

The Prepared Family



"Prepare Every Needful Thing"

March 2002

Scripture or Quote of the month:

"Since the creation of the earth, the Sabbath day has been established by God for the spiritual well-being of His children. Throughout generations of time, the sacred law of the Sabbath has been upheld by the prophets of God as a holy observance to help sanctify and bring joy to those who would keep the commandments of the Lord. So important is this matter that the observance of the Sabbath was one of the Ten Commandments written by the finger of the Lord on Mount Sinai. . . .

"We urge all Latter-day Saints to set this holy day apart from activities of the world and consecrate themselves by entering into a spirit of worship, thanksgiving, service, and family-centered activities appropriate to the Sabbath. As Church members endeavor to make their Sabbath activities compatible with the intent and Spirit of the Lord, their lives will be filled with joy and peace."

The First Presidency (Ezra Taft Benson, Gordon B. Hinckley, Thomas S. Monson), "News of the Church," _Ensign_, Jan. 1993, 80

Bug Out Bag-BOB



- ☉ 12 cloth diapers
- ☉ 1 bag of quilt batting
- ☉ whistle, compass
- ☉ 1 large box of assorted band-aids

Stock up by the week

- △ Assorted vegetable seeds
- △ 1 large package of toilet paper
- △ feminine products
- △ disinfectant

Gardens/Gardening Tips

Gardens are sometimes so plain to look at, here is a recipe to add beauty. Give your garden an antique look by adding an antique look. Grow moss in your bird bath, mix buttermilk and water in a blender add any proportion of moss you want and blend. Pour the solution on your fountains, planters, patio surfaces or wherever you's like moss to grow.

If you have paved walkways and would like to eliminate weeds, try this out. Pour boiling water on them. The hot water will literally burn the roots you can also try pulling the tops off the weeds and pouring vinegar or salt on the roots.

Get those seeds ordered or picked out. Growing season is just around the corner. You should have the soil tilled and

ready for planting. If you need any amendments like green sand, phosphorous, manure, or ash, better do it now and remember to till well after adding these things. Wait at least one week before planing seedlings. No need burning the tender roots.

Recipes

Using the fruit drink mix from the cannery, I have done some experimenting. Here are a few ideas on ways to use this product.

Try it heated, it not only is tasty but it is loaded with vitamins, and may help ease cold symptoms.

Add a tablespoon or two to a yogurt smoothie for extra flavor. (Add your favorite fruit)

In a blender add water, ice, banana, and peaches with enough drink mix to make several glassfuls and blend – makes an excellent smoothie for any day. Add berries for a new twist.

SUPERFUDGE BROWNIES

submitted by: Wendy (wsm311@aol.com)

Peace and Carrots Farm Vermont

- | | |
|----------------------------|-----------------------|
| 4 oz unsweetened chocolate | 1 stick real butter |
| 4 eggs | ½ tsp salt |
| 2 cups sugar | 1 tsp vanilla extract |
| 1 cup flour | |

Preheat the oven to 350*. Butter and lightly flour 13"x9" baking pan.

Melt the chocolate and butter in the top of a double boiler over simmering water. Let cool in the pan to room temperature.

Beat the eggs and salt in a mixing bowl until very fluffy. Gradually beat in the sugar and vanilla. Fold in the cooled chocolate mixture. Add the flour and fold until just blended. Pour the batter into the prepared pan and smooth the top. Bake 25 to 30 minutes. Let cool in the pan completely before cutting. Makes 9 brownies, 4x3" each.

From: Ben and Jerry's Ice Cream and Dessert Book

BISCUITS AND SAUSAGE GRAVY

submitted by: alisonb

I make my biscuits from scratch with a little whole-wheat. I am at high altitude, so just make your biscuits as you usually do.

1 pound low-fat sausage
 ¼ cup reduced calorie margarine (sometimes I substitute 1T butter)
 ⅓ cup flour
 ¼ tsp salt

3 ¼ cups milk
 ¼ tsp pepper

Brown sausage in skillet sprayed w/ Pam, stirring until brown and crumbled. Remove from pan; place on paper towel. Melt marg or butter in skillet. Mix flour and milk together in measuring cup ; whisk until smooth. Pour into skillet, whisk until hot and thickened. Whisk in salt and pepper. Mix in cooked sausage. Stir until thoroughly heated through. Pour over biscuits. Makes about 3 cups.

TACO SOUP - A FAMILY FAVORITE

submitted by: Shayla Smith in Lakewood, WA

(I use this one. It is ready in a hurry right out of our food storage! It may also be made in the crock pot.)

Serves 4 or (8)

Ingredients:

1(2) package Taco Seasoning Mix
 1(4) can prepared Chili (I use the cannery Chili)
 1(2) can Corn, drained
 1(2) can Diced Tomatoes, drained
 1 can Black Olives, sliced
 1(2)cup Water
 1(1 bag) cup Frito's chili Cheese, crushed
 1(3) cup Cheddar Cheese, grated
 Salsa and Sour Cream for garnish (I have powdered Sour Cream and it works in a pinch)

Simply combine the taco seasoning mix with the prepared chili, corn, tomatoes, black olives, and water in a soup pot over medium heat. Stir to combine all the ingredients, then bring the mixture to a boil. (Follow above directions for the Crock pot, place on Low for 6 hrs or high for 3-4 until hot.)

