

Food Storage Newsletter #0032 - FREE monthly Email newsletter - August 2002:

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

Quotation:

"It is better to prepare and prevent than to repair and repent." – Ezra Taft Benson

Spiritual Goal:

Partake of the sacrament reverently every Sabbath.

Provident Living Goal:

Prepare at least three alternative cooking methods for your home in case of emergency.

Home Storage Goal:

Vegetables – 30 lbs.

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

NOTES:

Canned vegetable weights: #303 can=1 lb.(2 c) | #10 can=6 lbs. 13 oz(13.5 c) | 1 pt=1 lb | 1 qt=2 lbs

#10 can = 2.5 lbs. dried vegetables or 3.19 lbs. instant potatoes

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:

Shampoo; toiletries; sunblock; insect repellent

First Aid Kit Goal:

Antibiotic ointment – 1 tube per person

Shelf Life:

Vegetables, Beets, fresh (ventilated box @ 32° F. moist pit or cellar) - 6 months

Vegetables, Cabbage, fresh (ventilated box @ 32° F. mod. moist pit/cellar) - 6 months

Vegetables, canned - 24-48 months (unopened)

Vegetables, Canned veggies original container @ 70° F. dry basement) - 2 years

Vegetables, can, Bush Beans Brand - 26 months

Vegetables, can, Del Monte - 24 months

Vegetables, can, Green Giant - 24 months

Vegetables, can, Progresso - 24 months

Vegetables, Carrots, fresh (ventilated boxes/bags @ 32° F. moist pit or cellar) - 6 months

Vegetables, Carrots, dehydrated - 10 years (in mylar pouch)

Vegetables, Corn, canned – 24–36 months

Vegetables, Corn, can, Green Giant - 36 months

Vegetables, Corn, can (whole & creamed), Del Monte - 24 months 1-800-543-3090

Vegetables, Dark green, fresh (flexible package @ 38 - 40° F. refrigerator) - 7 days

Vegetables, Dehydrated veggies (air/moisture proof @ 70° F. dry basement) - 8 months

Vegetables, Dehydrated - 8-12 (at room temperature sealed without oxygen)

Vegetables, dehydrated flakes - 6 months

Vegetables, Green Beans, Del Monte - 24-30 months 1-800-543-3090

Vegetables, Hominy - 12 months

Vegetables, Libby's - 36 months+ 1-888-884-7269

Vegetables, misc. fresh veggies (flexible package @ 38 - 40° F. refrigerator) - 1-2 weeks

Vegetables, Onions, dry - 2-4 weeks (Keep in cool, dry, ventilated area.)

Vegetables, Onions, dehydrated - 8 years (in mylar pouch)

Vegetables, Onions, fresh, dry (net bag @ 32° F. cool, dry area) - 6 months

Vegetables, Peas, dry - 12-24 months (indefinitely resealed in a food grade container w/oxygen absorber or vacuum sealed in a food grade bag)

Vegetables, Peas, dry - 8+ years (in #10 can with oxygen absorber)

