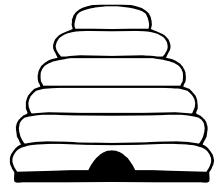


Food Storage Digest



March 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

Honey in the Scriptures

There are many references to honey in the scriptures. Some refer to the high value of its physical form, such as Gen. 43:11, where Jacob (Father Israel) sends honey as one of the presents for the Egyptians in order to win the freedom of his son Benjamin. **"And their father Israel said unto them, If it must be so now, do this; take of the best fruits of the land in your vessels, and carry down the man a present, a little balm, and a little honey, spices, and myrrh, nuts, and almonds."**

In Exodus 16:31 we see that the manna had the flavor of honey. **"And the house of Israel called the name thereof Manna: and it was like coriander seed, white; and the taste of it was like wafers made with honey."**

Also in the Old Testament the Promised Land is referred to over and over as, "the land of milk and honey," having both a literal and spiritual meaning. The Lord often prepared a land that could sustain his people. (1 Ne. 17:5) **"And we did come to the land which we called Bountiful, because of its much fruit and also wild honey; and all these things were prepared of the Lord that we might not perish..."**

The Jaredites thought honey was important enough that they brought the honey bees with them on their long journey. (Ether 2:3) **"And they did also carry with them deseret, which, by interpretation, is a honey bee; and thus they did carry with them swarms of bees, and all manner of that which was upon the face of the land, seeds of every kind."**

Honey is associated with being good for you and giving wisdom. (Proverbs 24:13) **"My son, eat thou honey, because it is good; and the honeycomb, which is sweet to thy taste:"** In Isaiah (7:14-15) he prophesies of Jesus Christ, **"Therefore the Lord himself shall give you a sign; Behold, a virgin shall conceive, and bear a son, and shall call his name Immanuel. Butter and honey shall he eat, that he may know to refuse the evil, and choose the good."**

In Luke 24:42 we read of the resurrected Jesus eating fish and honeycomb with his apostles.

The sweetness of the Gospel is likened unto the sweetness of honey, and last but not least we find in modern revelation, the saints in the future have again been promised a land flowing with milk and honey! (D&C 38:17-19) **"And I have made the earth rich, and behold it is my footstool, wherefore, again I will stand upon it. And I hold forth and deign to give unto you greater riches, even a land of promise, a land flowing with milk and honey, upon which there shall be no curse when the Lord cometh; And I will give it unto you for the land of your inheritance, if you seek it with all your hearts."**

Why Store Honey?

Unlike other sweeteners, raw honey (not the boiled, watered-down stuff you often find at the grocery store) has vitamins, minerals and amino acids as well as antioxidants. It has been described as "the perfect food."

Honey Storage

Honey has an indefinite shelf-life due to its high concentration of sugar. If you choose to store honey please read the following:

Note to Parents: Your Baby's Tummy isn't Ready for Honey!

Honey may contain clostridium botulinum spores that can cause infant botulism - a rare but serious disease that affects the nervous system of young babies (under one year of age). These spores **are present throughout the environment** and may be found in dust, soil and improperly canned foods. **Adults and children over one year of age are routinely exposed to, but not normally affected by, clostridium botulinum spores. (Honey.com)**

"THE SAFETY OF HONEY AS A FOOD FOR OLDER CHILDREN AND ADULTS REMAINS UNQUESTIONED"

- Center for Disease Control -



Honey

MORE THAN JUST A SWEETENER



HONEY: NUTRITIOUS NECTAR-FILLED CULINARY DELIGHT

*Excerpts from "Healing From the Hive" Chapter 4, By Rita Elkins M.H.
(This information is for educational purposes only, not for diagnosing or treating illness.)*

