

Food Storage Newsletter #0036 - FREE monthly Email newsletter - December 2002:

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

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Quotation:

"Say I, Wake-up, ye Saints of Zion, while it is called today, lest trouble and sorrow come upon you, as a thief in the night. Suppose it is not coming, will it hurt you to lay up the products of the earth for seven years? Will it hurt you, if you have your house in order? I want the world to know that we are ready for anything that comes along. If it is good, we are ready for that; and if it is evil, we are ready to stand against it." -Heber C. Kimball

Spiritual Goal:

Ponder the life of Christ this month.

Provident Living Goal:

Learn to make your own items instead of paying for ready-made items, such as mixes for baking and cooking.

Home Storage Goal:

Baking Items – 10 lbs.

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

NOTES:

Baking items: corn starch, baking powder, baking soda, vinegar, etc.

Gather your other baking needs on sale during the holiday season.

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:

Clothing; rain gear; rope or twine

First Aid Kit Goal:

Syrup of Ipecac; activated charcoal

Shelf Life:

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Baking Powder - 18 months (unopened)

Baking Soda - 18-24 months

Butter, dehydrated - 5-8 years

Cocoa - 5 years (in Mylar pouch)

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

Vanilla Extract (opened) - 12-18 months

Vanilla Extract (unopened) - 24 months

Vinegar (opened) - 12 months

Vinegar (unopened) - 24 months (some sources say indefinitely in original container)

Yeast - 24 months (or expiration date on package)

Yeast, Fleischman's (800) 777-4959 Date is stamped. If you use it past the stamped date, you must first "PROOF" it. Proof it by bringing ¼ cup of water to the temperature in the instructions on the back. Stir in 1 tsp. of sugar and one packet of yeast. After five minutes it should begin to bubble. At the end of 10 minutes, it should have a rounded crown of foam on it. If this happens, yeast is active. (Be sure to deduct ¼ cup of liquid from your recipe)

This Month's Cooking with Food Storage Ideas:

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Basic Muffins (with dried eggs)

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2 1/2 Tbs. dried whole egg

4 1/2 Tbs. baking powder

3/4 tsp. salt

3 Tbs. sugar  
1/4 c. melted shortening  
1 2/3 c. water  
3/4 c. dried milk  
1 3/4 c. flour

Sift together the dried egg mix, flour, baking powder, salt and sugar. In a separate bowl, combine the shortening, water and dry milk. Add to dry ingredients, stirring only enough to moisten. Fill greased muffin pans two-thirds full with the mixture. Bake at 375 degrees F. for 20 minutes. -- Makes 12 large or 14 medium muffins.

Variations: blueberries, chopped nuts, bananas, carrots, apple dices, raisins, or granola.

From - "Cookin' With Dried Eggs" by Peggy Layton

<http://www.ut-biz.com/homestoragecookin/>

#### Cornbread (with dried eggs)

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3/4 C Cornmeal  
1 Tbs. Dried Eggs, Equiv. 2 Eggs  
3/4 C Flour  
4 Tsp. Baking Powder  
1/4 C Sugar  
3/4 Tsp. Salt  
2 T Dry Milk  
1/4 C Shortening

Combine dry ingredients and store in a sealed container until ready to use. Grease a frying pan and shake a little flour in it. Add 3/4 c. water and shortening to the dry mix and stir until just moistened. Cook in the covered pan in coals for 20 minutes or until done.

(425 degrees. F.)

From AAOOB Storable Foods

<http://www.aaobfoods.com/>

#### Golden Angel Food Cake

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8 egg yolks  
1 c. cold water  
2 c. sugar  
2 c. whole wheat flour  
1/4 c. cornstarch 1/2 tsp salt  
1 TBS honey  
1 1/2 tsp vanilla  
8 egg whites  
1 tsp cream of tartar

Put egg yolks in mixer bowl and beat until light colored. Add cold water and beat for 2 minutes. Add sugar and blend. Combine whole wheat flour, cornstarch, and salt and sift. (If you don't sift, the wheat bran will add a little crunch.) Add to egg yolk mixture. Beat for 3-4 minutes. Add vanilla and honey and mix. Beat egg whites with cream of tartar until very stiff. Fold into egg yolk mixture gently. Be sure whites and yolk mixture are evenly mixed. Bake in angel food cake pan (ungreased) for 1 hr 15 minutes at 325 degrees. Touch test top. Done when your fingers leave no indentation. May need a little more time. Invert to cool. Barley flour may be substituted for cornstarch.

(From "The Magic of Wheat Cookery" by Lorraine Dilworth Tyler)

From Homemaking Cottage:

<http://www.homemakingcottage.com/self/fsrecipes.htm>

#### Oatmeal Muffins

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4 cups quick oats  
5 eggs  
2 1/2 cups shortening , melted and cooled  
6 cups flour  
2 1/2 teaspoons salt  
1 1/2 quart buttermilk  
3 cups brown sugar  
5 teaspoons baking powder

2 1/2 teaspoons soda

Soak oats in buttermilk. Add eggs and brown sugar and mix lightly. Blend in shortening . Stir dry ingredients together and add to oats mixture. Blend only enough to moisten dry ingredients., Fill oiled muffin pans 2/3 full. Bake 15-20 minutes at 400 degrees.