Vegetables, Pillsbury - 24 months 1-800-328-6787
 Vegetables, Potato, canned (original container 70° F. dry basement) - 30 months
 Vegetables, Potato, dehydrated (original package @ 70° F. dry basement) -30 months
 Vegetables, Potato Flakes - 3+ years (in #10 can with oxygen absorber)
 Vegetables, Potatoes, fresh – 4 weeks (Keep dry and away from sun. Keep about 50 degrees for longer storage.)
 Vegetables, Potato, fresh (ventilated boxes/bags @ 35 - 40° F. mod. moist pit/cellar) - 6 months
 Vegetables, Potato, frozen (original package @ 0° F. freezer) - 8 months
 Vegetables, Potatoes, sweet – 2 weeks (Don't refrigerate sweet potatoes.)
 Vegetables, Potato, sweet, fresh (ventilated boxes/bags @ 55 - 60° F. dry) - 6 months
 Vegetables, Potatoes, Instant – 6-12 months
 Vegetables, Potatoes, Instant - 3 years (in mylar pouch)
 Vegetables, Potatoes, Instant, Idahoan (in a can) - indefinitely (in original container)
 Vegetables, Pumpkin, fresh (ventilated box @ 55° F. mod. dry basement) - 6 months
 Vegetables, Squash, pumpkin - 6 months
 Vegetables, Squash, acorn - 6 months
 Vegetables, Squash, spaghetti - 6 months
 Vegetables, Squash, butter-nut - 6 months
 Vegetables, Squash, winter, fresh (ventilated box @ 55° F. mod. dry basement) - 6 months
 Vegetables, Tomatoes, canned – 30-36+ months (unopened) (2-3 days opened, refrigerated)
 Vegetables, Tomatoes, can, Crushed, Flavored Diced - 24 months
 Vegetables, Tomatoes, can, Diced, Wedge, Stewed, Whole - 30 months
 Vegetables, Tomatoes, can, No Salt Added Stewed - 18 months
 Vegetables, Tomatoes, fresh ripe (flexible package @ 38 - 40° F. refrigerator) - 2 weeks
 Vegetables, Tomatoes, green (flexible package @ 55 - 70° F. mod. dry basement) - 4 - 6 weeks
 Vegetables, Tomatoes, Libby's - 36 months+ 1-888-884-7269
 Vegetables, Tomato Paste - 30 months
 Vegetables, Tomato Powder - 5+ years (in #10 can with oxygen absorber)
 Vegetables, Tomato Sauce - 12-24 months (unopened) (3 days opened, refrigerated)

This Month's Cooking with Food Storage Ideas:

Pioneer Soup

 2 quarts Water
 2 Shank Bones
 1-1/4 C. Dry Soup Mix
 1 tsp. Salt
 2 Carrots, sliced (can use dehydrated ones)
 2 Celery Stalks, chopped
 1 (15 oz) Can Tomato Sauce

Measure water in large kettle. Add shank bones, soup mix and salt. Bring mixture to a boil. Reduce heat so soup will simmer for 1 1/2 hours. Remove bones and meat. Add carrots, celery, cabbage, and tomato sauce. Simmer 20 minutes more. Trim meat, chop and add to soup.

- From Pittsburgh North Stake <http://www.andrew.cmu.edu/~jinhee/stake/srecipe.html>

Tomato Sauce Mix

 1 cup dried tomatoes
 2 Tablespoons dried parsley
 2 Tablespoon dried basil
 2 teaspoons dried marjoram
 1 teaspoon hot pepper flakes
 Sliver tomatoes with scissors and add to remaining ingredients. Makes 1 cup

USE TO MAKE: (DOUBLE TOMATO SAUCE)

2 tablespoons olive oil
 1 cup onions chopped
 2 cloves garlic minced

1/2 cup Tomato Sauce Mix (recipe above)

1 can chopped tomatoes (16 ozs.)

Sauté onion and garlic in oil til soft, about 5-7 minutes, over medium heat. Add sauce mix and tomatoes, simmer 15 minutes until thick. Adjust seasonings (salt and pepper to taste). Makes 3 cups or 4 servings.

- From "Canadian Living Magazine" December, 1991

Sour Cream & Chives Mashed Potatoes

28 oz. Potato Pearls® Extra Rich

1/4 cup Buttermilk powder

1 Tbs. Salt

1 tsp. Onion powder

1/2 tsp. Garlic powder

1/4 tsp. Cayenne pepper

1 gal. Water, boiling

2 cups Sour cream

1/2 cup Chives, fresh, chopped, or 1/2 amount dry chives

Combine Potato Pearls® Extra Rich, with next 5 ingredients. Quickly whisk potato mixture into boiling water; remove from heat. Continue whisking until potatoes are smooth. Serving Idea: Serve with grilled sausage and sautéed apples. Add remaining ingredients; mix until well blended. Keep warm until serving. Will hold on steamtable, covered, for 2 to 3 hours. Yield: 48 servings.

- From Basic American Foods <http://www.baf.com/>

Palestine Stew

1 cup lentils

1 cup whole wheat (berries)

1 large can tomatoes, chopped (or 1 3/4 cups tomato powder and 3 1/2 cups water)

1 lb. hamburger, browned and drained (Hamburger TVP will work here as well.)

