

# Food Storage Newsletter

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Food Storage Newsletter #0024 - FREE monthly Email newsletter - December 2001:

**Quotation:**

"...If we are to be saved in an ark, as Noah and his family were, it will be because we build it... My faith does not lead me to think the Lord will provide us with roast pigs, bread already buttered, etc., He will give us the ability to raise the grain, to obtain the fruits of the earth, to make habitations, to procure a few boards to make a box, and when harvest comes, giving us the grain, it is for us to preserve it--to save the wheat until we have one, two, five or seven years' provisions on hand, until there is enough of the staff of life saved by the people to bread themselves and those who will come here seeking for safety." (Marion G. Romney (Quoting Brigham Young) - April Conference, 1976)

**Spiritual Goal:**

Study the true meaning of Christmas.

**Provident Living Goal:**

Learn a new skill of thriftiness.

**Home Storage Goal:**

Peanut butter (May also include some peanut butter powder) – 10 lbs. per person

Mayonnaise (or salad dressing) – 3 quarts per person

Mixes (cake, muffin, cornbread, etc.) – 30 packets or boxes 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:**

Clothing; rain gear; rope or twine

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

**First Aid Kit Goal:**

Syrup of Ipecac; activated charcoal

- 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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Peanuts – 24 to 36 months

Peanut Butter – 6 to 24 months

Mayonnaise – 3-4 months

Pancake Mix - 6-9 months

Pie Crust Mix - 8 months

Most Biscuit, cake, muffin, brownie mixes, pancake mixes - 9 months

Most cake mixes - 12 months

Angel Food Cake Mix - 9 months

Peanut Butter (Jif) – 24 months Proctor & Gamble 1-800-543-7276

Baking Mixes, Jiffy– 12-24 months (734) 475-1361 L8234 = 8 is year, 234 is Julian year.

Baking Mixes, Krusteaz - 18-24 months (800) 457-7744 AB8543 = 8 is year, 543 are month and day.

Cake Mix, Pillsbury- 18 months

Peanut Butter, Skippy- 24 months CODE: First digit is month, next two the day, letter is mfg plant, and last number is year.

- 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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Peanut Butter Bread

2 c. (280 g) white flour                      1/3 c. (64 g) sugar  
2 tsp. Baking powder                      1/4 tsp salt  
3/4 c. (1 3/4 dL) peanut butter              1 c. (1/4 L) milk  
1 egg, well beaten

Preheat the oven to 350 degrees F. (180 degrees C). Grease a loaf pan. Put the flour, sugar, baking powder, and salt in a large bowl. Add the peanut butter, milk, and egg, and mix until well blended. Spoon into the pan and bake for about 50 minutes. Remove from the pan and cool on a rack. Makes 1 loaf.

- from "Fannie Farmer Cookbook" by Marion Cunningham ISBN: 0553234889

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Kashi GoLEAN Peanut Butter Energy Bars

3 cups Kashi GoLEAN® cereal slightly crushed      1/2 cup unbleached flour  
1/2 cup soy milk    1/2 cup peanut butter (unsalted)  
1/4 cup peanuts, coarsely chopped                      1/3 cup honey  
(salt if desired)

Crush or slightly process cereal in processor or blender. Set aside. Melt peanut butter in microwave 30-60 sec. Add honey and soy milk, stir well. Whisk in flour. Stir in cereal. Press into 8x8 in pan with spatula or wax paper. Sprinkle peanuts on top and lightly press into bars. Cool. Cut into 12 energy bars. Makes 12 bars.

- from Kashi.com <http://www.kashi.com/>

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Peanut Butter Cookies

1 c. softened butter                      1 c. peanut butter  
1 1/4 c. honey                                      2 eggs  
1 tsp. Vanilla                                      4 c. whole-wheat flour  
1/2 tsp. Salt                                      2 tsp. Soda

Blend butter until smooth. Add peanut butter and blend again. Add honey and blend again. Add eggs 1 at a time and beat until mixed. Add vanilla. Add dry ingredients and mix well. Roll into balls and put on ungreased cookie sheet. Use a fork dipped in cold water and flatten with a criss cross of the fork. Bake at 350 degrees for 10 minutes on the top rack of the oven. Remove immediately. Cool and enjoy.

