



Food Storage Digest



December 2005

FYI

Cannery Location

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

Cannery Phone

343-1905

Ward Canning Specialists

David & April Thomas 299-1537

Stake

Ralph & Kathy Pringle 296-8914

Regional

Butch & LuJean Hess 296-8157

(See last page for canning times.)

INVENTORY TIME

As we are getting ready to start a new year it may be a great time to set some food storage goals for this coming year!

Making an inventory can help you as you sit down together and assess what you have and determine what you need to best reach your goals. An inventory can also be helpful in organizing and rotating your food storage.

Ways to Keep an Inventory

1. Use a notebook, write down what you have, make a chart that suits you and your needs.

2. Many food storage "how to" books have charts and inventory sheets you can copy and use. (e.g. The Church publication, "Essentials of Home Production and Storage," has some.)

3. Database on a computer - This is a great tool! Once you have your information entered the computer can help you establish a storage plan, measure your progress and help time your stock rotation.

Spiritual Thought

The Messianic Expectation

At this time we celebrate the birth of Jesus Christ, a great event in the meridian of time, when the Savior came and then fulfilled the first part of His Messianic mission. From Adam to Samuel the Lamanite, the prophets foretold of the first coming of the Messiah, and all of these prophecies came to pass. These same prophets have also foretold of Christ's second coming. As we think about the Savior's birth, let us also contemplate this glorious time in which we live and sing in anticipation of Him whose coming is foretold: "I wonder when He comes again will I be ready there, to look upon His loving face and join with Him in prayer.." ("When He Comes Again," Primary Children's Songbook)

"Even as the preparations for the work of the Messiah extend back into the premortal council in heaven, and the Lord Jesus Christ came and completed the first phase of His messianic work, just as surely will He come again and usher in the Messianic Age..." David H. Yarn Jr., "The Messianic Expectation," Ensign, Apr. 1972.

Study the Signs

"It is well that we give sincere and prayerful consideration to the great prophecies yet to be fulfilled in the days immediately ahead... It behooves all to give prayerful study and attention to the inspired word of prophecy as we anxiously face an uncertain future ever remembering the Lord's word to the prophet Amos, "For surely the Lord God will do nothing, but He revealeth His secret unto His servants the prophets." (Amos 3:8) (Ezra Taft Benson, foreword of "Prophecy and Modern Times")."

STAKE CANNING DAY CHANGE

In January, 2006, Albuquerque East Stake's canning day will change to the 2nd Saturday of each month. **Ward canning nights-** Due to a conflict with the Relief Society Enrichment Night (which falls on the 3rd Thursday of each month), we are going to keep our Ward sessions on the Thursday following the first Saturday. This means our Ward canning night will be the Thursday *before* the Stake canning day.

Recipe

Amazing Powdered Wassail

- 2 cups Tang or fruit drink mix
- 1 1/2 cups sugar
- 1/3-1/2 cup powdered lemonade mix
- 1 teaspoon cinnamon
- 1/2 teaspoon ground cloves

Combine all ingredients and store in covered container. Mix 1 heaping tablespoon into a mug of hot water. Stir and enjoy! You could also try mixing 1 teaspoon into a cup of hot apple cider and see what happens!



Making Food Storage A Part of Your Christmas!



Food Storage & Emergency Preparedness Gift Ideas

I found a great article on the Meridian website with practical gifts for those trying to build their food storage and emergency preparedness items. I've excerpted the article and distilled it down to some basic ideas.



"Giving Peace of Mind for Christmas" *By Darla Isackson*



This year as I'm making my list and checking it twice; I'm considering the many possible gifts that could raise the level of preparedness for those I love. ...Food storage gifts might not elicit the same number of oohs and aahs as toys or gadgets that might be given in their place, but in a time of need they would be appreciated in retrospect a thousand times more. ...Everyone has different abilities and interests in preparing for what is ahead. Here is a list of items broken up into levels for your consideration.

LEVEL 1. Bare Bones Survival Basics Concept: With just a little money how can I prepare so my family could survive for a one-year period of time with no outside help, and no electricity?

Basic Food Storage items [One month kits are a great way to start the basics]

Water purification (filter, iodine tablets)

Simple shelters/tent(s) for family in case we need to leave home for any reason (tube tents)

Sleeping bags (0 degree if possible)

Basic First Aid kit

Simple survival tools (knives, hatchet, cooking pot, can opener, etc.)

Small hand wheat grinder

Small pocket radio, rechargeable if possible

Books on: How to cook with food storage, General survival methods, How to cook from scratch, How to sprout

LEVEL 2. Surviving With A Smile (Adding Variety To The Basics) Concept: I have the bare basics, now what can I add that will make life a little more fun? (A step beyond the bare survival level.)

Variety of spices, flavorings, Variety of legumes, Canned/dried vegetables & fruits, Sprouting mixtures

Medicines & Herbs

Cooking Pots, dutch oven

Cooking & heating fuel

Better quality wheat grinder

Books on: How to find & use herbs in the wild, Intensive gardening methods

LEVEL 3. Well Prepared, Even Away From Home Concept: Become completely self-sufficient/prepared so that if your family could not occupy your home or were forced to leave, for a one-year period over a winter (because of earthquake, flood, plague, tornado or other) you could survive with no outside help of any kind.

