

FORT COLLINS STAKE HOME PRODUCTION / EMERGENCY PREPAREDNESS NEWSLETTER

AUGUST 2023



HOME PRODUCTION TIP FOR THE MONTH

We've had such a wet and crazy summer including flooding, and tornadoes around Fort Collins and Metro Denver. Here's a few tips from the [CDC](#) about what to do if a flood threatens...

1. Gather emergency supplies, including non-perishable food and water.
2. Listen to the local radio or tv station for updates.
3. Have vaccination records handy (or know when your last tetanus shot occurred)
4. Bring in outdoor items (furniture, grills, trash cans) or securely tie them down.
5. If it looks like you need to evacuate, turn off all utilities at the main power switch and close the main gas valve.
6. Avoid low spots, canyons, and washes.

For Tornadoes, the CDC recommends:

1. Go to the lowest room without windows in the building.
2. If you live in a mobile home, go to a nearby building.
3. If at school or work, follow tornado drill.
4. Keep tuned to local radio and TV stations.
5. The best thing to do is create a tornado emergency plan for your family before it happens.



FOOD STORAGE TIP OF THE MONTH

Time to start harvesting and storing food from your garden! The best thing about the end of July, early August is reaping the rewards of your gardening efforts. We've already harvested and pickled 24 quarts of cucumbers. Here's a quick delicious recipe that taste like Clausen Dill Pickles (and you store them in the fridge, so no water bath or pressure cooking involved – yeah!):

- 1 gallon of pickling cucumbers (do not use store bought cucumbers as they have wax on them)
- 1/3 cup dried minced onion
- 6 cloves FRESH garlic, peeled, and chopped small
- ½ Tablespoon mustard seeds
- 6 heads FRESH dill (I've used 1 tsp dried dill weed + ½ TBlsp dill seeds and they seem to work but not as pretty)
- 1 ½ quarts water (this is equal to 6 cups)
- 2 cups apple cider vinegar (do not use the vinegar that has “the Mother”)
- ½ cup canning salt (do NOT use regular salt – must use CANNING SALT)

Wash and slice cucumbers lengthwise into spears (or if small enough to fit in quart jars, do not need to cut them). Add the dill (heads only – not stems) into the jars first. Then place the cleaned and sliced cucumbers into jars. Then add the 6 cloves fresh garlic into the jar (this will make a quart jar packed).

Boil liquids and all seasonings (minced onion, mustard seeds, water, vinegar and canning salt) until salt dissolves. Then let the liquid mixture cool. It doesn't have to cool completely, just needs to be cool so it doesn't "cook" the cucumbers. Pour liquid mixture over cucumbers, dill, garlic in jars and cover with lid to the jar. Let sit on the counter for three days turning them occasionally. After 3 days on the counter, refrigerate overnight. Now try them. They're delicious!

If you didn't get a chance to plant a garden, consider shopping at the local Farmer's Market to stock up on food sources. The Farmer's Market is held at Sam's Club parking lot on Wednesdays/Saturdays, 10am-2pm. There's also a Farmer's Market at 200 W Oak on Saturdays from 10am-2pm.



MEDICAL TIP FOR THE MONTH

According to [UC Health Today](#), fermented food have "beneficial microbes" that help with health gut. One fermented food my Polynesia family eats is Kimchi. It is a delicious, pungent fermented vegetables and seasonings. My dad called it "birth control," because the smell is so pungent that he didn't want to get within 50' of my mom after she ate it. 😊 According to ["healthline,"](#) kimchi has 9 health benefits. There are many

benefits to fermented food. But don't forget to do some of your own research to determine what is best for your O'Hana.



LONG TERM STORAGE TIP FOR THE MONTH

Drying your own herbs and spices is easy and economical. Fresh herbs can be pricey. E.g. King Soopers has a variety of fresh herbs for \$2.49/.5 oz. That's \$79.68/lb. Dried herbs can be even more pricey, e.g. King Soopers Freeze-Dried Chives are \$7.49/.16 oz. That's \$749/lb. And chives grow like weeds! [Simply Recipes](#) shows how to dry herbs 4 easy ways. Don't grow your own herbs, use things like celery head leaves, tops of green onions. They can be dehydrated, air, or oven dried. Once dried, throw them in your blender to pulverize them and you have instant celery or onion flakes for potato salads, soups, etc.