

Food Storage Newsletter #10 - FREE monthly Email newsletter - October, 1999

This Month's Food Storage Guidelines:

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This Month's FOOD STORAGE 52 Week Acquisition Plan to Acquire One Year's Storage:

Week 1. Grain - flour 50 lbs.

Week 2. Oil - peanut butter, mayonnaise, butter powder - 15 lbs.

Week 3. Baking extras - cocoa, coconut, chocolate chips, nuts

Week 4. Emergency sewing supplies

Week 5: Water (14 gal per person is 1 week supply.)

(- <http://www.nursehealer.com/FS9.htm>)

Shelf Life for This Month's storage items:

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Wheat (5 1/2 years without oxygen absorbers, indefinitely with oxygen absorbers)

The soft grains (Barley, Oat Groats, Rolled Oats, Quinoa, Rye) will keep for 8 years at room

temperature sealed without oxygen.

The hard grains (Buckwheat, Corn, Flax, Kamut, Millet, Wheat, Spelt, Triticale) will keep 10 to 12 years or more at room temperature sealed without oxygen.

Oats – 24 to 60 months

Oats, rolled – 12 months

Oatmeal – 12 months

Rice, white – 24 to 48 months

Rice, wild – 24 to 36 months

Rice, brown – 1 to 6 months

Rice, flavored or herb mixes – 6 months

Rice flour – 1 to 2 months

Flour, whole wheat graham - 2 weeks

Flour, white enriched - 12 months

Cornmeal - 12 months

Wheat, raw whole - 25 years or longer

Nuts in the shell – 24 months

Nutmeats in vacuum can – 3 months

Peanuts – 24 to 36 months

Peanut Butter – 6 to 24 months

Shelf Life of Groceries <http://st4.yahoo.com/lib/glitchproof/pn1202.pdf> (pdf file) from Glitchproof File Archive

Shelf Life of Stored Foods <http://www.ext.usu.edu/publica/foodpubs/fn503.pdf> (pdf file)

(see Section 8-10 to 8-18) From Utah State University Extension publication Food Storage Cooking School - "Use It Or Lose It" pdf file 1292 K (Print pages 68 through 76)

(- More shelf life information: <http://www.nursehealer.com/ShelfLife.htm>)

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

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"When people are able but unwilling to take care of themselves we are responsible to employ the dictum of the Lord that the idler shall not eat the bread of the laborer". Elder Boyd K. Packer

Spiritual Goal---Attend one more session of General Conference than you normally do.

Provident Living Goal---Make a goal to read 30 minutes/day to your children or grandchildren. If you have not children to read to, make a goal to read at least 30 minutes/day just for pleasure.

Storage Goal:

50 cans soup, stew or chili per person
10 pounds cheese--dried or bottled per person
shaving supplies
dish soap

72 hour kit:

4 granola bars per person
2 sticks beef jerky per person
1 package chewing gum per person
hard candies or lollipops--at least 12 per person (note these items will be rotated every 6 months--see April)
Check batteries for light and radio. Replace if needed.

(- <http://www.nursehealer.com/FS10.htm>)

This Month's Cooking with Food Storage Ideas:

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Old Fashion Corn Bread

2 eggs
2 c. freshly ground corn
2 cups milk, about (to form a batter)
3/4 c. ground wheat berries
2 level Tbs. sugar
4 level tsp. baking powder

Grind corn kernels according to directions. Beat the eggs well, add the milk and sugar, mix well the flour and baking powder with corn meal to form a soft batter. You may need to add additional cornmeal from the recipe to get the right mixture. Bake in shallow, well-greased pan in a moderate oven (approximately 350 F. degrees) about half an hour.

(- from "Cooking and Baking with Freshly Ground Grains" by Christine Downs
<http://www.sportssolutionsinc.com/y2k-cookbooks.html>)

Fresh Homemade Cold Cereals

2 c. flaked wheat berries
2 c. flaked rye berries
2 c. rolled oat groats
1 c. flaked barley

Preheat oven to 300 degrees F. Mix grains thoroughly. Spread freshly flaked grains evenly on a baking sheet. Bake for 15 minutes stirring twice. Remove from oven and cool. Store in a container.

