



The Prepared Family



"Prepare Every Needful Thing"

August 1998

Scripture:

"We have been taught to prepare for the future...the time to disregard this counsel is over."

Dry Pack

Vanilla and Chocolate Instant Pudding
storage life- 5 years

Wet Pack

Canned and Garden Vegetables:

Storage life-acidic foods like tomatoes should be rotated every 18 months if home canned (bottles). Store bought about every two years (canned).

Non-acidic foods like jams and jellies and some vegetables should be rotated every two years if home canned. Store bought about the same (check the dates and labels first when buying and storing store bought goods). Pull dates are not always easy to find. When in doubt *ask!*

September 26th -Blueberry Jam

\$1.45 per pint w/jar

\$1.02 ingredients only

Deadline for orders is August 16th.

15 people per shift.

October-Applesauce

Non-Food

Sewing Supplies, Notions:

Thread and other material break down and become weaker during time, replace every year or so to compensate for this.

Basic Sewing and mending supplies include

Scissors and shears, needles in assorted sizes, sewing machine needles, pins and pin cushion, safety pins in assorted sizes,

patterns, seam ripper, masking tape, crochet hooks and knitting needles, thread in assorted colors and strengths, trims, and notions (zippers, hooks and eyes, snaps etc.), chalk, thimbles, shoe polish, yardstick, iron, seam and hem tapes or bindings, yarn and elastic.

Materials include:

Linen, wool, denim, silk, cotton to name a few. Try to stick to natural fabrics.

Gardens/Gardening tips

Harvest time is here. Vegetables should be going strong now. Lettuce and Spinach are just about over if they have gone to seed already (save the seeds for next season). Beans and Peas should be tied up to assist in climbing.

Tomatoes are ripening and corn should be ready to pick. Cucumbers are climbers so tie them up and let them climb. Keep zucchini small for cooking, larger zucchini is great for zucchini bread.

Nectarines, peaches, apricots, plums are ready to can or jam.

If you find you have too many tomatoes, zucchini, cucumbers and the like and want to share them, contact your ward Family Preparedness specialist or donate the garden goods to the food bank or bishops storehouse. There is always, a way of sharing your bounty.

Recipes:

Old-Time Tomato Preserves

5 lbs. Firm, ripe tomatoes

1 orange, sliced thin

8 Cups sugar

1 lemon, sliced thin

Peel and quarter tomatoes. Cover with sugar; allow to sit overnight.

Drain off syrup; heat to boil and cook until syrup spins a thread (232°).
 Add tomatoes and orange and lemon slices. Cook over low heat until tomato is transparent. Seal in hot, sterilized glasses.

Peach-Plum Jam

1 ½ lbs. Peaches 1 lb. Italian plums
 1 box powdered fruit pectin 4 ½ Cups sugar

Peel and pit peaches; chop finely. Pit plums; chop finely.
 Measure fruits; there should be 3 ½ cups. Add powdered pectin and sugar; mix well and heat to a boil, stirring constantly. Heat to full rolling boil and boil hard for 1 minute.
 Remove from heat and skim. Seal in hot, sterilized glasses.

Emergency and Family Preparedness

TIPS and IDEAS; Provident living:

Dark-colored clothing (prints and plaids) will look nice longer, then light-colored or solid-colored clothing will.

Firmly woven cloth will last longer than lightweight cloth.

Basic clothing storage for infants:
 lots of cloth diapers (six dozen), undershirts, sleepers, sweater, cap, jacket, pants, flannel blankets, water proof pants, heavy wrapping blankets etc.

Wool blankets are the warmest and will resist fire better than cotton, nylon or polyester.

Good inexpensive clothing can be purchased at most thrift stores or yard sales.

Use the Sun to "bleach" whites. This will save money.

Internet sites of interest

Mt. St. Helens activity levels:
<http://vulcan.wr.usgs.gov/home.html>

<http://www.cnn.com/TECH/space/9806/26/new.planet.ap/>

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 Stake Emergency Preparedness Specialists

Where to get supplies:

Costco URM

Storehouse/Cannery Bulk Food Sellers
 Camping Supply Stores Food Co-Ops
 Emergency Supply Houses Nurseries/Seed Suppliers

Get Set, Get Ready!!

September 19th, The Cottonwood, Crestview, Columbia and Riverview combined ward activity "Family Preparedness Fair." Bring your friends.
 For more information Contact:

Delsa Pospical CW-946-4294
 Kathy Kogan CV-946-5788
 Mary Lynn and Will Talbot CL- 943-5325
 Kate Nordsten RV- 946-0846

EXTRAS:

Contact Pam Anderson @ 967-3575 for ½ gallon canning jars. These can be used for dry goods storage and juice storage.

Family and Emergency Preparedness Specialist:

Stake:
 Gayle-Marie Noga CV 943-0836
 Emergency Preparedness Specialist
 Pam Anderson HL 967-3575
 Family Preparedness Specialist

Wards:
 Columbia - Mary Lynn and Will Talbot 943-5325
 Cottonwood- Delsa Pospical 943-4294
 Ron Mitchell 946-9262
 Crestview- Kathy Kogan 946-5788
 Desert Hills- Ron and Kath Fisher 967-3253
 Highlands- Scott and Kelly Hansen 967-2422
 Riverview- Kate Nordsten 946-0846
 Shoreline- Alyson Cornwell 375-3462
 Steven Keller 375-4196
 Sunset- Robert Pritchett 943-2524
 Dianne Ross 946-9092

Contact these individuals for more information and questions regarding home storage and preparedness.

Brother O.D. Russell of CV ward stated:

"Hope for the Best, Prepare for the Worst, and Take Whatever You Get."

