



THE PREPARED FAMILY



"Prepare Every Needful Thing"

November 1999

Scripture or Quote of the month:

In the Doctrine and Covenants, it says, "And there shall be a great hailstorm sent forth to destroy the crops of the earth." (D&C 29:16).

...What are you going to do when that happens? Ah, brothers and sisters, [support] your welfare project, and when that happens and if you have your year's supply of food in your home, let the hails come, and the winds blow, and our storehouses in our homes, in our wards, and in our stakes will be full just as they were in the days of Joseph, and we will be preserved.

I like that plan. What good will our greenbacks be from the government for security when all the crops of the earth are destroyed by hail?...You know in the days of Israel they worked this plan. Matthew Cowley (Apostle from 1945-1953) "Matthew Cowley Speaks" Deseret Book, 1954

Dry Pack

Potatoes, salt in Mylar type pouches, sugar, oats or other grains.

Grocery Items

Oil (olive preferably), solid shortening, honey

Non-Food

Vitamins, minerals, paper cups, plates, bowls, napkins

72 Hour Kit

Hard candies, toilet paper (if you take the cardboard center out you can squeeze 6 rolls into a gallon size plastic "zip" style bag), matches with metal container, first aid supplies, 10-one dollar bills, a roll of quarters and dimes, plastic bucket w/ lid.

Stock up by the week

- Iodized salt – ten or more containers
- Personal products: soap, deodorant, TP, shampoo, etc.
- Canned soups
- Preserve something with apples!
- Hard candy (on sale for Halloween)
- Vitamins – get extra C & Calcium
- Treats for baking: Cocoa, coconut, nuts, cocoa chips, etc.
- Rolled oats, cornmeal, cream of wheat
- Sugars – brown, white, powdered. 100 lbs/person

Gardens/Gardening Tips

There is a lot on the internet about storage of seeds. Here's a good beginning source (on the Walton Feed site).

<http://www.waltonfeed.com/self/upack/ag506.html>

or you can try: <http://www.assuredsurvival.com/seeds.htm>

You can dry pack your own can of seeds if you like. You can also store them in your refrigerator or freezer with good results on most seeds.

There are a couple of things to consider:

- 1) Whether or not you want to store only open-pollinated types or whether hybrids are okay.
- 2) Know that different varieties of seeds will germinate many years after being stored and some are more delicate.

3) The length of time seeds can be stored (when packaged properly) will increase as you lower the storage temperature.

The most important factors in storing seeds are:

Make sure the seeds are **very** dry when you store them.

Store the freshest seeds you can get. Store at the lowest temperature you can. Freezing is best, even if dry-packed.

I prefer to store some open-pollinated varieties. I usually purchase from two catalogs, both of which make it easy to tell if the seeds are hybrid:

Johnny's Selected Seeds

Burpee's Heirloom (a separate catalog from their regular one).

I also pick my varieties ahead of time from the catalogs and then look for them locally at Lowes, etc. They're often cheaper that way.

If you want, you can go to your local seed store and ask them which seeds are open-pollinated. Then make sure they're very dry. Pack them in something moisture and air tight (I wrap individual kinds of seeds in foil and pack all in a wide-mouth quart canning jar). Then freeze.

Some kinds of seeds keep longer than others. Bell peppers, onions and some other delicate seeds don't keep as long. Others keep for over 20 years.

Storing hybrid seeds is fine also. You just have to remember that you won't be able to save seeds from the plants in your garden and have them come back true the next year. (I'm sure you knew that but I'm thorough!)

I store some open pollinated and some hybrid. I try to rotate within three years on most. I have used seeds 8-10 years old and done fine with them. If it's something I have a lot of seeds of, I test them each year by putting some on a damp paper towel and sprouting them in the kitchen. That gives me a pretty good idea of how many are still viable.

HINT: Don't get your seeds too hot when you are drying them. I use my food dehydrator set on 95 degrees or sit them on something near my woodstove when we have our first fires in the Fall.

Recipes:

Since fall and winter are coming into full strength I thought it would be nice to give some recipes for soups and chili. These are layered soups that can be given as gifts for the Holidays.

