



# THE PREPARED FAMILY



"Prepare Every Needful Thing"

December 1999

## Scripture or Quote of the month:

*"Go to the ant, thou sluggard, consider her ways and be wise: which having no guide, overseer, or ruler provideth her meat in the summer, and gathereth her food in the harvest..." "The ants are a people not strong, yet they prepared their meat in the summer." Proverbs 6:6-8; 30:25.*

Well, another year is coming to a close. A new year is about to start and a new millennium fast approaching. During the last year I have striven to assist you, the reader, in being more prepared. I have worked on the theme of the above scripture that in all ways we as a people may become more like the ants. I wish to congratulate each and every one of my readers in their progress this year and hope that you will continue in preparing for whatever may come your way.

This year has been one of great excitement and turmoil throughout the United States and the World. We have seen massive earthquakes, hurricanes which brought severe flooding, snow and ice storms, house and apartment building fires, tornados, volcanic activity and accidents of all kinds. These disasters are increasing every year and with it comes great learning and dependence on each other for support and comfort. We have all shared our knowledge and skills in support of the people that have been affected and from this sharing of burdens we have been blessed with countless blessings.

May the new year bring each of you good fortune. May you continue blessing others and be blessed in return. Preparedness is a life long struggle. You may need to rely on skills and talents that you didn't know you had. You may also have to learn new skills and develop new talents. But, whatever may come your way it is my prayer that each of you and your families will meet the challenges head on and triumph over all!

## Dry Pack

Any item that is available or approved or you can look into dry packing at home the items that you would like. i.e. lentils, soy beans, candy etc.

## Grocery Items

Salt, spices, peas, lentils, candles and blankets

## Non-Food

Paper Products: napkins, toilet paper, Kleenex, femine products

## Stock up by the week

- Treats for baking: cocoa, coconut, nuts, chocolate chips, etc.
- Rolled oats, cornmeal, cream of wheat or rice
- Sugars: brown, powdered white or honey
- Vegetable and olive oils. Good quality only.
- Candles & matches, Store in cool place (fireproof box)
- Popcorn – go for the big bags
- Merry Christmas – You have given yourself a great gift – SECURITY.

## Gardens/Gardening Tips

We have learned this past year how and what to plant during the different seasons. We have gone over what to do to get your gardens ready for spring planting, and how to maintain the ground for summer and fall crops. During the winter we should have our gardens turned and mulched for the next growing season. If you live in the warmer areas of the world, mulch will help with water conservation.

## Recipes:

Since winter is here I thought you might like to try these ideas for canning. By Janis the "Arkladie"

- |  |                |
|--|----------------|
| Navy Bean Soup                         | Split Pea Soup |
| Chili                                  | Stew           |
| Beef chunks                            | Sloppy Joes    |
| Turkey chunks                          | Beef BBQ       |
| Chicken/turkey Soup Stock with Veggies |                |
| Hamburger in pints or quarts           |                |

Soups and Chilies are always great for the winter meal.

### Hamburger Soup

by Janis the "Arkladie"

- Liberal amt. of hamburger 2-3 lbs.
- ~3 quarts tomatoes some water, but not a lot,
- sliced carrots, garlic powder (not garlic salt)
- LIBERAL onion, sliced some celery
- Worchchester sauce a little sugar
- at least a quart of green beans

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CAN be doubled or tripled of course...

Cook entire thing to death, add salt and pepper also... only add enough water to keep it from running too dry... ALLOW TO COOL before eating...

IF YOU ARE GOING TO CAN THIS, just bring it to a boil first... do not COOK before going into the jars... and process time and pressure for your altitude....

The following recipes are from the: Soybean Cookery, by Virg and Jo Lemley, of Wilderness House, 11129 Caves Highway, Cave Junction, OR 97523.

### Wilderness House Soup

2 C cooked soybeans      2-½ C chicken broth  
½ C finely chopped celery leaves  
½ C finely chopped onion      C tsp coarse pepper  
pinch of salt

Simmer ingredients for 30 minutes. Serve hot. May be made ahead.

### Sandwich Spread

1 C soybean - mashed      2 Tbs mayonnaise  
2 Tbs pickle relish      2 Tbs minced green onion  
pinch of salt

Mix together well and chill for 3 or more hours. Spread on bread for sandwich. Serves 4.

### Picnic Salad

2 C cooked soybeans - drained      ½ C sliced olives  
½ C finely chopped celery      ¼ C finely chopped onions  
1 tsp vinegar      4 boiled eggs - chopped  
¼ C mayonnaise      ¼ C sweet pickle relish  
½ tsp coarse black pepper

Mix all ingredients in a bowl. Chill for 4 or more hours. Serves 4-6.

