

# Food Storage Newsletter

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Food Storage Newsletter #0015 - FREE monthly Email newsletter - March 2001:

This Month's Plan to Acquire Food Storage and 72-Hour Kit in One Year (with Monthly Goals)

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## Quotation:

“We continue to encourage members to store sufficient food, clothing, and, where possible, fuel for at least one year. We have not laid down an exact formula for what should be stored. However, we suggest that members concentrate on essential foods that sustain life, such as grains, legumes, cooking oil, powdered milk, salt, sugar or honey, and water. Most families can achieve and maintain this basic level of preparedness. The decision to do more than this rests with the individual. We encourage you to follow this counsel with the assurance that a people prepared through obedience to the commandments of God need not fear.” The First Presidency of The Church of Jesus Christ of Latter-Day Saints (Ezra Taft Benson, Gordon B. Hinckley, and Thomas S. Monson) June 24, 1988 in a letter to General Authorities and the following Priesthood leaders in the United States and Canada: Area Authorities (formerly Regional Reps.); Stake, Mission, and District Presidents; Bishops and Branch Presidents.

## Spiritual Goal:

Hold Family Home Evening every Monday night. Open and close each family meeting with a prayer, read and discuss scriptures, and enjoy some recreational activity or entertainment.

## Provident Living Goal:

Learn a new method of food production, preservation, or preparation. For example, learn gardening, home canning, sprouting, or how to make yogurt, jerky, or dry fruits and vegetables. Sister Barbara W. Winder said that, “provident living includes the prudent, frugal use of one’s resources, making provision for the future as well as providing wisely for current needs.”

## Home Storage Goal:

Beans (dry) – 50 lbs. per person

Milk (dry) – 20 lbs. per person

Spices & herbs

Water (1 to 2 gallons per person per day) – 30 gallons per person

NOTE: If your family doesn't use suggested items, substitute foods used.

- More Food Storage Ideas <http://www.nursehealer.com/Storage.htm>

## 72 Hour Kit Goal:

Canteen; can opener; sewing & repair kit

- More 72-Hour Kit Ideas <http://www.nursehealer.com/72Hour.htm>

## First Aid Kit Goal:

1-inch bandage roll – 1 per person

- More First Aid Kit Ideas <http://www.nursehealer.com/Guide.htm>

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

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Beans, Adzuki, Blackeye, Black Turtle - 8-10 years (at 70 degrees F.)

- Beans, Dried - 12-24 months (in their original container); indefinitely (resealed w/oxygen absorber)
- Beans, can - 24-36 months
- Beans, Garbanzo, Great Northern, Kidney, Mung, Pink, Pinto - 8-10 years (at 70 degrees F.)
- Beans, Refried - 5 years (at 70 degrees F.)
- Beans, Small Red, Soy - 8-10 years (at 70 degrees F.)
- Lentils – 24 months (indefinitely resealed in a food grade container with an oxygen absorber or vacuum sealed in a food grade bag)
- Milk Alternate, Morning Moo brand powdered - 5 years in original bag (7 years in bucket)
- <http://www.bluechipgroup.net/>
- Milk, aseptic packaging - Pkg. date
- Milk, Powdered (Non-Instant) - 24-48 months (Instant Non-fat - 6-15 months)
- Creamers, Non-dairy - 9-36 months
- Buttermilk powder - 24-36 months
- Spices & Herbs, whole - 12-24 months; (ground - 6 months); (frozen - 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 – 6-9 (Ointments, creams, and capsules – 6-9 months)

- More SHELF LIFE information with lots of resources: <http://www.nursehealer.com/ShelfLife.htm>

### This Month's Cooking with Food Storage Ideas:

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#### Ruth's Bean Spread

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In a large pan, in ½ c. water, sauté a finely chopped onion, a green pepper, 3 ribs celery, and about ½ c. coarsely shredded carrots for about 10 minutes. Then add about 3 c. cooked beans (garbanzos, navy beans, or any leftover beans), some crushed garlic, 1 Tbs. Curry powder (maybe a pinch of hot pepper), and a slug of tamari. Also add about 1-1 ½ c. water or vegetable-cooking water. Mix well. Then put the pan into the oven and bake the spread until the liquid is absorbed (about 1 hour at 350 degrees F.) Cool. Then mash with a potato masher. Chill before using. Good sandwich material.