WILD RICE & BARLEY SOUP

by Kmrevoir@aol.com

In a pint jar layer these two ingredients:

½ cup barley a cup imitation bacon bits

Then, mix these seasonings in small bowl and place on top of imitation bacon bits (loose, not in a bag):

1 T. brown sugar	1 t. basil
1 t. oregano	½ t. pepper
½ t. minced garlic	½ t. celery powder

Next, add a layer of:

¼ cup beef bouillon granules

Spread this out evenly in the jar then add:

½ cup wild rice (you want 100% wild rice, not a mixture of wild rice and white rice. Reese brand wild rice comes in a 4 ounce package which equals ½ cup) Top this all off with ½ cup dried minced onion.

To make soup:

Empty jar of soup mix into a medium pan. Add 7 cups of water and bring to a boil. Cover and lower heat to a simmer. Keep covered and simmer for 1 hour. This recipe is also good with a can of sliced mushroom added. They can be added at the beginning of cooking or stirred in at the end.

Makes 6 cups of soup.

RAINBOW BEAN SOUP

In a quart jar layer a generous ¾ cup of each of the following beans in a wide mouth quart jar:

dried red beans	dried Great Northern beans
dried split peas	dried lentils*
dried black beans	

Seasonings: Mix ingredients and place in a thin zipper sandwich bag

2 T. dried, minced onion	2 T. beef bouillon granules
2 T. parsley flakes	2 T. basil
2 T. powdered lemonade mix with sugar	
1-½ t. chili powder	1 t. pepper
1 t. dried oregano	

Place this bag on top of the beans inside the layered jar.

*Look for red lentils or yellow split peas for a real rainbow of colors in this mix.

To make soup:

Remove the seasoning packet and set aside. Rinse the beans and place in a large microwavable dish. Cover with 1"-2" of water over the top of beans. Cover loosely with plastic wrap and microwave on high 15 minutes, rotating every 7 minutes.

Drain and rinse beans very well. Place the rinsed beans in a very large pan. Add 8 cups of water and 1 (28 ounces) of crushed tomatoes. Add the seasonings in the packet as well. Cover your pot of beans and bring to a boil. Lower the heat, cover the pan and simmer 1-1/2 hours or until beans are tender. Stir occasionally.

Makes 12 cups of soup.

SPLIT PEA SOUP MIX

Mix the following 6 ingredients in a medium bowl:

½ cup instant mashed potatoes	2 T. dried minced onion
1 t. chicken bouillon	
1 t. powdered lemonade mix with sugar	
½ t. dried minced garlic	½ t. salt

Place ¾ cup of split peas in a wide mouth canning jar (Postum jar works great for this one!)

Place HALF of the potato mixture on top of the split peas.

On top of the potato mix, place:

1 T. parsley flakes	1 t. dried thyme leaves
½ t. celery powder (I couldn't find this so I just put a handful of dehydrated celery – tasted great)	

Press this layer down hard.

Place the remaining potato mixture in the jar next.

Fill the jar with remaining split peas.

To make soup:

Empty jar of soup into medium saucepan. Add 10 cups of water and bring to a boil. Reduce heat to a simmer and simmer, uncovered, 1½ hours, stirring occasionally. Puree soup in blender (optional).

Makes 4-5 cups of soup.

Note: This soup is also good with a 5 ounce can of ham added. Heat ham in the microwave and stir it in after pureeing soup.

Idaho Chili (Meatless)

by Sheryl Slaughter

46 oz. can tomato juice + 2 Cups water (or 2 quart jars canned tomatoes or juice)

2 medium diced potatoes	1 can pork and beans
1 cup lentils	1 large chopped onion
2 diced carrots	2 tbsp. chili powder
2 teas. beef bouillon or 2 cubes	½ teas. garlic powder

Simmer 30-45 min. Top servings with sour cream and crushed tortilla chips if desired. Serves 6.

Beans/lentils; rice; corn; noodles; macaroni; wheat or other grains for biscuits or other bread stuffs; pepper; salt; dried herbs; dried vegetables like carrots, onion and garlic; oil; powder milk; butter/cheese powder and don't forget desserts. Make your own so that your family will eat it.

