

The Prepared Family



"Prepare Every Needful Thing"

December 2001

Scripture or Quote of the month:

"Right now, this very moment, is part of our eternal progression towards returning with our families to the presence of our Father in Heaven...."

"That understanding helps us to make wise decisions in the many choices of our daily lives. Seeing life from an eternal perspective helps us focus our limited mortal energies on the things that matter most. We can avoid wasting our lives laying 'up for [ourselves] treasures upon earth, where moth and rust doth corrupt' (Matt. 6:19). We can lay up treasures in heaven and not trade our eternal spiritual birthright.

"This is the day of our mortal probation. We might compare our eternal journey to a race of three laps around the track. We have completed the first lap successfully and have made wonderful progress. We have started on the second lap. Can you imagine a world-class runner stopping along the track at this point to pick flowers or chase a rabbit that crossed his path? Yet this is what we are doing when we occupy our time with worldly pursuits that do not move us closer to the third lap toward eternal life, the greatest of all the gifts of God. (See D&C 14:7.)" (Joseph B. Wirthlin, "The Time to Prepare," General Conference April 1998 see *_Ensign_*, May 1998, p. 14)

Merry Christmas Readers!

Just a short note to review where we are at this time of year. Christmas will be upon us in short order and with all of our holiday preparations we forget to take the time to revisit our past. This year's message has been helping us set reasonable goals and making them last. How have you been doing? By the end of December you should have at least one year's supply of food storage if you have been following the "Stock up by the Week" program. Your BOB (formally 72 hour evac. kit) should be filled and ready for use if needed. Just don't forget to throw in some easy to prepare foods. Your garden should be ready for spring and your herbs are either dried and ready for easy gifts or brought inside to have fresh during the cold months. Your family history should be well on its way to being better understood and ideas on where to find information should be greater now. Staying or getting out of debt should be a greater priority than before. And each of us should be in better shape than last year. Your recipe box or book should be overflowing with ideas on how to use your food storage so that you can SWYE and EWYS (store what you eat and eat what you store). Your goals were worthy and if you didn't complete them all that's fine, let's continue this next year.

You are all in my thoughts and prayers. May the Lord bless each of you during this holiday season and always.

Gayle-Marie

Bug Out Bag-BOB



- ☉ Fishing gear: lures, line, hooks
- ☉ Warm hat, gloves, ear muffs
- ☉ tent mending kit
- ☉ backpack add ons

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 49: 5 lbs. honey
- * Week 50: 20 lbs. sugar
- * Week 51: 8 cans tomato soup
- * Week 52: 50 lbs. wheat

Here are the rest of the items that should have been purchased during the year to get your full year's supply.

500 pounds of wheat, 180 pounds of sugar, 40 pounds of powdered milk, 12 pounds of salt, 10 pounds of honey, 5 pounds peanut butter, 45 cans of tomato soup, 15 cans of cream of mushroom soup, 15 cans of cream of chicken soup,



24 cans of tuna, 21 boxes of macaroni and cheese, 500 aspirin, 1000 multi-vitamins, 6 pounds of yeast, 6 pounds of shortening, and 12 pounds of macaroni.

Gardens/Gardening Tips

Will return in February. So enjoy the Holidays and the early winter months, before too long we will need to get the beans and peas in the ground.



Recipes

Homemade Cream of Soup Mix (with Variations)

From Niveheart

<http://www.geocities.com/Heartland/Acres/4207/mizzoumix1.html>

2 cups powdered milk ¾ cups cornstarch
 ¼ cups chicken, beef, vegetable bouillon granules
 2 Tbsp. dried onion flakes or 1 tp. onion powder
 1 tsp. dried thyme, crushed
 1 tsp. dried basil or marjoram, crushed
 ½ tsp. black or white pepper

Directions:

Combine all ingredients and blend until mixed. Store in an airtight container in a cool dry place for up to 1 year. This recipe makes 3 cups and is enough for 9 cans of soup. To substitute for one can of condensed cream soup: In a 1-quart saucepan or microwave safe bowl, combine ⅓ cup of soup mix and 1-¼ cup water. Bring to a boil or microwave on high for 2 to 2- ½ minutes, stirring occasionally. This can also be used as a quick fat free gravy, thin to the consistency you prefer.