- from "The Encyclopedia of Country Living: An Old Fashioned Recipe Book" by Carla Emery ISBN: 0912365951

#### Indian Bean Bread

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(Early Settlers)

4 c. corn meal            2 c. hot water  
2 c. cooked beans       ½ tsp. Soda

Put cornmeal in a bowl. Mix in drained beans. Make a hole in middle and add soda and water. Mix. Form into balls and drop into a pot of boiling water. Cook about 45 minutes or till done.

- from "Cookin' with Home Storage" by Peggy Layton and Vicki Tate ISBN: 1893519015

<http://www.ut-biz.com/homestoragecookin/>

#### Oil-Free Refried Beans

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5 c. Pinto beans                    3-4 Tbs. Green and red salsa



## Emergency Sausage

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1 lb. ground meat (You're choice!)    1 tsp. salt  
1 tsp. pepper                                1 Tbsp. non-fat dry milk (for extra lean meat, as a binder)

Simply mix the ingredients into the meat, if you can, let it stand in the cooler overnight to better let the spices blend into the meat, or you can form patties and cook immediately. This by all means is not a hard set recipe. For a more Southern taste, add some peppers (seeded and finely diced) to the mix. For a more Northern taste, add some Mapleine and brown sugar. For a Mediterranean flair add some Italian spices. Whatever you're taste, have some fun with it and be creative! With extra lean meat, adding some powdered dry milk will act as a binder. The beauty of this recipe is that you can use any kind of ground meat. It doesn't have to be pork.

- from Adventure Sports Online's Camping Recipes  
<http://www.adventuresports.com/asap/camping/recipe.htm>

## Whole Wheat Rolls

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Dissolve:

2 pkg. Dry yeast in                                ¾ c. lukewarm water

Combine in large bowl:

3 c. warm water                                    1 c. dry milk powder

½ c. soft shortening, margarine, or oil    2 eggs

1/3 c. sugar                                        2 tsp. Salt

Yeast mixture (above)

Have ready:

6 c. white flour                                    4 c. whole-wheat flour

Add 5 c. flour and beat thoroughly by hand or with electric mixer. Stir in an additional 3 c. flour. Turn dough onto floured board and use 2 more c. flour to knead until smooth and elastic. Let rise in greased bowl until doubled in bulk. Punch down and shape into dinner or cinnamon rolls. Let rise and bake 20-25 minutes at 375 degrees.

- from "The More-With-Less Cookbook" by Doris Janzen Longacre ISBN 0-8361-1786-7

## Rodale's Whole Pickling Spice

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2 Tbs. Bay leaves                                1 Tbs. Cardamom seeds

1 Tbs. Dried ginger root                        1 stick of cinnamon

1 ½ whole dried chili peppers (more can be used if you like it hot)

2 Tbs. Mustard seeds                            1 Tbs. Whole allspice

1 Tbs. Coriander                                1 Tbs. Peppercorns

Crush bay leaves. If you have cardamom in the pod, pound it with a mortar and pestle to extract seeds. Also pound dried ginger root and break cinnamon stick into small pieces to distribute flavors. Dried chilies can be broken or crushed into small pieces.

Combine bay leaves, cardamom seeds, ginger, cinnamon, chili peppers, mustard seeds, allspice, coriander, and peppercorns. Blend, and store in an airtight container. Use as directed in recipes. Yield: 4 ounces

-from "Stocking Up" by Carol Huppig and the Staff of the Rodale Food Center ISBN 0-671-69395-6

## Crisp Lime Pickles

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3 ½ lbs. cucumbers, sliced ½ inch thick	1 c. pickling lime*
1 gallon water	6 c. white vinegar
3 c. honey	6 tsp. Rodale's Whole Pickling Spice (Recipe above)

In a large enamel, stainless steel, or glass bowl, soak cucumbers in lime and 1 gallon water overnight. Stir occasionally to disperse lime. Wash cucumbers thoroughly in cold running water. Soak 4 hours in ice water, then drain completely. In a medium-size enamel or stainless steel saucepan bring vinegar and honey to a boil. Meanwhile, pack cucumbers into hot, scalded pint jars, and place one teaspoon pickling spice in each jar. Pour the hot vinegar mixture over cucumbers, leaving ½-inch headspace. Seal and process in a boiling-water bath for 10 minutes.