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

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Peanut Butter Cookies

1 c. raw peanut butter                                      2 c. sprouted oats, barley or wheat, ground twice

¼ c. carob powder, preferably raw            1 to 2 tsp. Kelp  
1 c. of dates, pitted and ground or 1 c. dried pears, ground  
Rice bran

Mix all together except carob powder and knead. If not stiff enough, add rice bran. Roll out on oiled cookie sheet dusted with carob. Cut into rectangles 1 ½ x 2 inches and allow to dry a few hours, then store in the refrigerator.

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

### Peanut Butter Milk Shake (Dried Foods)

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3 c. water    ½ c. powdered milk  
½ c. powdered peanut butter powder        1/3 c. sugar  
crushed banana chips (optional)

Blend all ingredients together using the blender.

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

### Peanut-Butter Popcorn

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Pop enough corn to make 2 quarts.

Cook to a rolling boil:

½ c. sugar    ½ c. light corn syrup or honey

Remove from heat and add:

½ c. chunky peanut butter                    ½ tsp. Vanilla

Pour over popcorn, stirring to coat.

- from "More-with-Less Cookbook" by Doris Janzen Longacre; Designed by Mary E. Showalter ISBN: 0836117867

### Whole Wheat Candy

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1 c. butter    1 ½ c. whole wheat flour  
nuts, coconut, sesame seeds                1 c. honey  
1 c. peanut butter

Melt butter, honey, and peanut butter. Add flour. Cook and stir a few minutes. If you don't like raw wheat, add nuts, coconut, or sesame seeds.

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

### Home-made Peanut Butter – by Debbie Cusick

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1 12-oz jar dry roast unsalted peanuts (note, on this diet obviously we don't worry about the dry roast, but salted peanuts are too salty for me, and I have never been able to find unsalted peanuts that were \*not\* dry-roasted)

2-3 tbsp. peanut oil

Optional:

Dash of salt, dash of Splenda.

Put peanuts in the food processor with the steel blade and let 'er rip. After a few seconds they should start to look mealy. Put in the salt and Splenda, if desired. Then pour in the oil and continue to process for

10-20 more seconds. That's it.

I have also seen a brand at the A&P supermarket called Crazy Richard's.

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

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

NOTE: Splenda is a no calorie sweetener made from sugar (Sucralose) without carbohydrates. (To substitute Splenda in recipes, use an equal amount as sugar called for in the recipe.)

<http://www.splenda.com/> For tips in baking, see <http://www.splenda.com/recipes/tips.html>

### Peanut Butter Oatmeal Log Roll

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2 c. rolled oats                      2 c. powdered milk

1 c. raisins                            1 c. peanut butter

1 c. corn syrup

Combine rolled oats and peanut butter. Mix well. Add remaining ingredients. Using hands, mix well, separate into 4 parts. Roll into the shape of a log. Slice into 1/2" pieces.

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

### Salad Dressing with Mayonnaise Base

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- Thousand Island -

Combine:

1 c. mayonnaise

1/4 c. chili sauce or ketchup

2 hard-cooked eggs, chopped

2 Tbs. Each finely chopped green pepper and onion

2 Tbs. Pickle relish (optional)

1 tsp. Paprika

1/2 tsp. Salt

- Green Goddess -

Combine:

1/2 c. mayonnaise

1/4 c. sour cream or yogurt

2 Tbs. Lemon juice or vinegar

2 Tbs. Snipped chives

2 Tbs. Snipped parsley

1/4 tsp. Salt

Freshly ground pepper

- Blue Cheese -

Combine:

1 c. mayonnaise

1/4 c. crumbled blue cheese

2 Tbs. Milk

dash cayenne pepper

- from "More-with-Less Cookbook" by Doris Janzen Longacre; Designed by Mary E. Showalter ISBN: 0836117867

### Handmade Basic Mayonnaise

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Have your eggs at room temperature. Always add the oil drop by drop when first incorporating it with the egg and seasonings. After emulsion has begun, the oil may be added in a slow thin stream. Be patient! If you follow these rules, you should have no trouble.

1 egg yolk                      1/2 tsp. Dijon mustard or dry mustard

1/2 tsp. Salt                      Pinch of cayenne pepper

1 Tbs. Vinegar                  3/4 c. (1 3/4 dL) olive oil or salad oil

Put the yolk, mustard, salt, cayenne pepper, and vinegar in a clean bowl, put the bowl on a towel so it

will remain stationary, and whisk until blended. Beat in the oil, drop by drop. As the sauce thickens, increase the flow of oil, but be slow and patient. If it should separate, follow the suggestions for restoring "broken" mayonnaise (below). The sauce, when finished, should be very thick. Taste critically and adjust the seasoning, adding a little more vinegar or salt, if necessary.