Variations of Homemade Cream of Soup

The variations are endless, use your imagination and experiment with different ingredients.

For example: instead of thyme and basil, substitute 1 tsp. dry mustard and 1 tsp. dill weed.

You might like to add up to ¼ tsp. garlic powder to the dry soup mix.

For another option: add a couple of Tablespoons of any dried vegetable flakes to the dry soup mix.

Asparagus Soup--add 1 cup cooked chopped asparagus

Broccoli Soup--add 1 cup of cooked, chopped broccoli

Carrot Soup--add 1 cup of cooked, chopped carrots

Celery Soup--add ½ cup sautéed, minced celery

Chicken Soup--add ½ to 1 cup cooked, finely diced chicken

Chicken Herb Soup--add ½ to 1cup finely diced chicken plus additional herbs to your taste, parsley, oregano or marjoram

Creamier Cream Soup--add 1 Tbsp. butter to any of the variations

Low Sodium--substitute equivalent amount of low sodium instant bouillon

Mushroom Soup--add ½ cup sautéed, finely chopped mushrooms

Mushroom and Roasted Garlic Soup--add ½ cup finely chopped mushrooms plus 1 or 2 roasted garlic cloves

Onion Soup--add ½ cup of sautéed, chopped onions

Roasted Garlic Soup--add 2 or 3 roasted garlic cloves

Tomato Potato Soup--add ½ cup diced cooked potato plus ½ cup finely diced and seeded tomato

Tomato Soup--add ½ to 1cup finely chopped and seeded potato

Potato Soup--add 1or two tablespoons instant mashed potatoes, ½ cup mashed potatoes or cooked diced potatoes

Vegetable Soup--add ¾ cup cooked mixed vegetables

Missouri Mix (baking mix) This is actually better than Bisquick, in my opinion! And, it stores well, too!

Ingredients:

9 cups SIFTED all-purpose flour

½ cup double-acting baking powder

1 cup + 2 Tbsp. nonfat dry milk

4 tsp. salt

1- ¾ cup vegetable shortening

Directions:

Stir baking powder, dry milk and salt into sifted flour. Sift all dry ingredients together until well mixed. 2.) Cut or mix shortening into flour mixture until resembles coarse cornmeal. YIELD: 13 cups

Storage:

Store in airtight container at room temperature for up to 6 weeks.

Use 1- ½ cups mix for every cup flour called for in your recipe. The mix will have the baking powder, salt, fat, and milk in it already. Add liquid, though.

Missouri Mix Recipes

Basic Biscuits and Variations:

2 cups Missouri Mix

½ cup water Add liquid to mix. Stir 20 to 25 times. Turn onto lightly floured board; knead about 15 times. Roll to ½ -inch thick. Cut with floured biscuit cutter (or mouth of drinking glass dipped in flour). Place on ungreased cookie sheet; bake at 425 for 10 minutes. Make 10 to 12 biscuits.

DROP BISCUITS: Increase water in Basic Biscuit recipe to 2/3 cup. It is not necessary to knead or roll dough. Drop by spoonfuls into well-greased muffin pans or cookie sheet.

CHEESE BISCUITS: Add ⅓ cup grated sharp cheddar cheese to Basic Biscuit or Drop Biscuit recipe.

Red Lobster Cheddar Bay Biscuits: melt ½ stick butter or margarine in pan. Add 1-2 tsp. garlic powder. Brush drop biscuits about half way through baking. Brush again when finished baking.

DUMPLINGS: Use 2/3 cup liquid in Basic Biscuit recipe. Liquid can be broth. Drop from a spoon onto boiling stew. Cover with tight lid. Cook 12 minutes.

PIZZA DOUGH: 1 cup mix. ¼ cup water. Mix as for biscuit dough. Roll in circle ¼ -inch thick. Place in cookie sheet of the bottom of a pie pan. Turn up edges of dough. Add favorite toppings. (May want to bake crust first, before adding toppings, to keep dough from becoming soggy.)