Yield: 6 pints.

\* Pickling lime is a fine white powder otherwise known as calcium hydroxide. It's used in commercial pickles to keep them crisp without salt.

-from "Stocking Up" by Carol Huppung and the Staff of the Rodale Food Center ISBN 0-671-69395-6

### Chili Seasoning Mix

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1 ½ tsp. Flour	1 Tbs. Dried onion flakes
¾ tsp. Chili powder	¼ tsp. Dried red pepper (cayenne)
¼ tsp. Minced garlic	½ tsp. Seasoning salt
¼ tsp. Sugar	¼ tsp. Cumin

Combine all ingredients until mixed well. Store in airtight container. This is equivalent to 1 pkg. of seasoning mix from the store.

- from "Cookin with Home Storage" by Peggy Layton and Vicki Tate ISBN: 1893519015

### Vegetable Seasoning Mix

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(This mix of your favorite dried summer herbs is good for seasoning fresh vegetables, and when you sprinkle a little on pasta, it becomes a special-occasion meal.)

9 Tbs. Dried parsley	4 Tbs. Dried chives
1 tsp. Dried sage	1 tsp. Dried oregano
1 tsp. Dried thyme	1 tsp. Dried basil
½ tsp. Celery seeds	1 tsp. Garlic powder

Combine all ingredients and store in an airtight container away from heat and light. The garlic can sink to the bottom of the container, so stir well before each use. Sprinkle on vegetables, buttered pasta, salads, or soups as desired. Yield: ¾ cup

- from "The Big Book of Preserving the Harvest" by Carol W. Costenbader, Pamela Lappies (Editor), Julia Rubel (Editor) ISBN: 0882669788 (paperback) ISBN: 0882668005 (hardback)

### Rolled Tacos

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½ c. finely ground nuts	¼ c. flaxseed meal or chia meal
3-4 Tbs. Fresh tomato, juice and pulp (about 1 medium tomato)	
1 chili pepper, finely chopped or ground, or dash of cayenne	
1 tsp. Chopped onion (optional)	¼ tsp. Salt (optional) or 1 tsp kelp
1 c. alfalfa sprouts	6 tortillas

Mix all except sprouts together to make a rather stiff paste. Measure a heaping tablespoon onto each

tortilla, sprinkle with sprouts, make into a roll and serve with or without a sauce. Makes 6 tortillas.  
Serves 2 to 4.

- from "UNcook Book: Raw Food Adventures to a New Health High" by Elizabeth & Dr. Elton Baker  
ISBN: 0937766054 OR 1579010091

### Herbed Two-Potato Skewers

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4 Boiling potatoes (about 1 pound)	2 small Sweet potatoes or yams (about 1 1/2 pound)
1/2 c. Olive oil	2 Tbs. Chopped fresh parsley
1 Tbs. Chopped fresh tarragon OR thyme (1 tsp. dried)	
1/4 tsp. Red pepper flakes	1/2 tsp. Freshly ground pepper
1/2 tsp. Salt	

Prepare a fire in the grill. Position an oiled grill rack 4 inches above the fire. Steam all the potatoes on a rack over boiling water until they are barely tender when pierced, 15-20 minutes. Remove to a large bowl and cover with cold water. Let stand for about 2 minutes, then drain and pat dry. Cut the potatoes into 1 1/2 inch chunks and thread them onto skewers. In a small bowl whisk together the oil, parsley, tarragon, red pepper flakes, pepper, and salt; set aside. Arrange the skewers on the grill rack. Grill, turning frequently and brushing occasionally with the oil-herb mixture until the potato skins are well browned, about 10 minutes. Yield: 6 servings

(Whole Foods Market <http://www.wholefoods.com/wf.html>)

