

FORT COLLINS STAKE HOME PRODUCTION / EMERGENCY PREPAREDNESS NEWSLETTER

JULY 2023



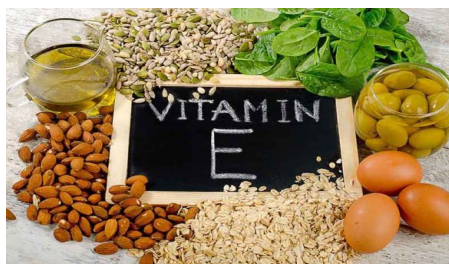
HOME PRODUCTION TIP FOR THE MONTH

When kids are home and looking for fun projects, have them try to make their own nut butter spreads. Use a variety of different nuts to determine which nut butter you best like. According to the Crisis Preparedness Blog, [Now Is the Perfect Time to Stock-Up on Treats | Crisis Preparedness](#), blend 1 cup of lightly salted mixed nuts with peanuts. Mix or add different kinds of nuts (e.g. chia, flax, sesame, etc.) as desired. Make it a challenge to see who can make the best different nut butters.



FOOD STORAGE TIP OF THE MONTH

Time to stock up on your favorite treats and snacks. This month add several bags of your family's favorite treats to your food storage. Don't forget to look in the Dollar Store to get bags of pretzels and cookies. Check out the Crisis Preparedness Blog to see which items can last the longest. [Now Is the Perfect Time to Stock-Up on Treats | Crisis Preparedness](#)



MEDICAL TIP FOR THE MONTH

When I was younger, I suffered from severe eczema. We also have family members that suffer from psoriasis and severe eczema. In addition, during the summer, many of us are exposed to excess sun. One way to deal with these skin and autoimmune issues is through oils, specifically vitamin E oil. According to *The Lost Herbs* author, Dr. Nicole Apelian, Vitamin E is one of the best vitamins to support skin health. Check out Dr. Apelian's recipe for [Homemade](#)

[Oil for Psoriasis and Other Skin Issues - The Lost Herbs](#). Or read about Vitamin E oil's benefit from Medical News Today at [10 benefits of vitamin E oil \(medicalnewstoday.com\)](#). Don't forget to add Vitamin E to your long-term storage supply!



LONG TERM STORAGE TIP FOR THE MONTH

If you bake or are trying to store long term items, a great item to purchase and store this month is long term wheat and wheat products. According to the [Kansas Wheat Harvest Report](#), the 2023 weather has caused the co-op to “take in about half the wheat of a five-year-average.” Additionally, the Ukraine-Russia conflict has decimated crop production in

Europe causing Europe to look elsewhere for wheat products. The Aurora Bishop’s Storehouse currently has wheat products in stock as of the end of June. Now is a great time to get wheat and flour before it becomes less available. Remember, according to the <https://ezprepping.com> food storage calculator, the average adult requires 400 lbs. of grains (wheat, rice, flour) for 1 year. Try to stock enough wheat products for your family for one month in July.