

FORT COLLINS STAKE HOME PRODUCTION / EMERGENCY PREPAREDNESS NEWSLETTER

MARCH 2023



HOME PRODUCTION TIP FOR THE MONTH

Last month we talked about time to start thinking about planning your garden. Well, it's the end of February and it's snowing again with temps set to be in the negatives. And we're still talking about gardening. Did you know that you can plant some veggies inside and have throughout the winter? Green Onions, Leeks, Microgreens (aka Sprouts), Salad Greens, Leaf Lettuce, Potatoes, Grape and Cherry Tomatoes, Carrots and Radishes are excellent indoor vegetables that can be grown indoors. Start w/ one of the above vegetables and become an indoor expert grower. Then add another. Trying to grow all of these may become overwhelming and you can burn out. Try starting w/ lettuce. It's an easy plant to grow and delicious.

<https://www.gardeners.com/how-to/growing-lettuce-indoors/8573.html#:~:text=For%20lettuce%2C%20a%20south%2Dfacing,growing%20small%20crops%20of%20lettuce.>



FOOD STORAGE TIP OF THE MONTH

Peanut Butter – YUMMY! Or Almond Butter (even better)! Add peanut or almond butter to your food storage. A quick and easy way to know how much is to add one jar of peanut butter for each member in your family. Then when you open a jar, write the date you opened it on the jar and see how long it lasts. In

our house, we go through a 15 oz jar about every 10 days. So, for a one-year supply, our household would need 36.5 (15 oz) jars ($365/10 = 36.5$) of peanut butter. Or as Sister Maffett said, just buy the bigger jars at Costco! ☺. Check out the Crisis Preparedness article on peanut butter [Tips for Adding Peanut Butter to Your Food Storage | Crisis Preparedness](#).



MEDICAL TIP FOR THE MONTH

I can't believe I'm writing about this, but I woke up at 4am this morning with a message, "Prepare for heat/hot weather." Considering that it's going to be in the negative temps this week, I thought this was an unusual message, but I'm trying to listen to the promptings. Having grown up in the tropics and California desert, I can attest that 130°F is

hot enough to cook an egg on the sidewalk and not something you want to do often. As utility prices continue to climb and summer is just down the road, think about what you're going to do when the temperatures soar. Here are a few tips from Wikihow.health <https://www.wikihow.health/Survive-a-Heat-Wave>.



LONG TERM STORAGE TIP FOR THE MONTH

Vitamins, vitamins, vitamins. Don't forget to add vitamins to your emergency storage. Our bodies require daily recommendations which we often get in food, but during an emergency, some of our favorite foods with these nutrients might not be available. Therefore, having a supplement storage on hand is key. Here is a website we found while researching vitamins to store... [https://www.shtfblog.com/vitamins-](https://www.shtfblog.com/vitamins-and-minerals-preppers-should-stock/)

[and-minerals-preppers-should-stock/](https://www.shtfblog.com/vitamins-and-minerals-preppers-should-stock/). Also, don't forget items like echinacea, vitamin C, Emergen-C, zinc, to help those nasty colds. Vitamins can be expensive, so look for sales, or BOGO free to stock up on vitamins. And as always, consult with your doctor, especially if you have an immune compromised system! Here's an article about micronutrients (aka Vitamins and minerals) from the CDC <https://www.cdc.gov/nutrition/micronutrient-malnutrition/index.html>.



72-HOUR KIT

In addition to being woken up with the prompting to talk about heat, I also was prompted to revisit and talk about 72-hour kits. The December Stake EP newsletter briefly touched on emergency kits. There are multiple websites that talk about what to put in your 72-hour kits <https://www.ready.gov/kit>. Remember, don't try to do it all at once, but

do start! For March, start with items you already have in your home, e.g. an extra pair of socks, duct tape, mask, matches, books, pencil and paper, feminine and hygiene supplies. Gather these items and throw them in a backpack. If you don't have extra backpacks, the Goodwill or ARC is an excellent place to find used backpacks. Remember your 72-hour kit pack doesn't have to be pretty! Get a pack for each member in your family. We have extensive 72-hour kits because of special needs. If you would like a more extensive 72-hour list, send me a text message (970-218-8172) with your name and email address.