- from Bearlovers.com <http://www.bearlovers.com/healthy.htm>

### Guacamole Dip or Salad Dressing

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3 ripe avocados	3 Tbsp. lemon juice
1 small onion very fine chopped	1 tsp. garlic powder
2 Tbsp. Mayonnaise	Salt and pepper to taste
Dash of Tabasco sauce	Dash of Worcestershire sauce
Very finely chopped jalapenos peppers to taste	
1 chopped ripe tomato	

Placed peeled and cut avocados in a medium bowl and on low speed blend with mixer. Add remaining ingredients, adding jalapenos to suit your taste and blend until mixture is thoroughly blended together but not soupy. Chill and serve on lettuce as salad or with chips as dip. Place avocado pits in mixture while being stored in refrigerator to keep mixture from turning dark.

- from alt.support.diet.low-carb newsgroup recipes - Volume 1

Downloaded in Word 6.0 format (also online) <http://www.camacdonald.com/lc/cookbookdownload.html>

NOTE: If recipes do not load properly into your email, you can download the newsletter in HTML, doc, or pdf format at <http://www.nursehealer.com/Storage.htm>

Recipes from all previous Food Storage Newsletters are now online at  
<http://www.nursehealer.com/Recipes14.htm>

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

### This Month's Spiritual Preparation Ideas:

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Make family time a priority by vowing to hold regular Family Home Evenings every Monday night.

“Family Home Evening is a weekly observance of (members of the Church of Jesus Christ of)

Latter-day Saints for spiritual training and social activity, usually held on Monday evenings. In 1915, the First Presidency of the Church wrote: ‘We advise and urge the inauguration of a ‘Home Evening’ throughout the Church, at which time fathers and mothers may gather their boys and girls about them in the home and teach them the word of the Lord.... This ‘Home Evening’ should be devoted to prayer, singing hymns, songs, instrumental music, scripture-reading, family topics and specific instruction on the principles of the Gospel, and on the ethical problems of life, as well as the duties and obligation of children to parents, the home, the Church, society, and the Nation’ (IE 18 [June 1915]:733).”

- from Mormons.org <http://www.mormons.org/daily/fhe/index.htm>

Family Home Evening Lessons are online at <http://www.mormons.org/daily/fhe/lessons/index.htm>

The Palos Verdes Stake in California offers Family Home Evening resources online. The following is a sample outline for family home evening: Opening song (by the family); Opening prayer (by a family member); Poem or scripture reading (by a family member); Lesson (by a parent or an older child); Activity (led by a family member and played by all of the family); Closing prayer (by a family member); Refreshments

“A family can hold home evenings in many other ways. Any activity that brings the family together, strengthens their love for each other, helps them draw closer to Heavenly Father, and encourages them to live righteously can be a family home evening. Examples of activities include reading the scriptures, discussing the gospel, sharing testimonies, doing a service project, singing together, going on a picnic, playing a family game, and enjoying the beauties of nature. All home evenings should include prayer.”

- from Palos Verdes Stake [http://pvldsorg.76.uslive.net/family\\_home\\_evening.htm](http://pvldsorg.76.uslive.net/family_home_evening.htm)

LDS.net has FHE lessons online <http://test.lds.net/ldslife/families/fhe/fhe.html>

LDS-Index has more Family Home Evening ideas at <http://www.lds-index.org/fhe.htm>

Southbury Ward has ideas online for Family Home Evening <http://www.ldscn.com/jdj/fhe00.htm>

Missionary Emporium provides ideas for Family Home Evening lessons and activities with a new lesson idea every other week.

Missionary Emporium <http://www.missionaryemporium.com/fhe.html>

TheFamily.com has FHE resources and newsletter <http://www.thefamily.com/famnite/index.html>

See also Pratt's Family Home Evening Lessons & Links <http://www.fastq.com/~jbpratt/lds/fhe.html>

### This Month’s Suggested Books:

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“Family Home Evening Resource Book” - A standard resource for planning family home evenings.

