

FORT COLLINS STAKE HOME PRODUCTION / EMERGENCY PREPAREDNESS NEWSLETTER

FEBRUARY 2023



HOME PRODUCTION TIP FOR THE MONTH

Although there's snow on the ground, it's a great time to start planning for your garden. Think about what you want to plant and scour the internet for supplies. Recent news articles have said that because of the war in Ukraine, fertilizer may be at a premium this year. If you have a source to get fertilizer and space to store it, now may be a good time to secure those resources for this summer. Also, the Dollar Store has garden seeds in stock for .25/pack. I've used Dollar Store seeds for years with good yields. There are also several on-line seed companies. Next month, we'll discuss what seeds can be planted in early spring.



FOOD PRODUCTION TIP OF THE MONTH

I had not thought about having chocolate, as a long term food item, until a friend told me that she has chocolate chips in her food storage. Since then, I make sure to buy chocolate chips, hot chocolate, and chocolate when it goes on sale/clearance. February is a month that is filled with chocolate – which means that after the 14th, Valentine's Day chocolate will go on clearance. Add chocolate to your food storage for a special treat throughout the year. Store chocolate in airtight containers in your freezer. Cocoa can last 3 – 5 years when stored in a cool, dark, dry location. See the Crisis Preparedness chocolate article for more information [Now Is a Good Time to Stock up on Cocoa and Hot Chocolate Mix! | Crisis Preparedness](#).



MEDICAL EMERGENCY TIP FOR THE MONTH

ACLS (Advanced Cardiac Life Support) & BLS (Basic Life Support) CPR of Northern Colorado courses are available this spring. [stopthebleed.org - \(bleedingcontrol.org\)](#) and [Stop the Bleed | Homeland Security \(dhs.gov\)](#), [stopthebleed.org - \(bleedingcontrol.org\)](#). Think about taking one of these courses. Also, the Overland Trail Ward is hosting a First Aid & CPR course at the Lynwood Building on March 25, 2023 at 10:00 AM. Contact Michelle Bassett at chellaiko@yahoo.com for more info.



LONG TERM STORAGE TIP FOR THE MONTH

Rice has been a staple for millennia. White rice is easy to store and has a 30-year shelf life. Brown rice can only store for 3-6 months. You can store rice in cans, buckets, or Mylar bags. Brown rice can be stored for 3-6 months at room temperature, or 6-12 months in the refrigerator, and 12-24 months in a freezer.

[Buy Rice For Food Storage • July Prep Challenge #2 - Food Storage Organizer](#)

Recipe – Rice Pudding:

[Creamy Rice Pudding Recipe \(allrecipes.com\)](http://allrecipes.com)

1 ½ Cups	Cold Water
¾ Cups	Uncooked white rice
2 Cups	Milk, divided
1/3 Cup	White Sugar
¼ tsp	Salt
1	Egg, beaten
2/3 Cup	Golden Raisins
1 TBLSP	Butter
½ tsp	Vanilla Extract

Step 1:

Pour water into a saucepan and bring to a boil over medium heat; stir in rice. Reduce heat to low, cover, and simmer until rice is tender and liquid has been absorbed, about 20 minutes.

Step 2:

Combine cooked rice, 1 ½ Cups milk, sugar, and salt in a clean saucepan. Cook over medium heat, stirring often, until thick and creamy, about 15 minutes.

Step 3:

Stir in remaining ½ cup milk, beaten egg, and raisins; cook 2 minutes more, stirring constantly. Remove from heat and stir in butter and vanilla until combined; serve warm.