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# The Prepared Family

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“Prepare Every Needful Thing”

June 1998

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## Scriptures of the Month:

I clipped the following from the Reader's Digest some time ago and have told it before, but it bears repeating. It reads:

"In our friendly neighbor city of St. Augustine great flocks of sea gulls are starving amid plenty. Fishing is still good, but the gulls don't know how to fish. For generations they have depended on the shrimp fleet to toss them scraps from the nets. Now the fleet has moved.

"The shrimpers had created a Welfare State for the sea gulls. The big birds never bothered to learn how to fish for themselves and they never taught their children to fish. Instead they led their little ones to the shrimp nets.

"Now the sea gulls, the fine free birds that almost symbolize liberty itself, are starving to death because they gave in to the 'something for nothing' lure! They sacrificed their independence for a hand-out.

"A lot of people are like that, too. They see nothing wrong in picking delectable scraps from the tax nets of the U.S. Government's 'shrimp fleet.' But what will happen when the Government runs out of goods? What about our children of generations to come?

"Let's not be gullible gulls. We must preserve our talents of self-sufficiency, our genius for creating things for ourselves, our sense of thrift and our true love of independence." ("Fable of the Gullible Gull," Reader's Digest, Oct. 1950, p. 32.)

Pres. Romney

## Dry Pack

Suggestions for Dry Pack this month are:

White, Red & Pinto Beans

Soups, Sauces & Canned Vegetables

## Storage Life

Beans, Lentils, Peas and other Legumes, Juice Mix,

Carrots – 10 years

Non-fat Dry Milk – 3 years

Canned goods should be rotated every month. Turn them over. Check for rust spots and severely dented cans.

## Wet Pack

September: Blueberry or raspberry jam.

October: Applesauce

## Non-Food

Multi-Vitamins/Minerals check the dates and rotate often. Cleaners, try to use non-toxic. Vinegar and baking soda work great.

## Gardens/Gardening tips

1. Catch “trash fish”(carp) and cut up and bury in the garden to increase fertilizer.
2. Compost vegetables and fruit wastes.
3. Add worms to the compost pile to help reduce wastes. (Call Sharon Graf 375-1573)
4. Plant edible flowers like Nasturtiums; the young leaves have the flavor of watercress.
5. Sun flowers offer beautiful color and edible seeds which can be used during all year round.
6. Garlic and other “onion” family plants can be grown to help with aphids, used in cooking and can be dried for winter use.
7. Raspberry leaves make a great tea. The fruit is great for freezing and drying.
8. Day Lilly flowers are edible and great battered and lightly fried.
9. Make flavored herb vinegars and olive oils during the year, using herbs you have grown.
10. Dandelion leaves are great to add to salads.

## Recipes:

### REALLY GOOD PINTO BEAN PIE

(from the new Cannery Cookbook)

½ c granulated sugar      1 c brown sugar, packed  
 2 eggs, beaten              1 stick (½ c) butter, softened  
 1 heaping cup mashed, cooked pinto beans  
 1 unbaked 9-inch pie shell  
 Optional: Pecan halves & pieces  
 Whipped cream, or a scoop of ice cream

Beat until creamy the granulated sugar, brown sugar, eggs and butter. Add pinto beans, blend well. Pour into unbaked pie shell and bake at 375° for 20 minutes. Reduce heat to 350° and bake an additional 25 minutes or until a knife inserted in center comes out clean. Serve with whipped topping or a scoop of ice cream.

Note: I layered pecan halves and pieces on the top for added flavor.

## Emergency and Family Preparedness

### *TIPS, IDEAS and CONCERNS:*

Fill and store quart size freezer weight “zip lock” type bags with instant oatmeal or soups (serving size portions) for camping, 72 hr. kits and emergency car kits. “Cooking” in them will save space and time. Just add boiled water that has cooled slightly, pour in bag, slightly seal and gently mix bag with hand to distribute water, eat out of the bag. Cleanup’s a breeze.

Use 1 teaspoon baking soda when soaking beans to neutralize “gas”.

To kill bugs on food crops soak in baking soda for 5 minutes.

To save flour from weevil infestation place a bay leaf in the container.

Protect cornmeal from weevil infestation freeze the bag of cornmeal for a minimum of two (2) weeks. Use as usual.

## Provident Living Helps

1. Pay your Tithing!!
2. Use a low flow on your showers and faucets.
3. Shop once a month
4. Label and date items
5. Use white toothpaste to fill small holes and cracks in walls.
6. Hang clothes on lines outside to save electricity.
7. Turn water bed heaters off during the Summer.
8. Mushrooms are a pure protein and can be used instead of meats.
9. Reuse paper towels to dry hands off.
10. Wash vegetable and fruit bags out and reuse.

### Internet sites of interest

<http://www.disaster.net/ongoing/ongoing.html>

<http://www.grainger.com/resource/er/index.htm>

<http://TheEpicenter.com>

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Where to get supplies:

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