This book contains five sections: Lessons (including lessons for special occasions and holidays); Making Home Evenings Successful; Lesson ideas; Building a Strong Family; Family Activities

Available in English or Spanish from LDS bookstores or

Salt Lake Distribution Center; 1909 West 1700 South; Salt Lake City, UT 84104 Order Desk

1-800-537-5950 (Order Desk - Canada 1-800-240-1126) (Order Desk - Outside US & Canada

1-801-240-1126) Online Distribution Center <http://www.ldscatalog.com/>

“Home-Spun Fun: Family Home Evenings: Gospel Basic: Lessons and Activities for all Ages with Memorable Thought Treats” by Mary H. Ross and Jennette Guymon-King ISBN: 1577341430

AND “Home-Spun Fun: Family Home Evenings 2” by Mary H. Ross ISBN: 1577344480

Once again, the authors of the popular Primary Partners series have combined their talents to produce a much-needed book that includes specific games and activities for a variety of age groups. Whether your family has young children, grade school youngsters, teenagers, or a combination, you'll find age-appropriate games and activities for each of them in virtually every section. In this action-packed,

fun-filled volume of fabulous lessons, games, activities, and treats, you'll find something for everyone, no matter what their age! Using the dozens of great lessons and activities in this book, you'll be able to help your children learn and understand basic gospel principles. And you can make each lesson as simple or elaborate as you wish. This incredible teaching help is available in book or CD-ROM.

<http://www.covenant-lds.com/>

"UNcook Book: Raw Food Adventures to a New Health High" by Elizabeth & Dr. Elton Baker

ISBN: 0937766054 OR 1579010091

From the back cover:

“An eating program that helps free you from illness, food pollution, cooking drudgery and high food costs. A whole new concept in food preparation ... includes dozens of delectable recipes. Here’s a holistic way to stable good health and longer life. Shows how to trade conventional food habits for the back-to-nature diet of the future.”

Contents: Why An All-Raw Diet; How To Start Your Health-Improving Diet; What Foods to Buy and Where to Buy them; How to Learn What Foods and Substances are Good for You; How to Combine Foods for Good Digestion and Moderate Eating; How and What to Eat and Drink; Dollar Savers, Penny Stretchers and Other very Special Foods; How to Sprout and Grow Seeds and Grains in Your Kitchen; More Notes on Wheat Grass and it’s Chlorophyll; Foraging – Food for the Taking; Traveling and Eating Out; Brown-Bagging for Lunch; Recipes for the Diet of the Future (Entrees; Breads and Pastry; Nut and Seed Butters and Spreads; Vegetable Dishes; Raw Soups; Salads, Salad Dressings and Marinates; Cheese and Yogurt; Sweets, Treats and Dried Fruits; Drinks and Liquid Meals; Breakfast Cereals)

Books suggested in Food Storage Newsletter, past and present, are listed on the NurseHealer.com Food Storage webpage at <http://www.nursehealer.com/Storage.htm> Information about each book, ordering information, and resources are provided as available.

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

This Month’s Frugal Living Tips:

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Learn seed sprouting in your home to get more use from your food storage and provide better nutrition for your family.

“It is impossible for a family to store vegetables to last a long period of time, especially if there were no refrigeration. By sprouting seeds, fresh vegetables are only 2-3 days away. Growing sprouts is like having an indoor garden the year round. Compared to yard gardening, kitchen gardening with sprouts is too easy. The seeds store well and basically all of them sprout, they require little space and grow independent of the weather. They are free of pesticides, require no fuel for preparation and there is no waste in production. Sprouts are rich in vitamins, proteins and enzymes. The produce can be harvested daily at a cost of less than 2 cents per serving. Grains normally have only a small portion of the total nutrients the body requires. Once they are sprouted, nutrients can increase up to 60 times the food value. This makes sprouts a necessary item for the home storage program. There is very little you can do wrong to sprouts.”

- from HomeMakingCottage.com <http://www.homemakingcottage.com/sprouts.html>

Know What Seeds are Sproutable:

“Most seeds can be sprouted and eaten but avoid sprouting any seeds from plants that may have poisonous parts. Common seeds for sprouting include alfalfa, fenugreek, lentils, peas, radish, and red clover. Mung beans have been sprouted in Asia for thousands of years, but take more equipment and time



than other seeds. Other less common seeds include cabbage, broccoli, garbanzos, mustard seed, and quinoa. Most grains can grow chlorophyll rich grass crops in soil, and grains without hulls can be used as short sprouts. Save garden seeds (radish is easy, just let them go to seed and harvest when dry and ripe). Caragana seeds make delicious sprouts. Spread a blanket or tarp by the bushes just before the pods pop open to catch the seeds.”

