



Food Storage Digest



February 2006

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

Don Dugger 298-2242
Bill Shupe 299-1942

(See other side for canning times.)

Spiritual Thought



Journey to Higher Ground

On December 26, 2004, a powerful earthquake struck off the coast of Indonesia, creating a deadly tsunami that killed more than 200,000 people...In one day, millions of lives were forever changed. But there was one group of people who, although their village was destroyed, did not suffer a single casualty. **The reason?... They knew a tsunami was coming.** The Moken people live in villages on islands off the coast of Thailand and Burma (Myanmar). A society of fishermen, their lives depend on the sea. For hundreds and perhaps thousands of years, their ancestors have studied the ocean...One thing in particular they were careful to teach was what to do when the ocean receded. According to their traditions, when that happened, the "Laboon"-a wave that eats people-would arrive soon after. When the elders of the village saw the dreaded signs, they shouted to everyone to run to high ground. Not everyone listened. One elderly fisherman said, "None of the kids believed me."...But the old fisherman would not relent until all had left the village and climbed to higher ground. The Moken people were fortunate in that they had someone with conviction who warned them of what would follow. The villagers were fortunate because they listened. Had they not, they may have perished...In our day we face a similar choice. We can foolishly ignore the prophets of God, depend on our own strength, and ultimately reap the consequences. Or we can wisely draw near to the Lord and partake of His blessings...In every age we are faced with a choice. We can trust in our own strength, or we can journey to higher ground and come unto Christ. Each choice has a consequence. Each consequence, a destination. Brothers and sisters, we are called to journey to higher ground. (*Joseph B. Wirthlin, "Journey to Higher Ground," Ensign, Nov. 2005.*)

Regional Change

We would like to announce that we have new regional cannery people: Don Dugger and Bill Shupe. We have been fortunate to have Butch and LuJean Hess serving in this position for many years. They have done a great job and we will miss them!



Recipes



Apple Muffins

2 1/2 cups dried apples	Dry ingredients:
4 cups water	2 cups whole wheat flour
2 cups brown sugar	2 tsp baking soda
1/4 cup cooking oil	2 tsp cinnamon
1/4 cup apple sauce	1 tsp salt
2 eggs, beaten	1 cup nuts (optional)
2 tsp vanilla	

Hydrate the apples in the 4 cups of water. You can add sugar and/or substitute apple juice for half of the water, for more flavor. Let soak for 1 to 2 hours. You should end up with 4 cups of apples after hydration. Pour off liquid and chop the apples. Combine apples and brown sugar, mix well. Add oil, apple sauce, eggs and vanilla. Stir together. Mix in dry ingredients, blend well. Pour into paper muffin "cups" and bake at 350 degrees for 35-40 minutes. Test for doneness: stick a knife or toothpick into the middle of a muffin -- it's done if it comes out clean. Yield: 2 dozen muffins.

Start Your Garden Now!

Starting garden transplants at home- Starting your vegetables at home can be fun and offers the advantage of enjoying vegetables earlier in the growing season. It also avoids outdoor hazards for young plants.

Selecting seeds & potting soil- For best germination purchase new seeds every year. Leftover seeds often germinate poorly. For best selection, buy seeds early in the year from a reliable company. Use specially prepared soilless mixes, such as Jiffy Mix or Redi-earth, which are available at garden centers.

Containers for sowing seeds- Containers for starting seeds should be clean, sturdy, and fit into the space available for growing plants in the home. You can find plastic trays with lids that are made just for this purpose; they help keep the plants moist.

When to transplant- Times will vary on when to transplant due to size of plants and weather conditions. Follow instructions on the seed package or transplant starter kit.