

Food Storage Newsletter #8 - FREE monthly Email newsletter - August, 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 - oats or rice 50 lbs.
 - Week 2. Nuts - dry roasted keep best, or Peanut Butter (5 – 15 lbs.)
 - Week 3. Canned meats (25 lbs.)
 - Week 4. Medicinal supplies - basic medications and prescriptions
 - 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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- 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
 - Minute Rice – 18 months
 - Nuts in the shell – 24 months
 - Nutmeats in vacuum can – 3 months
 - Peanuts – 24 to 36 months
 - Peanut Butter – 6 to 24 months
 - Canned Meat:
 - Beef, canned (in chunks with natural juices) – 30 months
 - Chicken Breast, canned – 36 months
 - Chili, canned – indefinitely
 - Dried Beef, canned - indefinitely
 - Fish, canned – 18 months
 - Ham Chunks, canned - indefinitely
 - Spam, canned - indefinitely
 - Tuna & Seafood, canned – 48 to 60 months
 - Vienna Sausage, canned – 24 months
 - Other canned meat or chicken – 36 months
- HANDOUT: Shelf Life of Groceries <http://st4.yahoo.com/lib/glitchproof/pn1202.pdf> (pdf file) from Glitchproof File Archive
- HANDOUT: 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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"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--Have Family Home Evenings with family every Monday.
Make sure at least one Monday is set aside for doing something really fun for the whole
family.

Provident Living Goal--Learn to preserve food in a way you haven't tried before.

Storage Goal:

100 quarts fruit and or vegetables per person

24 pints jam or jelly per person

feminine needs

school supplies

pet supplies

72 hour kit:

1 can tuna per person

1 can pork and beans per person

1/2 pound dried milk per person

2 packets hot chocolate mix per person (or 1 large can per family).

2 instant soup packets per person (these should be rotated every year)

disposable plates, cups, bowls and flatware

pet supplies-be sure to include dishes, leash and extra water

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

This Month's Cooking with Food Storage Ideas:

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Cream of Wheat or Oatmeal Breakfast Cereal

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2 cups freshly ground whole wheat berries or oat groats

3 cups water

Place water in saucepan. Add flaked wheat or rolled oats. Bring to rolling boil.

Reduce heat. Simmer for 2 minutes.

Remove from heat and let stand 5 minutes. (- from "Cooking and Baking with Freshly
Ground Grains" by Christine Downs)

Healthy Oatmeal Muffins

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1 c. buttermilk

1 egg

1 c. whole wheat flour

1/2 tsp. soda
1/2 c. packed brown sugar OR 1/2 c. applesauce OR frozen orange juice
1 c. rolled oats
1/2 tsp. salt
1 1/2 tsp. baking powder
1/4 c. vegetable oil

Pour buttermilk over oats. Let stand 5 minutes. Add egg and brown sugar to oats and mix well. Add sifted dry ingredients and oil. Mix well. If raisins or dates or other fruit such as chunks of apple, etc. ... are desired add them. Spoon into 12 greased muffin tins or cup cake liners. Bake at 400 degrees F. for 18 minutes or until brown. -- Makes 12. (- from "Cookin' With Home Storage" by Peggy Layton and Vicki Tate <http://www1.icserv.net/D100001/X100043/books.html>)

Peanut Bread

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1 3/4 c. all-purpose flour
1 tsp. soda
1/2 tsp. salt
1 c. brown sugar, packed
1/3 c. peanut butter
1 egg, well beaten
1 c. buttermilk

Sift flour, measure and resift 3 times with soda and salt. Blend sugar into peanut butter. Stir in well-beaten egg and beat until smooth. Add flour mixture and buttermilk alternately, beating until smooth after each addition. Turn into buttered loaf pan 4 x 8 x 2 1/2 inches. Bake in a moderate oven (350 degrees F.) 1 hour or until well browned. -- Makes 1 loaf. (- from "Fredericksburg Home Kitchen Cook Book") Tested in my kitchen - Very Good! *****

Peanut Butter Muffins

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1 1/2 c. sifted flour
2 tsp. baking powder
1/2 tsp. salt
1/4 c. shortening
1/4 c. peanut butter
1/2 c. sugar
1 egg
1/2 c. milk

Sift dry ingredients. Cream shortening and peanut butter. Add sugar and beat until light and fluffy. Add well-beaten egg; then flour and milk alternately. Stir until smooth. Bake at 350 degrees F. about 25 minutes. (- from "Fredericksburg Home Kitchen Cook Book") Tested in my kitchen - Very Good! *****

Peanut Butter Balls (Candy)

Peanut Butter
Powdered Sugar

Mix together equal parts peanut butter and powdered sugar. Knead lightly to blend. Add more of either ingredient as needed to make consistency of Play Dough. Roll into log and slice 1/4" thick or roll 1/2 to 1 tsp. of dough into ball or shape into square. Place balls on wax paper and refrigerate for at least 2 hours to chill so they hold their shape better. Serve as candy or dip in chocolate. (- Old family favorite in my household - Cat =^;^=)

Energy Bar

Mix together equal portions of raisins, dates, figs, coconut, prunes, pecans, walnuts and filberts.

