

THE PREPARED FAMILY



"PREPARE EVERY NEEDFUL THING"

June 2000

Scripture or Quote of the month:

Instead of asking, 'What do you want out of life?' I would like to ask 'What do you bring to life?' What you get depends upon what you give. Life brings to us only what it finds in us. Our job is to discover what life has given us, enlarge upon it, make the most of it, and distribute it wisely that others may profit by our experience. Life will respond to any attempt at self-improvement provided it is not prompted by selfishness.

"Learn the true value of time. Seize, snatch, and enjoy every minute of it, for it is limited unto each individual. Live today! Jesus pointed the way when he said, 'Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself.' (Matt. 6:34.) We must resolve to live one day at a time, and live that one day to the full. Resolve also that we will extract from every experience of this day something that will make us wiser, happier, more efficient." (Hugh B. Brown, "What Do You Want out of Life?," New Era, Nov. 1972, 5)

Dry Pack

by Melanee Morton: taken from LDS Church cookbook

For those who need to know how to use what they have stored during dry pack sessions.

Chocolate Pudding

1 ½ c mix to 2 c water. Blend. Pour into serving containers and let chill 15 minutes. (From experience and my stretching things right now, I add a bit of powdered milk to the water and can cut back about ¼ c on the mix and let set up for the full 15 minutes (or more)....and it still turns out nice. Wisk it very well bit by bit, since if you put it all in at once it's more prone to lumps -- same technique with the vanilla)

Vanilla Pudding

1 c mix to 2 c water. May use milk for richer flavor. Put in serving containers and chill 15 minutes and serve 4. (I purposely add in a bit extra powder sometimes and just dump it in and wisk, but leave lumps ON PURPOSE. I like the texture variation -- reminds me of tapioca pudding. :-)

Fruit drink:

1 cup to enough water to get 2 quarts. Mix well.

Potato pearls

1 c to 2 c water (or some ratio of this and use hot water -- not boiling. If boiling, I have found it doesn't absorb right. Just go with very hot water.) Stir briefly and cover and allow to stand for 5 -10 minutes (I never do that -- maybe 2 or 3).

Oats

Use 2 c water for each cup oats with ¼ tsp salt. Bring water and salt to boil, add in oats and stir. Cook 2 minutes, stirring occasionally. (for a fun break, add in ¼ tsp maple flavoring and a couple heaping tbsp of brown sugar when done. Yum.)

Soup Mix

Add 1 c soup mix to 3 quarts water or meat broth. Add veggies, meat, or bouillon as desired. Simmer for 45 minutes. Season to taste. contains split green peas, alphabets, pearl barley, lentils, rice, onions.

Apple Slices

1 c dry apples to ½ c water yields 2 c fresh apples. (These are terrific just to snack on -- but I have tasted pie from them before and it was good.)

In this issue...

Dry Pack	1
72 Evacuation Kit	2
Stock up by the week	2
Gardens/Gardening Tips	2
Recipes	2
Emergency and Family Preparedness	3
FYI	4
Herbs and Spices	4
Why Be Prepared	4
Nutritional Helps	4
Family History Helps	5
Physical Fitness	5
Financial Fitness	5

Carrots

To rehydrate: use 1 volume carrots to 1 volume ice water. Allow 20 minutes. (Also good thrown on dehydrated and crunchy to salads as is!)

Hot Cocoa

use ¼ c mix to ¾ c hot water, or 1 to 1 ¼ c mix per quart of hot water. Beat or blend until smooth.

Rice

2 c boiling water and 1 tsp salt per cup rice. Cook covered about 15 minutes or until moist and tender (ok, now for my way ;-) – a friend of mine from Taiwan taught me this trick for rice: take the amount of rice you want and put it in a good sized pot. Cover the rice with cold water to a depth of one knuckle on the thumb above the height of the rice. (Let the tip of your thumb just touch the top of the rice and put in enough water to come to the bend in the thumb.) Add a pinch of salt or flavoring if so desired. Bring up to a boil – don't stir– and boil it until steam holes are created – the water level is just below the top of the rice and steam is coming from the holes. Quickly cover and take off heat. Let stand about 20 minutes and you have perfect rice every time without worrying about it burning at the bottom or boiling at the wrong rate.... Promise :-) Stir and fluff when you go to serve it.

72- hour Evacuation Kit



- ★ Ziploc™ bags
- ★ consecrated oil
- ★ money
- ★ emergency phone numbers
- ★ important documents. e.g., birth certificates, adoption papers, copies of social security numbers, custody papers, divorce papers, deed and wills etc...

