

Food Storage Newsletter #0025 - FREE monthly Email newsletter - January 2002:

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

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Quotation:

"Remember the counsel that is given," "...Store up all your grain,' and take care of it!" "...And I tell you it is almost as necessary to have bread to sustain the body as it is to have food for the spirit; for the one is as necessary as the other to enable us to carry on the work of God upon the earth." Elder Orson Hyde (Journal of Discourses, vol. 5, p. 17)

Spiritual Goal:

Listen for the still, small voice of the Spirit. Set aside a time each day to pray and quietly await the gentle promptings of the Spirit.

Provident Living Goal:

Outline a food storage buying plan that is reasonable and appropriate for your family.

Home Storage Goal:

Sugar – 60 lbs.

Salt – 10 lbs.

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

NOTES: A #10 can holds 6.13 lbs. sugar. 1 gallon sugar = 7 lbs. 6.5 gallons sugar = 50 lbs. 1 cup sugar = $\frac{3}{4}$ cup honey, molasses or corn syrup in recipes

The 2002 Food Storage Buying Plan used in these newsletters is available online in HTML, doc, pdf and xls formats at:

<http://www.nursehealer.com/FS18.htm>

72-Hour Kit Goal:

Cooking apparatus, fuel and method of lighting.

First Aid Kit Goal:

Triangular bandages – 4 per person

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

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Honey - 12-24 months (Some sources say indefinitely in an airtight container at room temperature. Gently heat to remove crystallization.)

(Watch out for additives in the honey. It is possible to buy honey with water and sugar added. This honey generally doesn't crystallize like pure 100% honey does when stored for a long time. If there are additives, shelflife may vary.)

Jams - 12-18 months

Jellies - 12-18 months

Molasses (opened) - 6 months

Molasses (unopened) - 12-24 months

Salt - 24 months (indefinitely resealed in a food grade container w/oxygen absorber or vacuum sealed in a food grade bag)

Sugar - 24 months (indefinitely resealed in a food grade container w/oxygen absorber or vacuum sealed in a food grade bag)

Sugar, Brown - 4-18 months

Sugar, Confectioners - 18-48 months

Sugar, Granulated – 24-48 months (indefinitely resealed in a food grade container w/oxygen absorber or vacuum sealed in a food grade bag)

Sugar, Granulated - 20+ years (in Mylar pouch)

Sweetener, Artificial - 24 months

Syrups - 12 months (Refrigerate, after opening)

This Month's Cooking with Food Storage Ideas:

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Cinnamuffins

Kids love these:

1/4 cup oil

1/2 cup dark molasses

1 cup applesauce

1 1/2 cups whole wheat flour

1/2 tsp baking soda

1 1/2 tsp baking powder

3/4 tsp cinnamon

pinch cloves

1/2 tsp salt

1/2 cup raisins

Preheat oven to 375 degrees F. Grease a 12-cup muffin tin--use the smallish-sized cups with this recipe.

Mix oil, molasses, and applesauce. Sift together the flour, soda, baking powder, cinnamon, cloves, and salt. Stir together wet and dry ingredients and raisins. Drop into muffin cups and bake 18 to 20 minutes.

From "The New Laurels Kitchen" by Laurel Robertson, Carol Flinders, and Brian Ruppenthal

Saleetah Whole Wheat Cereal

1 cup water

2 cups precooked wheat kernels

1 stick cinnamon or 1 /4 teaspoon ground

2 tablespoons whole anise seed

1/2 cup sugar

1/2 cup raisins (white or dark)

1/2 cup chopped pecans

Combine water, wheat and spices in a pan. Simmer 5 to 10 minutes; remove from heat. Add sugar, raisins and pecans. Chill or serve warm.

Serves 6.

Nutrient Analysis. One serving provides:

195 calories, 2.4 g protein, 34.5 g carbohydrates, 3.5 g dietary fiber, 7 g total fat, 0 mg cholesterol, 28 mg magnesium, 66.6 mg phosphorus, 163 mg potassium, 2 mg sodium.

From "Grains of truth about Wheat Kernels" 2-page brochure from the Wheat Foods Council, Canada.

Brochure available in .pdf format from the files section of FSRecipes Yahoo Group to group members:

<http://groups.yahoo.com/group/FSRecipes/files/>

File info:

WheatKernels.pdf

Grains of truth about Wheat Kernels (Wheat Foods Council) 2 pages 11 KB

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

Great Wheat Muffins

1 3/4 c. whole wheat flour

1/4 c. pinto bean flour

3 tsp. baking powder

1 tsp. salt

3 Tbs. molasses OR honey

3/4 c. chopped dates

1 c. chopped nuts

1 c. milk

1 egg

1/4 c. vegetable oil

Combine dry ingredients. Add remaining ingredients and stir just until mixed. Fill muffin tins (that have been sprayed with non-stick vegetable coating) 3/4 full. Bake about 20 minutes at 425 degrees F., until delicately browned.

