

Food Storage Newsletter #0033 - FREE monthly Email newsletter - September 2002:

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

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Quotation:

"For the moment we live in a day of peace and prosperity, but it shall not ever be thus. Great trials lie ahead...and we must prepare ourselves temporally and spiritually." -- Bruce R. McConkie

Spiritual Goal:

Ponder the Scriptures regularly.

Provident Living Goal:

Produce your own food storage. Produce at least one new food storage item.

Home Storage Goal:

Legumes – 75 lbs.

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

NOTES:

Legume weights: 1 lb. to 50 lb. bags | #10 can = 5.25 lbs. dried beans

1 gal beans=7 lbs | 2 gal=15 lbs | 4 gal=30 lbs | 6.5 gal=50 lbs | 13 gal=100 lbs

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:

Sleeping bag; bedding; pen; paper

First Aid Kit Goal:

Bandage scissors – 1 per person

Shelf Life:

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Beans, Adzuki - 8-10 years (at 70 degrees F.)

Beans, Blackeye - 8-10 years (at 70 degrees F.)

Beans, Black Turtle - 8-10 years (at 70 degrees F.)

Beans, Dried - 12-24 months ( in their original container)

Beans, Dried - indefinitely (resealed in a food grade container w/oxygen absorber or vacuum sealed in a food grade bag)

Beans, can, Baked, Bush - 24-36 months 1-423-509-2361

Beans, can, Black, Progresso - 24 months 1-800-200-9377

Beans, can, Bush Beans Brand - 26 months

Beans, Garbanzo - 8-10 years (at 70 degrees F.)

Beans, Great Northern - 8-10 years (at 70 degrees F.)

Beans, Kidney - 8-10 years (at 70 degrees F.)

Beans, Mung Beans - 8-10 years (at 70 degrees F.)

Beans, Pink - 8-10 years (at 70 degrees F.)

Beans, Pinto - 8-10 years (at 70 degrees F.)

Beans, Refried - 5 years (at 70 degrees F.)

Beans, Small Red - 8-10 years (at 70 degrees F.)

Beans, Soy - 8-10 years (at 70 degrees F.)

Legumes, bottled or canned - 24-36 months

This Month's Cooking with Food Storage Ideas:

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Black Bean Patties

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2 cups cooked black beans  
1 cup cooked brown rice  
1 cup cornmeal  
1 cup soymilk  
1 tablespoon cumin

Cool the beans and rice, if you have just cooked them. Combine all the ingredients well. Add more cornmeal as needed to form a stiff dough.

Form into patties. Add corn oil to a frying pan and fry, or grill over charcoal.

Cooking black beans:

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Put 1 cup dry black beans in 3 cups water and store overnight (a quart canning jar works well for this). Bring to a boil in fresh water and simmer around 40 minutes.

Cooking brown rice:

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Put 1 cup brown rice in 2 1/2 cups water. Bring to a boil, then cover and simmer until water is gone, about 35 minutes. Let sit with cover on an additional 10 minutes.

- From Black Bean Recipes [http://www.interlog.com/~dmercerc/recipes/black\\_be.htm](http://www.interlog.com/~dmercerc/recipes/black_be.htm)

### Great Northern Burritos

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2 cups cooked great northern beans  
1 onion, chopped  
3 cloves garlic, minced  
1 bell pepper, chopped  
1/4 cup slivered almonds  
2 cups cooked Spanish style rice  
1/2 tsp. dried basil  
1/2 tsp. dried oregano  
olive oil  
salt and pepper  
1 pkg. tortillas

Saute onion, garlic and bell pepper until softened. Stir in beans, basil and oregano, almonds, salt and pepper. Over medium-high heat, warm tortillas one at a time, flipping once. Once tortilla is hot (working fairly quickly), spoon rice, then bean mixture into the center of the tortilla. Fold in the left and right sides, and roll burrito closed from the bottom to the top (that doesn't sound very clear, but I imagine you know the routine).

(Serves 6)

- From VegWeb <http://www.vegweb.com/cgi/recipebox.cgi?food/burritos/3796>

### Chili Beans (Crock Pot)

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1 lb. ground beef  
1 medium onion, chopped  
1 C tomato sauce  
1 T chicken broth powder  
1 1/2 C dried kidney beans  
5 C water  
3 T chili powder  
1 1/2 tsp. salt  
1/2 tsp. minced garlic  
1 tsp. sugar  
1/2 tsp. Tabasco

Brown beef and onion in skillet. Place beef mixture and remaining ingredients in crockpot. Mix well. Cover. Cook on high 10-12 hours.

