

20/20 A Year of Preparation

Volume 9

September 2020

Monthly Tip #1

*FREEZING/BLANCHING

Blanching - (scalding **vegetables** in boiling water or steam for a short time) is a must for almost all vegetables to be frozen. It stops enzyme actions which can cause loss of flavor, color, texture and lead to spoilage. **Blanching** cleanses the surface of dirt and organisms, brightens the color and helps retard loss of vitamins.

What vegetables can you blanch and freeze? You can blanch /freeze **broccoli, leafy greens, beans, peas, carrots, okra, brussel sprouts, cauliflower, squash,** and **asparagus**.

Here are some great websites to check out: for more information:

<https://www.thespruceeats.com/blanching-vegetables-before-freezing-1327660>

<https://www.healwithfood.org/chart/how-long-to-blanch-vegetables-before-freezing.php>

<https://www.thekitchn.com/how-to-blanch-vegetables-home-108570>

Home 72 Hour Kits / Home Storage.

From its beginning, the self-reliance initiative has been doctrinally and spiritually based on the Lord's principles and practices of helping the Lord's people gain eternal life.

Gospel Principle concerning self-reliance.

Key teaching #3: **Living The Gospel.**

The temporal and spiritual are one to God, and becoming self-reliant requires living multiple gospel principles that are both temporal and spiritual in nature. These principles include increased faith in the Father and the Son, obedience and repentance, taking responsibility for our

lives by acting and not being acted upon, and being one in service to one another.

Brigham Young taught, "[The Savior] requires, absolutely requires, of us to take [our] people who have named his name through baptism, and teach them how to live.... This is our duty" (*Journal of Discourses* [1877] 18:354).

VEHICLE EMERGENCY KITS

We have completed our suggestions for a Home 72 Hour Kit.

We will now move onto suggestions for building your Vehicle Emergency Kits. If possible, just put a duplicate of your Home

72 Hour Kit into your vehicle. For now, let's start with the basics:

Food and Water

*Water - try to have about 2 - 4 litres per person. Look at buying a case of bottled water and putting it in your trunk/backseat.

*Food that won't spoil (energy/granola bars, trail mix, etc).

HOME STORAGE

Fruit / Garden Produce.

Can, freeze, and replenish as needed.

Our tips and information this month focus on ways to can, store, or preserve those products.

Cool Items - Canning & Dehydrating

Here are some cool equipment items.

The first item is a **dehydrator**:

<https://www.cabelas.ca/product/86800/cabelas-six-tray-heavy-duty-dehydrator>



This is great for making fruit leather or dehydrating vegetables.

(continued on next page)

20/20

A Year of Preparation

Volume 9

September 2020

Monthly Tip #2

*CANNING

Here are some links to some website to learn more about canning and the supplies you need:

<https://web.extension.illinois.edu/cottage/canning/equipment.cfm>

<https://www.thespruceeats.com/canning-supplies-1389150>

If you're interested in a combination **Pressure Canner/Cooker**, that can double as a boiling water canner, check out this COOL ITEM:

<https://www.amazon.com/dp/B0000BYCFU?tag=dotdashspeats-20&linkCode=ogi&th=1&psc=1&ascsubtag=1389150%7Cn7a5e2d5a866941879d27947867ac931c02>



Root Vegetables—When to Harvest/How to Store [Richardsons/DeSmets]

WHEN:

Potatoes—harvest any time after blooming or when top of plants are dying.

Carrots - when big enough. They can take heavy frost and even snow and still be ok.

Any root vegetables will last longer in storage if they are left in the ground longer. It is a battle of the ages to pick the right time to dig them all up. We have done it in nice dry weather and we have done it in the snow. It depends on the year and how much you like to gamble.

Potatoes will have the skins pretty well set when the tops start to die off. This will usually hap-

pen before a frost. Potatoes that are well hilled up will survive a pretty good frost especially if it is not a long or hard frost (minus four or five).

Carrots and beets are good for a few degrees below zero especially if the tops are covering the carrots fairly well.

