

The Food Storage Digest

January, 2005

FYI

The Cannery is located at:

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 of sheet for canning times.)

Spiritual Thought

"As long as I can remember, we have been taught to prepare for the future and to obtain a year's supply of necessities. . . . I believe the time to disregard this counsel is over. With the events in the world today, it must be considered with all seriousness. . . . Create a plan if you don't already have one, or update your present plan . . . We are not in a situation that requires panic buying, but we do need to be careful in purchasing and rotating the storage that we're putting away." (L. Tom Perry, in Conference Report, Oct. 1995, 47; or Ensign, Nov. 1995, 36)

Cooking Tips and Storage Ideas

Using Leavening Agents

A year's supply of dry yeast, baking powder, and baking soda are essential in preparing baked foods. At high altitudes, less leavening is needed. See the "Recipe" section for a recipe that can help you extend your yeast supply.

Recipe

Everlasting Yeast

1 qt. warm potato water (Strain excess water after boiling potatoes; refrigerate water in air-tight container.)
½ yeast cake or ½ tbsp. dry yeast
1 tsp. salt
2 tbsp. sugar
2 cups white or whole wheat flour

Stir all ingredients together. Place mixture in a warm place to rise until you are ready to use it for baking. Leave 1 cup of everlasting yeast for a start for next time. Between uses, keep leftovers in a covered jar in the refrigerator until a few hours before you are ready to use them again.

For the next baking, add the same ingredients, except yeast, to the everlasting yeast start. By saving some of the everlasting yeast each time you use it, you can keep yeast on hand indefinitely.

Want Ads

We would like to see if we could coordinate people who might want to "downsize" their food storage with those who are just getting started. If you've been thinking of reducing your food supply, please contact David or April Thomas and we'll see if we can find a home for it!

What is a One Month Kit?

Sometimes getting started on a year's supply of food storage seems overwhelming and financially impossible. So the Church came up with a practical solution to help people get started. The one month kit contains basic food essentials for one person for one month. It's also very economical (about \$30). It contains:

Wheat	3 cans
White Flour	1 can
White Rice	2 cans
Quick Oats	1 can
Macaroni	1 can
Pinto Beans	1 can
White Sugar	1 can
Powdered Milk	1 can
Shortening	1 can
Salt	4 - 4oz. shakers

Watch this space in future editions for tips and ideas on how to use the items in your one month kit for healthful eating, economy and efficient food rotation.

Canning Events

Our Stake canning days will be on the first Saturday of each month, with the exceptions of January, due to New Years Day, and April and October, due to General Conference.

January 2005

Su	Mo	Tu	We	Th	Fr	Sa
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2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

February 2005

Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

March 2005

Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Canning: Beans
 Taking orders for: March
 (Orders due by Feb. 1)

Canning: Sugar, Apple Slices Canning: Onions, Soup Mix

Other canning times available are:

Thursdays: by appointment as individuals or groups, 9AM-NOON, 1PM-4PM, 6PM-9PM
 Tuesday, Wednesday, Friday: groups by appointment.
 (To make an appointment, please contact Butch and LuJean Hess, or Gordon and Evelyn Baker. See front of sheet for phone numbers.)

Map to the Cannery