- From Food Storage Recipes - Latter-day Saints <http://lds.about.com/religion/lds/library/foodstorage/blrecipes.htm>

### Navy Bean Bundt Cake

1-2 cups cooked navy beans  
1 cup butter (softened)  
1 cup sugar b cup brown sugar (firmly packed)  
1 tbs. vanilla  
2 eggs  
2 cups flour  
1 1/2 tsp. baking powder  
1 tsp. baking soda  
1 1/2 tsp. nutmeg  
2 tsp. cinnamon  
a cup evaporated milk  
a cup water  
1/2 cup chopped pecans or walnuts  
1-2 cups flaked coconut

Puree beans in blender or mash with fork. Set aside. In large bowl combine butter, sugars and vanilla, beat until creamy. At high speed, add eggs. Stir in beans. In medium bowl, combine flour baking powder, baking soda, nutmeg and cinnamon. Stir one half of dry ingredients until blended. Add nuts and coconut, blend. Pour into greased bundt pan. Bake at 350 degrees for 50-55 minutes, pour into 13 x 9 x 2 greased pan and bake for 25-30 minutes.

- From "New Ideas for Cooking with Basic Food Storage" (LDS Cannery Cookbook) <http://www.nursehealer.com/Cookbook.rtf>

#### German Bean Soup

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1 c. beans (black or pinto)  
1 c. finely diced potatoes  
1/2 c. finely sliced or chopped onion  
2 qts. Water  
1 slice well buttered toast  
1 c. diced salt pork or ham  
1 c. finely diced celery  
2 c. cream or evaporated milk

Cook beans in plenty of water. Run through sieve when tender, discard hulls. Add all other ingredients except cream and toast. Cook 4 – 5 hours. Just before serving add cream and garnish with toast triangles or croutons.

- From "A Century of Mormon Cookery" by Hermine B. Horman & Connie Fairbanks ISBN: 1880328232

#### Grandma Raven's Pinto Bean Pie

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3 cups Pinto beans, cooked unseasoned and mashed fine  
4 Eggs  
1-1/2 cups Sugar  
1/2 cup Milk  
2 tbs. Butter  
1/4 tsp. Salt  
1/2 tsp. Nutmeg  
1/2 tsp. Cinnamon  
1/2 tsp. Allspice  
Pecan halves

Mix all the ingredients well. Place in an unbaked pie shell, top with pecan halves, and bake in a moderate oven (350 degrees F) until done.

- From <http://www.texascooking.com/features/aug98ravenbeansrus.htm>

#### A Dozen Eggs for Twenty Cents (Soy)

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Did you know there's a whole-grain egg substitute you can use in baking that has no cholesterol and costs about twenty cents for a dozen "eggs"? It's soybean flour!

1 egg = 1 heaping T soy flour + 1 T water

A pound of soybean flour costs sixty cents out at Good Earth Natural foods, and 12 heaping tablespoons of soy flour measured 5 oz, so a dozen soybean "eggs" costs just under twenty cents. Plus, the soy flour has no cholesterol, and it provides high-quality, complete protein.

- From Food Storage and Provident Living <http://www.hashworks.com/foodstorage.htm>

### Soy Meat

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1 pound (545 grams) mashed soybeans  
1 cup (137 grams) whole wheat flour  
2 eggs or egg substitute  
1 Tablespoon (18 grams) salt  
1 teaspoon (1.5 grams) garlic  
1 teaspoon (0.6 grams) oregano  
1 teaspoon (0.6 grams) basil

Mix all ingredients together. Spoon into hot oil in fry pan. Cook on medium heat for a few hours, turning occasionally until brown and crusty. Use in place of ground meat.

- From Essentials of Home Production and Storage <http://www.nursehealer.com/FSEssentials.htm>

### Baked Beans (White Beans)

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2 cups white beans 1 tsp. salt  
1 onion chopped 1/8 lb. bacon diced  
3/4 cup brown sugar 1/4 cup catsup  
1 tsp. dry mustard 1 tbsp. soy sauce  
1 cup reserved liquid

Cover beans with cold water and add salt. Simmer until tender. Keep liquid. Add remaining ingredients. Place in greased casserole or bean pot. Top with 1/8 bacon strips. Bake at 275 degrees for 6-8 hours.

- From "New Ideas for Cooking with Basic Food Storage" (LDS Cannery Cookbook) <http://www.nursehealer.com/Cookbook.rtf>

### Chocolate Chip Oatmeal Cookies (Made with white beans)

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1/2 cup cooked white beans  
1 cup brown sugar  
4 eggs  
1 tsp. vanilla  
2 1/4 cups flour  
1 tsp. baking powder  
1/2 tsp. baking soda  
1/2 tsp. salt  
2 cups chocolate chips  
1 cup pecans (or walnuts) chopped

Beat beans and sugar together. Add eggs, vanilla. In separate bowl sift together flour, baking soda, baking powder and salt. Add flour moisture to bean/sugar mixture. Stir until well blended. Stir in chocolate chips, and nuts. Cover and refrigerate dough for 1 hour. Preheat oven to 350 degrees. Drop by tablespoonfuls onto greased cookie sheet. Bake 10-15 minutes depending on size of cookies. Makes 4 dozen.

