

# Food Storage Newsletter

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Food Storage Newsletter #0021 - FREE monthly Email newsletter - September 2001:

**Quotation:**

“Should the Lord decide at this time to cleanse the Church -- and the need for that cleansing seems to be increasing – a famine in this land of one year's duration could wipe out a large percentage of slothful members, including some ward and stake officers. Yet we cannot say we have not been warned.” (God, Family, Country, p. 383.)

**Spiritual Goal:**

Fast in prayer with a purpose at least once a month.

**Provident Living Goal:**

Prepare and practice an emergency plan for your home and family.

**Home Storage Goal:**

Oats – 100 lbs. per person

Yeast – 1 lb. per person

Baking soda – 1 lb. per person

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:**

Sleeping bag; bedding; pen; paper

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

**First Aid Kit Goal:**

Bandage scissors – 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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Oats – 24 to 60 months (indefinitely in a food grade container with an oxygen absorber or vacuum sealed in a food grade bag)

Oats, groats - 1-3 Months

Oats, rolled (oatmeal) - 12 Months

Oats, Whole - 60 Months

Oatmeal – 12 months

Baking Soda – 24 months

Yeast - 24 months

Fleischman's Yeast (800) 777-4959 Date is stamped. If you use it past the stamped date, you must first "PRROF" it. Proof it by bringing ¼ cup of water to the temperature in the instructions on the back. Stir in 1 tsp. of sugar and one packet of yeast. After five minutes it should begin to bubble. At the end of 10 minutes, it should have a rounded crown of foam on it. If this happens, yeast is active. (Be sure to deduct ¼ cup of liquid from your recipe)

- 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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### Fresh Homemade Cold Cereals

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2 c. flaked wheat berries      2 c. flaked rye berries  
2 c. rolled oat groats      1 c. flaked barley

Preheat oven to 300 degrees. Mix grains thoroughly. Spread freshly flaked grains evenly on a baking sheet. Bake for 15 minutes stirring twice. Remove from oven and cool. Store in a container.

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

### Oatmeal Bread

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½ c. warm water      2 Tbs. Active dry yeast  
¾ c. boiling water      ¾ c. rolled oats  
1 c. buttermilk      1/3 c. oil  
½ c. honey      2 c. flour  
1 Tbs. Salt      ½ tsp. Soda  
3 to 3 ½ c. flour

Stir yeast into ½ c. water and allow to stand and bubble up. In saucepan mix ¾ c. boiling water with oatmeal and cook a few minutes. Remove from heat and add buttermilk, oil, and honey. Sift flour, salt and soda in bowl. Add yeast and oats. Beat well. Gradually add flour to make a stiff dough. Flour a cutting board and knead for 10 minutes. Let dough rise 1 ½ hours. Punch down and form into loaves and put in bread pans and let rise till double. Bake at 375 degrees for 45-50 minutes. Makes 2 loaves.

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

### Oatmeal-Raisin Bread

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2 c. hullless oats, sprouted 48 to 72 hours      ½ c. raisins  
2 tsp. Kelp or ½ tsp. Salt      ½ c. chopped nuts (optional)

Fine-grind oats and raisins, add kelp and nuts. Mix and knead until dough binds well. Make into log, set in sun for 4 hours or leave uncovered at room temperature overnight. Refrigerate. Slice for serving.

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

### Cream of Wheat or Oatmeal

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2 c. freshly ground whole-wheat berries or oat groats  
3 c. water

Place water in saucepan. Add flaked wheat or rolled oats. Bring to rolling boil. Reduce heat. Simmer for 2 minutes. Remove from heat and let stand 5 minutes.

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

### Cherry Crumb Cake

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1 ½ cups self-rising flour

## 2 cups quick oats

1 ½ cups brown sugar (or 1 c. brown sugar + 2 tsp. Sweet 'N Low Brown)

¾ cup liquid Butter Buds (or ¾ c. Promise Ultra Fat-Free Margarine)

1 (21-oz.) can pie filling (strawberry, cherry, apple, or blueberry) (regular or "lite") (If using "lite" add 1 packet Sweet 'N Low and 1 tsp. Almond extract.)