Better tents (4 season outfitters tent)

Rechargeable devices

JP extreme cold weather suit (pants first) for family

Camp stoves (wood/coal) ovens

Good camp equipment

Water purification equipment sufficient for gallons per day for a year

Survival how-to books

Musical instruments & music

"Whew! There you have it -- all the Christmas gift ideas you could ever hope for, and more! Happy shopping!"



Recipes for Gift Jars With Dry Goods



Oatmeal Raisin Cookies

- 1/2 cup sugar
- 1/2 cup packed brown sugar
- 1 cup flour
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1 1/4 cups raisins
- 1 1/4 cups oats



Combine flour, salt and baking soda; stir well. Place flour mixture in a clean mason jar. Pack down tight. Add other ingredients, one item at a time, packing each layer down. Put the lid on the jar and tie a ribbon around the lid. You can add a personalized label, if you wish. Print out the following instructions on a gift card and tape the card to the jar:

Oatmeal Raisin Cookies

Whip 1/2 cup of butter until light and fluffy. Add 1 egg and 1 teaspoon vanilla and beat until mixed. Stir in the ingredients from this jar until well combined. Drop by tablespoons of dough on a greased cookie sheet. Bake for 15 minutes at 350°F.

Calico Bean Soup Mix

- 1/3 cup Split Peas -- yellow, uncooked
- 1/3 cup Split Peas -- green, uncooked
- 1/3 cup Black Beans-- uncooked
- 1/3 cup Pinto Beans -- uncooked
- 1/3 cup Kidney Beans -- uncooked
- 1/3 cup White Beans -- uncooked
- 1/4 cup Minced Onion -- instant
- 2 teaspoons Chicken Bouillon Granules
- 1/4 teaspoon Cumin Powder
- 1/4 teaspoon Garlic Powder

Layer ingredients in a jar, then place the following instructions on the jar.

To Prepare Soup:

- 8 cups Water
- 1 package Soup Mix (above)
- 2 medium Carrots -- chopped
- 2 stalks Celery -- sliced
- 1 cup chopped Ham pieces

Bring water & jar mix to a boil for 2 minutes, remove from heat, cover & let sit 60 minutes. Add ham, carrots, celery, bring up to a boil, reduce heat to simmering and cook 2 additional hours.

Instant Cocoa Mix with Marshmallows

INGREDIENTS:

- 1 pkg (25 oz.) dry milk powder
- 1 1/2 cups (6 oz.) non-dairy creamer
- 3 cups (16 oz.) cocoa mix
- 1 1/2 cups powdered sugar
- 1 1/2 cups miniature marshmallows

PREPARATION:

Combine all ingredients and store in an airtight container. Give with directions below. Makes 16 cups. Enough cocoa mix for 4 one-quart jars to give, or split into small portions packed in decorative bags inside mugs.

Directions:

In a mug, combine 1/2 cup of mix with 1 cup of boiling water.

Note: If your friends like mint you could include a little mint chocolate candy to add to the hot cocoa to give it a nice "minty" flavor.

Holiday Legume Loaf

This was devised to be not necessarily imitative of meat but with a sort of stick-to-the ribs quality characteristic of holiday foods. This flavorful loaf contains the pleasant surprise of a nicely seasoned potato filling in the center.

Filling

- 3/4 cup lentils
- 1/2 cup millet*
- 1/2 cup rice or bulgar wheat
- 1/2 cup walnuts, finely chopped
- 1 pkg. saltine crackers, crushed, or 2 slices dry bread crumbs
- 1/4 cup almond butter*
- 3 Tbsp. olive oil
- 1 cup onions
- 6 oz. white mushrooms, sliced
- 1/2 cup grated carrots (use 1/4 cup dried)*
- 3 cloves garlic, chopped, or 2 tsp. chopped from a jar
- 1 tsp. salt
- 5 oz. spinach (1 bag fresh or a small pkg. of frozen)
- 1 Tbsp. worcestershire sauce
- 1 1/2 tsp. onion soup mix
- 2-3 cubes beef bouillon
- 1 cup parmesan cheese, grated

1Tbsp. Olive oil

1 cup chopped onions (or 1/2 cup dry onions)

1/4 cup bread crumbs or crushed saltines

1 cup mashed potatoes

1/2 tsp. each: season salt, thyme, basil & garlic powder

Directions

Cook the lentils, millet, and brown rice separately. Mix the cooked grains and lentils with the nuts, bread crumbs (or saltines), and almond butter in a large bowl and set aside.

Heat the oil in a large skillet. Sauté over medium heat, onions, mushrooms and carrots briefly, then add the garlic & salt, stirring, until the mushrooms are wilted. Stir in spinach and the rest of ingredients, except cheese. Cook, stirring, until the mixture is heated through. Mix in cheese. Add sautéed ingredients to the Legume mixture, mix thoroughly (mooshing with fingers works best), and put half of mixture into a large oiled baking dish, making a well in the middle for filling. Set aside.

Filling Directions

Rinse the skillet and heat the oil. Add the onion and sauté until golden brown. Add the remaining filling ingredients and sauté, stirring occasionally, for 5 minutes. Transfer into the shell created by the legume mixture, then cover the top with the reserved legume mixture. Lightly coat the top of the roast with olive oil. Bake at 350°F for 1 hour or until the top is crusty. You can serve with mushroom or brown gravy.

* You can find these items in the bulk sections in health food stores.