**Cream Mayonnaise** – Fold into the finished mayonnaise ½ c. heavy cream, whipped. Serve with fruit salads, cold fish.

**Mustard Mayonnaise** – Blend 2 additional tablespoons Dijon mustard thoroughly into the finished mayonnaise.

**Green Mayonnaise** – Cover 10 sprigs watercress, 10 leaves spinach, and 4 sprigs parsley with boiling water. Let stand for 3 minutes. Drain, put in cold water, and drain again. Chop into a puree. Add to the finished mayonnaise and mix well.

**Applesauce Mayonnaise** – Add 1 cup unsweetened applesauce and 1 tablespoon prepared horseradish to the finished mayonnaise and mix well. Serve with cold ham or pork.

**Russian Dressing** – Add to the finished mayonnaise 1 cup chili sauce, 2 tablespoons minced celery, 2 tablespoons minced pimiento, 2 tablespoons minced green pepper, and add more salt to taste. Blend well.

**RESTORING "BROKEN" MAYONNAISE:** To correct a curdled or "broken" hollandaise or mayonnaise sauce, whisk in a teaspoon or two of boiling water, a drop at a time. If this doesn't work, put an egg yolk in a bowl and add the "broken" sauce very slowly, beating with a whisk. Be patient and take lots of time, eventually you will have a smooth sauce.

- from "Fannie Farmer Cookbook" by Marion Cunningham ISBN: 0553234889

## Tartar Sauce

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¾ c. (1 ¾ dL) mayonnaise, preferably homemade	2 tsp. Minced scallion
1 tsp. Capers	1 tsp. Minced sweet pickle
1 tsp. Minced parsley	1 Tbs. Vinegar

Combine all ingredients in a bowl. Stir until well blended. Serve with fish. Makes 1 cup

- from "Fannie Farmer Cookbook" by Marion Cunningham ISBN: 0553234889

## Cucumber Salad

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Place in a bowl:

1 large cucumber, thinly sliced	1-2 Tbs. Finely cut fresh dill (use feathery leaves, not seeds)
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Combine in a small bowl:

2 Tbs. Mayonnaise or sour cream	1 Tbs. Vinegar
2 Tbs. Oil	1 tsp. Salt

Dash pepper

Mix and pour over cucumber slices. Chill and serve. Serves 4

- from "More-with-Less Cookbook" by Doris Janzen Longacre; Designed by Mary E. Showalter ISBN: 0836117867

## Rosemary Biscuits

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1 (3-oz.) package cream cheese, softened	1 ¾ cups of biscuit mix
½ cup milk	2 tsp. chopped fresh or dried rosemary

CUT cream cheese into biscuit mix with a pastry fork until crumbly, add milk and rosemary, stirring just until the dry ingredients are moistened. TURN biscuit dough onto a lightly floured surface, and

knead 3 or 4 times. PAT or ROLL dough to  $\frac{3}{4}$  inch thickness; cut diagonally with a knife into one inch diamonds. BAKE at 400 degrees for 10 minutes, or, until lightly browned. YIELD: 2 dozen biscuits.  
- from Forget-me-Not Herbs and Wildflowers <http://home.achilles.net/forgetmenot/recipes.htm>

### French Banana Cake with Mix

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1 pkg. White cake mix	2/3 c. water
1 tsp. Soda	2/3 c. chopped walnuts
2 eggs	1 Tbs. Vinegar
1 $\frac{1}{4}$ mashed bananas	

Combine water, vinegar and soda. Blend cake mix and eggs until moistened. Add mashed bananas and blend. Beat 2 minutes on medium speed. Pour into two 9" pans or one 9  $\frac{1}{2}$  x 13" pan and bake at 350 degrees for 25-30 minutes.