- From "New Ideas for Cooking with Basic Food Storage" (LDS Cannery Cookbook) <http://www.nursehealer.com/Cookbook.rtf>

### White Bean Gravy

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2 c. hot water  
2 t. chicken or vegetable bouillon  
3-4 T. white bean flour  
salt and/or pepper to taste

Bring water and bouillon (or soup base) to a boil. Whisk bean flour into seasoned water. Stir until mixture thickens. Reduce heat and cook an additional 2 minutes.

- From "Country Beans" by Rita Bingham ISBN: 1882314115  
<http://www.naturalmeals.com/cb.html>

## Meatless Lentil Chili

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5 Cups water  
1 teaspoon salt  
1 lb. dry lentils

Cover and simmer for 30 minutes. Do not drain.

Add:

1 lb. can tomatoes or tomato sauce (or 2 cups water and 1 cup tomato powder)  
1 package dry onion soup  
1 1/2 teaspoon chili powder  
1/2 teaspoon cumin

Simmer 30 minutes more. Serve over rice, pasta, or corn chips.

- From Your Food Storage Recipes <http://waltonfeed.com/grain/y-rec/> Recipe by Brendy

## Blackeye Pea Soup

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4 cups chicken or beef bouillon  
1 can (15 1/2 ounces) blackeye peas (or 2 cups cooked blackeye peas)  
1 can (15 ounces) whole new potatoes, drained and diced  
1/3 cup macaroni rings  
Bacon flavored bits, to taste  
Salt, to taste

Combine ingredients in a large saucepan. Bring to a boil. Cook until macaroni is tender. Serves 4 to 6.

- From "Pantry Cooking: Unlocking Your Pantry's Potential" by Cheryl F. Driggs ISBN: 0965890929  
Simply Prepared <http://www.simplyprepared.com/>

NOTE: If recipes do not load properly into your email, you can download the newsletter in HTML, doc, or pdf format at <http://www.nursehealer.com/Storage.htm>  
(More Food Storage Recipes - <http://www.nursehealer.com/Recipes.htm> )

## This Month's Spiritual Preparation Ideas:

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Ponder the Scriptures regularly. To ponder the Scriptures is to feast upon the words of Christ. Take time daily or weekly after prayerfully reading Scripture to ponder and reflect upon it prayerfully. Apply what you have read to your life and seek a deeper understanding of what you read. Consider a greater truth as you contemplate what you have read. Seek enlightenment, inspiration, and revelation. Listen for the still small voice to testify to you of the truthfulness of what you read and to reveal to you a higher understanding.

“To ponder is to meditate, to think, to feast, and to treasure. It is more than a mental method, it is a spiritual striving to obtain and to understand truth. We should follow the process taught by the Savior to the Nephites as he taught them sacred principles. He then instructed them to ‘Go ye unto your homes, and ponder upon the things which I have said, and ask of the Father, in my name, that ye may understand, and prepare your minds for the morrow.’ (3 Ne. 17:3.) We should ponder the meanings of the things we learn from our search of the scriptures. The Apostle Paul instructed the Philippian Saints to ‘think on these things.’ (Philip. 4:8.) To think involves forming mental images in the mind and focusing intently upon that which has been discovered. Nephi counseled to ‘feast upon the words of Christ; for behold, the words of Christ will tell you all things what ye should do.’ (2 Ne. 32:3.) To feast is to consume, to digest, to absorb. As we ponder, we should follow the counsel of the Savior when he said, ‘Treasure up in your minds continually the words of life.’ (D&C 84:85). This implies that we should repeat in our minds the principles we have learned and draw upon them in each of our decisions.” - L. Lionel Kendrick, “Search the Scriptures,” Ensign, May 1993, page 13

“Pondering, which means to weigh mentally, to deliberate, to meditate, can achieve the opening of the spiritual eyes of one’s understanding. Also, the Spirit of the Lord may rest upon the ponderer” . . . “To soundly plant good seeds in your heart requires prolonged, intense, unremitting pondering. It is a deep, ongoing, regenerating process which refines the soul.” - Joseph B. Wirthlin, “Pondering Strengthens the Spiritual Life,” Ensign, May 1982, page 23

“Prayerful scripture study is also the key to personal revelation. Nephi taught that the Holy Ghost speaks ‘the words of Christ’ and that if we would ‘feast’ on the words of Christ we will be told all things that we should do. (See 2 Ne. 31:18-21; 2 Ne. 32:1-5.) In other words, the Holy Ghost will give us guidance; whether we accept that guidance depends on our faith and obedience to the light already given. The verb ‘feast’ is most instructive. It implies savoring, believing, loving, pondering, meditating, relishing, all of which bespeak a spirit of faith and obedience.” - Stephen R. Covey, “Likening the Scriptures Unto Ourselves,” Ensign, Sept. 1974, page 77

