



Sleep When the Wind Blows

A farmer needed an extra hand to help on his farm. One young man came to interview for the job. "What are your qualifications?" the farmer asked. "I can sleep when the wind blows," the young man said. This simple reply confused the farmer, but he was desperate for help and the young man was hired.

The young man was a diligent worker through the harvest season, but the farmer still questioned his answer.

Autumn ended and the first cold storm of winter came late one night. The farmer panicked as the winds began to blow. Calling the young man for help, the farmer grabbed his coat and pulled heavy boots on his feet. He was disappointed to find the young man asleep in bed at a time like this. Grudgingly he ventured out alone planning to shuffle all of the animals in the barn and then fix that last hole in the roof. He mumbled about the young man sleeping and was

sure all the farm equipment was left standing in the field, collecting rust from the snow.

However, when the farmer reached the barn all the animals were tucked safely inside. In fact, clean hay had already been set out for the new day. Not a single hole could be found in the roof, and the tractor was parked perfectly in the shed.

"Who could have done it?" the farmer wondered. And then, he realized what the young man's answer meant, "I can sleep when the wind blows."

By preparing yourself and your family for an emergency, you can feel confident that you are better able to handle the unexpected. Just like this young farmhand, you too can sleep when the wind blows.

The goal for 2008 is that through this monthly food storage newsletter you will have more information and tools to be more prepared, with a special focus on gardening and preserving your harvest. Each month we will provide tips for each phase of gardening and then in August we will have some home-canning activities to preserve your bounty. If you have any specific questions, please direct them to either Sis. Erika Miller or Sis. Grace Dane so that we can make a place for them in here for you. Best wishes in Filling Your Ark!

72-Hour Kit Containers

Your kit should be in a portable container located near an exit of your house. This is so you can grab it on your way out of the house in a serious emergency. Do NOT overload your kit- you may have to carry it long distances to reach safety or shelter.

Each family member should have their own kit with food, clothing and water. Distribute heavy items between kits.

What Are You Carrying In Your Backpack?

Doctors and physical therapists recommend a child carry no more than 10-15 % of their body weight in their backpacks. Have you tried this experiment? 10 to 15% of our body weight in a pack to work and home for a day? Not as easy as one might think, but very achievable... a backpack with constricted bands that nudge into the shoulders can hamper with circulation and nerves... When shopping for a backpack, go the safer route, not the trendy route. Canvas ones are more lightweight than leather. Look for ones with two wide and padded shoulder straps. Is the back padded as well? No reason to add injury upon injury... by being stabbed... through the sheer lining of an unsubstantial backpack.

This month's 72-Hour Kit assignment is to

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Coming Next Month...

Gardening	Planning the Garden Layout
72-Hr	Basic Emergency Supplies
FS	Oxygen Absorbers

What Does Your Garden Grow

Planting Information for growing vegetables in the ground

Crop	Amt/ person	Space Inches	Full Sun	Transplants or Seeds
Beans, Bush	3	8		S
Beans, Pole	3	4		S
Broccoli	3	18	x	T
Brussels Sprouts	2	18	x	T
Cabbage	2	18	x	T
Carrots	20	2		S
Cauliflower	1	12	x	T
Celery	4	8	x	T
Corn	4	12	x	T
Cucumbers	2	18	x	Both
Eggplant, Mini	2	12	x	T
Garlic	4	12	x	T
Head Lettuce	3	18		
Leaf Lettuce	3	18		Both
Onion Sets & Plants	6	2	x	T
Onions	12	2		S
Peas - Pole, Bush or Snap	12	4	x	S
Peppers	3	12	x	S
Potatoes	3	12	x	S
Radishes	12	1	x	S
Swiss Chard	4	18		S
Tomatoes, Cherries	1	18	x	S

Planting Information for growing vegetables in containers

Crop	General size Of container	Amount of* light required
Beans	Medium	Sun
Cucumbers	Large	Sun
Eggplant	Large	Sun
Lettuce, Leaf	Medium	Partial Shade
Onions	Small	Partial Shade
Parsley	Small	Partial Shade
Pepper	Large	Sun
Radish	Small	Partial Shade
Squash	Large	Sun
Tomato	Large	Sun

*All vegetables grow best in full sunlight, but those indicated will also do well in partial shade.

This list should be a good start for preparation. To learn more about vegetable gardening using each of your favorite veggies, visit <http://www.gardenersnet.com/veggies.htm>

And, if it is ever in question—You are in Zone 5

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find something to use to carry your kit, or inspect your current ones. Some other options are duffel bags, large, covered trash or plastic containers, suitcases with wheels, or jeans with legs sealed. Another great idea is folding shopping carts with wheels, perhaps even place everyone's bag into a cart, for added transportation options. Be creative, realistic, and conscientious of the potential use and requirements of your 72-hour kit container.

“The revelation to store food may be as important to our temporal salvation, today, as boarding the ark was to the people in the day of Noah.” –Pres. Ezra Taft Benson

We all have fears. There are so many phobias, that psychologists can hardly keep track of them all. Just so you are well informed, Lachanophobia is the fear of vegetables.

Food Storage Primer

“Eat what you store, and store what you eat.” This is a great rule of thumb. Don't introduce new or different foods just in your food storage. Avoid illness caused by drastic changes in diet. This motto also assures variety and helps create automatic rotation. Other things to consider for storage include: water, medical supplies, medication, bedding, fuel, and clothing. Remember, food storage requires constant rotation and planning. We are encouraged by our Prophets to crate and maintain adequate food storage for our families. How is your family's food storage coming along? – Sister Grace Dane

Recommended Viewing: DVD Year 'Round Vegetable Gardening by Jerry Baker. Find it at the Pekin Library. This is a great resource for many useful gardening tips.

Useful Websites:

www.trackmyfoodstorage.com Set goals, identify what you have and need, track expiration dates to rotate foods, etc. Free Membership

www.revelar.com (free demo) Food Storage Software. Bulk purchasing discounts available.

Sources: The Encyclopedia of Country Living by Carla Emery, <http://aggie-horticulture.tamu.edu/extension/container/container.html>, http://www.associatedcontent.com/article/360400/potential_problems_with_school_backpacks.html, http://beprepared.com/article.asp_Q_ai_E_45_A_name_E_72-Hour%20Checklist