



May 21, 2022

Long-term Food Storage

History and Long-term Storage Items

From the days of Joseph in Egypt to the last severe drought and the Great Depression, basic dry food items have been what carried people through hard times. They survived and even thrived on these staples. There are many countries throughout the world where these things are still what people eat every day. We have just been so privileged to have such a variety at our finger tips that this is currently not how most people around us live. However, it is a super good idea to eat meals intermittently made from the basic staples that have been proven over and over again.

Did you know that beans can nutritionally be counted as a protein source or a vegetable? Did you realize that our Heavenly Father has said that grains are the staff of life? They are so packed with fuel for the body that they can help sustain you when there is little to eat? These things will actually help you feel like you ate something. Did you know that baked goods will turn out a lot better with oil, and that sugar and salt are often used to preserve things? When the food supplies dwindle it won't be about trying to stay skinny any more. So, what are the basics of long-term storage? They include salt, oil, sugar (or other sweeteners), grains, and legumes.

Some people count in powdered milk as one of the basics because it has a long shelf life and many possibilities of things that you can make with it if you have real whole or skimmed milk. It is also a source of protein. However, if you are using a whey drink like "Morning Moo" it is only good to drink or eat on

your cereal or maybe to make watery biscuits. You can't make cottage cheese, buttermilk, yogurt, or other fun things with whey milk. *Church Home Storage Center milk has improved in the last 6 years and is a real milk powder.

Challenge for beginners—Start building a long term supply of the basics. You don't need to think beyond that until you have this taken care of. You will find a list of how much you need for each person here:

<https://providentpapers.com/wp-content/uploads/2020/02/Long-Term-or-Year-Supply-1-2019-05-12.pdf>

or you can go to the Church website here:

<https://providentliving.churchofjesuschrist.org/?lang=eng>.

Intermediate challenge—If you have the recommended amount of basic items for your whole family you can start adding the things that would be nice to have with them like spices and herbs, canned or freeze-dried meats, veggies, and fruits.

Advanced challenge—If you have had these things already in storage for a long time you may want to evaluate and update/rotate them so more of your food is fresher.

Don't Store Icky Food!

If you have things in your storage that have been there for years and no one wants to eat them or you think they are "icky," but you might eat them if you were starving you have two choices. You can start now to find ways you and your family will eat and like your supplies (learn to cook these things well), or you can give them up and start building up things you will eat. Some people hate talking about food storage because they think what they have is icky and they don't want to use it. It just sits there getting ickier and ickier until it no longer has food value. There is no sense in that. It has been proven that people will go hungry before they will eat things that are 5 years old.

Learn to Cook With Basics Now

I have to admit, I thought I was a fairly good cook ten years ago. However, I just plain didn't have "the basics" down. I didn't

know how to cook older beans, or even what to do with them besides make chili or ham and bean soup. I could make all kinds of pies, and pastries, but I hadn't mastered a basic biscuit. I have been working on this. I figured that if I had to know how to really use these things well in a pinch, I'd better get that worked out now. Here are some things I have done.

I started my "Pulse Power" project. I decided that if pulses (basically grains, seeds, and legumes) were good for Daniel in the Bible they were healthy and good for food storage. I wanted to collect at least 5 recipes we like to eat for every kind of pulse I have in storage. I didn't only want beans to be soup and wheat to be cracked wheat cereal. While I like both of those things I wanted a variety. I made myself a little binder so that I could make sections and tabs and start keeping the recipes in "hard copy" for each kind of bean or legume or grain. I am trying to use dry beans from scratch and something made from whole grains at least once a week. I am actually surprised how much variety I have found. For instance, beans can be made into soup, refried beans, hummus, bean salad, falafels, or bean puffs called akara.

I don't spend a lot of time on this, but I have learned that when you are steadily working on it the effort adds up. I will have a nice little book of recipes to use when I need it even if the power goes out, and I can figure out what I need to store to supplement these basic supplies like herbs or tomatoes.

Old Beans

Some People believe that beans can't be cooked to softness if they are more than 5 years old. This is a myth. If they have been stored properly they can be cooked and enjoyed soft. Here is a video where a couple of preppers have actually experimented on this. I think it is a good source.

<https://www.youtube.com/watch?v=HkCDX59Z9Qw>

Here is my favorite method for cooking older beans. It works marvelously!

- Sort, soak, and wash beans
- Cover them with water to about 2 inches above the beans and let them soak at least overnight (I rinse my beans in the morning. Sometimes they soak until afternoon.)
- Rinse the beans and cover them with water again. Bring them to a boil for 1–2 minutes and remove from heat.
- For each pound of beans, add ½ teaspoon of soda. (They will fizz up.)
- Let sit for 1 hour.
- Rinse all the soda off and cover again with water (about ½–1" above the beans)
- Simmer for 2 hours. (Small or new beans will fall apart in this much time.) *You can also boil for 10 minutes and put the beans in a thermal cooker for 4–5 hours instead of boiling for 2 hours so you don't have to be home to tend them.

Notes from Red Hen



Dear Cousin Speckle,

You would not believe how fast a little bit at a time adds up! The boys are still drinking pop behind the old woodshed and throwing their bottles in the tall grass. My young roos are still picking them up and bringing them home. I am still washing them, and my girls are finding every chance they can to fill them with grain, dried peas and beans. The space in our little cellar is filling up nicely with these marvelous little bottles of food. With the bugs and vegetables that grow in our garden we should be set for a good long time. I love the thought of not depending on the farmer to always feed us. That is such a good feeling! Long live our little hen house and yours!

Love, Red