- from "Century of Mormon Cookery" by Hermine B. Horman and Connie Fairbanks ISBN: 1880328232

### Chicken Broccoli Bake

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3 c. (12 oz.) shredded Cheddar cheese	1 $\frac{1}{2}$ c. cooked cut up chicken
2/3 pkg. (10 oz.) frozen chopped broccoli, thawed and drained	
1/3 c. milk	3 eggs
3/4 c. Bisquick	3/4 tsp. salt
1/4 tsp. pepper	

Mix 2 cups cheese, chicken, onions, and broccoli in greased 10 x 1  $\frac{1}{2}$  inch pie plate. Beat remaining ingredients except cheese until smooth for 15 seconds in a blender on high, or 1 minute with hand beater. Pour into pie plate. Bake at 400 degrees until knife inserted in center comes out clean (about 30 to 35 minutes). Top with remaining cheese and bake until cheese melts. Cool 5 minutes.

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

### Dutch Oven Cobbler

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1 box white or yellow cake mix	1 stick of butter
2 cups water	2 containers cinnamon apple pie filling

Line dutch oven with foil. Empty pie filling into dutch oven. Empty cake mix on top of pie mix into dutch oven and spread evenly. Add 2 cups water and butter. DO NOT MIX. Place dutch oven on 10 coals. Place 8 coals on lid of dutch oven. Cook about 1 hour. Any type of pie filling can be used. Cherry filling with chocolate cake makes a great combination! Yummie!

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

### Biscuit Mix 01

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10 c. flour	1 $\frac{2}{3}$ instant nonfat dry milk
1/3 c. baking powder	2 $\frac{1}{2}$ tsp. salt
1 $\frac{2}{3}$ c. shortening	

Mix dry ingredients thoroughly in a large container. Cut in shortening until fine crumbs are obtained. Store tightly covered, in refrigerator. Use within 3 months.

Biscuits (Using Biscuit Mix 01):

3 c. biscuit mix                      2/3 c. water

Preheat oven to 425 F. Stir most of the water with the mix. Add more water to make a soft dough that is not too sticky to knead. Knead dough 15 times on a lightly floured surface. Pat or roll dough into a square about 7 x 7 inches. Cut into 16 pieces and place on ungreased baking sheet. Bake until lightly browned, about 12 minutes.

- from <http://recipes.alastra.com/dry-mixes/biscuit-mix01.html>

Arielle's Recipe Archives have LOADS of great food storage recipes online <http://recipes.alastra.com/>

## Dumplings

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2 c Bisquick baking mix              2/3 c Milk

Mix 2 cups Bisquick baking mix and 2/3 cup milk until soft dough forms. Drop by spoonfuls onto boiling stew. Cook uncovered over low heat 10 minutes; cover and cook 10 minutes. Makes 10 - 12.

- from Just Recipes <http://www.melborponsti.com/index.htm>

## Easy Orange Cake

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Use Betty Crocker white cake mix. Use 2/3 c. orange juice and 1/3 c. milk in liquid requirements. Add grated orange rind from oranges before juice is extracted. Put in mixer and beat on fairly high speed for about 10 minutes. Bake and ice with orange icing. Powdered sugar, orange juice, rind, butter and/or cream make the icing. Sprinkle with coconut for variety.

- from "Century of Mormon Cookery" by Hermine B. Horman and Connie Fairbanks ISBN: 1880328232

## Jiffy Muffin Mix Mini-Loaves

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1 package Jiffy Muffin Mix (corn muffin, blueberry, apple-cinnamon, etc.)

In addition to the ingredients listed in package recipe (e.g. corn muffins call for 1 egg and 1/3 cup milk), also use:

1/3 cup wheat germ, bran or uncooked multigrain cereal

1 tbsp. brown sugar or molasses

1/4 tsp. salt

1/3 cup raisins or chopped dried fruit (or 1/4 cup each dried fruit & chopped nuts)

1/2 tsp. baking powder

1 tbsp. melted butter or vegetable oil

1 tbsp. milk

For corn muffin mix, preheat oven to 400 degrees (or temperature called for by other type muffin mix). Mix dry ingredients together. Beat remaining ingredients together in a separate bowl, then blend with dry mix. For maximum rise, let batter rest 3 or 4 minutes and then pour into two greased 3x5-1/2 inch mini-loaf pans (which will fit in a 10-inch dutch oven, by the way; set the pans on top of home-canning jar rings or pebbles placed in the bottom of the oven to let hot air circulate under the pans). Bake 15 to 20 minutes or until brown.