1 large onion, chopped (or 1/4 cup dehydrated onions)

2 Tbs. brown sugar

2 Tbs. of Chile powder to taste

Cook lentils & wheat until tender, about an hour. In separate pan brown hamburger and chopped onion -- mix everything together, season to taste, then let simmer 1/2 hour.

Recipe by Marian Butler – “This dish tastes as good as any chili I've eaten.”

- From Walton Feed <http://waltonfeed.com/grain/y-rec/palestin.html>

Instant Soup Cup

1 tablespoon powder from dried vegetables (such as peas)

1/4 cup dried milk

3/4 cup boiling water

1. Pulverize dried vegetables into powder in a blender or food processor at the highest speed.

2. Mix powder with dried milk. Place in cup and add boiling water. Stir.

For better flavor, soup may be simmered. Dried potato flakes may be added, if desired, to thicken soup.

- From “How to Use Dried Foods” - University of Missouri Columbia – University Extension publication

File available to LDSFS and FREEFSNgroup members in the files section.

<http://groups.yahoo.com/group/LDSFS>

<http://groups.yahoo.com/group/FreeFSN>

DriedFoods.pdf How to Use Dried Foods (Univ of Missouri Columbia) 4 pages (85 KB)

Potato Soup

2 Tablespoons butter or margarine

1/3 cup chopped onion

1/3 cup chopped celery (optional)

4 cups milk

1 cup potato flakes

Salt and pepper to taste

Place butter in saucepan. Add onion and celery. Cook until soft. Add milk. Use medium heat until milk is hot but not boiling. Turn off heat and stir in potato flakes to desired consistency. Season with salt and pepper to taste. Makes about 4 servings.
- From Food Club Authentic Mashed Potato Flakes

Spaghetti Sauce for Canning

Cut all in pieces:

- 3/4 bu. tomatoes, unpeeled
- 3 large sweet potatoes, peeled
- 2 bunches celery
- 3 sweet red peppers
- 1 hot pepper
- 8 medium onions
- 3 cloves garlic

Cook together in large kettles for 2 1/2 hours. Put through a food mill.

Add:

- 1 1/2 c. sugar
- 2 Tbs. salt
- 1 c. oil

Heat again to boiling. Pour into jars and seal. Process in boiling water bath 3/4 hour.

(Makes 12 qts.)

- From "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

Quick Corn Chowder

- 1 can cream of potato soup
- 1 can milk
- 1 can corn (drain juice)
- 1 tsp minced onion
- Crumbled bacon (optional)

Stir in all ingredients and heat slowly so that the milk doesn't boil. 4 servings.

* From TheFamily.com <http://www.thefamily.com/recipes/foodstorage/quickchowder.html>

Easy Dill Pickles

- 4 dozen Pickling cucumbers (3")
- 1 Bunch fresh dill
- 1 qt. Apple cider vinegar
- 8 c. Water
- 1 c. Pickling salt
- 12-16 Garlic cloves, peeled (quantity according to taste)

Wash the cucumbers and remove any stems. Cover with cold water and refrigerate overnight or for several hours. Pack the cucumbers into pint jars as tightly as possible. Poke in 2 sprigs of dill per jar. Bring the cider vinegar, water, salt and garlic cloves to a boil. Boil for 2 minutes. Fish out the garlic cloves with a slotted spoon and put one in each jar (or to taste) while the brine cools slightly. Pour the hot brine into the jars and seal. Makes 12 pints.

- From Grandma's Cookbook <http://www.texascooking.com/cookbook.htm>

Sun-Dried Tomatoes

Preparing the Tomatoes:

Select firm, red and ripe paste (plum) tomatoes if you have them. Other tomatoes will work, but the meatier ones dry faster. Cut each tomato in half and squeeze out excess moisture, scoop out seeds and remove stem. Place on screens cut side up. Salt lightly (if desired.)

Drying the Tomatoes:

To Sun dry (preferred) Place outside (in the sun. Cover with cheesecloth if insects are present. Allow a few days bringing them in at night.

With a dehydrator Set on low (120 degrees F) allowing 12 to 24 hours.

Oven Drying Place on foil lined baking sheet in 200 degree F pre-heated oven. Allow 6-8 hours.