(Makes 5 dozen.)

From Walton Feed:

<http://waltonfeed.com/grain/ldscn/1.html>

#### Biscuit Mix

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9 c Flour, sifted - cake & pastry preferred

1/3 c Baking powder

1 c Milk; powdered

2 tb Milk; powdered

4 ts Salt

1 3/4 c Shortening; vegetable

Sift all dry ingredients. Cut shortening into flour till mixture resembles coarse cornmeal. Store, well covered, in cool, dry place.

Makes: 13 cups

Use for pancakes, waffles, biscuits or anything that you would use packaged biscuit mix.

From "Pure and Simple" by Marion Burrows

#### Three-Grain Peanut Bread

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1 c. white flour

1/2 c. quick cooking oats

1/2 c. yellow cornmeal

1/2 c. dry milk powder

1/2 c. sugar

3 tsp. baking powder

1 tsp. salt

2/3 c. cream-style peanut butter

1 egg

1 1/2 c. milk

Preheat oven to 325 degrees F. Combine in mixing bowl flour, oats, cornmeal, milk powder, sugar, baking powder, and salt. Cut in peanut butter. Blend and pour in egg and milk. Mix well. Turn into greased and floured 9 x 5 - inch loaf pan. Spread batter evenly. Bake 1 hour and 10 minutes, or until cake tester inserted in center comes out clean. Cool 10 minutes and remove from pan. (Makes 1 loaf.)

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

#### Pancake Mix

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8 cups white or whole wheat flour

3/4 cups shortening powder

3/4 cups powdered milk

3/4 cups brown or white sugar or 1/3 cups fructose

2/3 cups dehydrated whole eggs

1/3 cups baking powder

1 scant Tablespoon salt

Family Favorite Pancakes

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1 scant cup Pancake Mix

1 cup water

Stir together. Let stand a minute and cook on a hot oiled griddle. Turn when bubbles break on top. Makes six 4" pancakes.

(Storing Mixes -- Store in covered container in cool dark place for optimal shelf life, preferably 40-68 degrees. If you want a longer shelf life for your mixes, put your flour in the freezer for two days before making mixes.)

From Pioneer Thinking:

<http://www.pioneerthinking.com/mixes.html>

#### Cheese Sauce Mix

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4 1/2 cups dehydrated cheese sauce  
2 2/3 cups powdered milk  
2 2/3 cups dehydrated butter powder or margarine powder  
2 2/3 cups flour  
2 teaspoons onion powder

If you want to try a smaller mix first to see how you like it try a Mini-Mix instead:

Cheese Sauce Mini-Mix:

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1/3 cups dehydrated cheese powder  
3 Tablespoons powdered milk  
3 Tablespoons dehydrated butter powder or margarine powder  
3 Tablespoons flour  
1/8 teaspoons onion powder

Cheese Sauce:

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Combine:

1 cup hot tap water  
1/2 cup Cheese Sauce Mix (above)

Bring to a boil stirring with a wire whisk -- it only takes a minute! For a touch of color add a few parsley flakes (optional).

Mix-A-Meal Cookbook, p. 46.

From Creative Homemaking:

<http://www.creativehomemaking.com/articles/030201b.shtml>

White Sauce Mix

-----  
4 cups dry milk  
4 cups dehydrated butter, sifted  
4 cups flour  
8 tablespoons chicken bouillon  
2 tablespoons salt

Mix ingredients together and store in covered container. Label and date; use within 6 months.

This can be used as a soup base in any cream soup recipe, such as corn chowder or clam chowder. Also can be used over fettuccine.

To use:

For a thin white sauce: Mix 1 cup of warm water to 1/3 cup mix.

For a thick sauce: Mix 1 cup warm water with 3/4 cup mix.

Credits: "Food Storage In A Nutshell"

From Home Cooking:

<http://homecooking.tqn.com/library/archive/blsauce16.htm>

Halftime Spoon Rolls

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Dissolve 2 tsp. dry yeast in 1/2 cup warm water, and set aside. Combine 1/3 cup shortening, 1/4 cup of sugar or honey, 1 tsp. salt with 1/4 cup hot milk (reconstituted dry or fresh). Cool to lukewarm by adding 1/2 cup cold water. Add 1 egg (or equivalent reconstituted dry) and softened yeast. Mix in 3 1/2 cups sifted flour. Cover in same bowl, letting rise in a warm place till doubled. Stir dough with greased spoon. With an ice cream scoop (works easiest) dip sticky batter into greased muffin tins, filling half full. Let rise and bake at 375 degrees until golden brown. Remove from oven and brush margarine on top to soften nicely. I promise raves from this one. And you can modify it easily. With the addition of just a little more flour (about 1/2 cup), the dough will be firm enough to handle lightly, which makes forming hamburger buns on a greased cookie sheet easy, or forming into caramel rolls, cinnamon rolls, or coffee cake.