Mix everything together, except the pie filling. Reserve 1 cup of the crumb mixture for topping. Pat into a 9 x 13 x 2-inch casserole dish that has been sprayed with a non-fat cooking spray. Pour can of pie filling on top of crumb mixture. Sprinkle the rest of crumb mixture (1 cup) on top of pie filling. Bake 45 minutes to 1 hour in a slow oven (300 degrees F.) Serve warm with vanilla non-fat frozen yogurt or Dream Whip. Sprinkle Grape-Nuts cereal on top if desired. Yield: 24 servings  
- from "Butter Busters: The Cookbook" by Pam Mycoskie ISBN: 0446670405

## New Fashioned Oatmeal

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1 c. sprouted oats

1 c. soaked pear or pineapple

¾ c. soak water from dried pear or pineapple

1 tsp. Oil (optional)

Blend well the oats, soak water, oil and half the fruit. Serve with the remaining fruit on top. Serves 2 to 4.

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

## "Olden Days" Wheat Crackers

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4 c. wheat flour

2 tsp. Salt

1/3 c. oil

1 Tbs. Yeast

2/3 c. powdered milk

1 ½ c. warm water

1 Tbs. Honey

Mix dry ingredients. Dissolve yeast and honey in 1 c. warm water. Add this to dry ingredients. Add oil. Add remaining water. Let rise 1 hour. Knead. Divide dough into fourths. Roll each piece as thin as possible on floured surface. Place on cookie sheet and bake at 350 degrees for 6 minutes. Turn crackers over and bake 2-3 minutes more. Cool and break into pieces.

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

## Myra's Bread Machine Bread

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If you don't mind the soy flour, here's the list of ingredient to add to the bread machine:

¾ cup lukewarm water

1 tablespoon butter or oil

1 egg, slightly beaten

1 cup vital wheat gluten

1/2 cup soy flour

1/2 cup oat flour

1 tsp. sugar (needed for the yeast)

2 tsp. or 1 package rapid rise yeast

White cycle, regular crust, small loaf (but use the extender, if you have one, because this really rises well).

- from alt.support.diet.low-carb newsgroup recipes - Volume 2

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

## Flaky Raisin 'N Nut Cookies

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¾ c. sugar

1/3 c. honey

1/3 c. margarine	2 eggs
2 tsp. Vanilla	1 tsp. Cinnamon
1 1/2 c. flaked wheat berries	1 c. freshly ground oat berries
1/2 tsp. Baking soda	1 c. raisins 1/2 c. walnuts, chopped

Heat oven to 350 degrees F. Beat sugar, honey and margarine until light and fluffy. Add eggs, vanilla and cinnamon; beat until well blended. Gradually add combined flaked wheat berries, oat flour and baking soda, mixing well. Stir in raisins and walnuts. Drop large spoonful of mixture onto cookie sheet. Gently press to form circle. Bake 12 to 14 minutes or until golden brown. Cook on wire rack. Store tightly covered.

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

### Southern Soda Crackers

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2 cups flour (preferably whole wheat)	1/4 tsp. salt
1/2 tsp. baking soda	2 Tbs. oil
2/3 cup sour milk (or buttermilk)	

Mix dry ingredients. Add oil and sour milk. With a fork, stir to thoroughly moisten. Form a ball. Flatten and roll out on a floured surface. Cut into squares and transfer to lightly greased baked sheets. Prick crackers with a fork. Bake at 350 degrees for about 8-10 minutes, watching vigilantly so as not to burn. Best served warm.

- from Emergency Food Preparation <http://www.netside.com/~lcoble/dir6/food.htm>

### Old Fashioned Zucchini Bread

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3 eggs	1 c. cooking oil
1 1/2 c. sugar	1 tsp. Baking soda
3 c. freshly ground wheat flour	1 tsp. Salt
1 tsp. Vanilla	2 c. grated zucchini (unpeeled)
1 c. chopped walnuts	

Mix eggs, oil, sugar, soda, salt, and vanilla in a large bowl. Mix in 1 cup of flour and 1 cup of grated zucchini. While mixing, add in remaining flour and zucchini. Beat until blended. Add in nuts. Mix well. Preheat oven at 350 degrees F. Lightly oil two bread pans. Bake at 350 degrees for 50 minutes. Test after 40 minutes. (After baking, just slice and serve with butter or cream cheese.)

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

### Amish Shoo Fly Pies

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#### Crumb Mixture:

2 c. flour	3/4 c. brown sugar
1/3 c. margarine	1/2 tsp. nutmeg
1 tsp. cinnamon	

#### Syrup Mixture:

1 c. molasses	1/2 c. brown sugar
2 eggs	1 c. hot water
1 tsp. baking soda, dissolved in the hot water	

2 unbaked 8" pie crusts

Mix crumb ingredients together until crumbs are formed. In separate bowl, mix syrup ingredients

together. Pour 1/2 of syrup into each pie shell, then top each with crumbs, using 1/2 on each. Bake at 400 degrees for 10 minutes. Reduce heat to 350 degrees and bake for 50 more minutes. Cool completely before cutting.

