

AUGUST Provident Living Ideas

Fruits & Vegetables • Shelter Equipment

Our August prep focus is fruits and vegetables, and items for an emergency shelter.

If you love canning or freezing your own food, your food storage supply will quickly grow. However, you could also buy your canned fruits and vegetables at **grocery store case lot sales coming in a few weeks.**

For long-term storage, **the Church carries dehydrated apple slices, carrots and onions.** Rehydrating them is easy.

If you ever need to evacuate because of fires or other disasters, it's a good idea to take **a tent and sleeping bag with you as shelters or hotels may be full.**

Watch for great sales on these items at camping stores this month. If you have camping supplies already, organize them. **As women, we need to know where the "stuff" is too!**

As we work on our self-reliance it's important to avoid the common phrase "I'll get to that later." Sometimes, later comes sooner than we think.

You CAN do it!

Where to Buy LDS Food Storage

Kaysville Bishop's Storehouse

355 N Main St, Kaysville
M W F 10 - 3, T TH 10 - 6, Sat Closed

Centerville Home Storage Center

1180 W 500 N, Centerville

Group Prep Order

Order due **TUES August 14th**

LDS HOME STORAGE CENTER

- Apple slices 1 lb. can \$11.25
- Carrots 2.1 lb. can \$9.00
- Onions 2.1 lb. can \$8.00
- Macaroni 3.5 lb. can \$2.25 **SALE**
- Oats, Regular 2.8 lb. can \$2.75 **SALE**
- White Beans 5.3 lb. can \$4.50 **SALE**
- Granola 2.0 lb. pouch \$6.50 **SALE**

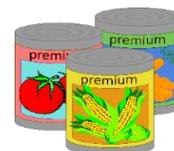


Case Lot Sales Coming!

AUG 29: Macey's, Fresh Market
& Dick's Fresh Market

SEPT 5: Smith's

OCT 1: Bowman's



AUGUST Gathering

3-MONTH SUPPLY

canned fruit
canned vegetables
raisins

12-MONTH SUPPLY

apple slices: 6 LDS cans
carrots: 3 LDS cans
onions: 1 LDS can

GRAB & GO KIT

small tent, 50 ft. nylon
rope, tarp

HOME STORAGE

canning or dehydrating
supplies

EQUIPMENT

family tent, tarp, sleeping bag, folding shovel

**EMERGENCY
WATER**

**EMERGENCY
SAVINGS**

Dehydrated Apple Recipes

Apple Brown Betty

Filling:

Pour 2 cups boiling water over 4 cups **dried apples**. Let stand at least 5 minutes.

Topping:

Mix the following ingredients well:

1/2 cup flour or whole wheat flour

1/4 cup oatmeal

1/4 tsp cinnamon

1/4 cup brown sugar

Then cut in 1/4 c butter

Place the apples and liquid remaining in a greased 9x9 pan. Sprinkle the topping over the apples. Bake at 350° for 55 minutes. Top with

Applesauce Oatmeal Cookies

Cream:

1 cup shortening

2 cups sugar

Add:

2 eggs

2 cups applesauce (applesauce: 2 cups **dried apples**, 2 cups boiling water let stand 5 minutes)

Add and mix well:

2 tsp. soda

1 tsp. cinnamon

1 tsp. nutmeg

1 tsp. cloves

1 tsp. salt

Add:

3 1/2 cups flour

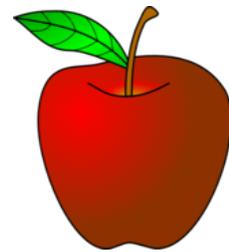
2 cups oatmeal

1 cup chopped nuts

1 cup chocolate chips (optional)

1 cup raisins (optional)

Mix well and drop by spoonfuls on greased baking sheet. Bake at 350° 10-12 minutes.



Dutch Apple Pie

1 pie crust

Filling:

2 cups **dried apples** firmly packed

2 cups boiling water. Pour over apples and let set for at least 5 minutes.

Mix together:

1/3 cup sugar

2 tbsp. flour

1/2 tsp. cinnamon

Add to the apple mix and continue cooking until thick. Stir constantly to prevent scorching.

Pour mixture into pie shell and dot with 1 tbsp. butter

Topping:

1/3 cup packed brown sugar

1/2 cup flour

1/4 cup butter

Cut in till crumbly. Sprinkle over the apple mixture and place in 350° oven for 55 minutes.

How to Rehydrate Dried Apple Slices

Dried apples are an excellent snack right out of the can. To rehydrate, add 1 cup apple slices to 1/2–3/4 cup hot water. Drain off excess water after 15 minutes.



Dehydrated Carrot Recipes

California Bean Soup

2 cups white beans (rinsed)
2 1/2 quarts water (10 cups)
1 quart tomatoes
1/4 cup dried onion or 1/2 cup chopped onion
1/4 cup **dried diced carrots** or 1/2 to 1 cup chopped carrots
1/2 cup dried celery chopped or 1 cup chopped celery
1 or 2 ham hocks or 5-7 tbsp. ham soup base or bouillon

Soak beans in water overnight or boil 5 minutes and soak 1 hour. Add tomatoes. Cook 2 hours. Add remaining ingredients and cook until beans are soft.

Honey Carrot Cake

2 eggs
1 tsp. baking soda
1/2 cup oil
1/4 tsp. salt
1 cup honey
1 1/2 tsp. cinnamon
1/2 cup buttermilk
2 cups flour
1 cup chopped carrots or **reconstituted carrots**

Directions:

Beat eggs. Add oil, honey, and buttermilk, mix well. Sift flour, soda, salt, cinnamon and add to egg mixture. Beat until smooth. Add carrots and mix well. Pour into greased 8-inch pan. Bake at 350° for 45 min.

Potato Cheese Soup

theprudenthomemaker.com

About 30 russet potatoes (around 6 pounds)
1 carrot (or 1/4 cup dried carrots)
1 stalk celery (or 1/4 cup freeze-dried celery)
1 Tbsp freeze-dried onion (or one leek), or one small onion, chopped finely
16 oz. sour cream
1 cup grated cheddar cheese
1 lb cooked, crumbled bacon (I use Hormel Bacon Bits)

- Boil potatoes, celery, carrot and onions like in a large pot until tender. You may choose to leave the potatoes unpeeled if you prefer. Peeled potatoes make a creamier soup.
- Dump out some water, but not all. Blend in a blender (I use an immersion blender to blend it right in the pan).
- Add sour cream and cheese, and stir to combine.
- Cook again, stirring well, until soup is heated and cooked through.
- Serve with bacon bits on top.

How to Rehydrate Carrots

To rehydrate, add 1 part carrots to 2 parts cool water. Drain off excess water after 20 minutes.

