

February Review: learned how to tap maple trees for sap to make into syrup

March Review: learned how to plant cuttings for increased plant production and how to start shrubs from cuttings in water, willow water and soil.

No meetings in April and May.

Debra and I had the opportunity to teach a Basic Emergency Preparedness and Food Storage presentation to the combined Sycamore and DeKalb Relief Society members Tuesday, 4/17. Others have asked for a re-do in their units. I have included the presentation but bear in mind this is the outline for the presentation and may not be so readable. Also, as you know when giving a talk, not everything in your notes are covered and some things not in your notes is directed by the Spirit. If you would like us to present these topics, or in any other self-reliance topics, please contact us.

Sycamore RS Emergency Prep Presentation

April 17 2018

Basic Emergency Preparedness

Go to: Ready.gov for 72-hour kit information and other family preparedness information.

Basic Food Storage

Introduction:

Lord commands us to be self-reliant – Self-Reliance is what it's all about.

The Lord has declared, “It is my purpose to provide for my saints” (D&C 104:15). This revelation is a promise from the Lord that He will provide temporal blessings and open the door of self-reliance, which is the ability for us to provide the necessities of life for ourselves and our family members. (The First Presidency)

Oct 73 Benson:

The strength of the Church welfare program lies in every family following the inspired direction of the Church leaders to be self-sustaining through adequate preparation. God intends for his Saints to so prepare themselves “that the church [as the Lord has said] may stand independent above all other creatures beneath the celestial world.” ([D&C 78:14.](#))

Stake Goals – Self-reliance

1 – Water production and storage, 2 weeks water (14 gal each person

- 2 – Food production and storage
- 3 – Seed production and storage
- 4 – Medicine production and storage

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Use All is Safely Gathered in – Family home storage Booklet
Essentials of Home Production and Storage Booklet

Food and Water: What are you going to miss first? Think about Fast Weekend!

1 – Water production and storage, 2 weeks water (14 gal each person

Water sources:

city water
well
dew collected on plastic sheet
lake
river
mud puddle
swimming pool

Methods of purification:

boiling
Iodine tablets
chlorine
distillation
commercial filters

2 – Food production and storage

Why produce your own food?
You know what is in your food!

Have you looked on the ingredients list of processed foods lately? Sugar cane fiber?
Calif Wine - 100% contain glysohate contamination
Food recalls?
What about Artificial and Natural Flavor? even in organic foods, Mineral oil Too!
OMRI?

Know how much food you need

plant and store 1/3 more to accommodate for waste, water too
(pour out ½ glass of water from table? practice food and water conservation now)

- 1 month supply – uses fresh, frozen, canned, dry packed, dried foods
- 3 month supply – uses frozen, canned, dry packed, dried, root cellar foods
- 12 year supply – uses frozen, canned, dry packed ,dried foods
- 7 years supply (only kidding) – dry packed foods mostly.

To alleviate some food storage, eat fresh from the garden

Methods to preserve/store food:

Boiling Water Bath for high acid foods

Pressure canning for low acid foods

Dehydration

Dry pack canning, = vacuum canning with an oxygen absorption packet which removes 20% of the air in the package, thus creating a vacuum.

Pickling – lactic acid fermentation

Root Cellaring

New church guidelines on food storage times at 75F or lower

Food	New "Life-Sustaining" Shelf-Life Estimates (in Years)
Wheat	30+
White rice	30+
Corn	30+
Sugar	30+
Pinto beans	30
Rolled oats	30
Pasta	30
Potato flakes	30
Apple slices	30
Non-fat powdered milk	20
Dehydrated carrots	20

3 – Seed production and storage

for gardening

next year's gardening

Bystrom cherry tomato seed packets

1 tomato – 100 seeds, 10 per plant = 1000, 10 plants = 10,000

Sprouting and shooting: contains vitamin C not found in the seed. Winter Quarter's scurvy could have been prevented with sprouts.

Industry using sprouts on a very large scale?

Beer industry = **\$48.5 billion**: Estimated economic output of the entire beer industry in America, representing 1.5% of U.S. GDP

Focus on open-pollinated seeds.

Participate in a Seed bank or patronize a seed library (DeKalb Library contains a seed library, as does Bartlett and St. Charles Libraries. Rockford has one too, operated by Michael Goodwin.

Monsanto bought our Seminis Seed company in March of 2005, then the largest vegetable seed producer in the US. Now Monsanto and Bayer are approved to merge.

With all this big business in the seed industry, things generally don't look good for the little guy.

Where will your future seed come from? Are you sure?

4 – Medicine production and storage

Alma 46:40

Dandelion, Parsley, Plantain, Comfrey, Echinacea

Closing:

In times of emergency, if sheltered at home, DON'T eat your 72 hour kit. Your situation may change and you might have to evacuate and will have need of it.

(4) Noah and the ark – Benson Oct 1980

The revelation to produce and store food may be as essential to our temporal welfare today as boarding the ark was to the people in the days of Noah.

April 76 Vaughn J Featherstone

Home production of food and nonfood items is a way to stretch your income and to increase your skills and talents. It is a way to teach your family to be self-sufficient. Our children are provided with much needed opportunities to learn the fundamentals of work, industry, and thrift. President Romney has said, "We will see the day when we will live on what we produce." (*Conference Reports*, April 1975, p. 165.)

Why do it? The Lord says so through his prophets.

law of 3

3 min w/o air

3 days w/o water

3 weeks w/o food

Display Table:

food preservation with displays of chicken, ground beef, tomatoes

dried bananas

water filter bottle

Bystrom cherry Tomato seed packets S.O.I.L.

wheat sprouts – 3-4 days

wheat grass – 7-10 days

alfalfa sprouts – 2-3 days

sunflower shoots – 2 weeks

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Resources:

School of Natural Healing Web site for books and manuals

<http://online.snh.cc/files/2100/HTML>

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Summary:

I hope you find some of this information helpful in our quest to become more self-reliant.

If you are interested in increasing your knowledge and skills or sharing self-reliance subjects on gardening, seed saving, etc., please contact me. I'm looking for instructors and hosts. Let's get started now so we can be confidently prepared for a predictable future and an unpredictable future. Heavenly Father loves us and will help us to be self-reliant

Self-Reliance Club Information:

The June SRC Meeting will be Saturday the 9th 2018 at 5 PM at the Goodwin Home, 610 N Alpine Road, Rockford.

Topic: Zero Waste by Kourtney Harding, and a potluck dinner.

Garden seed will be available by SOIL Seed Bank at each meeting, free of charge.

Don't forget plants for pollinators. They provide about 1/3 of your food. They provide you with Supper!

<http://growwise.org/wp-content/uploads/2017/02/HRI-Pollinator-BeePlantLists-February2017.pdf>

Sincerely,

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All newsletters are archived at : <http://selfrelianceclub.com/srp.html>

If you wish to opt out of this email list, reply with "Remove my name" in the subject line. Also, if you know of anyone who might be interested, have them send me an email with "Sign me up" in the subject line.