FORT COLLINS STAKE HOME PRODUCTION / EMERGENCY PREPAREDNESS NEWSLETTER

APRIL 2023

HOME PRODUCTION TIP FOR THE MONTH

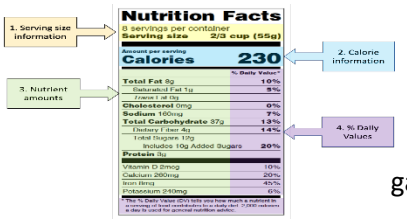
Gardens, gardens, gardens! Yep, we're still talking about gardens. Saturday, April 22nd is Earth Day. This is an excellent day to get your garden plants and keep them inside until Mother's Day (which is when many CO gardeners plant outside). Not sure what to plant, think about what you can (no pun intended) and want to preserve. Want salsa? Plant a salsa garden, e.g. tomatoes, onions, garlic, cilantro, peppers, jalapenos. Want veggie soup? Plant peas, carrots, onions, cabbages, celery, green beans. Want to make sweet breads during winter months? Plant, carrots, zucchini, pumpkins. Remember, plant what your family will eat. Have extra room in your garden? Plant a few extra plants to share the produce with neighbors and ward members.

FOOD STORAGE TIP OF THE MONTH

During COVID, you couldn't find a canning jar if you wanted to! Many people started to learn home canning, and supplies were hard to find. Now that our society is relaxing again on home production items, there may be sweet deals at garage sales, thrift stores, etc. Start to look for canning jars to bottle your harvest this fall. Buying a few jars here and there won't be as painful as trying to purchase jars at the end of the season when the market prices increase!

MEDICAL TIP FOR THE MONTH

sTReSs – Does the case-sensitive way the word "Stress" is spelled at the beginning of this paragraph bother you? It does me. Do we sometimes feel like we are at the end of our rope? With Easter just past us, and a renewed understanding of our Savior's resurrection and atoning power, make 2023 a year to Lay your Burdens on the Lord and De-Stress your lives. STRESS is hard on the body. It can affect every aspect of your life, from headaches to insomnia, disruptions in your immune system, an increase in the aging process, weight gain/loss, etc. There are multiple resources available through the church websites and community services available. Check out a few at Coping with Stress and Discouragement (churchofjesuschrist.org); Five Ways to Reduce Stress (churchofjesuschrist.org); Tips for Coping with Stress|Publications|Violence Prevention|Injury Center|CDC. Develop techniques to deal with stress and put those into your 72-hour emotional emergency preparedness tool kit. Then share your technique with your ministering brothers or sisters.



LONG TERM STORAGE TIP FOR THE MONTH

We recently visited my sister who has a beautiful home but is limited to where she can store food for her family. Living in California, without a basement, food is stored in coveted closet spaces or garages. One of the biggest challenges and questions we hear is, "Where do I store food items and water for long term, when space is limited???" Many of us have limited storage space, especially when it comes to long-term food storage. Check out the "Merrill Project" on Where to Store Food Storage - The Merrill Project. Tailor the information, and work with your ward self-reliance specialist, to custom fit ideas for your family. Remember, one of the biggest keys for long-term storage is to store foods that you and your family will eat. Also, when doing an inventory to determine how much you have on hand, check out the label serving sizes. For example, a can of peaches that says, "4 servings per can," means 2 of those cans is enough peaches for 1 person for a week + 1 day. If you need help inventorying your supply, work with your ward self-reliance specialist. They are a great resource and available to help!