Snacks:

You can add popcorn, chocolate chips, wheat or other grain for making cookies; M&M's; nuts (whole only – grind yourself), powdered cheese or butter for the popcorn and other items you may want to make. Don't forget powdered eggs and milk.

PORTABLE HEATER/STOVE

Items needed:

- Quart Paint Can
- Roll Toilet paper (with cardboard tube removed)
- 16 oz Isopropyl alcohol 1 Book of matches
- 4 nickels to open can (use for holding small pan)

To Use: Open can, light alcohol, place wire rack or larger can with air holes cut in sides on top to cook. Or use for heat with some ventilation. Refillable-alcohol will burn out leaving roll of paper intact.

Use only in a ventilated area.

FYI

Cilantro/Coriander Warning

By Debbie McDonald

Cilantro is a chelator of heavy metals. This can be potentially hazardous to your health if you have, for instance, lots of mercury amalgam fillings in your mouth. It can cross the blood brain barrier and carry more mercury INTO your brain if you still have fillings or, in some other circumstances. If you are sure you have no heavy metal toxicity, disregard this note .:)

O₂ absorbers

by Vicki

O₂ absorbers are made of iron powder. For the oxygen to be absorbed the powder must rust, for the powder to rust there must be some moisture.

Did you know that:

1 ounce of Paraffin oil liquid = 6 hours burned compared to regular oil 1 ounce = 1 hour burned
It is my recommendation that you store Paraffin oil instead of the less expensive oils to save money in the long run. Not only is it longer lasting, but is better for the family due to less smoke.

You can use those extra pop/water bottles:

by W. David Samuelsen

Those 16oz and 20oz bottles....
Don't let them go to trash can. Clean them up. Air dry them. Use to store salt, sugar and other items that don't require oxy absorbers.
The 16oz size is a bit bigger than a pint size. Useful even for camping.

Water Storage Containers

by Melanie Waldmeyer

Assuming your barrels are plastic of some type:

Storing water in an enclosed building where gasoline or other chemicals are kept is **not** a good idea, especially if either (water or chemicals) are in plastic, as it "breaths": the water will end up tasting like the chemicals.
No matter what either are stored in, if there is even a slight air exchange through lids, etc., the water will likely become tainted.

If the barrels are not black, cover them with a dark tarp, or paint them black: even a small amount of sunlight making its way through can cause algae growth, even with Clorox in the water.

Make your own toilet and shower stall

by Jen Smith

I used a regular umbrella, turned upside down and attached two shower curtains to the spokes (the umbrella was kept completely intact). I then hung it from a tree with a rope. I put plastic under me to keep my feet clean and a chair out side the door to hold my clothes and shower supplies. I used a 1½ gallon plastic jug with warm water & with some small nail holes in the bottom of it for a shower head. I think I put too many holes in it. It wasn't supposed to leak when the lid was closed but it did. It would have worked great with a solar shower bag hanging from the tree also. There was a gentle breeze that sometimes made the curtain stick to me. My SIL suggested taking a Hula-Hoop and cutting ¼ of it out, then "sewing" it to the bottom with very thin nylon rope. That would keep the sides straight and off the body.

Another one could be used for a toilet room. I have a bucket with toilet seat on it that would have worked great in it. More privacy than the tent and cleaner than the community no-flushers (Phew).

Why Be Prepared?

Being prepared is more than just food storage!

Alternative ways to save money:

From Janis the Arkladie www.JustInCaseFoods.com

For some reason I feel the need to convey an idea to you. A dear sister I've known for years stopped by yesterday with her granddaughter. We talked about finances as we often do. This to me *is* a prep topic because we have been asked to be free of debt, and it takes \$\$ to have a year's supply plus paper goods, medications, non-food essentials, etc. Need I say more?

It is not uncommon these days for families to have \$20K to \$30K in installment debt. We are not talking about house payments here. My husband had been a finance mgr. for years and took credit applications. 20 to 30K is **very common**. Why so? If we have done all we can we should be debt free.