This sweet, nutritious edible "gold" is a viscous fluid which is exclusively created by the honeybee. To date, even the most sophisticated modern techniques have failed to synthetically manufacture Honey. Like Royal Jelly, Propolis and Bee Pollen, Honey is only available from Mother Nature's storehouse of nutritive foods. It is a precious and often coveted substance that has fascinated and pleased cultures from the dawn of time. The ancient Greeks called it one of nature's most precious gifts; the Assyrians, Chinese and Romans routinely prescribed it for its medicinal value; numerous Biblical references refer to the "Honeycomb" the "Land of Milk and Honey" and the "Enlightenment" which comes from eating Honey. Hippocrates, considered the Father of Medicine, recorded, "Honey drink cures phlegm and calms down cough." All of these ancient cultures believed that the daily use of Honey would insure health and longevity. Unfortunately, with the advent of refined sugar, Honey took a back seat to other more popular sweeteners. Today, it is experiencing a resurgence as an often overlooked beehive food that is full of nutritive and medicinal value.

The Chemical Composition of Honey

Many people regard honey as simply another choice in a variety of "sweeteners" available. Honey is a highly nutritious beehive food that does much more than just merely sweeten. While the composition of Honey can vary depending on its sources, all types of raw Honey contain valuable nutrients. Dr. Paavo O. Airola, author of *Health Secrets from Europe* has written: "Honey is a perfect food. It contains large amounts of vitamins, minerals, being particularly rich in vitamins B and C. It contains almost all vitamins of the B-complex, which are needed in the system for the digestion and metabolism of sugar. Honey is also rich in minerals such as calcium, phosphorous, magnesium, potassium, silicon, etc. This is specifically true of the darker varieties, such as buckwheat. The vitamin C content varies considerably, depending on the source of the nectar. Some kinds may contain as much as 300 milligrams of vitamin C per 100 grams of honey."

The Healing and Medicinal Properties of Honey

One universal application of Honey has been to promote the rapid healing of wounds. It protects against infection while boosting the healing process. Other properties: antibiotic, antiviral, anti-inflammatory, anti-carcinogenic, expectorant, anti-allergenic, laxative, anti-anemic, tonic.

Honey as a Natural Energizer

For centuries Honey has been used to supply energy and rejuvenate the body... Honey requires no intermediate steps for proper digestion. For this reason, it is a source of rapidly supplied energy. The glycogen in a spoonful of honey is said to pass into the bloodstream in 10 minutes to produce quick energy. If taken with a calcium supplement, the glucose in honey can increase the body's uptake of the mineral by nearly 25 percent. While many people see honey as just another form of sugar, it has many advantages over refined, white, table sugar.



The Beauty of Honey



Here are a few simple beauty recipes made with honey from Honey.com

<p>Moisture Mask</p> <p>2 Tablespoons honey 2 teaspoons milk</p> <p>Directions: Mix honey with milk. Smooth over face and throat. Leave 10 minutes. Rinse off with warm water.</p>	<p>Honey-Almond Scrub</p> <p>8 whole unblanched almonds 2 Tablespoons rolled oats, uncooked 1 Tablespoon honey 2 teaspoons yogurt, sour cream or lightly beaten egg white</p> <p>Directions: Process almonds and oats in a blender until they are finely ground. In a small bowl, mix ground almonds and oats, honey and yogurt until blended. Pat scrub on face and neck; leave it on for up to 10 minutes for extra softening. Wet your hands and massage gently to exfoliate. Rinse off. Makes enough for 1 scrub.</p>
<p>Skin Softening Bath</p> <p>1/4 cup honey</p> <p>Directions: Add honey to bath water for a fragrant, silky bath.</p>	<p>For more beauty ideas go to Honey.com and click on "For the Beauty of Honey." There's everything from a variety of facial recipes, lip glosses and balms as well as bath and body treatments and honey hair care.</p>










Tips For Storing and USING Honey

Storing: Honey should be stored at room temperature. Honey should be kept in a closed container in a dry place. Do not refrigerate, as it hastens granulation. In time, even liquid Honey will begin to form crystals. Granulation of honey does not injure color or flavor. Honey crystals can be dissolved by either microwaving the Honey on high for two minutes or placing it in a double boiler and heating. (HONEY BUTTER should be kept in a cool place; do not refrigerate. Liquid or comb honey may be placed in freezer until used.)