Put mixture through a food chopper or blender, or chop finely with a sharp knife. Pack tightly into bars on waxed paper and wrap in foil.

It may be easier to cover a cookie sheet with waxed paper, pack down the mixture until it's 6 - 12 mm thick (1/4 - 1/2), cut into bars and wrap in waxed paper and foil. (- from Backpacking Foods <http://www.isd.net/srtobin/Cooking/bp-food3.html>)

Fruited Chicken Salad

1 can (12-1/2 ounces) chunk chicken, drained and cut in bite-size pieces
1/2 cup coarsely broken pecans
1 can (8 ounces) pineapple tidbits, drained
1/2 cup salad dressing
1 can (11 ounces) mandarin oranges, drained
Poppy seeds

Stir together chicken, pecans, and pineapple. Stir in salad dressing. Gently fold in oranges. Sprinkle with poppy seeds.

Chill before serving. (from Pantry Cooking by Cheryl Driggs)

Deluxe Camp Chili with Jerky

6 ounces Jerky
3 tablespoons Oil
1 teaspoon Whole cumin seed
4 tablespoons Chili powder
1 teaspoon Onion flakes
1 teaspoon Oregano
1/2 teaspoon Cumin (powdered)
1/4 teaspoon Garlic powder
Water as needed

Flour for thickening

Cut jerky into small, bite-sized pieces, remembering it will swell. In a heavy pot, simmer jerky and cumin seeds gently in moderately hot fat/oil for one to two minutes, stirring steadily to prevent burning. Add chili powder and continue to stir until well mixed. (Amount of chili powder will depend on the hotness of the jerky and your taste.) Add onion flakes, oregano, powdered cumin, garlic powder, and enough water to cover generously. Stir. Simmer one to two hours, adding water as the jerky takes it up. Allow chili to cool, and reheat before serving. If a thicker chili is preferred, add a little flour mixed to a paste with hot liquid from the pot and cook to desired consistency, stirring frequently. (- from <http://soar.Berkeley.EDU/recipes/chili/deluxe-camp-jerky1.rec>)

Sweet and Sour Spam

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- 1/2 cup brown sugar
- 2 T corn starch
- 1 can pineapple chunks
- 1 cup of water
- 2 T vinegar (I like it with about 3 or 4)
- 1 can of Spam

Combine sugar, corn starch, pineapple juice ,water and vinegar in a saucepan. Stir over heat until it boils and thickens. Add Spam and pineapple and heat through. Serve over cooked rice. Serves 4-6 (- from Y2K Kitchen <http://www.y2kKitchen.com/>)

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

This Month's Suggested Books:

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“Simply Prepared: A Guide to Emergency Preparedness and Food Storage” by Cheryl Fisher Driggs

“SIMPLY PREPARED” has been the best selling preparedness book in Houston, Texas for 2 years. It is preferred for its simple approach and concise information.

“SIMPLY PREPARED” contains seven sections:

What If? - some questions to ask yourself.

The Basics - why, what, how, and where to store.

Food Basics - grains, beans, honey and sugar, powdered milk, dried foods, and home canning.

Non-food Basics - water, fuels, sewing supplies, and equipment.

Emergency Preparedness - disasters, recovery, and 72-hour kits.

Record Basics - finances and when Mom's gone.

Basically Fun - games.

Price: \$12.95

Group Order Form:

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Name: _____

Address: _____

City/State/Zip: _____

Phone: _____ Email: _____

“Simply Prepared”: \$12.95 each + \$.50 shipping & handling = \$ 13.45 each
Quantity of books _____ x \$ 13.45 each = TOTAL \$ _____

- * Enclose Self-Addressed Stamped Envelope for delivery information.
- * Enclose CHECK or MONEY ORDER to Mary C Miller.
- * DEADLINE to turn in orders is August 17, 1999.
- * Orders MUST be picked up in the Hurst, Texas area.

Turn orders in to:
Mary C Miller
2803 W. Euless Blvd., PMB 111
Euless, TX 76040

Questions: Mary C Miller (817) 571-2625 MCM@NurseHealer.com
Order form online: <http://www.nursehealer.com/BookOrder.htm>

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

This Month’s Date Code Info:

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Canned Meats from Hormel - XMMDDY* - Indefinitely

Canned Meat: Tyson chicken – JJY?* – 36 months

* X=letter or number not significant to product shelf life, Y=Year Packaged, MM or M=Months Packaged (if only one M then 1-9=Jan-Sep, A=Oct, B=Nov, C=Dec unless otherwise noted), DD=Day Packaged, JJJ=Julian Day Packaged (Jan 1=001, Dec 31=365 or 366 depending on presence of leap year.)