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

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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Ponder the true meaning of Christmas. Plan to put Christ in the center of the Christmas season. Plan your Christmas gifts so they will help you to honor the Savior and feel the true spirit of Christmas. Remind your family that our gifts should reflect the same spirit of love and concern as did those of the Wise Men who presented the first gifts to the baby Jesus. Gifts will contribute to the spirit of Christmas only when they pass these three tests:

1. Is the gift given in the spirit of love?
2. Is it a reasonable choice and not too expensive or time consuming for the giver?
3. Will it be ready before Christmas so that it will not take last minute preparation that should be spent on more important activities?

Read the scriptures about the Lord's birth. Suggest a "Scriptural Twelve Days of Christmas." Beginning twelve days before Christmas, have a daily scripture reading using one of the following scriptures: Luke 1:26-38; 3 Nephi 1:4-9; Luke 1:39-45; 2 Nephi 9:19-22; Matthew 1:18-25; 3 Nephi 1:12-21; Matthew 2:1-12; Helaman 14:2-6; Luke 2:1-7; Isaiah 9:6-7; Luke 2:8-20; Isaiah 7:14

(Suggestions from Family Home Evening Resource Book, FAMILY HOME EVENING LESSONS - Lesson 37 - "Come Let Us Adore Him")

### This Month's Suggested Books:

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"True Meaning of Christmas" by Gordon B. Hinckley ISBN: 0884948625

"Christ Centered Christmas" by Sharon Velluto and Suzanne Meredith ISBN: 0966763300

24 Short devotionals to help the family escape the commercialism of the season, and focus on the true meaning of Christmas. (276 pages)

For many the Christmas season has become more a time for stress and commercialism than for peace and good will. A Christ Centered Christmas was created to fill the need of rediscovering the genuine Christmas values. This book provides inspirational ideas and ready-to-use materials for quiet, personal time for any family. Whether you have 3 or 30 minutes, children and adults will enjoy playing, singing, and learning about the true meaning of Christmas.

<http://www.velluto.com/cc/>

"Frugal Luxuries by the Seasons: Celebrate Holidays with Elegance and Simplicity - on Any Income" by Tracey McBride ISBN: 055337995X

From the Publisher: All year-round, create lush beauty and quiet graces for home and family (without breaking your budget). Tracey McBride's first book, Frugal Luxuries, elevated frugal but elegant living to an art form. Now in this companion volume she shares all new ways to embellish cherished holidays and the timeless rhythms of the seasons. Here she shows how to use joined efforts, loving hands, and exciting ideas to create gracious touches and sumptuous celebrations, delicious meals and wonderful seasonal treats. Learn how you can enrich your home with timeless pleasures and lighten the spirits of those you hold most dear--without exhausting your bank account.

Enjoy:

Emblems of spring: aromatic Irish linen sachets, warm scones drenched in jam and butter...and mysterious bunny tracks you can make to delight your children



Enchanted summers: floral wreaths as party favors, an Italian feast with homemade pasta...and bountiful gifts from the garden

Autumnal offerings: scented cinnamon pinecones as fire starters, fresh challah for Rosh Hashana...and a house warmed with fall bouquets and cozy paisley throws

Winter wonders: mood-enhancing music, illuminating with lights, inside and out...and a Christmas gift pantry--begun in January--to create stress-free giving

Plus an abundance of seasonal blessings, imaginative uses for yard-sale treasures, an appreciation of things old and marvelous...and creation of a life of beauty and simplicity. (288 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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Become skilled at thrifty skills. Learn to recycle, reduce, and reuse items you normally just discard. Here are a few thrifty ideas. Revive faded solid-color clothing, curtains, etc. by dyeing them. Use old newspapers and telephone book pages to clean windows, for packaging material, or coloring books for toddlers. Put soap bits in a quart jar with water and make your own liquid soap. (You can place them in a small amount of boiling water, bring to a boil and remove from stove; then after it is dissolved and cooled pour it into liquid soap dispensers.) Sew a bag from a washcloth, leaving one side open and stuff the soap silvers into it for a washing mitt. You can put the old soap slivers in a mug; then when the mug fills up use a shaving brush with the mug to make a foamy solution to shave your legs. Make kitchen towels or table runners out of soiled tablecloths. Use the tabs off aluminum cans to hang pictures by tacking them to the back of the frame. Reuse the baking soda from the refrigerator for washing greasy hands, unclogging drains, etc. For all your holiday recipes buy your butter ahead of time when prices are low and freeze it. Mash and freeze ripe bananas, in one-cup portions, for use later in baking. When starting your garden seedlings indoors, plant the seeds in egg shell halves; then simply crack the shells around the roots of your plants & transplant them outdoors-the shell is a natural fertilizer. Cut your family members' hair yourself. To clean and fluff goose down pillows, put them through the washer (drum style washer rather than agitator style – many Laundromats have them.), then dry them with a couple of tennis balls and a pair of clean tennis shoes to bump against them and fluff them up. Make your own clothing patterns from old newspapers, butcher paper, or inexpensive material such as muslin. Use Styrofoam packaging “peanuts” at the bottom of planting containers instead of rocks or gravel for water drainage. Save plastic mesh bags to hold small items you want to run through the dishwasher. Make potholders out of old ironing board covers. When your child's pullover sweater becomes too tight to wear, turn it into a cardigan by cutting it straight down the front and binding the front edges with an attractive trim.