Gather your supplies: jar, 1 liter to 4-liter (1qt. to gallon) size, depending on your appetite for sprouts and size of your family; bowl of the right size and weight to prop up the jar; screen or netting and a rubber band, either nylon tulle from a fabric shop or gray fiberglass screen from a hardware store, will work fine; Fresh water; Seeds with good germination, preferably grown organically. Avoid purchased garden seeds unless you know they aren't treated. Most natural food stores have the common sprouting seeds; if in doubt, ask if it's organic. If you know a farmer who grows the seeds you want without chemicals, buy in bulk. Most seeds keep for a year or more in a cool dry place. (You can also use a home sprouting device, such as the SproutMASTER tm. Follow the directions that come with the device. )

Easy Sprouting Directions (for most small seeds):

- A. Soak Put 1 to 4 TBS. seed in a wide mouth jar. Cover with mesh and secure with rubber band. Add water, swirl, and drain. Add 1 cup cool water and soak for 4 - 8 hrs.
- B. Rinse Twice a day, refill jar with cool water, swirl, and drain. Invert jar and prop at angle in sink or bowl.
- C. Enjoy In three to six days, when sprouts are 3 to 5cm (1 to 2") long, enjoy. Cover the jar with plastic and a rubber band, or transfer to a covered container, and refrigerate to store.

Hints and Options for small seeds:

“You can grow alfalfa, red clover, radish, fenugreek, and other small seeds up to 4 cm (1.5") long. A 250g bag of alfalfa seed can grow 45 cups of sprouts, or even more. Lentils and peas are best small, with sprouts .5 to 1cm (1/4 to 1/2") long. They get tougher with more growth. Miss a rinsing? Just continue normally if the sprouts appear alive and show no signs of mold. The sprouts should be fine. If you do see a spot of mold or rot, remove it with a good margin of healthy sprouts and discard. Don't mistake the fuzzy white root hairs of radish, canola, mustards, and other crucifers for mold. Be sure to taste sprouts as you go along; use them when you like them. To green up sprouts, leave them without a cover for a few hours in bright light, but not direct sunlight. Sprouts grow best between 18C and 25C (65F and 75F). Use luke-warm water for soaking and rinsing in cool room temperatures, and cold water in hot room temperatures. Drain the sprouts well before they go in the fridge. Rinse in the morning, cover and refrigerate in the afternoon. Mung beans (for Chinese bean sprouts) grow best in a drainable tray or basket. They like extra rinsing, and are best grown in complete darkness to prevent bitterness.”

- from Sprouting Seeds from Mumm's <http://www.sprouting.com/homesprouting.htm>

See also Sprouting & Health <http://www.nursehealer.com/Sprouting.htm>

Put together a small sewing kit for your 72-hour emergency kit; but it's a good idea to keep a larger sewing kit in a portable bag or other container for home use. I have my sewing kit in a soft zippered & pocketed fishing tackle box with plastic boxes of assorted sizes inside to keep the odds and ends in; i.e. thread, needles, pins, measuring tape, etc. Collect different thickness and color threads that will come in handy at mending time. (Clear nylon thread is versatile.) Safety pins have many uses, even the larger diaper pins, which can be used for threading elastic through a skirt or pants top. A crochet hook can be used to pull the snag back through a sweater. A small non-colored beeswax candle can be used for waxing thread to keep it from snagging and breaking. Save old zippers, buttons, hooks & eyes from old clothes before discarding them or making useful items, quilts, or rags of them.