### Mexican Beans

2 C cooked soybeans, drained      4 oz. chopped green chiles  
1 C chili salsa      2 tsp chili powder  
¼ tsp cumin      1 C grated jack cheese

Put in saucepan on medium low heat. Stir often - cooking until most of the liquid has evaporated. Serve hot and bubbly. Serves 4-6.

### Tootsie Rolls

by Nancy in Oregon

1 cup honey      1 tsp vanilla  
½ cup cocoa      1 cup non-instant powdered milk

Cook honey to 255#(hard ball). Do not overcook. Remove from heat. Add vanilla. Mix cocoa and powdered milk well and stir into honey. Pull like taffy until gloss is gone. Form into rolls.

### Bear Sausage - No Cholesterol

by a friend of Nelwyn Thurman

Leftover mashed pinto beans  
leftover cooked oatmeal  
1 pkg sausage seasoning

In a large bowl place equal amounts of mashed pinto beans and oatmeal. Mix well together. Add sausage seasoning to taste. Mix well again and shape into patties. Fry on both sides until brown in small amount of oil of spray pan with Pam.

### Pork Sausage

provided by Nelwyn Thurman

3 lbs boneless pork, butt or shoulder  
2 t freshly ground black pepper  
1 t ground nutmeg      1 t cayenne  
½ finely ground cloves      3 t salt  
¼ C Parmesan or Romano cheese  
2 t sugar      ¼ olive oil  
1 C dry white wine      3 yards sausage casings

Grind the meat using the coarse blade. Note that I [the Frug] have put olive oil in this dish so you can cut down on some of the animal fat by trimming away a bit of the fat on the pork. Mix all ingredients together and stuff into casings as per instructions above. Tie off into 4- to 5-inch lengths. To cook, prick the skins and then simmer very gently for about 15 minutes.

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The recipe didn't say what to simmer in, but I assume water or chicken or pork broth.

Tony and I made this Spicy Italian Pork Sausage. Yummy.

From The Frugal Gourmet Cooks with Wine

Here are some great sausage seasoning mixes you can do yourself:

- |                                   |                          |
|-----------------------------------|--------------------------|
| Parsley                           | scallions                |
| 3 garlic cloves                   | ¼ t ground allspice      |
| ½ t whole thyme                   | 2 bay leaves, crushed    |
| black pepper, freshly ground      | cayenne pepper           |
| yellow onion, peeled and chopped  | 2 garlic cloves          |
| 1 t ground cayenne                | ½ t ground sage          |
| ½ t freshly ground black pepper   | 4 t salt                 |
| 1 bay leaf, crushed or ground     | ¼ t ground allspice      |
| ½ t whole thyme                   |                          |
| 1 T fennel seed, coarse-ground    | 2 bay leaves, crushed    |
| 3 T chopped parsley               | 5 garlic cloves, crushed |
| ½ t dried red pepper flakes       | 3 t salt                 |
| 1 t freshly ground black pepper   |                          |
| onion                             |                          |
| 2 t ground coriander              | 1 T ground cumin         |
| 4 garlic cloves, crushed          |                          |
| 1-½ t freshly ground black pepper |                          |
| salt                              | 2 T paprika              |
| 1 t cayenne                       | 1 t sugar                |

### Emergency and Family Preparedness

#### TIPS, IDEAS:



Need some fast Christmas gift ideas? Here are some that will prepare your families in the process.



For stocking stuffers: chemical light sticks, flashlight and batteries, gloves or mittens, warm hats, travel games for backpacks, emergency blankets, pocket knives, small gifts of chocolate, nuts, popcorn and other comfort foods, (those bags of kisses and hugs sure go along way). Dried fruits will bring a cheer to most older folks and everyone likes a hot beverage such as hot cider or herb tea packs and don't forget hot chocolate. Books on wild edibles

and other plants or basic first aid would be a great gift for everyone.

Other gifts, from Janis the "Archlady":

1. Give matches and a decorative candle as a present to those you love. Call it a Y2K emergency kit and it will be savvy and practical!
2. A pretty, cheap and practical oil lamp. Don't forget the lamp oil.
3. Buy for the family the hiking boots or the sleeping bags you've been needing.
4. Invest in a kerosene heater or gas grill as a family gift. Don't forget the fuel!
5. IF \$ allows, put a wood stove in as a gift for the entire family.
6. Purchase an inexpensive wool blanket and sew fabric or a sheet around it, tacking where needed (which keeps it from being scratchy too).
7. Send a case of nitrogen packed foods to relatives, it's in vogue now you know. Might not be next year, so do it now.
8. Fill a backpack or an inexpensive zip up bag with emergency gear, including heat and eat meals.
9. Buy hot water bottles and cover with a decorative holiday design fabric and give as a gift.
10. Give the food storage that you have saved to your adult children. They will need to use it some day and you will be able to rotate it faster. If you have someone getting married give them the gift of being prepared.
11. Give a cookbook on how to use your food storage.

