

Food Storage Digest



August 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

(to be announced)

(See other side for canning times.)

Spiritual Thought

Food Storage: Put in the Joy by First Measuring the Blessings

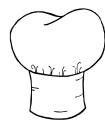
What motivates us to live gospel principles? We live the principles of the gospel because of our love for the Savior. How is that love translated into action in our daily lives? By envisioning blessings.

Whom Will This Food Bless?

"As we apply this blessing-motivation reasoning to food storage... Envision feeding a spoonful of oatmeal or rice, or a slice of bread to your own child, or to someone you love. Now, put that scene into the future... If the nourishment that you envision is given in a time of plenty, such as we have now, this may not be a very strong impression.

However, if your image is of a time of significant personal or widespread scarcity, the blessing of that morsel of food would be a very powerful impression... When planning our food storage, perhaps the first question to consider is not, "What will I buy?", "Where will I store it?", or even "How much will it cost?". Perhaps the first question should be, "Whom will this food bless?"

2005 Women's Conference "Food Storage: Put in the Joy by First Measuring the Blessings", Presenter: Joe Thompson (Technical Manager Bishops' Storehouse Services)



Recipes



Oatmeal, Raisin, Chocolate Chip Cookies

- 1 cup butter or margarine, softened*
- 1 cup brown sugar, packaged
- 1/2 cup granulated sugar
- 2 eggs
- 1 teaspoon vanilla
- 1 1/2 cups flour
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 3 cups Quaker Oats
- 3/4 cup white or golden raisins
- 3/4 cup chocolate chips

Beat butter (or margarine) and sugar until creamy. Add eggs and vanilla and beat well. Mix together the flour, baking soda, cinnamon and salt, then add to wet mixture and blend well. Slowly mix in oats then add raisins and chocolate chips and mix thoroughly. Drop by rounded tablespoons onto ungreased cookie sheets. Bake 10 to 12 minutes at 350 degrees until golden brown. Makes 2 1/2 to 3 dozen cookies.

* I prefer using butter because I think it gives it a better taste.
My entire family just LOVES these cookies!

BOOK REVIEW



Natural Meals in Minutes By Rita Bingham

Let's get excited about the possibilities of learning to use our food storage now, before an emergency strikes!

I picked up this book hoping to include more legumes into our meals for three reasons. First, legumes are cheap. Second, they are a healthier source of protein; and third, I wanted to find recipes to help rotate my food storage. This book helps me with these goals. In this book you will find a collection of high-fiber, low-fat meatless meals that can be thrown together in less than 30 minutes, from breakfasts to sandwiches, soups, desserts and more! Also included are recipes for homemade yogurt, cheeses made easily from dry milk powder, instant refried beans in 8 minutes and other gems. A lot of the one-pot dinner recipes use cracked wheat or rice helping you to also use these items from your storage. You'll find easy sprouting methods and how-tos for growing greens indoors. There are great Q&A sections for any questions you may have while learning about cooking with legumes, powdered milk, etc. There are also multiple charts for storage times, dry measures (how much dry = how much cooked) and one for substitutes. This author knows all the tricks! She is a well respected author with many best selling books in this genre. This is a great book for those trying to improve their family's diet and use their food storage in their daily meals. Softbound, 192 pages. You can find new books on the web at LoveToLearn.net, new and used books at Amazon.com.