These are some suggested items for your sewing & repair kit:

Thread (all kinds), String, Yarn, Pins, Safety Pins (assorted sizes), Needles (sewing, upholstery, assortment), Elastic (various sizes), Seam Binding, Bias Tape, Zippers, Buttons, Velcro, Hooks & Eyes, Snaps, Grommets/Pliers (for tents & bags), Patches (iron-on & sew-on), Wooden Darner, Sailor's Palm (for sails & tents), Pin Cushion, Thimbles, Seam Ripper, Scissors (big & little), Awl, Needle Threaders, Magnifying Glass, Hem Gauge, Marking Pencils, Tailor Chalk, Pencils, Tracing Wheel, Tracing Paper, Measuring Tape, Crochet Hooks, Patterns, Instructions, Lace, Ribbon, Scraps, Sewing Machine Oil, Tools, Bobbins, Fabric Softener Sheet, Velcro closures or strips, Iron-on fusible web (for non-sewing closures) See also Sewing Kit Ideas <http://www.nursehealer.com/Sewing.htm>

Make your own bandage rolls for your first aid kit. Buying bandage rolls can be expensive if you are stocking up. Making your own rolls can help reduce this cost. Bandages should be made from clean, dry cotton or cotton-blend material.

Homemade cloth bandages: Strips of cloth from clean cotton bed sheets and pillowcases are measured and cut and then sewn together and wound into compact rolls. MCC (Mennonite Central Committee) bandages can be made from used white, colored or printed sheets. To make the bandages, tear off and discard the selvage. Tear material into strips 3" to 4"/7 cm to 10 cm wide. Sew the ends of the strips together by laying one strip on the other, making a flat seam. Roll tightly until the bandage roll measures 3"/7.6 cm in diameter. Tack the end of the roll with a few stitches to prevent unraveling. (from the Mennonite Central Committee)

Pattern - Muslin Bandages: Bandages may be made from soft, pliable, unglazed muslin. Unbleached muslin of medium quality is as good as the more expensive bleached material. If bandages are made by sewing together firm old muslin the seams should be flat. The following table exhibits the length, breadth, and proportion in which bandages should be prepared:

1st Length, 6 yds. - Breadth 4 in. - Prop. 2-10

2d Length, 6 yds. - Breadth 3 in. - Prop. 3-10

3d. Length, 6 yds. - Breadth 2 1/2 - Prop. 4-10

4th Length, 1 1/2 - Breadth 1 - Prop. 1-10

These should be evenly rolled, into compact cylinders, the free end securely fastened with two pins, and upon it the length distinctly marked. The rollers should then be made into packages of convenient size, by turning the free end of one roller around the remainder. (from the Flushing Journal, page 2 April 27, 1861) <http://www.netwalk.com/~jpr/bandages.htm>

Know uses for spices so that you can plan your home storage.

Allspice: It has a delicate flavor that resembles a blend of cloves, cinnamon and nutmeg. Uses: pickles, meats, puddings, pies, and drinks.

Anise: The flavor of Anise is that of a sweet licorice taste. Uses: fruits, cakes, rolls, pie fillings, stews, and soups.

Basil: Has a mild, leafy, lemon flavor. Uses: tomato dishes and soups, also in squash and beans and sprinkled over meat.

Bay Leaves: Gives off a pungent, herbal flavor. Uses: vegetables, stews, seafoods, and soups.

Caraway: Has a flavor of rye bread. Uses: breads, cheese spreads, cookies, vegetables, roast pork.

Cardamom: Comes from the ginger family and has a bittersweet flavor. Uses: fruit, pastries, cakes, custards, sweet potatoes, and pumpkin dishes.

Cayenne: Very hot. Uses: Mexican cookery, chili, beef, stews, cheese soufflés, and green vegetables.

Celery Seed: Tastes a lot like bitter celery. Uses: dips, soups, slaw, tomatoes, and salad dressings.

Chili Powder: Has a distinctive, hot, spicy flavor. Uses: seafood cocktails, soups, beans, Mexican

cooking, and cheese sauces.

**Chives:** Have a mild green onion flavor. Uses: Potatoes, sauces, dips, and salads.

**Cinnamon:** Has a sweet, spicy flavor. Uses: cakes, cookies, puddings, fruit pies, spiced beverages and pumpkin dishes.

**Coriander:** From the parsley family, more spicy. Uses: beans, salads, eggs, cheese, pork, sausage, curry sauce, rice and pickles.