-from Nancy's Kitchen <http://www.nancyskitchen.com/>

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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Fast in prayer with a purpose. During your fast, pray for an answer to a question that is concerning you or a resolution to a problem for yourself or someone in need. Fasting exercises our spiritual strength in governing the appetites and passions of our physical bodies. If done with the right attitude, it humbles us and helps us be more sensitive to spiritual promptings. Genuine fasting can bring great spiritual power and increased blessings from the Lord. Fasting makes prayer more meaningful, and prayer makes fasting more meaningful. Always have a purpose in fasting. Unless we fast with a purpose, our fasting is nothing but hunger. If the only object is to go without food, then food is what we concentrate on. On the other hand, if our fasting has a purpose, even a simple one, the purpose becomes the focus of our attention. Choose a specific purpose for fasting and make prayer an important part of your experience the next time you fast. NOTE: Some people may have to restrict their fast to only a few hours due to medical reasons, such as hypoglycemia; but if your medical professional approves, fasting may be spiritually enlightening.

### This Month's Suggested Books:

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“With the Grain: 200 Delectable Recipes Using Wheat, Corn, Rice, Oats, Barley, & Other Grains” by Raymond Sokolov ISBN: 0788155490

From the Publisher: A cookbook that focuses on grain-based dishes, low in fat, low in cholesterol, & high in fiber. The recipes use the five major grains — wheat, corn, rice, oats, & barley — for starters, the center of a meal, important accompaniments, or desserts. Also uses the seven minor grains: amaranth, buckwheat, millet, quinoa, rye, tef & wild rice. Includes information about the origins & cultivation of different grains. A wonderful book that makes a genuine contribution to the literature of food & opens new horizons for eating sensibly & enjoying it. Illustrated. (268 pages)

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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Practice an emergency plan for your home and family. For example, make a diagram of your home with fire escape routes, and have each family member participate in a fire drill or other disaster drill. “Disaster can strike quickly and without warning. It can force you to evacuate your neighborhood or confine you to

your home... Families can--and do--cope with disaster by preparing in advance and working together as a team. Follow the steps listed in this brochure to create your family's disaster plan. Knowing what to do is your best protection and your responsibility.”

1. Find Out What Could Happen to You - Contact your local emergency management or civil defense office and American Red Cross chapter--be prepared to take notes.
  2. Create a Disaster Plan - Meet with your family and discuss why you need to prepare for disaster. Explain the dangers of fire, severe weather and earthquakes to children. Plan to share responsibilities and work together as a team.
  3. Complete an Emergency Checklist
  4. Practice and Maintain Your Plan
- from FEMA “Your Family Disaster Plan” <http://www.fema.gov/pte/famplan.htm>  
More Emergency Preparedness info is at <http://www.nursehealer.com/Safety.htm>

Fasting has health benefits as well as spiritual blessings. Some people may have to restrict their fast to only a few hours due to medical reasons, such as hypoglycemia; but if your medical professional approves, fasting may be beneficial. Fasting is an effective and safe method of helping the body to detoxify itself and move through the “low cycle” caused by toxins with greater speed and fewer unpleasant symptoms. Fasting is recommended for illness because it gives the body the rest it needs to recover. By fasting regularly, you give your organs a rest, and thus help reverse the aging process and live a longer and healthier life.

During a fast:

1. The natural process of toxins excretion continues, while the influx of new toxins is reduced. This results in a reduction of total body toxicity.
  2. The energy usually used for digestion is redirected to immune function, cell growth, and eliminatory processes.
  3. The immune system’s workload is greatly reduced, and the digestive tract is spared any inflammation due to allergic reactions to food.
  4. Due to lowering of serum fats that thins the blood, tissue oxygenation is increased and white blood cells are moved more efficiently.
  5. Fat-stored chemicals, such as pesticides and drugs, are released.
  6. Physical awareness and sensitivity to diet and surroundings are increased.
- “Due to these effects of fasting, a fast can help you heal with greater speed; cleanse your liver, kidneys, and colon; purify your blood; help you lose excess weight and water; flush out toxins; clear the eyes and tongue; and cleanse the breath.”

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

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

Newsletter & Email List Information:

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Back issues of this Food Storage Newsletter are available for viewing, downloading, and printing from the archives at <http://www.nursehealer.com/Storage.htm> in HTML format, Microsoft Word (.doc) format, or Adobe Acrobat (.pdf) format.

