



Food Storage Digest



May 2005

FYI

Cannery Location

4400 Presidential Ave.. NE
(See map on other side of sheet.)

Cannery Phone

343-1905

Ward Canning Specialists

David & April Thomas 299-1537

Regional

Butch & LuJean Hess 296-8157

Regional Assistants

Gordon and Evelyn Baker 296-2099

(See other side for canning times.)



Recipes

ORANGE JULIUS

Makes 3 6-ounce servings
2 cups orange juice 2 tbsp. sugar
1/2 cup powdered milk 1/2 tsp. vanilla
1/2 cup crushed ice

Put all ingredients in blender and blend until ice is totally crushed.

MAGIC MIX

Magic Mix can be used in many recipes to make food preparation easy and economical.

4 cups instant (2 1/3 non-instant) dry milk
1 cup flour or 1/2 cup cornstarch 1 cup (2 sticks) margarine
Combine dry milk, flour, and margarine into a large bowl and mix until it looks like cornmeal. Keep mix tightly covered in the refrigerator. (Makes 5 cups Magic Mix.)

MACARONI AND CHEESE

2/3 cup Magic Mix
1 cup water
1 cup uncooked macaroni
4 to 5 ounces grated cheese (about 1 cup)
1/2 to 1 tsp. salt or garlic salt (optional)

To make sauce, combine Magic Mix and water; stir rapidly over medium heat until it starts to bubble. Cook macaroni in 1 quart of boiling water until tender. Drain. Combine macaroni, sauce, cheese and seasoning. Heat through.

Spiritual Thought

President Spencer W. Kimball said: "Now I think the time is coming when there will be more distresses, when there may be more tornadoes and more floods, more earthquakes. I think they will be increasing probably as we come nearer to the end, and so we must be prepared for this." (*Conference Report, Apr. 1974, 184*) He also said, "Should evil times come, many might wish they had filled all their fruit bottles and cultivated a garden in their backyards and planted a few fruit trees and berry bushes and provided for their own commodity needs. The Lord planned that we would be independent of every creature, but we note even many farmers buy their milk from dairies and home owners buy their garden vegetables from the store. And should the trucks fail to fill the shelves of the stores, many would go hungry." (*Conference Report, Oct. 1974, 6; or Ensign, Nov. 1974, 6*)



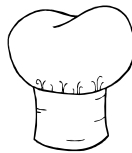
Cooking Tips

NONFAT DRY MILK, usually non-instant, is a good source of protein. According to the Ezra Taft Benson Institute at BYU, 50 pounds of dry milk powder can provide adequate protein for one person for one year. This amount would provide 22.2 grams of protein per day and could be consumed as three 8-oz. glasses of milk or 1/2 cup of cheese. (Having Your Food Storage and Eating It, Too, Benson Institute.)

USE DRY MILK IN ANY RECIPE

Adding additional milk to a recipe will enhance the nutritive value of the recipe. In any recipe calling for milk, simply add the dry milk to other dry ingredients. Sift to blend, then add water for the milk called for in the recipe.

- In mashed potatoes: mash cooked potatoes, then add 1/4 cup dry milk for each cup of potatoes. Use either the water the potatoes were cooked in or fresh milk to give the right consistency.
- Cooked cereals: add 1/4 to 1/2 cup dry milk to each cup of cereal before cooking.
- Instant and non-instant powdered milk are basically interchangeable. However, because of different consistencies, end product will vary when using other than what is called for in the recipe.
- Non-instant powdered milk lasts longer than instant powdered milk.



Storage Ideas



Storing Vegetable and Flower Seed



Add seeds to your year's supply so you could grow your own fresh food.

- * Vegetable and flower seeds may be kept for one year without appreciable decrease in germination.
- * Storage may be extended to 10 or more years under proper conditions.
- * Seed moisture and storage temperature are the most important factors in determining how long seeds can be stored.
- * The drier the seeds are, the longer they will store.