**Cloves:** Spicy, sweet, pungent flavor. Uses: ham, apples, pumpkin and mince pies, baked beans, teas, spice cake, and puddings.

**Cumin:** Salty, balsam like flavor. Uses: cheese spreads, deviled eggs, chicken, dressings, lamb, enchilada sauce, beans, breads and crackers.

**Curry Powder:** Exotic with heat. Uses: all Indian cooking, chicken, eggs, rice, vegetables and fish.

**Dill:** Similar to caraway, but milder and sweeter, has a slight bitter flavor. Uses: mostly in pickling, also in salads, soups, dips, and cheeses.

**Fenugreek:** Has a maple flavor, not as sweet. Uses: Indian dishes, candies, cakes, cookies, and oriental cooking.

**Garlic:** From the onion family, it has a pungent flavor. Uses: dips, soups, vegetables, potatoes, meats, sauces, and bread.

**Ginger:** Has a fragrant, hot, spicy, sweet flavor. Uses: cookies, cakes, pies, puddings, applesauce, stews, fish and stuffing.

**Horseradish:** Taste like parsnip, quite hot. Uses: dips, spreads, seafoods, pork, lamb, marinates, and cocktail sauces.

**Mace:** Similar to nutmeg. Uses: tomato juice, soups, fish, stews, pickling, gingerbread, cakes, Welsh rarebit, chocolate dishes and fruit pies.

**Marjoram:** A delicate herbal flavor. Uses: soups, meats, eggs, sauces, and fish.

**Mint:** Has a sweet leafy flavor. Uses: jelly, fruit salad, lamb, and tea.

**Mustard:** A sharp, spicy flavor. Uses: salads, pickling, Chinese hot sauce, cheese sauce, vegetables, molasses cookies, and fish.

**Nutmeg:** This has a sweet, exotic flavor. Uses: doughnuts, eggnog, custards, spice cake, pumpkin, puddings, and sweet potatoes.

**Oregano:** A relative of Marjoram, quite a bit stronger. Uses: pizza, spaghetti sauces, meat sauces, soups, vegetables and Italian specialties.

**Paprika:** A very mild taste, related to bell pepper. Uses: poultry, goulash, vegetables, soups, stews, salad dressing, meats, and cream sauces.

**Parsley:** From the celery family, has a mild flavor. Uses: soups, salads, meat stews, all vegetables, and potatoes.

**Pepper:** Has a spicy, enduring aftertaste. Uses: most all foods except those with sweet flavors.

**Peppermint:** A strong minty flavor, quite soothing in tea. Uses: cream cheese spreads, coleslaw, lamb, garnishes, teas, and ices.

**Poppy Seeds:** A seed that is crunchy and nutlike. Uses: breads, rolls, cookies, salads and cakes.

**Rosemary:** Has a delicate, sweetish taste. Uses: lamb dishes, soups, stews, beef, and fishes.

**Saffron:** Is a very strong, exotic spice, use sparingly. Uses: rice, breads, fish stew, chicken soup, cakes, and fish sauces.

**Sage:** Has a strong flavor of camphoraceous and minty. Uses: meat and poultry, stuffings, sausages, meat loaf, hamburgers, stews and salads.

**Savory:** It has a mild pleasant taste. Uses: scrambled eggs, poultry stuffing, hamburgers, fish, tossed salad, and tomatoes.

**Sesame Seeds:** Has a crunchy, nutlike flavor. Uses: breads, rolls, cookies, salad, fish, and asparagus.

**Tarragon:** This herb has a faint anise flavor. Uses: marinates for meats, poultry, omelets, fish, soups, and most vegetables.

**Thyme:** Has a strong, distinctive flavor. Uses: poultry seasoning, croquettes, fish, eggs, tomato dishes, and vegetables.

**Turmeric:** This comes from the ginger family and has a mild, ginger-pepper flavor. Uses: pickles, salad dressings, rice, and seafoods.

- from "Cookin' with Home Storage" by Peggy Layton and Vicki Tate ISBN: 1893519015

For more info on Spices & Herbs in Cooking & Household Uses see

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Many blessings,  
Mary Catherine ("Cathy") Miller  
Cat =^;^=

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