### FYI

Did you know that "AA" batteries last longer and are brighter than "AAA" batteries!

Battery test was provided by Melanee in TX.

One "AA" lasted about 17 hours, run continuously, and the "AAA" only lasted about 4. So if you want to have flashlights for personal use some small "AA" battery flashlights may be a better choice.

A warning was issued on TV about lethal candles on market. Reported by W. David Samuelson

1. The wicks in many candles (non-paraffin types) contain lead. They give off soot. They have lead in center of wicks. Everybody knows what lead can do to one's health. The appearance of wicks tend to be metallic.

2. Scented and low-burning candles are not made of beeswax or paraffin. Rather are made of different type, intended to give off scented aroma. Not healthy.

All the more reasons to stick to natural type candles (paraffin & beeswax).

The month of November is over, but you could still have time to finish the following items 1-9.

- 1 . Weather proof your house: storm windows and doors, insulated drapes on the windows, weather caulking, etc.
- 2 . Bake those holiday cakes and cookies now and freeze them. This allows you time to enjoy the holidays and those unexpected guests!
- 3 . Finish Christmas shopping, be practical, shop garage and yard sales, thrift stores and bargain centers. You can get some neat and practical things there and many bargains.
- 4 . Till and fertilize the garden for next years spring planting now. Know what you are going to plant and have it ready ahead of time.
- 5 . Buy extra potting soil and Styrofoam cups to start plants in this winter for next springs garden, e.g., cabbage plants, tomato plants, squash plants, cucumber vines, herbs, etc.
- 6 . The garden season is over in most parts of the country. Buy that extra fertilizer and plant food now when it goes on clearance sales to have ready for next year.
- 7 . Buy extra canning lids each and every week, starting now, until you can't get them anymore!
- 8 . Buy sewing machine oil, needles, thread, buttons, etc. now. You will think of a hundred other things on your priority list in November to buy in December. The Holiday season is not the time to be under even more stress!
- 9 . Wash all blankets, quilts, afagans, and comforters & bedspreads now. Put some of them in plastic bags and stick them away somewhere. Do the same with your linens, sheets & pillow cases. This way, in December, you don't kill yourself trying to do all the laundry at the last minute.

#### THINGS TO DO IN DECEMBER:

- 1 . By the end of November you should be done with your Christmas shopping for this year. Take a few minutes to sit down and catch your breath. Take a pen and paper and try to think what would be an age-appropriate gift for your children next Christmas. Buy something special for next Christmas now... wrap it and mark it and put it away! Then you can concentrate on the homemade items like socks, sweaters, mittens, etc for next year and not feel so let down when next holiday season gets here!
- 2 . Buy blankets in December when the Christmas sales begin. You save \$\$\$ and will have new ones when you need them.
- 3 . The same goes for socks and underwear – can't have enough of these.
- 4 . Make up all your special food mixes that you like: rice and vegetable mixes, hot cocoa mix, homemade Bisquick mix. etc. These should last you through the winter in a cool, dry place.
- 5 . Refill the gas tank, propane tanks, winter fuel barrels now to be prepared for possible fuel shortages when people panic for Y2k.
- 6 . As you are emptying the freezer and canning everything, fill with water jugs and MILK to freeze! I prefer to have real milk to powdered as long as possible. If



you live in a place where winters are really cold and the power grid goes down, you can put these in a shaded area on the North side of the house in a snow drift of wooden box and they will last for weeks!

- 7 . Clean your house thoroughly – vacuum and scrub carpets, organize all the stuff that is in your house so that you can find everything when you need it.
- 8 . Don't worry about everything that you are printing off the net right now. Put it in boxes, mark them and after the first of the year put them in binders and folders. Make it a family project. Even daily survival can be made less stressful if you do things as a family and include the kids! Our children are not as helpless as many of us would like to believe. They do hear things and wonder what will become of them in the future. If they are included in the preparations for their future they will feel safe and that makes us feel safe.
- 9 . Buy extra bleach and antibacterial cleaners to be able to sanitize things.
10. Refill large water barrels with fresh water. Don't wait until the last minute.
11. Develop all film before the first of the year. Scrap-booking is a great indoor winter activity.
12. Buy several blank journals and pens and starting in December begin writing in them – what your preps have been, how you are adjusting, what you and the family are doing together to make things more bearable, etc.

And most of all, have faith in the Lord and know that you are as prepared as you can be and the rest is in His hands.

## Why Be Prepared?

Being prepared is more than just food storage!

