Stuffing

12 slices stale whole wheat bread

1 medium onion, finely chopped

1 cup finely chopped celery (include leaves)

1 tsp dried sage

3/4 tsp dried thyme

3/4 tsp dried marjoram

1/4 tsp ground black pepper

2 egg whites, lightly beaten (optional)

2/3 cup chicken broth or Butter Buds liquid

Take 8 of the 12 slices of bread and tear them into small pieces. Place the pieces in a food processor or blender and process into coarse crumbs. Measure the crumbs. There should be 4 cups. (Adjust the amount if necessary.) Place the bread crumbs and cubes in a large bowl, and add all of the remaining ingredients except for the chicken broth. Toss to mix well. Slowly add the broth as you continue tossing. Coat a 2-quart casserole dish with nonstick cooking spray. loosely spoon the stuffing into the dish, and bake uncovered at 325 degrees for 45 minutes to an hour, or until heated through and lightly browned on top. Serve hot.

-- Makes 12 Servings

SERVING SIZE: 1/2 cup

PER SERVING: 92 Calories, 1 g Fat, 2.5 g Fiber, 0 mg Cholesterol, 3.7 g Protein, 205 mg Sodium

VARIATION: For a change of pace, add one of the following ingredients to your whole wheat stuffing:

1 cup peeled chopped roasted chestnuts; 1 can (8 ounces) chopped mushrooms, drained, or 1 1/2 cups chopped fresh mushrooms, sautéed in 1 tbsp of chicken broth.

- <http://www.dottisweightlosszone.com/holidaymenu7.html>

Wheat Sprout Meatballs

2 c. wheat sprouts
1 medium onion
1 tsp. salt
2 Tbs. oil
2 eggs, beaten
2 c. bread crumbs

Grind bread crumbs. Put sprouts and onion through food grinder, using fine disc. Add salt, oil, and beaten eggs. Shape into balls and brown in oil in frying pan until brown and heated through.

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

Whole Wheat Pancakes (with Dried Eggs)

2 c. wheat flour
2 tsp. baking powder
4 Tbs. sugar
5 Tbs. dried whole egg
6 Tbs. dried milk
1/2 tsp. salt
2 c. + 5 Tbs. water
4 Tbs. oil

Sift dry ingredients. Add water and oil, stir until moist. Cook on a griddle or pan at medium heat. Serve with your favorite topping.

- from "Cookin' With Dried Eggs" by Peggy Layton
<http://www1.icserv.net/D100001/X100043/books.html>

Ground Wheat Breakfast Cereal

Bring to a boil:

3 c. water

Combine separately and add:

1 c. cold water

1 c. ground wheat

2 tsp. Salt

Stir constantly while thickening to prevent lumps. Reduce heat and cook 15 to 20 minutes. Serve with milk and sugar, honey or molasses.

- from The "More-with-Less Cookbook" by Doris Janzen Longacre
ISBN 0836117867

Wheat Chili

3 cups water

3 Tbsp. beef broth
1 1/2 cup whole wheat
1 onion, chopped
1 cup tomato sauce 1 tsp. chili powder
1/2 Tbsp. brown sugar
1 bay leaf
1/2 tsp. sweet basil
1/2 tsp. ground cumin

Place all ingredients in crockpot and cook on high for 6-8 hours

- <http://www.ldscn.com/bin/p3?req=show&zone=ldscn&src=food&key=1669>

Whole Wheat Sweet Porridge

Thick, sweet and satisfying, this whole wheat porridge was easy for our ancestors to whip up whether at home or on the road. It makes a delicious and nourishing breakfast, a comforting snack on a winter's night, or even a dessert at the end of a light meal.

1 lb. wheatberries
3 cups water
2 cups milk
1/2 cup raisins
1/2 cup almonds or walnuts
cinnamon, honey

Rinse the whole wheat and bring to a boil with the water. Cover pot, lower heat to a simmer and cook 1/2 hour. Add the milk, raisins and nuts. Continue to cook till the wheat is crunchy-tender, about 30 minutes, depending on size and age of wheat. Prepare little dishes of cinnamon and honey for setting on the table. Pour the wheat porridge into a casserole dish, or spoon it into separate bowls, and serve. Let guests add their own ground cinnamon and honey to taste.

Serves 4-6 (breakfast or dessert)

- <http://www.ariga.com/visions/biblfood/wheat.htm>

Whole Wheat Noodles

2 c. freshly ground wheat berries
6 eggs
1 tsp. salt
1 tsp. vegetable oil
boiling broth or water

In a large bowl place the eggs and beat thoroughly. Add salt, oil and freshly ground flour. Mix well. Place flour mixture on a floured board. Place wax paper over flour mixture. Roll out dough to 1/8" thickness. With pastry cutter or sharp knife cut dough into long strips. Place strips in boiling broth or water for 5 to 7 minutes or until done.