APPLE BREAD

by Janis

½ C. Applesauce ½ C. Oil
 1-½ C chopped apples, or try moistening cannery apples
 2 Lg. Eggs or reconst. eggs from powder
 2 ½ t. vanilla or almond or rum extract
 2 C All Purpose Flour 1 C. Sugar
 ¾ t. Soda ¼ t. Baking Powder

In bread machine use quick setting (not rapid setting) Add in order listed. OR Mix, Bake at 325 until completely done. BREAD WILL BE MOIST. MAKES ONE LOAF. Cool before slicing.
 For Zucchini Bread use 2 C. shredded Z in place of the sauce and apples.

Sour dough starter bread

by Jennifer

Starter
 ¾ cup sugar 3 Tablespoons instant potato flakes
 1 pkg. active dry yeast 1 cup warm water (120-130 degrees)

Combine first 3 ingredients in a small container (I use a Tupperware tumbler...with a lid on top that has a pour spout on top that I can flip up). Let sit at room temperature 8-12 hours. Cover (leaving lid open..on top or putting plastic wrap on top and making about 4 holes). Refrigerate 3-5 days.

Morning (or night) after the 3-5 day period: Feed starter with ¾ cup sugar, 3 tablespoons instant potato flakes and 1 cup of warm water. Mix well and let stand out of refrigerator all day (or night). Remove 1 cup starter in making bread and return rest to refrigerator as starter. Keep covered with one corner of cover up or poke holes in lid. Repeat every 3 to 5 days. If you don't make bread every feeding throw or give 1 cup away.

Evening (or morning)

1 cup starter 1 Tbsp salt
 ½ cup sugar 1 ½ cup warm water or milk (I use water)
 ½ cup oil

6 cups bread flour
 Place the starter in a large bowl and add remaining ingredients. Mix, by hand, into a stiff batter. Transfer to another large bowl that has been sprayed with Pam. Cover with plastic wrap or foil (I use foil). Leave on counter overnight (or all day) to rise.

Next morning (or night): Punch down dough with fist and knead 8-10 times on floured surface. Divide into 3 equal parts. Knead each part 8-10 times on floured surface, shape into loaves and put into three greased loaf pans (I spray with Pam.) Spray or brush lightly with cooking oil. Cover lightly with plastic wrap or wax paper (I use wax paper). Let rise 6-12 hours or overnight.

Evening (or morning): Bake on bottom rack (this is important) at 350 for 30-35 minutes. Cool 30 minutes and remove from pan. (may be brushed with melted butter when removed from oven).

Alternative... for those who have lots of yeast...! follow the directions making starter...sitting for 3-5 days... take out, feed, let sit

for at least 8 hours. Remove one cup for starter and put the rest in the refrigerator.

Make bread..

6 cups bread flour ⅓ cup sugar
 1 pkg. active dry yeast 1 tablespoon salt
 ⅓ cup veg oil 1 cup starter
 1½ cup warm water (120-130 degrees)

Combine first 4 ingredients in a large mixing bowl, gradually stir in oil and remaining ingredients. Turn dough out onto a floured surface, knead. Place in a well-greased bowl, turning to grease top. Cover and let rise in a warm place (I warm oven...with a shallow water tray at the bottom... then turn off oven.... wait 5 min. then put bread in to rise), free from drafts, 2 hours or until doubled in bulk. Put into pans and bake at 350 for 30-35 minutes

FLAN

by Lynne: LDSCN.com

1 cup granulated sugar ½ cup water
 1 (12-ounce) can evaporated milk
 1 (14-ounce) can sweetened condensed milk
 1 (8-ounce) package cream cheese, softened
 ½ cup butter, softened 5 eggs
 1 teaspoon vanilla extract

Preheat oven to 350 degrees. Combine sugar and water in medium, heavy-duty saucepan; cook over low heat, stirring constantly for 3 to 4 minutes, or until dissolved. Increase heat to medium-high; boil, without stirring, for about 15 minutes or until caramel colored. Quickly pour over bottom and sides of 12 six-ounce custard cups (if syrup hardens, soften over low heat).

