

Food Storage Newsletter #0026 - FREE monthly Email newsletter - February 2002:

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

=====

Quotation:

“For over forty years, in a spirit of love, members of the Church have been counseled to be thrifty and self-reliant; to avoid debt; pay tithes and a generous fast offering; be industrious; and have sufficient food, clothing, and fuel on hand to last at least one year. Today there are compelling reasons to reemphasize this counsel.” Ezra Taft Benson - October Conference, 1980

Spiritual Goal:

Fast with a purpose at least once a month. Fasting can help to bring greater spirituality and reverence to our prayers and lives.

Provident Living Goal:

Set up an inventory system for your home storage. Use your inventory system to help you to achieve your personal and family storage goals.

Home Storage Goal:

Oil – 4 gallons (or your choice of fats)

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

NOTES: 1 gallon of oil = 6 lbs. 1 can of shortening = 3 lbs. 1 cup butter, margarine, or shortening = 7/8 cup oil 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 & eating utensils

First Aid Kit Goal:

4 x 4 inch bandage pads – 10 per person

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

=====

Butter (refrigerated) - 1-2 weeks (frozen 6-9 months) Wrap or cover tightly.

Mayonnaise - 3-4 months

Oils (unopened) - 18 months Store in cool place away from heat (some may be stored indefinitely in original container)

Oils (opened) - 6-8 months Store in cool place away from heat (some may be stored indefinitely in original container)

Oil, Canola, Best Foods - 18-24 months 1-800-338-8831

Oil, Corn, Mazola (Best Foods) – 18 months from pkg. Date 1-800-338-8831

Oil, Olive - 24 months

Oil, Salad - 6-9 months

Shortenings, solid - 8 months (some say indefinitely in original container)

Shortening, Powdered - 5+ years (in #10 can with oxygen absorber)

This Month's Cooking with Food Storage Ideas:

=====

Baking Powder Biscuits (wholegrain)

2 c. wheat or rye flour

1 tsp. Salt

3 tsp. Baking powder

4 Tbs. Shortening

1 c. milk (approximately)

Sift wheat or rye flour, measure, add salt and baking powder and sift again. Blend in shortening, then

add enough milk to make a moist dough. Turn onto a wheat floured board, pat or roll out to ½ inch thickness, cut out biscuits and bake at 475 degrees for about 15 minutes.

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

ISBN: 0865474850

Rye Biscuits

1 1/2 c. all purpose flour

1 1/2 c. rye flour

2 Tbs. baking powder

1/2 tsp. salt

1 tsp. caraway seeds

3/4 c. shortening

1 c. plus 2 tbs. milk

Combine the first 5 ingredients, and mix well; cut in shortening with a pastry blender until mixture resembles coarse meal. Add milk, stirring until dry ingredients are moistened. Turn dough out onto a lightly floured surface; knead lightly 8-10 times. Roll dough to 1/2" thickness; cut with a 2" biscuit cutter. Place biscuits on an ungreased baking sheet. Bake at 450° for 10-12 min. Yield: about 15 biscuits.

NOTE: Biscuits may be frozen. To freeze, place uncooked biscuits on an ungreased baking sheet; cover and freeze until firm. Transfer frozen biscuits to plastic bags. To bake, place frozen biscuits on an ungreased baking sheet; bake at 400° for 20-30 min.

From - Pat's Recipes

<http://basketsbypat.freeyellow.com/ryebiscuits.html>

Rye Muffins

1 cup unsifted rye flour

2 tsp. baking powder

2 tsp. sugar

1/4 tsp. salt

1/2 cup water

2 tsp. oil

Preheat oven to 400 degrees. Grease 6 muffin pans. Sift dry ingredients into a bowl. Add cold water and mix until smooth. Stir in the margarine. Pour into muffin cups that have been greased. Bake for 25 minutes. Makes 6 to 8 muffins.

From Wheat-Free Baking Recipes

<http://www.purr.demon.co.uk/Food/Wheatfree.html>

Roasted Wheat Berries (from Ethiopia)

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

Serve hot with salt.

