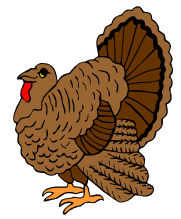




# Food Storage Digest



November 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

### "Gratitude and Thanksgiving"

"I believe," said President Joseph F. Smith many years ago, "that one of the greatest sins of which the inhabitants of the earth are guilty today is the sin of ingratitude, the want of acknowledgment, on their part, of God and his right to govern and control...We have been commanded by the Lord to be thankful." (*Marion G. Romney, Gratitude and Thanksgiving, Ensign, Nov. 1982*)

"We thank thee, O God, for a prophet to guide us in these latter days.  
We thank thee for sending the gospel to lighten our minds with its rays.  
We thank thee for every blessing bestowed by thy bounteous hand.  
We feel it a pleasure to serve thee, And love to obey thy command."  
(Hymn #19 - William Fowler)

### Be Prepared... Be Ye Strong from Henceforth

"Faith, spirituality, and obedience produce a prepared and self-reliant people. As we obey the covenant of tithing, we are shielded from want and the power of the destroyer. As we obey the fast and give generously to care for others, our prayers are heard and family fidelity increases. **Similar blessings come as we obey the counsel of the prophets and live within our means, avoid unnecessary debt, and set aside sufficient of life's necessities to sustain ourselves and our families for at least a year.** This may not always be easy, but let us do our 'very best,' and *our stores shall not fail - there shall be 'enough and to spare.'*"  
(Keith B. McMullin, Ensign, Nov. 2005)

## Recipes

### CARROT MUFFINS

#### Ingredients

1/2 cup dehydrated diced carrots  
1/4 cup soft brown sugar  
1/4 cup butter, softened  
1 egg, beaten  
1 cup white flour  
1 cup whole wheat flour  
3 tsp. baking powder  
1/4 tsp. salt  
1 cup milk  
1 tsp. dehydrated grated orange rind  
1/2 tsp. cinnamon  
1/4 tsp. cloves  
1/8 tsp. nutmeg

#### Directions

Barely cover diced carrots with boiling water & leave covered for 1 hour, drain.

Beat sugar & butter, stir in the beaten egg. Add remaining ingredients, including drained carrots.

Spoon mixture into lightly greased muffin pans or paper cupcake cups. Bake at 350° for 20 minutes. Baking times may vary so test for doneness by inserting a knife into middle of muffin: if it comes out clean they are done.

## 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.

## NEW COMMODITY

BLACK BEANS WILL BE REPLACING PINK BEANS IN 2006. THERE ARE STILL PINK BEANS IN THE WAREHOUSE THAT YOU MAY PURCHASE BEFORE THEY ARE ALL GONE.

## 72 HOUR KIT ITEMS IN TRANSIT

We have purchased the ordered items and we expect to receive them next week. We will contact those of you who placed orders and either make arrangements for you to pick up your orders or deliver them to you. Due to many requests we may put together another group buy in the near future for those who couldn't get everything they wanted this time around. We will keep you posted!