Did you ever wonder what our ancestors ate? Here are some wonderful ideas that will make you stop and think! Try this link to learn more about wild edibles:

<http://members.aol.com/keninga/links2.htm>

Some book on wild edibles are (List compiled by Cheroo) :

Nature Bound: Pocket Field Guide by Dawson (Small, fits in backpack, my favorite)

Field Guide to Edible Wild Plants by Angier – Stackpole Books

Wild Edible Plants of New England by Richardson

Peterson Field Guides: I think there is one on wild edibles

Bill & Bev Beatty's Wild Plant Cook Book

Examples:

Staghorn sumac: Berries make a wonderful tea like lemonade, high in vitamin C (the berries are red and fuzzy)

Cat tails: The roots are like potato (You've seen them grow in water areas, tall with brown, velvety, oval shaped tops)

Queen Anne's Lace: roots are like parsnips or carrots

Purslane, chickweed, amaranth, lamb's quarters, and dandelion all make good salad vegetables .

Vitamins and minerals are always very important so don't forget to stock up on them. It is very unfortunate that our food supply can't supply all the vitamins and minerals that we need.

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You also want to learn more about herb craft and wild plant identifications.

### Area's of Preparedness for any reason or season

1-One room living: Find one room that you have a heat source in. Block off all hallways and exits with blankets. Set up camp in this area.

2-Heating: Use whatever heat source you may have. Be sure and ventilate if needed.

3-Cooking: You can make a buddy burner with a tuna can. Fold newspaper into a fan. Roll and put into tuna can. Add wick. Pour wax over it and let dry. You can also cook over an open fire outside. Make sure and use heavy pans as your kitchen pans will not handle the heat of open flame. You can use your Bar-b-Que grill as well. You can bake bread in it and many other things.

4-Showers: You can take spit baths with a bowl of warm water. Poke a hole in a white storage bucket and put it on a ladder in your bathtub. Put a container under it to catch any water that falls. Stand in this container and have someone pour warm water into the bucket. Shower quick! If you have a spigot and can drill a hole in the bottom part of the bucket you can turn it off and on.

5-Sanitation: Put a small bucket in your toilet. Put a grocery plastic bag inside. Use this and then bury it outside away from water lines.

6-Lighting: Flashlights will work different hours depending on your brand of battery. Be very wise with your light. Make sure your floors are picked up before it gets dark. Many accidents happen after it gets dark and things are left on the floor.

7-Refrigeration: Freeze a block of ice in a plastic container (outside) – do two if you have it. Put them in the freezer of your fridge. This will act as an ice chest. Be careful not to have many left overs, as we don't want food poisoning! You can store your miracle whip and things like this in it.

8-Food: Use whatever food is in your freezer first. Make do with whatever food you have in your home – get creative – If you have a hand wheat grinder – start grinding wheat *before* you get hungry! It is hard work!

9-Water: If water has things in it, strain. Boil all water 10 mins. You can also add Clorox to it if you have it @ 3 drops per liter

10-Washing Clothes. You need a white bucket with a lid. Poke holes in the lid about the size of a pencil. Drill a hole in top and put a pluger through it into the bucket. Close lid and lift the plunger up and down.

(See November's "Prepared Family" for more information on how to make this washer)

11-Medical: Use your Red Cross First Aid Manual and use wisely whatever medication you have in your home.

Since being prepared is more than food storage and money management we also all need to be actively engaged in productive work and learning. These two quotes are good

examples of both. No matter who you are and what you believe it is important to have both of these qualities.

"There is no substitute under the heavens for productive labor. It is the process by which dreams become realities. It is the process by which idle visions become dynamic achievements.

"Most of us are inherently lazy. We would rather play than work. We would rather loaf than work. A little play and a little loafing are good. But it is work that spells the difference in the life of a man or woman. It is stretching our minds and utilizing the skills of our hands that lift us from mediocrity. It is work that provides the food we eat, the clothing we wear, the homes in which we live. We cannot deny the need for work with skilled hands and educated minds if we are to grow and prosper individually and if our nation is to stand tall before the world."

(Gordon B. Hinckley, "I Believe," *Ensign* August 1992, p. 4)

"God desires that we learn and continue to learn, but this involves some unlearning. As Uncle Zeke said: 'It ain't my ignorance that done me up but what I know'd that wasn't so.' The ultimate evil is the closing of the mind or steeling it against truth, resulting in the hardening of intellectual arteries."

(From a baccalaureate address, Utah State University, Logan, Utah, 4 June 1965; quoted by James E. Faust, *Ensign* Nov 1985, p. 7)

### Where to get supplies:

Costco/Sam's

Storehouse/Cannery

Camping Supply Stores

Emergency Supply Houses

Internet Suppliers of your choice

Local Farmers/Farmers Markets

URM/Cash & Carry

Bulk Food Sellers

Nurseries/Seed Suppliers

Food Co-Ops



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