To serve, ladle portions into soup bowls and top with a handful of crushed Frito chips and grated cheddar cheese. Spoon a bit of salsa and sour cream on top.

Herbs and Spices

4 types of peppercorns for use as food ingredients or in spice blends. Black, white, and green peppercorns all come from the same plant, the perennial *Piper nigrum*. Pink peppercorns come from the plant *Schinus terebinthifolius*.

1. Green Peppercorns - are berries that are picked green and immediately dried. They have a milder and slightly fruity flavor and are not as hot as the black or white peppercorn.
2. Black Peppercorns - are mature berries that turn brown / black as they dry and mature. They have a very pungent - hot biting flavor.
3. White Peppercorns - picked at maturity and then soaked in water to remove the outer skin followed by a sun-drying process that bleaches the skin. The flavor of white pepper is not as intense as black pepper and they are often used in recipes where black specs would be undesirable.
4. Peppercorn Blends - 4 and 5 different peppercorn blends are available for use in decorative mills and other visual presentations.

Financial Preparedness

Are you one of the persons who uses one of these reasons to not fix your budget. Being frugal is a fact of life for those getting or staying out of debt. By always striving to get out of debt or stay out of debt you will be blessed in your efforts.



- ☹ "I'm just no good at cooking!"
- ☹ "My wife spends everything I save!"
- ☹ "I'm just not creative like you!"
- ☹ "Teenagers are so expensive!"
- ☹ "It's hard to make ends meet nowadays!"
- ☹ "I'm too busy to chase after sales!"
- ☹ "I can never find what I want at thrift shops!"
- ☹ "I don't have time to...!"
- ☹ "My family won't eat casseroles!"

Here are ten ways to save money during this year.

- ✓ Purchase 10 articles of clothing at a thrift shop or yard sale
- ✓ Hang four loads of laundry per week instead of using your dryer. (Better invest in a good solar dryer, i.e., clothes line)
- ✓ Once a month make a pizza from scratch instead of having one delivered.

- ✓ Write a good letter instead of making a long-distance phone call.
- ✓ Reduce your soda consumption by four cans per week.
- ✓ Bake one batch of bread (two loaves) per week don't use a bread machine You can bake the loaves together and save time and energy.
- ✓ Save \$50 each on two children's birthday parties by making homemade decorations, cake, wrapping paper and one present.
- ✓ Eliminate smoking and alcohol consumption.
- ✓ Reduce your whole milk consumption by two gallons per week. (Use powdered milk mixed with whole milk-1 cup of reconstituted powdered milk added per gallon-gradually add more powdered milk to get used to it, or use powdered milk for baking.)
- ✓ Pack four inexpensive school lunches per week.

Family History Tips

Federal census information is so vital to your research, I thought you may want an update to the 1930 release. If you are interested to sign up with Ancestry.com you will need to do that on your own. This service is truly worth the money spent. I will keep you updated as to when the FHL in Salt Lake will have the films for distribution.

The 1930 federal census will be released 1 April by the National Archives and Records Administration (NARA). Ancestry.com is obtaining copies of the microfilms as soon as they are released and will rush the films back to Utah where they will be scanned 24 hours a day/6 days a week on state-of-the-art scanners until the project's completion. These images will then be posted online.

As soon as the films are scanned, trained and experienced data-entry operators will begin the massive indexing project, which will aid family historians in locating their ancestors more easily in this valuable census. These indexes should be available within a few months after the films are released and processed. In addition, Ancestry.com is working to make available online several finding aids such as maps and descriptions of enumeration districts.

To subscribe to Ancestry.com's census subscription, which also includes the one-of-a-kind 1890 census substitute, go to: <http://www.ancestry.com/rd/signup.htm>

A Thought

by Richard L. Evans

"Sooner or later there comes a time when its performance that counts. Not promises, not possibilities, not potentialities, but performances. Sooner or later there comes a time when sitting and watching is not enough, when doing something for ourselves and doing something for others is essential. It

is good to sit and listen, it is good to sit and watch, it is good to sit and learn, but the law of perfection is the law of participation, of practice, of performance."

Get Physical

Get that bike tuned up, take short walks if you haven't walked much during the winter, get yourself some good walking shoes and enjoy the warmer daytime temperatures.

FYI

The shelf life of pectin is given as
 Pectin, Dry - 3 years
 Pectin, Liquid - 12-18 months
 Pectin, liquid (opened) - 1 month (Refrigerate)

Reference <http://www.nursehealer.com/ShelfLife.htm>

If you don't have any pectin, try this old fashioned way of making jams:

Jam can be made even if the pectin "fails". Simply make sure that you've got one cup of sugar to every cup of fruit used, and gently simmer it until thick. This is what they used to use before pectin was available commercially, and is what is used in one of my favorite recipes from my PA Dutch grandma. submitted by Karen

Here's more FYI

According to April 2002 Good Housekeeping magazine, "Researchers in Kentucky found that parents who administered [activated] charcoal to their kids saved precious time and headed off a trip to the hospital. The black tasteless substance, available at pharmacies, comes in powder or liquid form and can be added to soda. Most effective if taken within an hour of poisoning, the charcoal binds to the toxin's surface so it doesn't enter the bloodstream. Before giving activated charcoal to a child, call a poison center for instruction."

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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