It's not easy. Maybe you need to sell unused land, or an extra car or two. Check with your insurance company for older cars that you may be able to pay less for by dropping comprehensive coverage. If the car is over 15 years and less than 40 years old comprehensive may be an added bonus, but the car may not be worth the extra insurance coverage. Maybe you have to take in mending/sewing, cleaning houses, or tending children if you are in a position to do so.

PLEASE keep your eyes open, think deeper, pray more, have **real** faith, **look** for opportunities, and expect results. Nephi had the idea when he said the Lord doesn't give commandments to us unless he provides a way for us to accomplish them. I believe with all my heart that this also applies to the command to become debt free. As President Kimball said: DO IT.

Shelter-In-Place

by Nancy in Oregon

Do you live close to a chemical plant? A swimming pool that still uses liquid chlorine? Water treatment or sewage treatment plant? If so you need to know how to shelter-in-place.

There may be a time when an emergency takes place in your community due to an airborne toxic release. The outside air quality may be affected to the point that it isn't safe to be outside or evacuate. In a case like this it is usually safer to shelter-in-place until the wind disperses and moves the toxic chemical away.

When an airborne toxic or flammable chemical is released or suspected to be released, move inside and turn on the TV or radio. Listen for essential emergency information. Emergency information is provided through the Emergency Alert System (EAS) on radio and TV stations. Depending on the situation, you will be told whether to evacuate the area or shelter-in-place. For airborne toxic chemical releases the safest immediate action is to shelter-in-place for further instructions.

IF INSTRUCTED TO SHELTER -IN-PLACE

1. Move inside immediately and turn on radio or TV for emergency information. Go inside the nearest structure such as a home, school, store, or public building. Bring pets inside if practical. If indoors already, stay there. Keep your radio or TV on during the time you are sheltering-in-place. If you are in a vehicle, close all windows, manual vents, and ventilation systems.
2. Close all windows and doors. Shut all windows, doors, and chimney & fireplace vents. This includes everything that can quickly and easily be closed to prevent the chemical from entering.
3. Turn off ventilation systems. Turn off forced-air heating or cooling systems. Turn off stove and bathroom exhaust fans.
4. In buildings, go into and seal a room if possible, using towels around the bottom of the door and plastic on all windows. Go into a room, preferably with no or few windows or outside air vents. If possible seal doors, windows, vents, etc. with plastic or wet rags.
5. Continue to listen to radio or TV for further instructions until the emergency is over or until you are given instructions to

evacuate. (Make sure you have a battery-powered radio if the power is off)

It is important that you have a plan for your home or business for sheltering-in-place. Some key steps in this plan are:

- Knowing what doors and windows are likely to be open and assigning someone to check and close them.
 - Knowing where the manual vents are and how to close them
 - Knowing where forced air heating or cooling controls, power exhaust vents are and how to turn them off.
 - Knowing what room you will go to and how to seal it.
- Prepare a box with
- the following items and keep in the room:
Pre-cut plastic sheeting for each window
Duct tape
Rags/towels for each door(should be wet)
Some emergency food items plus water
Items to entertain children-coloring, books, etc.

Extra items that may be needed:

- Fan or small heater
- games
- TV/VCR or other electronic games

Have a radio or two. Have one that can operate on power and batteries in the room you have identified. Know the emergency alert system stations for your area and have the station numbers written on a piece of tape attached to the radio.

Do not go to the schools to get your children out. The schools should know what to do and they will be doing the same thing that you are. Do call your neighbors to inform them or any others you may be concerned about. Time is important when sheltering-in-place.

As a added note car/vans/trucks are not a good place to shelter in. They have vents that do not shut completely off. Unless you can cover and seal them shut use your vehicle as a last resort to shelter-in-place during a chemical spill or other toxic release.

Where to get supplies:

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| Costco/Sam's | URM/Cash & Carry |
| Storehouse/Cannery | Bulk Food Sellers |
| Camping Supply Stores | Nurseries/Seed Suppliers |
| Emergency Supply Houses | Food Co-Ops |
| Internet Suppliers of your choice | Local Farmers/Farmers Markets |