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

Corn Bread

2 c. Cornmeal

1 Egg

1/2 tsp. Salt

1 Tbs. Vegetable Oil

1/2 tsp. Baking Soda

1 c. Buttermilk -or- Sour Milk (1-cup Lowfat Milk + 1-tablespoon vinegar)

2 tsp. Baking Powder

1 Tbs. Sugar -or- Honey

Combine the cornmeal, salt, baking soda and baking powder in a bowl. Mix well. Pour into a lightly oiled 8-inch-square baking pan. Bake in a 400-degree oven for 20 to 25 minutes. - Serves 12

One Serving = Calories: 113 Carbohydrates: 20 Protein: 3 Fat: 2 Sodium: 184 Potassium: 65 Cholesterol: 24

Exchange Value: 1 Bread Exchange

Source: Holiday Cookbook, American Diabetes Association, ISBN 0-13-024894-0, by Betty Wedman, M.S.,R.D.

Diabetic Recipes <http://soar.berkeley.edu/recipes/diabetic/>

Corn Meal Gingerbread

=====

1 c. corn meal
1/2 c. wheat flour
1/2 tsp. salt
1 tsp. soda
1 tsp. ginger
1 c. sour milk or buttermilk
1/2 c. molasses
4 Tbs. shortening
1 egg

Heat the molasses; stir in the corn meal, shortening, salt and ginger; cool. Add the milk. Sift the wheat flour, measure, add soda and sift into batter. Add well-beaten egg, then mix and beat thoroughly. Pour into a shallow baking pan and bake 25 to 30 minutes at 350 degrees F. Serve with whipped cream.

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

Whole Wheat Noodles

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

In a large bowl, place the eggs and beat thoroughly. Add salt, oil and freshly ground flour. Mix well. Place flour mixture on a floured board. Place wax paper over flour mixture. Roll out dough to 1/8"

thickness. With pastry cutter or sharp knife cut dough into long strips. Place strips in boiling broth or water for 5 - 7 minutes or until done.

From "Cooking and Baking with Freshly Ground Grains" by Christine Downs

<http://www.urbanhomemaker.com/items/books/healthyeating/cookingbakinggrains.htm>

<http://www.nutritionlifestyles.com/dbook.htm>

<http://www.sportssolutionsinc.com/y2k-cookbooks.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:

=====

Fast at least once a month for spiritual growth.

From the Bible Dictionary:

“Fasting, a voluntary abstinence from food, is a principle of the gospel of Jesus Christ for developing spiritual strength.”

Matthew 6: 16-18 “Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward. But thou, when thou fastest, anoint thine head, and wash thy face; That thou appear not unto men to fast, but unto thy Father which is in secret; and thy Father, which seeth in secret, shall reward thee openly.”

Alma 17: 9-10 “And it came to pass that they journeyed many days in the wilderness, and they fasted much and prayed much that the Lord would grant unto them a portion of his Spirit to go with them, and abide with them, that they might be an instrument in the hands of God to bring, if it were possible, their brethren, the Lamanites, to the knowledge of the truth, to the knowledge of the baseness of the traditions of their fathers, which were not correct. And it came to pass that the Lord did visit them with his Spirit,

and said unto them: Be comforted. And they were comforted.”

Doctrine & Covenants 88: 119-120 “Organize yourselves; prepare every needful thing; and establish a house, even a house of prayer, a house of fasting, a house of faith, a house of learning, a house of glory, a house of order, a house of God; That your incomings may be in the name of the Lord; that your outgoings may be in the name of the Lord; that all your salutations may be in the name of the Lord, with uplifted hands unto the Most High.”

Helaman 3: 35 “Nevertheless, they did fast and pray oft, and did wax stronger and stronger in their humility, and firmer and firmer in the faith of Christ, unto the filling their souls with joy and consolation, yea, even to the purifying and the sanctification of their hearts, which sanctification cometh because of their yielding their hearts unto God.”

3 Nephi 13: 16-18 “Moreover, when ye fast be not as the hypocrites, of a sad countenance, for they disfigure their faces that they may appear unto men to fast. Verily I say unto you, they have their reward. But thou, when thou fastest, anoint thy head, and wash thy face; That thou appear not unto men to fast, but unto thy Father, who is in secret; and thy Father, who seeth in secret, shall reward thee openly.”