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

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

This Month's Suggested Books:

=====

“The Whole Grain Cookbook” by A. D. Livingston

ISBN: 1585740470

Synopsis:

From the familiar oat to exotic ancient crops, here is a celebration of the good eating to be had from whole grains. Grain truly is the staff of life—tasty, versatile, and highly nutritious. In The Whole Grain Cookbook, A. D. Livingston brings his encyclopedic knowledge of world cuisines to bear on the wonderfully diverse possibilities offered by grains. These authentic, eclectic, homespun recipes show the various grains at their best, whether on their own or cooked with meats and vegetables. Rediscover the goodness of barley, oats, corn, and wheat in recipes for Turkish barley and yogurt soup, oat museli and scones, and corn pozole. Experience the marvelous flavors of newly available ancient grains such as amaranth and quinoa, first grown by the Aztecs and Incas, and enjoy the delicious taste of millet, a Middle Eastern staple since prebiblical times. This delightfully inclusive cookbook also has tempting recipes for chickpeas, buckwheat, spelt, nuts, seeds—and even acorns. Also included is information on where to buy whole grain, how to store it, and how to grind your own meal and flour with a home milling machine (as with coffee and pepper, freshly ground grains are more flavorful, and cheaper, than store-bought). Appetizing, informative, and uncomplicated, The Whole Grain Cookbook is a resource you'll turn to again and again.

“Wheatgrass Nature's Finest Medicine: The Complete Guide to Using Grass Foods & Juices to Revitalize Your Health” by Steve Meyerowitz, Nancy Flaxman (Editor), Michael Parman (Illustrator), Robert Ross (Photographer)

ISBN: 1878736973

Synopsis:

This new book contains everything you need to know about this wonder plant and its miracle cures. Including: The latest medical research; How to grow it, juice it, take it and create a total health restoration program. Detoxification, nutrition, research, benefits, healing retreats, chlorophyll, cancer, real stories by real people, historical roots. Barley and other grasses. Why it works, where to get it and where to get help. All from the man who knows his greens — The "Sproutman," Steve Meyerowitz. One of nature's best kept secrets may be right under our feet!

From the Publisher:

Wheatgrass Nature's Finest Medicine: The Complete Guide to Using Grass Foods & Juices to Help Your Health Cleanse.... Nourish.... Rejuvenate.... Heal. Everything you need to know about this wonder plant and its miracle cures. Including why it works, where to get it and where to go for help. How to grow it, juice it, take it and create a total health restoration program. Nutrition, research, healing retreats, detoxification, history, chlorophyll, cancer, real stories by real people. Wheat, barley and Kamut grasses.

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

This Month's Frugal Living Tips:

=====

Here are some other uses for your food storage.

Wheat Foot Warmers

-
1. Cut a piece of fabric 23" wide and 24" long.
 2. Turn & iron to wrong side abt. 1/2 " across the ends... (both 23" widths)
 3. Fold across 23"width and sew a seam with wrong sides together down 24" length... ending up with a tube abt. 22" long & abt. 11" wide.
 4. Turn right side out.
 5. Sew 4 seams at equal distance apart from open end to open end.
 6. Measure down abt. 12" from one open end and sew a seam across the width.
 7. Measure about 1 1/2" from above seam and sew another seam across width.
 8. Fill each tube in one half (with wheat) to about 2" from the top. Shake it down several times because it will really settle a lot. Pin these tubes closed and sew 2 seams across to close the tubes and then remove the pins.
 9. Now do the same thing with the other 1/2.

To use microwave on high for no more than 3 minutes. Be careful.. it doesn't feel very hot when you take it out of the microwave but it is hotter than it feels. Now put it on the floor in front of your chair... put your feet on the longer 1/2 and flop the other 1/2 up over your toes onto the tops of your feet. A-h-h-h ecstasy!

- <http://www.ldscn.com/bin/p3?req=show&zone=ldscn&src=food&key=1696>

How to Make Your Own Wheat Band

What you need:

Empty plastic bottles

Wheat grains

What you do:

1. Put your wheat grains in a plastic bottle. (You can experiment with different amounts of grains in different bottles)
2. Secure the lid very tightly so that none of the grains fall out when the bottle is shaken.
3. Decorate the bottle however you like.
4. Make sure the bottle is dry.
5. Have the time of your life with your own wheat band.