From "Country Beans" by Rita Bingham ISBN: 1882314115

Whole Wheat Pie Crust

Blend:

1 Cup butter or margarine

1 Cup whole wheat flour

1 Tbsp. sugar

Add:

1/2 Cup ground nuts

Press in 9" x 13" pan and bake 350 degrees for 15-20 minutes.

From Whole Grain Breads and Proven Whole Grain Recipes

<http://www.vcn.com/~giveshare/Health/health6.html>

Amaranth/Honey Bars

10 Tbs. Amaranth

1/4 c. Honey

1/4 c. Dark Corn Syrup

4 Tbs. Unsalted Butter

1/2 tsp. Vanilla Extract

1. Toast the seed in a heavy bottomed skillet with a lid, 1Tbsp at a time until it pops
2. Place in a mixing bowl
3. Repeat till all the seed has been popped
4. Grease a 9x13 baking sheet
5. In the large heavy skillet combine the remaining ingredients & bring to a boil
6. Reduce to a simmer & continue to cook till amber & thick
7. Remove from the heat & stir in the amaranth
8. Pour into the prepared pan & cut in to bars
9. Let cool & then recut the bars as needed

(Recipe by Dave Owens~Cardwell's at the Plaza)

From Grain Recipes - VeggieChef

<http://veggiechef.net/recipes/grains.htm>

Swedish Ginger Cookies (Pepparkakor)

1/2 C. Molasses

1/2 C. Butter

2 1/2 C. Sifted all-purpose flour

1/4 tsp. Baking soda

1/2 tsp. Cinnamon

1/2 C. Sugar

1 Egg, well-beaten

1/4 tsp. Salt

1/2 tsp. Ginger

1. Heat molasses in small saucepan to boiling point. The boil 1 minute. Add sugar and butter and stir until butter is melted. Cool. Beat in egg. Sift together flour, salt, soda and spices.
2. Add to first mixture and mix thoroughly. Cover bowl tightly and chill overnight.
3. Roll out a portion of the dough at a time on lightly floured pastry cloth. Roll out thin.
4. Cut into desired shapes. Bake in a moderate oven (350) 6 to 8 minutes.

Note: The dough may be shaped into a roll and wrapped in waxed paper.

Chill thoroughly overnight or longer.

Slice thin and bake in moderate oven (350). These should be stored in an airtight container - allow flavor to "ripen".

Yield: 10 dozen cookies.

From The Linneas of Texas Swedish Recipe Book in .doc format.

<http://www.phaenom.com/linneas/>

<http://www.phaenom.com/linneas/internetrecipes.doc>

Cookbook available in .doc format from the files section of FSRecipes Yahoo Group to group members:

<http://groups.yahoo.com/group/FSRecipes/files/>

File Info:

Filename: SwedishRecipes.doc

Swedish Recipe Book

60 pages

File Size: 313 KB

Pioneer's Hoe Cake

2 cups corn meal

1 tsp. Salt

About 2 1/2 cups boiling water

Mix together the corn meal and salt and then pour over it the boiling water and mix thoroughly to form thick batter. Now grease a griddle with bacon fat and spread out batter into cakes about half-inch thick or a little less. Grease griddle between fryings, or put daub of butter atop each cake before turning. Cook until golden brown and serve hot with butte and Vermont maple syrup or honey.

The name "Johnny Cake" is a corruption of "Journey Cake" for this simple corn meal dish was probably first used by the pioneers when on journeys to frontiers, wars or hunts. Served with fresh country butter, piping hot off the griddle (one person has to stand and fry while the rest eat, and of course you have to eat near the stove), you can't beat this simple concoction for the full-bodied flavor of the stone ground corn meal. If you want to be literal and cook the daubs of batter on a hoe or shovel over a campfire, you will have Hoe Cake.

- From "Cooking With Wholegrains: The Basic Wholegrain Cookbook" by Mildred Ellen Orton ISBN: 0865474850

Buckwheat Pancakes

1 c. freshly ground hard red wheat berries

4 level tsp. Baking powder

1 3/4 c. milk

1 egg

1 c. freshly ground buckwheat

1 level tsp. Salt

2 Tbs. Molasses

Combine the freshly ground whole wheat, buckwheat flour, salt and baking powder. Add the egg and milk gradually while stirring. Add molasses. Beat until smooth. Lightly oil frying pan or griddle. Spoon in pancakes, when bubbles form and break on pancakes, turn and brown other side.

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

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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Listen daily for the still, small voice of the Holy Spirit.

Luke 11:13: "If ye then, being evil, know how to give good gifts unto your children: how much more shall your heavenly Father give the Holy Spirit to them that ask him?"