This Month’s Suggested Book:

=====

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

How to cook breads, rolls, cakes, scones, crackers, muffins & desserts, using only stoneground wholegrains. (71 pages)

Publisher: North Point Press, a Division of Farrar, Straus and Giroux, 19 Union Square West, New York, NY 10003

From the Publisher:

“A cooking book devoted exclusively to cooking with wholegrain flour is such an old idea it's brand new. Up to 1850 there was no other kind of cooking book.' Cooking with Wholegrains is a return to the more natural, healthier ways of cooking from America's colonial days and later on, before the advent of synthetically enriched foods. As an introduction to Mildred Orton's simple but hearty recipes for breads, biscuits, cakes, casseroles, cookies, griddle cakes, and muffins, Vrest Orton explains what wholegrains are and why they are superior to today's commercial flours, meals, and breakfast cereals. Now in its nineteenth printing, Cooking with Wholegrains ranks as one of America's most important grain

cookbooks; it both precedes the current health craze and remains true to its present concerns."

Contents: The Mystery of the Mill; Bread & Rolls; Special Recipes Using Muffin Meal; Quick Breads, Steamed Breads & Doughnuts; Muffins, Popovers, Crackers; Biscuits, Griddlecakes, Scones & Dumplings; Luncheon & Supper Dishes; Desserts; Breakfast Cereals

This Month's Frugal Living Tips:

=====

Keep an inventory of all food and where it is stored. Stick to a system of removing food from storage and place in daily use pantry areas. Date all stored items. Practice FIFO (First In, First Out.)

A perpetual inventory makes it possible for you to see at a glance what your home storage needs are and how much you have in stock. All you need to keep a perpetual inventory is a food storage plan and a list of what you have in stock. Your "ideal" amount is your goal for each food item. As you use a food storage item (move it from storage to pantry and open it), you subtract it from the list. As you purchase more food storage, you add each item to your list in stock. This can be done on a clipboard, note pad, notebook, etc.

EXAMPLE #1:

SAMPLE Food Storage Inventory:

Food Item: Wheat

Amount Need: 300 lbs. (7 buckets @ 45 lbs. each or 6 buckets @ 50 lbs. each)

On Hand: 7 buckets (45 lbs. each)

Date: Jan 2002

Subtract: 1 bucket

Balance on hand: 6 buckets

Date: Feb 2002

Subtract: 1 bucket

Balance on hand: 5 buckets

Date: March 2002

Add: 2 buckets

Balance on hand: 7 buckets

EXAMPLE #2:

SAMPLE Food Storage Perpetual Inventory:

DATE	Wheat	Milk	Sugar	Salt	Rice
IDEAL	6	5	6	1	1
1-1-2002	3	0	1	1	1
2/2002	+2	0	+1	-1	+0
Balance	5	0	2	0	1
3/2002	-1	0	-1	+0	+0
Balance	4	0	1	0	1
4/2002	+2	+2	+2	+1	+0
Balance	6	2	3	1	1
5/2002	-1	+0	+1	+1	+0
Balance	5	2	4	2	1

Goals:

Wheat - 300 lbs/yr in 6.5 gal ctr = 50 lbs/ctr

Milk - 100 lbs/yr in 6.5 gal ctr = 20 lbs/ctr

Sugar - 90 lbs/yr in 2 gal ctr = 15 lbs/ctr

Salt - 5 lbs/yr in 1 gal ctr = 5 lbs/ctr

Rice - 50 lbs/yr in 6.5 gal ctr = 50 lbs/ctr

HANDOUT: Inventory <http://www.nursehealer.com/Inventory.pdf> (pdf file)(Section 9-3)

From Utah State University Extension publication Food Storage Cooking School - "Use It Or Lose It"

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

Newsletter & Email List Information:

=====
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):

=====
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):

=====

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):

=====

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>

--

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

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

Cat AntiVirus Note: I do NOT open email attachments.