Stock up by the week

- ✓ Cord, twine, or light rope.
- ✓ Flashlights + batteries
- ✓ Freeze cheese. Grate & freeze for casseroles/soups
- ✓ Paper towels, foil, garbage bags, freezer bags, etc.
- ✓ Condiments: mustard, mayo, relish, Worcestershire, vinegar

Gardens/Gardening Tips

Rotation is the best way to assist in insect control.

Use these simple alternatives to rotation. Some insects are sensitive to some plants and not to others. By intercropping plants in alternate rows in the home garden, many pests can be minimized. The following are likely assistants in your garden and orchard.

- 🌱 Garlic. Plant near lettuce and peas to deter aphids.
- 🌱 Geraniums or Marigolds. Grow around your grapes, cantaloupes, corn, and cucumbers to turn away Japanese beetles and cucumber beetles.
- 🌱 Herbs. Rosemary, sage, and thyme near cabbage discourage white cabbage butterfly.
- 🌱 Nasturtiums. Near beans to turn away Mexican bean beetle; also good for fighting aphids in the orchard.
- 🌱 Potatoes. Next to the beans to guard against Mexican bean beetle.
- 🌱 Tansy. Around peach trees to deter borers. Caution: some folks are allergic to Tansy.
- 🌱 Tomatoes. Near asparagus to ward off asparagus beetles.
- 🌱 Beans. Build a teepee style pole set. To keep pest down try planting Marigolds, Onion, Garlic or Mint inside the teepee or between the plants.

This tip to control insects is inexpensive and worth trying. Some insects, such as potato beetles, actually would prefer something else – say a couple of mouthfuls of bran. Take some dry bran and sprinkle it on top of potato plants early in the morning. Come breakfast time, the bugs will stuff themselves and drink the dew to slake their thirst; stuffed and content they'll loll in the sun till their guts burst open from the water-expanded bran.
Source: “Grow it” by Richard W. Langer

For more information on gardening go to: Visit the Rodale web site. <http://www.organicgardening.com/steps/> It's quite large and strictly organic in nature.

Recipes:

Pickled Beets

by Jana in Idaho Falls

Cook beets with skins on until tender with tops cut to 1 inch. Put beets in cold water to slip the beets out of their skins. Cut beets into chunks or slices as preferred. Fill pint jars (quarts not recommended) to within 1 inch of top of jar and cover with pickling syrup. Boil for 1 hour in hot water bath.

Syrup (for 9 pints)

2 c water	2 c sugar
2 c vinegar (5% acidity)	1 tsp. ground cloves
1 Tbl. ground allspice	1 Tbl. ground cinnamon

Bring all ingredients to a boil and pour over packed beets in pint jars.

Wipe jar rims with damp clean cloth and cap with lids. Process.

Takahashi Brownies

by Melanee Morten

Amount	Measure	Ingredient – Preparation Method
3	cups	sugar
¾	cup	oil
8	tablespoons	cocoa
4		eggs
2	teaspoons	vanilla
4	teaspoons	milk
½	teaspoon	salt
2	teaspoons	baking powder
2	cups	flour

Mix sugar, oil, cocoa and 4 eggs in a bowl. Add vanilla, milk, salt and baking powder. Mix well. Add flour and mix. Pour in a greased 9X13 pan at 350 for 25-30 minutes. Do not use the toothpick test. This is not fully baked. It gives you a soft chewy product, and it freezes well.

Mom's Brownies

Amount	Measure	Ingredient – Preparation Method
1	cup	margarine
2	cups	sugar
4		eggs
1	teaspoon	salt
3	plus tbsp	unsweetened cocoa
1	teaspoon	vanilla
2	cups	flour
		nuts(walnuts); optional

Mix all ingredients together and pour into a greased and floured pan. Bake at 350 degrees F. until a toothpick comes out clean when inserted in the middle of the cake. You may also wish to add chocolate chips.

Whole Wheat Hamburger Buns

by Allison Meadows

1 cup plus 3 Tbs. warm water	1/3 cup oil
2 Tbs. honey	2 Tbs. yeast
1 egg, beaten	
3-1/2 cups whole wheat flour	

Combine warm water, oil, honey and yeast. Mix then let rest for 15 minutes. Add remaining ingredients and knead briefly. Roll dough to about ¾" thickness. Cut into rounds about 4" in diameter. Place

buns on cookie sheet. Brush tops with melted butter. Cover with towel and let rise at room temperature for about 10 minutes. Bake at 425° for about 10 minutes or until lightly browned and done. Buns are best eaten fresh, but do freeze well for later use.