From Backwoods Home Magazine:

<http://www.backwoodshome.com/articles/clay55a.html>

Chocolate Snack Cake

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1 2/3 cups all purpose flour  
1 cup packed brown sugar  
1/4 cup unsweetened cocoa  
1 teaspoon baking soda  
1/2 teaspoon salt  
1 cup water

1/3 cup oil  
1 teaspoon vinegar  
1/2 teaspoon vanilla

Mix dry ingredients. Stir in liquid ingredients completely. Pour into an ungreased 8-inch square pan. Bake at 350 degrees F for 35-40 minutes, or until a toothpick inserted in the center comes out clean. Cool. Dust with powdered sugar just before serving.

Applesauce Cake: Omit cocoa and vanilla. Stir 1 1/2 teaspoons ground allspice into the flour mixture. Reduce water to 1/2 cup and stir in 1/2 cup applesauce.

Chocolate Chip: Omit cocoa and vanilla. Stir in 1/3 cup chopped nuts into flour mixture. Sprinkle 1/3 cup mini chocolate chips over the batter in pan.

Double Chocolate: Sprinkle 1/2 cup semi-sweet chocolate chips over the batter in pan.

Maple Nut: Omit cocoa and vanilla. Stir 1/2 cup chopped pecans into the flour mixture and 1/2 teaspoon maple extract in with the water.

From Mormon Chic:

<http://www.mormonchic.com/recipe/recipebox/pages/foodstorage.html>

#### Baked Custard

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2/3 c. dry milk solids  
2 c. water  
1/4 c. sugar OR honey  
2 eggs, slightly beaten  
few grains salt  
1 tsp. Vanilla

Preheat oven to 325 degrees. Mix together milk solids, sugar, and salt. (If using honey, add honey after dry milk and water are combined.) Add water slowly and stir until smooth. Mix in eggs and vanilla. Pour into 4 custard cups. Sprinkle with nutmeg. Set in flat pan containing 1 inch hot water. Bake 50 minutes or until knife inserted near edge of custard comes out clean. (Serves 4)

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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Ponder the life of Christ. Pray and read scriptures related to the life of the Savior. Express your gratitude to our Heavenly Father for the example and love of our Savior. Look at your own life to see if you are following the Savior's example. Pray for guidance and seek the Spirit.

Here are a few resources to help you as you ponder the Savior's life.

#### About Jesus Christ

<http://www.mormon.org/learn/0,8672,802-1,00.html>

#### First Presidency Message: A Testimony of the Son of God

<http://www.lds.org/library/display/0,4945,2043-1-2053-1,00.html>

#### The Living Christ

<http://www.lds.org/library/display/0,4945,163-1-10-1,FF.html>

<http://www.nursehealer.com/LDS.htm#Christ>

#### Scriptures

<http://scriptures.lds.org/>

<http://www.nursehealer.com/LDS.htm#Scriptures>

#### This Month's Suggested Book:

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"How to Develop a Low-Cost Family Food-Storage System" by Anita Evangelista

ISBN: 0966693205

Paperback, 112pp.

From the Author - This book is designed to help you make the important food choices that will affect you and your family in the event of difficult circumstances. . . . even folks on the tightest budget with the smallest storage areas can "put aside" SOMETHING. Just a little planning and some prudent action can help prevent putting yourself in danger's way, or can help keep you comfortable during the inevitable downturns of life.

From the Publisher - This is probably the most important section in the whole catalog. With the times a'changin' as they are, we all need to be 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.

Review:

<http://www.backwoodshome.com/store/files/ss5.html>

This Month's Frugal Living Tips:

Make your own cooking and baking mixes instead of paying higher prices for store-bought ready mixes.

Online resources for make your own mix recipes:

<http://www.kitchenmixes.com/>

<http://members.tripod.com/~Tweezle/makemix.html>

<http://busycooks.about.com/cs/mixmagic/index.htm>

<http://allrecipes.com/directory/571.asp>

<http://www.melborponsti.com/mastermx/index.shtml>

<http://frugalliving.about.com/library/recipes/blrecipes.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):

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@yahoo.com](mailto:LDSFS@yahoo.com)

To SUBSCRIBE: send email to [LDSFS-subscribe@yahoo.com](mailto:LDSFS-subscribe@yahoo.com)

To UNSUBSCRIBE: send email to [LDSFS-unsubscribe@yahoo.com](mailto:LDSFS-unsubscribe@yahoo.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@yahoo.com](mailto:NurseHealer@yahoo.com)

To SUBSCRIBE: send email to [NurseHealer-subscribe@yahoo.com](mailto:NurseHealer-subscribe@yahoo.com)

To UNSUBSCRIBE: send email to [NurseHealer-unsubscribe@yahoo.com](mailto:NurseHealer-unsubscribe@yahoo.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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