

Food Storage Newsletter #0034 - FREE monthly Email newsletter - October 2002:

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

Quotation:

Avoid Debt: "Few things erode happiness more quickly than debt. In some cultures, debt is becoming both more available and more accepted. But as Church members, we have long been advised to avoid unnecessary debt. The hunger for worldly goods must be bridled just as any other appetite. Applying the pioneer motto 'Fix it up, wear it out, make it do, or do without' can help us live within our means." - Visiting Teaching Message: "Living within Our Means," Ensign, Feb. 2001, 69

Spiritual Goal:

Pray for your enemies, or those who feel enmity toward you.

Provident Living Goal:

Learn the art of mending.

Home Storage Goal:

Rice - 100 lbs.

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

NOTES:

Rice weights: 1/2 lb to 50 lb bags | #10 can=5.69 lbs.

1 gal rice=7 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:

Tent; tarp; backpack

First Aid Kit Goal:

Tweezers; safety pins; penlight

Shelf Life:

Rice, flavored or herb mixes - 6 months

Rice, Minute Rice, Kraft Foods - 18 months

Rice Mixes - 6 months

Rice, parboiled - 6-12 months (stored unopened in cool, dry place)

Rice, White Emerald - 12 months+

Rice & Sauce, Lipton - 12 months

Rice-a-Roni - Exp. Date

This Month's Cooking with Food Storage Ideas:

Browned Rice

1 cup rice

1/4 cup shortening

1/4 cup chopped onion, meat, celery, or other vegetables

1 tsp. salt

3 1/2 cups water

Heat shortening in skillet. Add rice. Cook, stirring constantly, about 10 minutes or until lightly browned. Add vegetables and continue cooking 2 or 3 minutes (optional). Add salt and water. Simmer over low heat 20 to 25 minutes or until rice is tender and excess liquid has evaporated.

(Makes 6 to 8 servings)

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

Brown Rice Pudding

1/2 c. uncooked regular OR quick-cooking brown rice
3 Tbs. honey
3 Tbs. margarine
1/4 tsp. ground cinnamon
3/4 c. milk
1/4 c. raisins (optional)
Cream
Honey OR Brown Sugar

Cook rice as directed. Stir in 3 Tbs. honey, the margarine, cinnamon, milk, and raisins. Heat to boiling; reduce heat. Cook over low heat, stirring occasionally, until of desired consistency, 10 to 15 minutes. Serve warm with cream and honey. -- 3 to 4 servings.

- From "Betty Crocker's Cookbook" by Betty Crocker Editors ISBN: 0764565486

Hearty Soup Mix

1 (14 oz.) pkg. dry green split peas
1 (12 oz.) pkg. pearl barley
1 (14 oz.) pkg. alphabet macaroni
1 (12 oz.) pkg. lentils
1 and 1/2 cups brown rice
4 cups dry minced onion

Combine ingredients in a large, airtight container. Stir to evenly distribute ingredients. Label container. Store in a cool, dry place. Use within 6 months. Shake before using. Makes about 12 and 1/2 cups of mix.

Hearty Soup Stock

6 cups water
1 and 1/3 cups Hearty Soup Mix
1 and 1/2 Tbsps. salt
2 carrots, sliced
1 or 2 stalks celery, chopped
1 and 1/2 cups cabbage, shredded
2 (15 oz.) cans tomato sauce
1 (24 oz.) can vegetable juice cocktail
1 lb. ground beef or leftover meat, cooked (optional)

Put water in large kettle or Dutch oven. Add Hearty Soup Mix and salt. Bring to a boil. Cover and simmer 1 to 1 and 1/2 hours. Add carrots, celery, cabbage, tomato sauce and vegetable juice cocktail. Add cooked ground beef or other meat, if desired. Simmer 20 minutes until vegetables are cooked. Makes 6 to 8 servings.

- From the Y2K Survival Food Email Discussion List

Minnesota Wild Rice Waffles

3 eggs, separated
1 1/2 cups milk
1 3/4 cups flour
4 teaspoons baking powder
1/2 cup butter, melted
1 cup cooked wild rice

Beat egg yolks with a fork or whisk; stir in milk, flour, baking powder, salt and melted butter. Mix until smooth and stir in cooked wild rice. Beat egg whites until they form stiff peaks and fold into batter. Bake in a hot waffle iron. Serve with maple syrup.

- From Buckskinner Cookbook <http://www.coon-n-crockett.org/cookbook.htm>

Rice in Cream (Pioneer Recipe)

3/4 cup uncooked rice
1 teaspoon salt
4 cups milk
1/2 cup sugar
1/2 teaspoon almond extract
1 cup heavy cream, whipped

Cook rice and salt in milk over boiling water until rice is soft and mixture is thick (about 1 1/2 hours). Add sugar and almond extract. Chill, then

stir in whipped cream.