Gluten Free Recipes

Peanut Butter Cookies

by Myrtle Nesbitt

1 egg	1 cup peanut butter
1 cup sugar	

Mix well, and roll into small balls and place on greased cookie sheet. Flatten with a fork. Bake at 350° for 12 min.

Emergency and Family Preparedness

TIPS, IDEAS:

Here is a great idea for your 72-hour evacuation kit.

by Tabby: TabbyandHerRoses@aol.com

One thing you can do is get a hunting vest (or make one.) It's a canvas vest with lot of pockets all over it. (Kwik-Se* has a pattern.) Fill it up with just necessities; hang bigger stuff like cups from loops, wrap your water bottle tightly inside your sleeping bag, run a belt through the bag and strap around your hips. Put the vest on and then put your child carrier on. You can even make/buy small vests for each of your children, since kids are notorious for not being able to carry anything for very long. (Think of your last Disneyland experience.) It is a LOT easier to carry weight when it is distributed all over your body than if it is just hanging off your back, especially if you already have a bad back. Buy the vest large enough to fit over coats or heavy sweaters. I buy them all XL for teenagers & adults and buy adult Small for my little kids. They won't hold the whole fort, but it is amazing just how much you CAN hold in them, and choose wisely what you take. Remember how Pioneers started out with chest of drawers and pianos and stuff? They ended up leaving most of that stuff along the way....

P.S.Get hunting vests, not fishing vests that have one little hook patch --- that means one less pocket that you need instead. Unless you plan on fishing for your food, so maybe one fishing vest would be OK in the group....Also cargo pants are now in style, they are good too. You can make them to zip off at knees into shorts, like the hiking pants. If you think about it, most of us can put on 20 or 30 pounds of fat all over our body and not notice too much difference in our ability to walk around....but carrying 20 or 30 pounds just on our back really hurts. So distributing weight throughout cargo pockets on pants and on vest is something to consider.

FYI

When storing foods in the refrigerator and freezer these guidelines will help prevent waste. Keep your refrigerator temperature between 34°F and 40°F. Keep foods wrapped or placed in an airtight container, unless otherwise noted. To keep foods from drying out and odors from transferring to other foods use the following:

Keep meats in the coldest part of the refrigerator and vegetables stored in the crisper.

The freezer should be at 0°F for storage longer than a week or two. Re-wrap meats in a heavy-duty freezer wrap or foil, this is done to prevent freezer burn. Freezer burn is caused by improper wrapping meats so that air can touch the surface of the meats.

Properly labeling foods will help in rotation and use, and can also help in keeping an inventory of what you have on hand. Make a list and post it on the freezer door for quick reference.

Herbs and Spices

Richard M. Ask Certified Herb Specialist ask@gtii.com is offering a online class on herbs. If interested contact him at the above address. Titled "A,B,C + D of a Healthy Lifestyle"

✿ Saffron – cultivated for it's beautiful yellow color has been valued for use in dye's. Used for those of the privileged classes and therefore acquiring ritual or caste significance. The saffron crocus has long been associated, especially in the East, for harvest rites, physical strength, and with royalty. It is a perennial plant, with a rounded bulb and leaves longer than the ciliate flowers. The flowers give off a marked perfume and has a bitter taste. This plant rarely grows wild. Plant the bulbs in rows about 6 inches apart at a depth of 4 inches in June. Can be used in dyes, and flavoring agents in food, drinks, and can be used in cosmetics. This herb is also great with meats, fish and rice dishes. It is good for the digestion and has eupeptic (Aiding digestion), carminative (Stimulating the expulsion of intestinal gases) and emmenagogic (Stimulating menstrual flow) properties.

✿ Cumin – is similar to caraway. It is an annual, fairly small, with laciniate leaves plant. Seeds should be sown under glass and the seedlings transplanted out early, preferably in sandy-calcareous soil. Fruits appear after two months. The inflorescence are removed when the plants begin to wither and are dried before they are fully ripe. Cumin can be used in foods flavoring vegetables, breads, sauerkraut, meats and sausages. It can also be in Mexican dishes. In the Middle East, it is employed for seasoning kid, chicken, and sweetbread and in India for prepared digestive infusions, with mint, camomile, lemon, salt, sugar, and tamarind water. Cumin essence is obtained by distilling the copped fruits; the oil is used for spices and scents.

Why Be Prepared?

Being prepared is more than just food storage!

"The scriptures are one of our greatest treasures. They contain God's instructions to His people from the beginning of time. In a world so full of the doctrines of men, how grateful we are to have a sure anchor on which to build our faith! ...