“Behold, I would exhort you that when ye shall read these things, if it be wisdom in God that ye should read them, that ye would remember how merciful the Lord hath been unto the children of men, from the creation of Adam even down until the time that ye shall receive these things, and ponder it in your hearts. 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.” - Moroni 10: 3-5

#### This Month’s Suggested Book:

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“How to Develop a Low-Cost Family Food-Storage System” by Anita Evangelista ISBN: 0966693205

“If you want to reduce your family's food expenses, increase your self-sufficiency, and ready yourself in case of possible future food shortages, then you should read this book. Includes: practical food storage programs, low-cost sources for your foods, bulk-storage techniques, and more.” - <http://www.safetycentral.com/noname1.html>

#### From the Publisher:

“This is probably the most important section in the while catalog. With the times a'changin' as they are, we all need to better prepared for the uncertain changes ahead. The books in this section will give you a head start. If you're weary of spending a large percentage of your income on your family's food needs, then you should follow this amazing book's numerous tips on food-storage techniques. Slash your food bill by over fifty percent, and increase your self-sufficiency at the same time through alternative ways of obtaining, processing and storing foodstuffs. Includes methods of freezing, canning, smoking, jerking, salting, pickling, krauting, drying, brandying and many other food-preservation procedures.”

“This book is a direct appeal to common sense and is a must for the family expecting hard times ahead or those who just want to cut their food expenses by over 50%! One day you might encounter a snow storm, a trucker strike, or a short period of unemployment that could disrupt your ability to come by food easily. Having provisions on hand is nothing more than a prudent buffer against that eventual rainy day that comes to all of us. Ms. Evangelista tells us how to accomplish this simple, but generally overlooked form of personal insurance with a straightforward, no nonsense delivery. She explains how to determine your storage needs, how to find sources of low-cost bulk foods, and how to choose among preservation methods. After following her advice, should you find yourself house-bound by an icy road, or being threatened by an impending hurricane, you won't look at an empty kitchen and curse yourself for being so short sighted. Take that old Boy Scout motto to heart, and ‘Be prepared.’” - <http://www.backwoodshome.com/store/files/ss5.html>

#### This Month’s Frugal Living Tips:

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Produce your own food storage. Grow herbs or vegetables. Plant a garden or fruit tree. Raise farm animals. Learn home canning and dehydrating. Even if you live in a small apartment, you can grow one pot of herbs. Set your goal to produce at least one new food storage item than normal.

#### Container Gardening:

Even the smallest patio or porch can boast a crop of vegetables or a garden of flowers in containers. Planter boxes, wooden barrels, hanging baskets and large flowerpots are just some of the containers that can be used. The container gardener is limited only by his imagination. Consider the following guidelines when choosing your container.

\* Avoid containers with narrow openings.

\* Cheap plastic pots may deteriorate in UV sunlight and terracotta pots dry out rapidly. Glazed ceramic pots are excellent choices but require several drainage holes.

\* Wooden containers are susceptible to rot. Redwood and cedar are relatively rot resistant and can be used without staining or painting. Avoid wood treated with creosote, penta or other toxic compounds since the vapors can damage the plants. One advantage of wooden containers is that they can be built to sizes and shapes that suit the location.

\* Use containers between 15 and 120 quarts capacity. Small pots restrict the root area and dry out very quickly. The size and number of plants to be grown will determine the size of the container used. Deep rooted vegetables require deep pots.

\* Make sure your pot has adequate drainage. Holes should be 1/2 inch across. Line the base of the pot with newspaper to prevent soil loss.

\* In hot climates use light-colored containers to lessen heat absorption and discourage uneven root growth.

\* Set containers on bricks or blocks to allow free drainage.

\* Line hanging baskets with sphagnum moss for water retention. Keep baskets away from afternoon sun.

\* If you choose clay pots, remember that clay is porous and water is lost from the sides of the container. Plants in clay pots should be monitored closely for loss of moisture.

- From "Guide to Container Gardening" <http://www.gardenguides.com/TipsandTechniques/container.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](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](mailto:NurseHealer-unsubscribe@yahoogroups.com)

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

NurseHealer Email Discussion List (NurseHealer) Home Page:<http://groups.yahoo.com/group/NurseHealer>

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

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

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

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

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

To have the FAQ sent to you, click on the link on the above page, or go to <http://www.responders.net/form.asp?member=listbot>

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Many blessings,

Mary Catherine ("Cathy") Miller

Cat =^;^=

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

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

( 0.0 ) 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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