Can also be served with berries.

(From "Pioneer Recipes," Friend, July 1978, page 43)

- From Gospel Library Archive - Church of Jesus Christ of Latter-Day Saints

<http://library.lds.org/library/lpext.dll/ArchMagazines/Friend/1978.htm/friend%20july%201978.htm/pioneer%20recipes.htm?fn=document-frame.htm&f=templates&2.0>

Savory Grain and Bean Pot (with bulgar or cracked wheat)

Heat in large kettle:

2 Tbs. olive oil or other oil

Add and saute:

1 c. chopped onions

2 c. chopped vegetables (carrots, mushrooms, celery)

Add:

1 c. cooked soybeans

1 c. cooked tomatoes

2-3 peppercorns

pinch cayenne

1/4 tsp. each basil, tarragon, oregano, celery seed, summer savory

pinch each thyme, rosemary, marjoram, sage

2 Tbs. soy sauce

1/2 c. brown rice

1/3 c. bulgar or cracked wheat

6-8 c. vegetable stock or broth

Bring soup to a boil. Reduce heat and simmer 1-2 hours until grains are tender, or pressure cook 10-15 minutes.

Option: Soup may be further enriched with 3 Tbs. soy grits if available. Combine grits with a little liquid and add to soup with grains.

(Serves 8-10)

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

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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Pray for your enemies, or those who feel enmity toward you.

“Ye have heard that it hath been said, Thou shalt love thy neighbour, and hate thine enemy. But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you; That ye may be the children of your Father which is in heaven: for he maketh his sun to rise on the evil and on the good, and sendeth rain on the just and on the unjust.” - Matthew 5: 43-45 (See also Luke 6: 28; 3 Nephi 12: 44)

One bit of advice I have heard that works better than any other means I know to bring forgiveness to one's heart and love for one's fellowman is this. If someone has wronged you in some way, pray for them every day for thirty days, sincerely, earnestly, and fervently. By the end of the thirty days you will feel the love of the Savior for them in your heart through your diligent prayer. You may not change them; but you change your heart, and your sincere prayers will be heard and answered.

This Month's Suggested Book:

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“Clothing Care and Repair” by Singer Reference Library ISBN: 0865732051

Review: “This book presents easy, proven techniques for clothing maintenance and it serves as a source of practical ideas for repairing and updating clothing. To use the information in this book you do not have to know how to sew, you do not even have to own a sewing machine.” - <http://barnabys-craft-books.com/special/special.htm>

This Month's Frugal Living Tips:

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Learn the art of mending. Darn rent clothing. Patch holes in fabric, furniture, curtains, and household items. Repair leaky faucets, worn boards, and cracks in walls. Brace and support sagging boards in your home, garage, or shed.

"Make it last, wear it out, make it do, or do without." - old New England aphorism.

Don't buy a new garment because the old one is a bit worn. Mend your old garment, repair it, restore it, and make it like new. Sometimes a remake of an old article of clothing is as good as a new one.

"Our pioneer forebears lived by the adage 'Fix it up, wear it out, make it do, or do without.' Reasonable debt for the purchase of an affordable home and perhaps for a few other necessary things is acceptable. But from where I sit, I see in a very vivid way the terrible tragedies of many who have unwisely borrowed for things they really do not need." - Gordon B. Hinckley, "I Believe," Ensign, Aug. 1992, 2

Ask yourself the question, "Do I NEED a new purchase, or do I simply WANT something new?" Sometimes items truly need to be replaced; but many times they can be repaired or restored more economically. Choose wisely what to replace and what to repair.

Mending & Repair Resources Online:

Mrs. FIXIT Easy Home Repair
<http://www.mrsfixit.com/>

VCR Repair Instruction
<http://www.fixer.com/>

PC Maintenance Tips - Simple Hardware Maintenance
http://www.controller.cmich.edu/FIS/PC_tip10.HTM

Elliot's Furniture Repair Tips
<http://www.elliots.com/repair.html>

Jonko Auto Repair tutorials
<http://www.jonko.com/forum/tutorials/>

Hayes Timely Sewing Tips
http://www.trevhayes.com/sewing_tips.htm

SewingTips.com
<http://sewing.lifetips.com/>

Looking Good without going broke! (PDF File)
<http://www.uwex.edu/ces/wnep/p6/dcfspdfs/MM09.pdf>

(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.

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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):

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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

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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