



Food Storage Digest



October 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

Stake

Ralph & Kathy Pringle 296-8914

Regional

Butch & LuJean Hess 296-8157

(See other side for canning times.)

Spiritual Thought

"Be Prepared . . . Be Ye Strong from Henceforth"

"We are sobered by the terrible calamities of recent years. They occur with increasing frequency and intensity..We are indebted to those who, when buffeted by calamities, remind us of man's dependence upon God...Every time calamity strikes, there is a corresponding sacred obligation that falls upon each of us to become better. We should ask ourselves, "What part of my life needs to change so that the weight of chastisement need not be felt?" In the scriptures the Lord makes clear what He expects of us as such judgments descend. He says: "Gird up your loins and be prepared. Behold, the kingdom is yours, and the enemy shall not overcome." The Church and its members are commanded to be self-reliant and independent. Preparation begins with faith, which enables us to weather vicissitudes as they come. We see earth life as a preparatory journey. Faith in the Lord and His gospel conquers fear and begets spirituality..The gospel of Jesus Christ is the pathway to righteousness. Tragedies never triumph where personal righteousness prevails." (*Be Prepared . . . Be Ye Strong from Henceforth*, Bishop Keith B. McMullin Second Counselor in the Presiding Bishopric, October General Conference 2005)



Recipes

Pumpkin Bread



- 1 1/3 cups sugar
- 1/3 cup shortening
- 2 eggs, well beaten
- 1 cup pumpkin, canned
- 1 1/4 cups white flour
- 1/2 cup wheat flour
- 1/2 teaspoon baking soda
- 1 teaspoon baking powder
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon cloves
- 1/2 teaspoon salt
- 1/3 cup hot water
- 1/3 cup raisins
- 1/3 cup chopped dates
- 1/3 cup chopped nuts (optional)

Put dates and raisins in a bowl and pour hot water over them. Let sit for a few minutes for fruit to soften. Cream sugar and shortening until fluffy. Add eggs and pumpkin. Sift dry ingredients together and add to the mixture. Now add dates and raisins with the water to the mixture, then stir in nuts. Grease and lightly flour 9x5x3 loaf pan. Pour mixture into pan. Bake at 350 degrees for one hour or until bread tests done. (Put a knife into the middle of bread; if it comes out "clean" it is done.) Makes one big loaf or 3-4 small loaves.

Food Storage

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Holiday Gift ideas



Don't forget the holidays as you sign up up for December, which is OPEN CANNING!

Some gift ideas may include:

- Apple slices with other ingredients and recipe for Apple Crisp.
- Hot cocoa with marshmallows in a mug.
- A mixture of beans, spices, and/or soup mix and dehydrated veggies displayed beautifully in a small jar with a soup recipe attached.
- Pinto bean fudge!
- Refried beans with salsa and a bag of chips.