(- More date codes: <http://www.waltonfeed.com/sett/lid.html>)

This Month’s Frugal Living Tips:

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Medicinal Uses for Food Storage:

Oats – Medicinal Action and Uses---Nervine, stimulant, antispasmodic. Oats are made into gruel. This is prepared by boiling 1 OZ. of oatmeal or groats in 3 pints of water till reduced to 1 quart, then straining it, sugar, lemons, wine, or raisins being added as flavouring. Gruel thus is a mild nutritious aliment, of easy digestion in inflammatory cases and fevers; it is very useful after parturition, and is sometimes employed in poisoning from acid substances. It is found useful also as a demulcent enema and boiled into a thick paste makes a good emollient poultice. Oatmeal is insoluble in alcohol, ether, and the oils, but the two first move an oleoresinous matter from it. It is to be avoided in

dyspepsia accompanied with acidity of the stomach. The pericarp of Oats contains an amorphous alkaloid which acts as a stimulant of the motor ganglia, increasing the excitability of the muscles, and in horses causes excitement. A tincture is made by permeating 4 OZ. of ground oatmeal to 1 pint diluted alcohol, keeping the first 5 1/2 OZ. (fluid), and evaporating the remainder down to 1/2 fluid ounce, and adding this to the first 5 1/2 fluid ounces. The extract and tincture are useful as a nerve and uterine tonic. (From - <http://www.botanical.com/botanical/mgmh/o/oats--03.html>)

Oats - Colloidal oatmeal baths may be purchased at most pharmacies or can be made by grinding oatmeal in a food processor or coffee grinder. Cooked, warm or lukewarm oatmeal can be used in a poultice over rashes, eczema, shingles and cold sores. Two to three ml (about 1/2 teaspoonful) of milky oats tincture can be mixed in hot water or tea and drunk up to 3 times a day for the nerves. (2) For people with celiac's disease, let the tincture settle and pour off only the clear liquid to avoid any gluten. (2) Oat straw decoction (simmered tea) may be used instead. (From - <http://www.sbherbals.com/0298HotM.html>)

Rice – Medicinal Action and Uses---The chief consumption of rice is as a food substance, but it should never be forgotten that the large and continued consumption of the white, polished rices of commerce is likely to be injurious to the health. The nations of which rice is the staple diet eat it unhusked as a rule, when it is brownish and less attractive to the eye, but much more nutritious as well as cheaper. Having no laxative qualities, rice forms a light and digestible food for those in whom there is any tendency to diarrhoea or dysentery, but it contains less potash and vegetable acids than potatoes.

A decoction of rice, commonly called ricewater is recommended in the Pharmacopoeia of India as an excellent demulcent, refrigerant drink in febrile and inflammatory diseases, and in dysuria and similar affections. It may be acidulated with lime-juice and sweetened with sugar. This may also be used as an enema in affections of the bowels.

A poultice of rice may be used as a substitute for one of linseed meal, and finely powdered rice flour may be used, like that of wheat flour, for erysipelas, burns, scalds, etc.

Rice starch may be used medicinally and in other ways in place of wheat starch.

A few years ago the injurious habit of chewing the raw white grains was practised by fashionable women and girls to produce a white velvety complexion.

(From - <http://www.botanical.com/botanical/mgmh/r/rice--15.html>)

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

This Month's Additional Buying & Storage Tips:

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I will be offering a group Herb Order again throughout August, with a deadline to be announced, in early September. Herbs will need to be picked up in the Hurst, Texas area around mid to late September. Details are at <http://www.nursehealer.com/HerbOrder.htm> For those outside the Hurst, TX area, group herb orders can be arranged through San Francisco Herb Co. at <http://www.sfherb.com/>

or contact them at 800-227-4530 or 415-861-7174, 250 14th Street,
San Francisco, CA 94103, Email: Comments@SFHerb.com

“Simply Prepared: A Guide to Emergency Preparedness and Food Storage” by Cheryl
Fisher Driggs

Order form online: <http://www.nursehealer.com/BookOrder.htm>

(More food storage ideas and resources <http://www.nursehealer.com/Storage.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,
Hurst, Texas LDS First Ward Food Storage Specialist

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^_^ "By small and simple things are great things brought to pass."
(0.0)<http://www.nursehealer.com/> <mailto:MCM@NurseHealer.com>
> ' < ICQ Pager <http://www.mirabilis.com/2839630>
"Cat" NurseHealer@listbot.com LDSFS@listbot.com LTCnShare@onelist.com

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Newsletter Announce Only Email List with FREE Monthly Food Storage Newsletter
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