NOTE: .pdf files require Adobe Acrobat Reader to view and print.

(FREE download <http://www.adobe.com/products/acrobat/readermain.html> )

FREE Food Storage Newsletter Announce-Only Email List (FreeFSN):

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The Free Food Storage Newsletter Email Discussion List was formed on June 24, 1999. This Email List is for those who ONLY want to receive the FREE Monthly Email Food Storage Newsletter. List members will ONLY receive the newsletter, and will NOT be able to post messages to the list. By joining this list, you will only receive one monthly email from the list, which will be the monthly newsletter. No other messages will be sent. The FreeFSN list provides ONLY the once-a-month newsletter without any discussion. Members are NOT allowed to send email to the ENTIRE LIST.

To SUBSCRIBE: send email to [FreeFSN-subscribe@yahoogroups.com](mailto:FreeFSN-subscribe@yahoogroups.com)  
To UNSUBSCRIBE: send email to [FreeFSN-unsubscribe@yahoogroups.com](mailto:FreeFSN-unsubscribe@yahoogroups.com)  
OR You can SUBSCRIBE and/or UNSUBSCRIBE at <http://www.nursehealer.com/Listbot.htm>  
FREE Food Storage Newsletter Announce-Only Email List (FreeFSN) Home Page:  
<http://groups.yahoo.com/group/FreeFSN>

(The OLD list from LISTBOT.com closed August 2, 2001.)

LDS Food Storage Email Discussion List (LDSFS):

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The LDS Food Storage Email Discussion List was formed on January 29, 1999. LDS Food Storage Email Discussion List is open to the general public and members of the LDS Church for any discussion pertaining to food storage. A FREE Monthly Food Storage Newsletter is published to the list, with quotations and scriptures as well as information on food storage, shelf life, resources, and plans for acquiring food storage. The LDSFS 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 by sending email to [LDSFS@yahoogroups.com](mailto:LDSFS@yahoogroups.com)  
To SUBSCRIBE: send email to [LDSFS-subscribe@yahoogroups.com](mailto:LDSFS-subscribe@yahoogroups.com)  
To UNSUBSCRIBE: send email to [LDSFS-unsubscribe@yahoogroups.com](mailto:LDSFS-unsubscribe@yahoogroups.com)  
OR You can SUBSCRIBE and/or UNSUBSCRIBE at <http://www.nursehealer.com/Listbot.htm>  
LDS Food Storage Email Discussion List (LDSFS) Home Page:<http://groups.yahoo.com/group/LDSFS>

(The OLD list from LISTBOT.com closed August 2, 2001.)

NurseHealer Email Discussion List (NurseHealer):

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The NurseHealer Email Discussion List was formed on December 31, 1998. NurseHealer Email Discussion List is a discussion list open to the general public as well as healers and healthcare professionals for discussion of natural healing: body, mind, spirit, nursing, religion, philosophy, and preparedness. The NurseHealer list provides the newsletter and discussion on matters of preparedness, natural healing, nursing, longterm care, and wellness.

Members can email to the ENTIRE LIST by sending email to [NurseHealer@yahoogroups.com](mailto:NurseHealer@yahoogroups.com)

To SUBSCRIBE: send email to NurseHealer-subscribe@yahoogroups.com

To UNSUBSCRIBE: send email to NurseHealer-unsubscribe@yahoogroups.com

OR You can SUBSCRIBE and/or UNSUBSCRIBE at <http://www.nursehealer.com/Listbot.htm>

NurseHealer Email Discussion List (NurseHealer) Home

Page:<http://groups.yahoo.com/group/NurseHealer>

(The OLD list from LISTBOT.com closed August 2, 2001.)

A FAQ for all lists belonging to the domain NurseHealer.com is available.

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(The FAQ is a list of all Frequently Asked Questions for email lists.)

To view the FAQ online, go to <http://www.nursehealer.com/FAQ.htm>

To view FAQ info and access web functions for lists, go to <http://www.nursehealer.com/Listbot.htm>

To have the FAQ sent to you, click on the link on the above page, or go to

<http://www.responders.net/form.asp?member=listbot>

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Many blessings,

Mary Catherine ("Cathy") Miller

Cat =^;^=

"By small and simple things are great things brought to pass."

^\_^ NurseHealer <http://www.nursehealer.com/>

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

> ' < FAX 1-801-650-5185 (NOT Toll-Free)

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

AntiVirus Note: I do NOT open email attachments.

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## [Food Storage](#)

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### 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.

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