COOKING WITH HONEY FOR BETTER FLAVOR AND STORING QUALITIES

When measuring honey, moisten cup or spoon with oil or melted butter, or measure shortening before measuring honey. To use honey in place of sugar, substitute an equal amount of honey, but reduce other liquid by 1/4 cup. Lower baking temperature about 25 degrees to prevent over-browning of honey baked goods.

Cakes or cookies made with honey keep better, as honey tends to retard drying out. This can be important when baking in advance, or sending cookies or other honey baked items to out-of-town friends or family members.

<div style="display: flex; justify-content: space-between; align-items: center;">  <div style="text-align: center;"> <p><i>Recipe</i></p> <p>HONEY APPLE CRISP</p> </div>  </div> <p>6 cups sliced apples (about 2 pounds) 1 teaspoon lemon juice 1/2 cup honey 1/3 cup all-purpose flour 2/3 cup rolled oats 1/4 teaspoon salt 1/2 cup brown sugar 1/3 cup butter</p> <p>Arrange apples in greased baking dish and sprinkle with lemon juice. Spread honey over apples. Mix dry ingredients. Cut in butter until mixture resembles coarse bread crumbs. Sprinkle over apples. Bake at 375°F until apples are tender and crust is browned (about 30 minutes). 6 servings.</p>	<div style="display: flex; justify-content: space-between; align-items: center;">  <div style="text-align: center;"> <p><i>Recipe</i></p> <p>CRISP HONEY COOKIES</p> </div>  </div> <p>1/2 cup butter or margarine 1/2 cup honey 1 3/4 cups flour 1 teaspoon soda</p> <p>1/2 teaspoon cinnamon 1/4 teaspoon ground cloves 1/3 cup wheat germ</p> <p>Cream butter and honey. Sift together flour, soda, and spices. Mix in wheat germ. Combine dry ingredients with creamed mixture. Chill about one hour. Roll on lightly floured board to about 1/8 inch thickness. Cut with floured cookie cutter. Bake on greased cookie sheets in 350°F oven, 8-10 minutes. Cool on rack, then spread thinly with frosting. Makes about 3 dozen.</p>
<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: center;"> <p><i>Recipe</i></p> <p>POPCORN CRUNCH</p> </div>  </div> <p>1/2 cup melted butter 1/2 cup honey 3 quarts popped popcorn 1 cup nuts (optional)</p> <p>Blend butter and honey. Heat until well blended. Pour over popcorn-nut mixture. Mix well. Spread over cookie sheet in thin layer. Bake in preheated 350 degree oven for 10 to 15 minutes until crisp.</p>	<div style="display: flex; justify-content: space-between; align-items: center;">  <div style="text-align: center;"> <p><i>Recipe</i></p> <p>HONEY BAKED STUFFED APPLES</p> </div>  </div> <p>6 apples 1/2 cup dates * 2 Tablespoons melted butter 1 cup honey 1/4 cup water</p> <p>Other optional ingredients *1/4 cup raisin to replace dates 1/4 tsp cinnamon</p> <p>Cut up dates, add melted butter and 1/2 cup of the honey. Mix well and set aside. Trim off top of 6 apples, remove core and stuff with the date mixture. Place in baking dish and drizzle 1 tablespoon of honey over each apple. Pour 1/4 cup water into bottom of baking dish. Bake (oven 350-400 degrees) until apples are tender (about 40 minutes).</p>
<div style="display: flex; justify-content: space-between; align-items: center;">  <div style="text-align: center;"> <p>EGYPTIAN PALACE BREAD</p> </div>  </div> <p>4 slices white bread 1 cup honey</p> <p>Preheat oven to 300°. Cut crusts from bread. Soak bread in honey for 30 minutes. Place in baking dish. Bake at 300° for 25 minutes. Cool. May be served with cream to pour over bread. Yield 2 servings.</p>	<p><i>Try Peanut Butter and Honey Sandwiches! Use honey mixed with butter and soy sauce as a glaze for chicken. Or mix honey, orange juice and cornstarch as a glaze for ham. Find out more about honey from local honey farms!</i></p>