"In the Lord's instructions to His children we find sublime consistency.

What the Lord has declared to be right will always be right. What He has declared to be true will always be true. What He has declared to be sinful will always be sinful. Rest assured that when the so-called enlightened doctrines of men contradict the holy scriptures, they will only bring heartache, disappointment, and destruction to the souls of mankind."

(L. Tom Perry, "Back to Gospel Basics," General Conference, April 1993; see *_Ensign_*, May 1993, p. 92)

Nutritional Helps

Most folks like to barbecue here are some helps to keep you and your family safe from harms way.

The highest incidence of food-borne illness including E. Coli 0157:H7 and Salmonella is during the summer months. Many food-borne illness cases have been linked to barbecues and picnics where food was improperly prepared or stored. To prevent food-borne illness, it is important to keep perishable foods, such as raw meat, at safe temperatures.

★ Cold food needs to be kept cold at 45° or below and hot food needs to be kept hot at 140° or above.

These safety tips should help prevent food-borne illness:

- During grilling, turn meats at least twice and flatten with a spatula, to burn off excess blood.
- Thoroughly cook all ground meats. Use a metal stem thermometer to ensure meat has reached its recommended minimum internal temperature.
- Metal stem thermometers measure temperatures from 0°F to 220°F. They can be purchases from restaurant supply companies or from large department stores.
- Use a clean plate and utensils, when taking your cooked meat off the barbecue.
- Use your thermometer to verify hot and cold food safety temperatures are being met.
- Use separate thermometer for red meats and chicken and cold foods. Do not cross contaminate.

Family History Helps

Since transferring data is a vital link to sharing family histories, knowing how to transfer makes it easier to share. GEDCOM files are the easiest way to do this. GEDCOM – Genealogical Exchange Data Communication was written by The Church of Jesus Christ of Latter-day Saints and is incorporated in most Genealogical programs. Such as PAF, Family Tree Maker, or Brother’s Keeper to name a few.

GEDCOMs, make data transfer between programs much easier. A GEDCOM file is simply a text file with tags that identify the data entry fields. You can read a GEDCOM file in a word processing program, although the organization of the data entry fields won’t make much sense. If you receive a GEDCOM file from someone, it’s best to download a free trial version of genealogy software in order to read it.

Physical Fitness

Walking can be the greatest exercise around; here are some tips on making it better.

- ◆ Support – “When people are counting on you to show up, you’re more likely to.” The more positive reinforcement and fun you have, the more you’ll walk – and the more weight you’ll lose.
- ◆ Just ask and take a partner.
- ◆ Make a routine. Choose the best days and times that will work for both of you. Pen it in your weekly planner.
- ◆ Join a group, lively conversations can make the time pass quickly.
- ◆ Make it challenging. Choose a long, steep trail so that you can catch up on the past week’s happenings and burn those extra calories.
- ◆ Give everyone a chance to choose the course for the day. Variety is the spice of life.
- ◆ Join a charity walk with your group; walk your dogs; or have a theme walk. Such as a penny hike, heads right turn, tails left.



Financial Fitness

In January 1938, J. Reuben Clark, Jr., an international statesman who served as U.S. Ambassador to Mexico, said this:

“Interest never sleeps nor sickens not dies; it never goes to the hospital; it works on Sundays and holidays; it never takes a vacation; it never visits nor travels; it takes no pleasure; it is never laid off not discharged from employment; it never works

on reduced hours;... it is as hard and soulless as a granite cliff. Once in debt, interest is your companion every minute of the day and night; you cannot shun it or slip away from it; you cannot dismiss it; it yields neither to entreaties, demands, or orders; and whenever you get in its way or cross its course or fail to meet its demands, it crushes you.”

We are a wasteful generation. Our pioneer forebears lived by the motto:” Fix it up, wear it out, make it do, or do without.” Today, the obsession with riches cankers and destroys and leads to irresponsible financial decisions. From: Gordon B. Hinckley’s Book “Standing for Something,” pages 85-86.

Let us not be like our neighbors and covet what they have over what you have. No one can have everything that everyone else has. Strive for personnel freedoms from unnecessary debt.

A POSITIVE THOUGHT!

If God had a refrigerator, your picture would be on it.

If He had a wallet, your photo would be in it.

He sends you flowers every spring and a sunrise every morning.

Whenever you want to talk, He’ll listen.

He can live anywhere in the universe, but He chose your heart.

What about the Christmas gift He sent you in Bethlehem; not to mention that Friday at Calvary. Face it, He’s crazy about you.

Where to get supplies:

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