From the Bible Dictionary:

"Holy Ghost. The third member of the Godhead and, as the name implies, a personage of Spirit, not possessing a body of flesh and bones." . . . "The Holy Ghost knows all things and can lead one to know of future events. Other names that sometimes refer to the Holy Ghost are Holy Spirit, Spirit of God, Spirit of the Lord, Comforter, and Spirit."

Doctrine & Covenants 11: 12-14 "And now, verily, verily, I say unto thee, put your trust in that Spirit which leadeth to do good – yea, to do justly, to walk humbly, to judge righteously; and this is my Spirit. Verily, verily, I say unto you, I will impart unto you of my Spirit, which shall enlighten your mind, which shall fill your soul with joy; And then shall ye know, or by this shall you know, all things whatsoever you desire of me, which are pertaining unto things of righteousness, in faith believing in me that you shall receive."

I Corinthians 6: 19-20 "What? Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's."

Moroni 10: 4-5 "And when ye shall receive these things, I would exhort you that ye would ask God, the Eternal Father, in the name of Christ, if these things are not true; and if ye shall ask with a sincere heart, with real intent, having faith in Christ, he will manifest the truth of it unto you, by the power of the Holy Ghost. And by the power of the Holy Ghost ye may know the truth of all things."

Doctrine & Covenants 84: 88 "And whoso receiveth you, there I will be also, for I will go before your face. I will be on your right hand and on your left, and my Spirit shall be in your hearts, and mine angels round about you, to bear you up."

Revelation 2:7 "He that hath an ear, let him hear what the Spirit saith unto the churches; To him that overcometh will I give to eat of the tree of life, which is in the midst of the paradise of God."

Read I Corinthians 12: 4 – 13 (the gifts of the Spirit)

Excerpts from "40 Days Closer to Christ":

"Fasting and prayer with a purpose bring forth a special spiritual power."--L. Tom Perry

Study: Alma 15-19; Mark and Ponder: Alma 17:3; Children: Alma 14

"Communicating with our Father in Heaven through prayer brings a spiritual power and strength found in no other way."---Ezra Taft Benson

Study: Alma 25-29; Mark and Ponder: Alma 26:22; Children: Alma 18

"Earnest, sincere prayer is an essential ingredient in maintaining spiritual tone."--Dean L. Larson

Study: 32 Nephi 17-21; Mark and Ponder: 3 Nephi 18:18-20; Children: Mormon 1,6, and 7

- From "40 Days Closer to Christ" (Book of Mormon Reading Program)

<http://lds.about.com/religion/lds/library/blfortydays.htm>

This Month's Suggested Book:

"More-with-Less Cookbook: suggestions by Mennonites on how to eat better and consume less of the world's limited food resources" by Doris Janzen Longacre ISBN: 0836117867

This is my very favorite cookbook. This is the book that changed my life forever, and continues to be a blessing to my family. If I could only keep one of my cookbooks, this would be the one I would cherish most.

Commissioned by Mennonite Central Committee, Akron, Pennsylvania, in response to world food needs.

From the back cover:

“The text of this unusual cookbook describes ways to conserve protein and improve the nutritional value of meals at less cost than you are now spending for your food. It can help establish a climate of concern and joy in your home. Your family can feel a greater sense of purpose and fulfillment as you gather each day at mealtime.” (328 pages)

Contents: More with Less Less with More; Change--An Act of Faith; Building a Simpler Diet; Eat with Joy; Sharing the Recipes (Yeast and Quick Breads; Cereals; Beans, Soybeans, and Lentils; Main Dishes and Casseroles; Eggs, Milk, and Cheese; Meats and Fish; Soups; Vegetables; Salads; Desserts, Cakes, and Cookies); Gardening and Preserving; Snacks and Miscellaneous; Useful Tables; Substitutions; Commercial Container Sizes; Complementary Protein; Recommended Daily Dietary Allowances for Energy and Protein; Protein and Calorie Content of Some Common Protein Sources; Comparative Costs of Protein Sources; Equivalent; Metric Conversion

This Month's Frugal Living Tips:

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Make your weekly food storage buying plan simple and attainable. Assess what you have on hand and what you need to purchase to complete your goals. Remember to store what you use and use your food storage regularly. Rotating your storage will help to keep it fresh.

Food Storage Basics Presentation (with handouts, posters & links):

<http://www.nursehealer.com/FS.htm>

Food Storage Basics for Beginners

<http://www.nursehealer.com/StorageBasics.htm>

(More Food Storage ideas are at <http://www.nursehealer.com/Storage.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

To UNSUBSCRIBE: send email to 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

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

To UNSUBSCRIBE: send email to 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

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.

(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

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

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

(0.0) ICQ Pager <http://www.icq.com/2839630>

> ' < Food Storage <http://www.nursehealer.com/Storage.htm>

Cat AntiVirus Note: I do NOT open email attachments.