Onions do not handle any frost as most of the onion is out of the ground.

HOW TO:

Potatoes - after taking out of the ground wipe off as much dirt as you can and let air dry for an hour or so before putting in container or sack this helps and they don't spoil as quick our spuds last until May/ June of the

following year. Store in a cool dark place. We store in 5 gal pails in the shop covered with old quilts. We keep our shop just above freezing over the winter.

Root vegetables (potatoes, carrots, beets, onions, and turnips) do best in a root cellar but most people will not have access to that. Next best is to create a "cold room" space in your basement. This should be insulated from the rest of the house to create a cool dark place. Maintaining a slightly higher humidity is important for success in the storage which is why root cellars and dirt floor basements are good. The earthy humidity comes up.

Cool Items (continued)

Here is a food strainer for making apple sauce, fruit leather and other good stuff:

https://www.amazon.ca/gp/product/B001I7FP54/ref=ppx_yo_dt_b_asin_title_o00_s00?ie=UTF8&psc=1



20/20

A Year of Preparation

Volume 9

September 2020

Monthly Tip #3

*FRUIT

Here is some information about what to do with fruit.

Apples for jelly or sauce. You don't need to peel or core. Wash, quarter & put into pot cover with water; bring to boil, cover and simmer 10 minutes. Mash with potato masher and simmer another 5 minutes.

For clear juice to use for jelly, strain using cheese cloth - do not squeeze; let drip through about 30 to 40 minutes.

For Apple sauce, use food mill and push pulp through. Seeds and peel will not fit thru holes so you don't need to peel or core apples and this will make sauce sweeter.

Then use pulp to make your favorite sauce recipe. Sis. DeSmet likes to just use a dash of cinnamon and nothing else - no sugar. Put pulp into large pot, bring sauce to boil stirring so doesn't burn. Once boiling, remove from heat and put into sterilized jars and use sterilized lids to seal - stays yummy all year long!

Root Vegetables—How To Store (cont'd) [Richardsons/DeSmets]

(cont'd)

Potatoes also need the darkness to prevent them from turning green which they naturally do when exposed to light. The green part of the potato contains a toxin which if a lot of it is eaten may cause some intestinal discomfort. So even your store bought potatoes should be stored in a dark place until ready to use.

Onions after digging should be wiped off and dried in the sun. The best method is spread out and dried until the tops dry up. If they cannot be left out that long you can tie them into bunches with twine just above the head and hung to

dry. They can stay like that until ready to use or twist the head off the stems when dry and store in a mesh bag or screened bin. Onions do better in a slightly drier cool dark place than other root vegetables but will do okay in the same place as potatoes.

Carrot storage for us has been most successful by digging and washing the carrots. The tops are removed at the carrot without cutting the carrot root itself. Then dry the carrots and place them into a plastic bag with a couple of sheets of paper towel in the bottom to absorb any moisture. Tie the bag loosely and poke a few holes near the bottom to allow it to breath. Store

in the cold room or bottom of the refrigerator.

Bonus Tip:

Tomatoes that don't go into salsa, Sis. DeSmet washes and freezes whole. She uses in soup or sauce - don't need to peel..

A special thank you to the DeSmets and Richardsons for their input into this month's newsletter.

You're all welcome to send in your comments and well-earned wisdom. We will try our best to include your 'sage thoughts' in our Newsletters.

Dehydrating

Dehydrating:

One method that is quite successful for long term storage of many fruits, vegetables, herbs and even mushrooms is dehydrating. This can be done in the sun, in the oven, or the most successful method we have found is with a good dehydra-

tor with a fan and adjustable heating elements. Then stored in airtight containers when completed.

Texture is slightly different when rehydrated but great in soups, stews, and other slow cooked recipes.

Fruits can be eaten as is or added to other recipes or added to your cereal in the morning. Fruits can be pureed and made into fruit leather which is always popular (talk to Sis. Gottenbos for a good fruit leather recipe).