Place evaporated milk, sweetened condensed milk, cream cheese, butter, eggs and vanilla extract in blender; cover. Blend until smooth. Pour mixture into prepared custard cups. Arrange in one or two large baking pans; pour hot water in pans around custard cups to 1-inch depth. Bake for 35-45 minutes, or until knife inserted near center comes out clean. Cool in pans on wire rack for 20 minutes. Chill for several hours or overnight before serving. Run knife around rims; gently shake to loosen. Invert onto serving dishes. Garnish with a dollop of whipped cream and a maraschino cherry.

Carmels

by Julie

1 C. cream
 ½ C. butter (the real thing--no cheating here)
 ¾ C. light Karo 2 C. sugar
 Put all ingredients in a heavy pan large enough to handle the candy boiling up the sides. I use my 4 qt pressure cooker (but I don't pressure it of course). Bring to boil over medium heat. Stir in 1 more C. cream. Cook to 250° (or hard ball stage). Cook less for dipping. Pour into buttered 8" sq. pan and allow to cool if you can stand to wait that long.

This is soooo yummy that even if you don't cook it long enough it's great over ice cream or just by itself. But I warn you--if you cook it

much too long, you'll have to use a table saw to cut it. It's great to suck on at that stage, but it's hard to get an 8" square of it in your mouth!

Best Ever Cheese Fudge

By Glenn Anderson

- 2 cups butter
- 1 pound pasteurized processed cheese (like Velveeta)
- 4 pounds confectioner's sugar
- 1 cup cocoa
- 1 tablespoon vanilla extract
- nuts, to your taste

Directions:
 Melt together butter and cheese.
 Mix in confectioner's sugar and cocoa into the butter mixture. Stir in vanilla, and nuts. Spread on two big cookie sheets. Cool. Cut. Store in refrigerator. Makes 8 dozen

Herbs and Spices

By now you have dried your fresh herbs and can give them away in pretty jars or in bunches. Enjoy your winter months with your fresh herbs that you have brought indoors to protect from the harsh winter weather (if you live in the North) and just keep your herbs from freezing if you live in the South.

Financial Preparedness

During the Christmas season, all of us tend to want more because of advertising on radio and television. These wants can be big expensive items or lots of small items that add up to big expenses. It would be better if we thought out our wish list and checked it twice before buying everything on it. Kids are especially targeted during this time of year. So if you want to keep your budget in check start explaining to the kids that they can have a gift that in only \$10-\$20 dollars. That is all they can spend. Give them the cash and let them shop. My children are allowed \$20 each, they buy a gift for a person that they have drawn a name for and that is all they get. This really keeps the budget in check and I don't have a bunch of credit cards to pay off later with interest.



A Thought

"Peace does not come to the transgressor of law; peace comes by obedience to law, and it is that message which Jesus would have us portray among men. Peace is to the individual that he may be at peace with his God, perfect harmony existing between himself and law, the righteous laws to which he is subject and from which he can never escape." (David O. McKay, remarks at the Christmas program in the Church Office Building, December 22, 1961; quoted by Joseph Anderson, "Strength of the Spirit," General Conference, April 1974; see Ensign, May 1974, p. 10)

Get Physical



Shovel that snow and build a snowman, make snow angels and have a snowball fight. Learn to ice skate and have fun year round.
 (Warning: when shoveling snow take it easy and slow; no use having a heart attack this winter)

Something to consider

From the Farmers Almanac 2002-Western states edition:
 For December:

Upstate New York:

Winter will be mild, with temperatures averaging a degree above normal

Texas Oklahoma:

Expect above-normal rainfall again November through March, especially near the Gulf coast.

Pacific Northwest:

Overall temperatures will average two degrees above normal, below-normal rainfall November through March.

California:

Nov. through March will be drier and warmer than normal, with temperatures averaging one degree above normal in the north and up to three degrees above normal in the south.

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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