- <http://www.clima.uwa.edu.au/beanfiles/win995.htm>

Wheat Weaving Napkin Rings

Wheat weaving is an inexpensive craft to learn and the finished product looks delightful. Ask a farmer if you could have a hand full of wheat stalks. Try plaiting three or four stalks. Leave wheat heads attached. When you have finished your plait, wind it around a cardboard tube, taping both ends to the tube. Using a cotton thread of the same wheat colour and a needle, carefully stitch the plaits together without inserting the needle into the stalks. Make sure you start and finish with a strong knot. Undo tape and slide off tube. Roll up a napkin and pull through ring. If, after making the napkin rings, you feel adventurous look for pictures of Corn Dollies, fans and cornucopias to try.

- <http://www.crop.cri.nz/foodinfo/millbake/wheatact.htm>

Papier-mache

Materials:

newspaper strips
large round balloon
wheat paste or liquid starch
sandpaper
glue
flat rock
tempera paint, fabric scraps, ribbon, yarn, buttons, etc.

Procedures

1. Tear newspaper into strips.
2. Inflate balloon and knot the end.
3. Mix 1 cup flour to 2 cups water for a thick wheat paste or mix according to package directions.
4. Dip newspaper strips into mixture and apply to balloon. Smooth out any wrinkles.
5. Cover balloon with newspaper strips. Allow to dry overnight.
6. Add second layer of newspaper strips. Allow to again dry overnight.
7. When papier-mache is hard and dry, pop balloon.
8. Cut a hole large enough to fit the rock inside the daruma.
9. Coat the flat surface of the rock with glue. Set rock in the balloon at the bottom and allow to dry.
10. Patch the hole with newspaper and paste. Allow to dry completely.
11. Paint a face, arms, and clothing on the daruma. Fabric, yarn, ribbon, etc. may be used instead of or with the paint.

- <http://multimedia2.freac.fsu.edu/fga/academy/k1japan.htm>

Grow A Spring Village In A Saucer

Materials: Pietin with good drainage, Potting soil, Wheat berries or rye grass seed, Clear plastic wrap, Spray bottle filled with water, Miniature items(toys, animals, (cake decorations)). Fill the pietin with soil. Sprinkle seeds over entire soil. Lightly spray soil with water until it is damp, not soggy. Cover with plastic wrap to retain moisture. Place in indirect sunlight, and keep soil moist until seeds germinate (about 4-5 days). After seeds germinate remove plastic and place in a sunny window. Allow the children to decorate. (miniature toys, twig trees, tissue paper flowers, clay figures) Pathways can be added to the village by clipping grass.

<http://www.icomm.ca/daycare/cardsb10.html>

Also read: "From Bread to Blocks"

Wheat starch may yield an inexpensive, lightweight aggregate for concrete in tomorrow's homes.

- <http://www.ars.usda.gov/is/AR/archive/jan97/>

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

Newsletter & Email List Information:

=====

This FREE Monthly Email Food Storage Newsletter is made available by joining any ONE of THREE Email lists (below). If you are on one of these lists; but would prefer the benefits of another list, simply unsubscribe from the list you are on, and subscribe to the one you prefer. If you are on more than one of these email lists, some posts will be duplicated (such as the newsletter), resulting in you receiving the same email more than once.

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

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

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

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/FREEFSN>

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

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

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

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

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

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/nursehealer>

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>

--

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://wpp.icq.com/2839630>

Cat <http://www.nursehealer.com/Contact.htm>

NEW Banner Link for NurseHealer.com <http://www.nursehealer.com/Banner.htm>

[Food Storage](#)

Food Storage Newsletter

A **FREE Monthly Email Food Storage Newsletter** is available by joining the **FREE Food Storage Newsletter Announce-Only Email List, the NurseHealer Email Discussion List, or the LDS Food Storage Email Discussion List** at <http://www.nursehealer.com/Listbot.htm> This newsletter will provide food storage guidelines, acquisition plans, shelf life information, cooking and food preparation ideas, and buying and storage tips. These ideas are gathered from numerous resources. It is written so that anyone interested in food storage for any reason may find useful information in it.

[SUBSCRIBE OR UNSUBSCRIBE to Email Lists \[HERE \]](#)

[NurseHealer.com](#)
[Forums](#)

[Sitemap](#)
[Email Lists](#)
[Bookstore](#)

[Suggest a Link](#)
[Classifieds](#)
[Contact NurseHealer](#)
[Awards](#)
[Search This Site](#)

[Banner Link](#)
[WebRing](#)
[VOTE](#)

[Announce to a Friend](#)
[Guestbook](#)

[Copyright © 1997, 1998, 1999, 2000 by Mary Catherine \("Cathy"\) Miller All Rights Reserved.](#)