

Food Storage Newsletter #9 - FREE monthly Email newsletter - September, 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. Sugar - honey (20 lbs.)

Week 2. Vitamins/mineral supplements

Week 3. Dry fruit - raisins, leather, chips, dehydrated (5 lbs.)

Week 4. Detergents/cleansers

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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Dehydrated fruits - 8 months

Dehydrated fruit juices - 12 months

Jams & jellies - 18 months

Honey will keep indefinitely if stored in an airtight container at room temperature

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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"There is no person who knows the real purpose for which this welfare program is being instituted but hardly before sufficient preparation has been made the real purpose will be revealed and when that time comes it will challenge every resource of the church to meet it." Harold B. Lee

Spiritual Goal---Have family scripture study together every day.

Provident Living Goal---Review your will if you have one. Make any needed changes. If you do not have a will, make arrangements to get one. EVERY Adult should have a will. Plan and carry out a FHE on the importance of preparedness.

Storage Goal:

10--#10 cans (35 pounds total) powdered milk per person

25 pounds canned or dried potatoes per person

50 quarts fruit or tomato juice per person

72 hour kit:

1 pound dried fruit or trail mix per person (can use fruit leather)

1 package soda crackers per person (4 per box)

1 package graham crackers per person (4 per box)

2 liters tomato or orange juice per person (Note: these items will be rotated every 6 months-see March)

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

This Month's Cooking with Food Storage Ideas:

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Fruit Honey Candy

1/4 c. dried prunes

1/4 c. dried apricots

1/4 c. dried figs

1/2 c. chopped nuts (or coconut)

1/2 c. dates

1/2 c. raisins

1/3 c. honey

Let clean dried prunes and apricots stand in boiling water for 5 minutes. Run all the fruit through a food chopper. Add honey. With buttered hands, shape into balls. Roll in chopped nuts or coconut. Nuts may be added or other dried fruits, like peaches or pears substituted.

(- from "The Wonderful World of Honey" by Joe Parkhill)

Dried Fruit Balls

1/2 c. dried peaches

1/3 c. dried apricots

2 Tbs. graham cracker crumbs

1/2 c. whole, pitted dates

1/3 c. golden raisins

In a food processor bowl with metal blade, combine all ingredients except graham cracker crumbs; process until finely chopped. Shape mixture into 1-inch balls; roll in graham cracker crumbs. Store in airtight container in refrigerator.

(- from "Cookin' With Home Storage" by Peggy Layton and Vicki Tate

<http://www1.icserv.net/D100001/X100043/books.html>)

Economy Pancake Syrup

Combine in saucepan:

1 c. brown sugar, lightly packed

3 c. water

5 tsp. cornstarch

Cook until slightly thickened.

Add:

1 tsp. maple flavoring

Store in refrigerator.

(- from "More-with-Less Cookbook" by Doris Janzen Longacre ISBN 0-8361-1786-7)

Honey Nut Bread

3/4 c. honey

1 egg

1 c. milk

3 c. flour

3 tsp. baking powder

1/2 tsp. salt

1 c. nutmeats, chopped

Mix, put into a greased and floured loaf pan. Let stand about 1 hour. Bake in a slow oven for about 40 minutes or 1 hour.

(- from "The Wonderful World of Honey" by Joe Parkhill)

Reconstituting Dehydrated Fruits

1 c. dried fruit *

2 c. water

2 Tbs. sugar

1/2 tsp. lemon juice

Add fruit to water in saucepan. Bring to a boil, reduce heat and simmer 10 minutes. Stir in sugar and cool, or cover fruit with water and let sit overnight in the refrigerator. Stir in sugar.

* For applesauce use 1 1/2 c. of fruit.

(- from "Cookin' With Home Storage" by Peggy Layton and Vicki Tate

<http://www1.icserv.net/D100001/X100043/books.html>)

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

This Month's Suggested Books:

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"The Encyclopedia of Country Living : An Old Fashioned Recipe Book"

by Carla Emery

ISBN: 0912365951

Read more about it

<http://barnesandnoble.bfast.com/booklink/click?sourceid=248896&bfpid=0912365951&bfmttype=BOOK>

"The Wonderful World of Honey: A Sugarless Cookbook"

by Joe M. Parkhill

ISBN: 0936744014

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

This Month's Frugal Living Tips:

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Medicinal Uses for Food Storage:

Old Tyme Diarrhea Cure - 1 tsp. honey, 8 oz. barley water - Mix honey in barley water and drink. This will stop summer diarrhea. (- from "The Wonderful World of Honey: A Sugarless Cookbook" by Joe M. Parkhill)

Apply honey directly to minor cuts, scrapes, and burns to help prevent infection.

Applying honey and bandaging will help promote faster healing and may help prevent scarring. (- from "Honey for Health" by The National Honey Board

<http://www.nhb.org/download/broch/4health.pdf>)

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

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<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."
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