(- from "Cooking and Baking with Freshly Ground Grains" by Christine Downs
<http://www.sportssolutionsinc.com/y2k-cookbooks.html>)

Nutritious Sprout Patties

2 c. wheat sprouts
1 egg, beaten
2 Tbs. onion, minced
2 Tbs. green pepper, minced
2 Tbs. chopped mushrooms
oil
celery salt

Grind sprouts and add egg and vegetables. Mix well. Heat oil in skillet, form small patties and cook on each side to brown. Sprinkle with celery salt. Use as a main dish with a tomato sauce on them.

(- from "Cookin' With Home Storage" by Peggy Layton and Vicki Tate
<http://www1.icserv.net/D100001/X100043/books.html>)

Buttered Sprouts

1 c. sprouts
2 Tbs. butter
1/2 c. water
salt to taste

Simmer sprouts in salted water 3 - 5 minutes. Remove from heat and drain, add butter. Serve hot.

(- from "Cookin' With Home Storage" by Peggy Layton and Vicki Tate
<http://www1.icserv.net/D100001/X100043/books.html>)

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.sportssolutionsinc.com/y2k-cookbooks.html>)

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

This Month's Suggested Books:

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"Make a Treat with Wheat" by Hazel Richards ISBN: 0967077605

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

From The Publisher: "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."

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

This Month's Frugal Living Tips:

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You may qualify for a FREE computer at <http://free-pc.com/> AND FREE Internet service from the same place. You can also get FREE long distance service at <http://www.broadpoint.com/>

Of course, there are restrictions and guidelines; so read carefully. I have tried both these services.

(More FREE stuff <http://www.nursehealer.com/Free.htm>)

(More Frugal Living resources: <http://www.nursehealer.com/Frugal.htm>)

Newsletter & Email List Information:

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This FREE Monthly Email Food Storage Newsletter is made available by joining any ONE of THREE Email lists (below). If you are on one of these lists; but would prefer the benefits of another list, simply unsubscribe from the list you are on, and subscribe to the one you prefer. If you are on more than one of these email lists, some posts will be duplicated (such as the newsletter), resulting in you receiving the same email more than once.

FREE Food Storage Newsletter Announce-Only Email List – This list provides ONLY the once-a-month newsletter without any discussion.

To SUBSCRIBE, write to FreeFSN-subscribe@listbot.com

To UNSUBSCRIBE, write to FreeFSN-unsubscribe@listbot.com

OR You can SUBSCRIBE and/or UNSUBSCRIBE to any of these email lists at <http://www.nursehealer.com/Listbot.htm>

You can view the archives online at <http://www.listbot.com/archive/FREEFSN>

LDS Food Storage Email Discussion List – This 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 to join the discussion by sending email to

LDSFS@listbot.com

To SUBSCRIBE, write to LDSFS-subscribe@listbot.com

To UNSUBSCRIBE, write to LDSFS-unsubscribe@listbot.com

OR You can SUBSCRIBE and/or UNSUBSCRIBE to any of these email lists at <http://www.nursehealer.com/Listbot.htm>

You can view the archives online at <http://www.listbot.com/archive/ldsfs>

NurseHealer Email Discussion List – This list provides the newsletter and discussion on matters of preparedness, natural healing, nursing, longterm care, and wellness.

Members can email to the entire list to join the discussion by sending email to

NurseHealer@listbot.com

To SUBSCRIBE, write to nursehealer-subscribe@listbot.com

To UNSUBSCRIBE, write to nursehealer-unsubscribe@listbot.com

OR You can SUBSCRIBE and/or UNSUBSCRIBE to any of these email lists at <http://www.nursehealer.com/Listbot.htm>

You can view the archives online at <http://www.listbot.com/archive/nursehealer>

You can SUBSCRIBE and/or UNSUBSCRIBE to ANY of these email lists at <http://www.nursehealer.com/Listbot.htm>

(The newsletter goes to all three groups; so you need to join only one.)

You can also view the archives of the FREE Monthly Email Food Storage Newsletter online at <http://www.nursehealer.com/Storage.htm>

Many blessings,

Mary Catherine ("Cathy") Miller

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

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> ' < ICQ Pager <http://www.mirabilis.com/2839630>

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