“Practice thrift and frugality. There is a wise old saying: ‘Eat it up, wear it out, make it do, or do without.’ Thrift is a practice of not wasting anything. Some people are able to get by because of the absence of expense. They have their shoes resoled, they patch, they mend, they sew, and they save money. They avoid installment buying, and make purchases only after saving enough to pay cash, thus avoiding interest charges. Frugality means to practice careful economy. The old couplet ‘Waste not, want not’ still has much merit.” (Elder James E. Faust, Of the Quorum of the Twelve Apostles - “Responsibility for Welfare Rests with Me and My Family” Ensign May 1986, page 20)

Get a FREE box of Kashi 7-grain cereal. Participate in the Kashi Good Friends Recipe Board. Simply email or send in your favorite recipe, along with your name and address. Each month they will choose a favorite and post them for all of the Good Friends. Monthly winners receive a Kashi Care Pack. All entrants receive a coupon for a free box of Kashi cereal (limit one per household / per month). Send your recipe along with your name and address to: Kashi Company, "My Recipe", P.O. Box 8557, La Jolla, CA 92038-8557

Or email it to: [kashico@kashi.com?subject=Submit\\_My\\_Recipe!](mailto:kashico@kashi.com?subject=Submit_My_Recipe)

Details are at <http://www.kashi.com/kasfrienrece.html>

For more info on Kashi Good Friends Cereal, see <http://www.kashi.com/togoodfriends.html>

Learn to make your own jerky for meat storage.

Here is one suggestion:

“We cut the meat into thin strips, the thinner the strips the crunchier the jerky comes out, maybe 1/4 " thick will make chewy jerky. By the way, cut all the fat off the meat as you're stripping. Lay out the strips on a cookie sheet lined with foil, turned up at the edges so juice won't get over everything. Lay out in rows and a single layer. Sprinkle liberally with black coarse ground pepper and seasoned salt, or spices that you like the taste of. Set the oven to WARM, and leave in the oven overnight, or 8-10 hrs. This causes very slow drying. Store in a plastic container, jar, or can after well cooled. Too much moisture left in the meat will cause mold, and putting it away while warm will cause sweating inside the container.”

#### Jerky Recipe

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1/2 cup dark soy sauce

2 Tbs. Worcestershire sauce

1 tsp monosodium glutamate (optional)

1/2 tsp onion powder

1/2 tsp garlic powder

1/4 tsp powdered ginger

1/4 tsp Chinese Five-Spice Powder

3 lbs lean beef brisket, eye-of-round or flank steak, trimmed completely of fat and cut across grain into slices 1/8 inch thick

Blend all ingredients except meat in small bowl. Dip each piece of meat into marinade, coating well. Place in shallow dish. Pour remaining marinade over top, cover and refrigerate overnight.

Oven method: Preheat oven to lowest setting (preferably 110 F). Place several layers of paper towels on baking sheets. Arrange meat in single layer on prepared sheets and cover with additional toweling. Flatten meat with rolling pin. Discard towels and set meat directly on oven racks. Let dry 8 to 12 hours (depending on temperature of oven).

Store jerky in plastic bags or in tightly covered containers in cool, dry area.

AllJerky.com Jerky Recipes WWWBoard <http://www.alljerky.com/wwwboard/messages/18.html>

(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](mailto: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>

--  
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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