

The Prepared Family



"Prepare Every Needful Thing"

October 2001

Scripture or Quote of the month:

On December 16, 1838, while unjustly imprisoned in Liberty Jail, Missouri, Joseph wrote a letter to the members of the Church to give encouragement in the persecutions and suffering which all were enduring; that letter included this statement:

"Dear brethren, do not think that our hearts faint, as though some strange thing had happened unto us, for we have seen and been assured of all these things beforehand, and have an assurance of a better hope than that of our persecutors. Therefore God hath made broad our shoulders for the burden.

We glory in our tribulation, because we know that God is with us, that He is our friend, and that He will save our souls." (Joseph Smith, *_History of the Church_*, 3:227; also *_Teachings of the Prophet Joseph Smith_*, p. 123)

Dearest Readers,

On 11 September a terrible tragedy hit our country. It appears that terrorists decided that the people of America needed a lesson. What exactly we are supposed to learn from this event is unknown, but what has happened has been a turning to our Lord; unity is the byword of the times. How can we not turn to our Lord and Savior? He suffered for us and understands our loss and hurt. Let us remember to love those who have lost friends and family. Let us remember to hold on together to what we have learned. As President Ezra Taft Benson said so well, *"We must not lose hope. Hope is an anchor to the souls of men. Satan would have us cast away that anchor. In this way he can bring discouragement and surrender. But we must not lose hope. The Lord is pleased with every effort, even the tiny, daily ones in which we strive to be more like Him. Though we may see that we have far to go on the road to perfection, we must not give up hope."* (Ezra Taft Benson, "A Mighty Change of Heart," *_Ensign_*, Oct. 1989, p. 5)

May each of us remember that hope, faith, and prayer will assist us in getting through these very perilous times, and may our Father in Heaven bless each of us and may we continue to hope and hold to the blessings of the Lord. He has suffered, loved and cared for us during good and trying times. He has not forgotten us – let each of us not forget Him!

Take Care and God Bless,

Gayle-Marie

72-hour Evacuation Kit



- ☉ Small bottles for shampoo/conditioner
- ☉ Soap dish with soap
- ☉ Toenail and fingernail clippers
- ☉ Razor blades, deodorant stick type will last longer

Stock up by the week

Remember, if your goal is to stock up on your food storage this is a great way to get it done. Keep up the good work!

Food Storage on Five Dollars a week. Double the amount if you have a large family.

- ✓ Week 40: 50 lbs. wheat
- ✓ Week 41: 5 cans cream chicken soup
- ✓ Week 42: 20 lbs. sugar
- ✓ Week 43: 1 bottle 500 multi-vitamins



Gardens/Gardening Tips

It's that time again. Nights are getting cooler and frost is around the corner. Are your tomatoes, peppers, peas and beans that were planted for the second harvest protected? It's time to either pick your crops or cover them to keep the frost at bay for a little while longer. Here is a great tip on picking and keeping your tomatoes fresh:

[Pick Tomatoes at First Blush for a Bigger Harvest](#)

A tomato plant bears fruit to create seeds and reproduce itself – not to provide you with a tasty summer treat. Fully ripe fruit signals the plant that its mission has been accomplished, and it can slowdown fruit production. If you pick tomatoes at first blush, you will generally have a larger harvest.

Once any red or pink color has appeared on the fruit (called the breaker stage), ripening will proceed identically either on or off the plant. Therefore, as long as you handle immature tomatoes correctly they will be just as juicy and full of flavor as if they had fully ripened on the vine. Never refrigerate immature tomatoes. Place them in a single layer at room temperature and allow them to fully ripen. Once they are fully ripe, you can place them in the refrigerator if you want. To speed the ripening of tomatoes, you can place them in a paper bag with an apple or a banana. These fruits emit ethylene, a chemical that speeds ripening.

For more information on storing tomatoes check out this great online site:
http://www.gardeners.com/gardening/PB_Storing_Tomatoes.asp?SC=BNA70034

Recipes

Fall is my favorite time of the year, cooler nights, warm days and time to soups and stews. Be creative and enjoy the bountiful harvests. Fresh vegetable soup is such a treat, especially when you have grown and harvested the ingredients.

For those of you allergic, disgusted or just can't stand split pea soup - take TIME OUT or hold your nose - but this is

Anderson's Split Pea Soup (sort of, with a few revisions)

by Karen

We lived on it for four years while my husband was in school and still, after all these years, really love it

2 quarts water	2 cups green split peas
1 stalk celery, coarsely chopped	
1 large carrot, chopped	1 small onion, chopped
¼ tsp. ground thyme	1 pinch of cayenne pepper
1 bay leaf,	salt and pepper to taste

Rinse and drain split peas, combine with water in large kettle and let set for a couple of hours - then add the celery, carrot and onion - bring to boil - and let boil for 20 minutes then simmer until peas are tender. Then I put it all in a

blender and blend (in batches); return to kettle and add seasonings. It is sooooo good - something must be wrong with you guys. Sometimes I add a honey-baked ham bone. I have lots and lots of split peas in my storage (the older they are - the longer you soak).