The tomatoes should dry until shriveled and leathery with the moisture almost gone. We don't want them dry and brittle.

Storage:

The best way to store them is in glass jars with tight lids (canning jars work great). When ready to use, fill the jar with half boiling water and half vinegar for a few minutes. Drain. Add herbs (rosemary, thyme, basil) and garlic to your taste. Cover with olive oil. They need to marinate in the refrigerator for at least 24 hours and will keep indefinitely. Allow the tomatoes to come to room temperature before using them.

- From Grandma's Pantry <http://www.grandmaspantry.com/dried.html>

Cream of Celery Soup

2 Tbs. Salad oil
2 Tbs. Flour
2 Tbs. Butter or margarine powder OR 2 Tbs. Real butter or margarine
3 1/4 cups water
1/2 tsp. Salt
3/4 cup powdered milk
1 cup dehydrated celery
1 Tbs. Minced onion

Add the flour to the oil and blend. Add the butter or margarine powder. Real butter or margarine can be substituted. Stir in all remaining ingredients and cook on low heat until thickened. – Serves 4

From "Cookin' with Powdered Milk" by Peggy Layton <http://www.ut-biz.com/homestoragecookin/>

Beef and Spaghetti (with MREs)

2 MRE Beefsteak patties, cubed
2 (16 oz.) cans whole tomatoes
1 small onion, chopped
1 clove garlic, minced
1/2 tsp. salt
1/4 tsp. black pepper
1/4 tsp. sugar
1/4 tsp. dried basil
8 ounces uncooked spaghetti

Cook onion and garlic in a tablespoon of oil until soft. Stir in tomatoes (with juices) and seasonings. Heat to boiling, reduce heat and simmer uncovered for about 40 minutes, stirring frequently, until thickened. As sauce thickens, break up tomatoes with a fork.

Meanwhile, cook spaghetti according to package directions, and drain. Stir cubed beef into sauce, and simmer another 5 minutes, until beef is heated through. To serve, place spaghetti on serving plate, and pour sauce over. Sprinkle with cheese and parsley if desired.

Serve with garlic bread and salad.

Yield: 4 to 6 servings

From "MRExcellence Cookbook--Your Guide to Making Ordinary Military MRE's Extraordinary", by Vicki Waters (Western Reserve Foods, 1997)

- From TheEpicenter.com <http://theepicenter.com/tow12207.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>

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

This Month's Spiritual Preparation Ideas:

Partake of the sacrament reverently, humbly showing gratitude for the Savior's life, example, sacrifice, and love. Remember that the Savior willingly accepted his mission to bring about the atonement for our sins so that we could have the opportunity to live with our Heavenly Father for eternity. As the sacrament is partaken of by other members, humbly bow your head in reverence as you pray, read scriptures, and ponder the true meaning of the emblems representing the body and blood of the Savior.

(See Mosiah 18: 8-10 Luke 22: 19-20; 3 Nephi 18: 5-11; 3 Nephi 20: 8; D&C 20; D&C 27: 1-5.)

This Month's Suggested Book:

“Root Cellaring: Natural Cold Storage of Fruits and Vegetables” by Mike and Nancy Bubel, Pam Art (Editor) ISBN: 0882667033

Synopsis:

For generations, a root cellar was essential for keeping a supply of fresh fruit and veggies to eat through the cold seasons; maintaining one is a nearly lost skill that might just come in handy next year. This comprehensive guide will tell you how to build a root cellar under a variety of conditions; what foods keep best and for how long; and what the optimal conditions are and how to maintain them.

From the Publisher:

Root cellaring, as many people remember but only a few people still practice, is a way of using the earth's naturally cool, stable temperature to store perishable fruits and vegetables. Root cellaring, as Mike and Nancy Bubel explain here, is a no-cost, simple, low-technology, energy-saving way to keep the harvest fresh all year long. In Root Cellaring, the Bubels tell how to successfully use this natural storage approach. It's the first book devoted entirely to the subject, and it covers the subject with a thoroughness that makes it the only book you'll ever need on root cellaring.