Hearty Soup Mix

Recipe By: <http://SunSITE.auc.dk/recipes/>

1 package (14 oz) Dry Green Split Peas	
1 package (14 oz) Alphabet Macaroni	
1 ½ cups Brown Rice	
1 package (12 oz) Pearl Barley	
1 package (12 oz) Lentils	4 cups Dry Minced Onion

Combine all ingredients in a large airtight container. Stir to evenly distribute ingredients. Label as Hearty Soup Mix. Store in a cool, dry place and use within 6 months. Shake well before using. Makes about 12 ½ cups of mix. Hearty Soup Stock: Put 6 cups of water and 1 ⅓ cups of mix in a large kettle or Dutch oven. Add 1½ T salt. Bring to a boil. Cover and simmer 1 to 1½ hours. Add 2 carrots, sliced, 1 or 2 stalks celery, chopped, 1½ cups cabbage, shredded, 2 (15 oz) cans of tomato sauce, 1(24 oz) can vegetable juice cocktail, and if desired 1 lb lean cooked ground beef or leftover cooked beef. Simmer 20 more minutes, until vegetables are cooked. Makes 6 to 8 servings.

Posted to Recipelu by sooz

Posted to Master Mixes by Debbie Leger,
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HEARTY SOUP STOCK

6 cups water	1-1/2 cups cabbage, shredded
1-1/3 cups Hearty Soup Mix	2(15 oz) cans tomato sauce
1-1/2 Tbl salt	2 carrots, sliced
1 (24 oz) can vegetable juice cocktail	
1 lb ground beef or leftover meat	
1 or 2 stalks celery, chopped; if desired	

Put water in a large kettle or Dutch oven. Add Hearty Soup Mix and salt. Bring to a boil. Cover and simmer 1 to 1-1/2 hours. Add carrots, celery, cabbage, tomato sauce and vegetable juice cocktail. Add cooked ground beef or other meat, if desired. Simmer 20 minutes, until vegetables are cooked. Makes 6 to 8 servings.

cold hardy plants such as the umbellifer dill, chervil, and coriander. It will probably be necessary to hoe in order to rid the ground of weeds. If necessary, apply organic feeds.

Financial Preparedness

Here is a very abbreviated list of what you can have for getting out of debt and putting a little money away for "rainy days".

1. Savings: Everyone should have a savings account... the old saying is "pay the Lord first, yourself second and your creditors third."
2. Emergency prep funds: This should be liquid assets. You might choose to keep a certain amount of "mad money" in a safety deposit box or a good quality home safe.
3. Survival funds: This is the typical "junk silver" and gold coin hoard of the hard line survivalist. No paper money. It is meant as a medium of exchange in a worst case scenario.

A Thought

"We must remember, in a world where some still go hungry, that men, women, and children can starve from a lack of self-knowledge as much as they can from a lack of bread. That is why, when Jesus invited his disciples to partake of the emblems of his body and blood (3 Ne. 18:3-5), they were 'filled' – filled with the spirit of heaven, filled with the spirit of hope, filled with more certain knowledge of who they really were – 'heirs of God, and joint-heirs with Christ.' That same spirit bears witness to us yet that we are the 'children of God' (Rom. 8:17, 16). Indeed, as President Lee (and every other prophetic voice) has declared, 'The first thing to be done to help a man to moral regeneration is to restore, if possible, his self-respect.' (Quoted in Conference Report, Oct. 1973, p. 5). (Jeffrey R. Holland, "Belonging: A View of Membership," *Ensign*, April 1980, p. 31)

Family History Helps

From the headlines: October Set Aside for Family History *The Associated Press on Thursday, September 27 WASHINGTON (AP) – A unanimous Senate voted Wednesday to declare October as Family History Month. "What better way to bring*

families closer together than by discovering more about the story of their own family? Like it or not, who we are today is in large part, a product of our ancestors."

Accordian Folders Help Organize Research on the Road

Before leaving on a recent three-week trip of researching several libraries and meeting newfound cousins, I marked a file folder for each stop. I put these folders, in order of visits, in an accordion file folder. In each file folder I placed notes about names of books I wanted to check, or a print out of that person's family line, plus a computer printed map of how to find their location. When I arrived at the library, I only had to carry one file of the many folders I had brought. All new notes, or notations of what I didn't find, were placed in that file folder and put to the back of the accordion folder. Next stop, another file folder and so on. When I arrive home, I then pull out each folder and enter the new information into the computer. A laptop would make this easier – maybe next year. *Beth Shields, Seminole, FL*

Get Physical

If you are having a mild fall, rake the leaves, plant some bulbs, finish getting the garden ready for winter, water the trees, grapes and other plants; they get dehydrated during the fall. Prepare the house for winter and enjoy quiet nights by the lights of candles or fireplaces. Enjoy this wonderful, colorful time of year.

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	

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