Root Cellaring will tell you:

- * How to choose vegetable and fruit varieties that will store best
- * Specific individual storage requirements for nearly 100 home garden crops
- * How to use root cellars in the country, in the city, and in any environment
- * How to build root cellars, indoors and out, big and small, plain and fancy
- * Case histories — reports on the root cellaring techniques and experiences of many households all over North America

Root cellaring need not be strictly a country concept. Though it's often thought of as an adjunct to a large garden, a root cellar can in fact considerably stretch the resources of a small garden, making it easy to grow late succession crops for storage instead of many rows for canning and freezing. Best of all, root cellars can easily fit anywhere. Not everyone can live in the country, but everyone can benefit from natural cold storage.

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This Month's Frugal Living Tips:

It is wise to have several alternative cooking options in order to be prepared for various circumstances. Some options are so simple that you probably don't even realize you have them. Here are a few alternative cooking ideas:

- fireplace
- charcoal grill (a folding grill is nice for travel)
- fondue pot/chafing dish
- votive candles (yes, you can cook with them)
- sterno cooking stove
- butane/propane/Coleman fuel/gasoline camp stove
- kerosene heater
- dutch oven (you can cook over coals or in the ground)
- campfire
- solar oven
- hobo stove
- aluminum foil (to make a solar oven or cook in coals, etc.)
- Snap-On-Stove® (Uses a product called ALCO-BRITE® gelled ethanol fuel)
- Folding Personal Stove Trioxan Lightweight Pocket Sized Stove
- heat canned foods in the can, after removing the label

If the Electricity Goes Off:

FIRST, use perishable food and foods from the refrigerator.

THEN, use the foods from the freezer. To minimize the number of times you open the freezer door, post a list of freezer contents on it. In a well-filled, well-insulated freezer, foods will usually still have ice crystals in their centers (meaning foods are safe to eat) for at least three days.

FINALLY, begin to use non-perishable foods and staples.

Hobo Stove: This is reportedly a very efficient and inexpensive option. Puncture three holes in the bottom edge of a one-gallon paint can, then turn the can over and puncture three identical holes in the top edge. Make one of the holes in the bottom large enough so you can stick a match through and light the fuel. Air will be drawn in through the bottom holes and exhausted through the top. If you want to keep your pans from getting full of soot, cook with the can lid on. You can burn sticks, Canned Heat, or trash. Operate outside only.

Preparing Food During a Power Failure:

During a power failure, cooking and eating habits must change to fit the situation. You may have no heat, no refrigeration and limited water. In addition, health risks from contaminated or spoiled food may increase.

Conserve Fuel:

Consider the amount of cooking time needed for particular foods. If you have limited heat for cooking, choose foods which cook quickly. Prepare one-dish meals or serve no-cook foods. Commercially-canned foods can be eaten straight from the can. Do not use home-canned vegetables unless you have the means to boil them for 20 minutes before eating.

- From "Preparing Food During a Power Failure" University of Illinois Extension Disaster Resources
<http://spectre.ag.uiuc.edu/~disaster/facts/powerout.html>

Spaghetti Cooked with Votive Candles

12 oz spaghetti

10 cups (80 ounces) water

Combine ingredients in a covered stainless steel pot. Use 12 votive candles as described below. Cooking Time: 1 hour, 18 minutes. (NOTE: The spaghetti cooks; but the water doesn't boil.) Season with sauce or butter.

Cooking with Votive Candles: Use 2" high candles, commonly called 15-hour votive candles. Place in disposable aluminum foil pan. (Use 6 candles with mini-loaf pans, 12 candles with 8" pie pans, or 19 candles with 8.75" pie pans.) Turn the rims of the pie pan upward to keep the melted wax from spilling out. Group the candles close together. Concrete blocks can be used for a cooking platform. Place the pan of candles on the concrete blocks. Place two bricks for supports, one to the left of the candles, the other to the right. A camping grill can be placed on top of the bricks. The pot or skillet is placed on top of the grill.

- From "How To Start Your Emergency Preparations Even If You Only Have a Dollar To Spare" CMC Publications, P.O., Box 1049, Gardiner, MT 59030

Cooking Kit Ideas:

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

Emergency Preparedness Presentation Handouts & Books to Download:

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

(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.

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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>

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

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

Cat AntiVirus Note: I do NOT open email attachments.

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