

FORT COLLINS STAKE HOME PRODUCTION / EMERGENCY PREPAREDNESS NEWSLETTER

NOVEMBER 2023



HOME PRODUCTION TIP FOR THE MONTH

FILTERS, DUCTS, and COILS! Now that fall is in full bloom, it's time to think about changing the filters, and cleaning the ducts and coils in your home. Start with your HVAC system. Change the filter monthly (or at least quarterly) to increase the life of the system and improve the air quality in your home. Vacuum heating vents to get the cobwebs and other fun articles, e.g., kid's toys, socks 😊 out of the ventilation system. Dryer vents are another vent that should be cleaned regularly. Purchase a dryer vent cleaning kit to clear the dryer vents of debris. Doing this will also increase the life of your dryer and reduce the risk of fire. Pull your refrigerator and freezer away from the wall and open the bottom panel to clean the back and bottom coils. According to [HomeServe](#), doing this will increase the life of your refrigerator and freezer and keep items cooler using less energy. With the cooler weather it's also a great time to defrost the freezer to increase airflow and energy!



FOOD STORAGE TIP OF THE MONTH - VINEGARS

Vinegars have been around since ancient Babylonian times. Vinegars can be used for all sorts of purposes, from salad dressings, Asian cooking, a household cleaner, healthy eating, to canning and pickling. According to the [CrisisPreparedness](#) blog, vinegar is, "...one of the most versatile products for your food storage." We use a variety of vinegars at our home. Balsamic is one of our favorites, along with rice vinegar, and apple cider vinegar. You can also easily make your own vinegar from a variety of fruits. Additionally, vinegar is a product that can be stored indefinitely, so it's great to have it on hand.



LONG TERM STORAGE TIP FOR THE MONTH – SUGARS:

Sugar is one of the few foods that can be stored indefinitely and does not require oxygen packets to store. According to [CrisisPreparedness](#), 10 lbs. of sugar is enough sugar for 1 person for 3 months. This month, consider storing 10 lbs. of sugar for each member of your family. Also, don't forget to store different types of sugar, e.g., cane sugar, beet sugar, white sugar, brown sugar, corn syrup, molasses, stevia, honey, etc. Beware: some sugars may harden during storage. For example, brown sugar may become hard when exposed to air. To soften hardened brown sugar, simply place it in an airtight container with a piece of fresh bread (we use the heel end). Leave it alone for a day or two and twa-la! The brown sugar becomes soft, and the bread becomes dry. It's magic! Mix different sugars and vinegars with other ingredients to make delicious recipes!

**Mark your Calendars! The Fort Collins Stake Emergency/Self-Reliance Fair is
on January 27, 2024 at the Fort Collins Stake Center!**

Russian Dressing:

1 C Ketchup,
1/3 C Vinegar
1/3 C Oil
1/3 C Sugar
1 Tablespoon Yellow Mustard
1 Tablespoon Dried Parsley Leaves
1 teaspoon Paprika
Blend well

Creamy Pecan Salad Dressing w/ Apples, Craisins Over Romaine Lettuce (Yummy):

½ C Water
½ C Granulated Sugar
2 ½ C Pecans
Add Kosher Salt to sprinkle on top of pecans (see below)
1 ½ C Mayonnaise
2 tsp Sugar
1 tsp Lemon Juice
½ tsp Kosher Salt
¼ tsp Black Pepper
¼ tsp Onion Powder
¼ tsp Garlic Powder
3 Tablespoons White Vinegar (or Balsamic for a tangier taste)
1 tsp Prepared Yellow Mustard
3 Tablespoons Olive Oil
1-2 Heads Romaine Lettuce
¾ C Craisins
¾ C Blue Cheese (I use Feta)
¾ C Mandarin Oranges (drained)
Red Onions (optional)
1/3 C Candied Pecans

Make the Candied Pecans:

Preheat oven to 375°. Line a baking sheet with parchment paper. In a small saucepan, combine sugar and water and bring to a boil whisking to dissolve sugar. Remove from heat. Sitr in pecans to toss and coat the pecans. Place on the lined baking sheet and toast in oven for 8-10 minutes. Keep an eye on them so they don't burn. Take them out of the oven and sprinkle with the Kosher Salt. Let cool.

Dressing:

In a bowl or blender, whisk the mayonnaise, sugar, lemon juice, kosher salt, black pepper, onion powder, and garlic powder. Add the vinegar and mustard, whisk to combine. Whisk in the oil, one tablespoon at a time, blending well after each addition. The mixture should be thick, but you should be able to pour it.

Salad:

Wash, rinse and cut the romaine lettuce in a bowl. Add craisins, blue cheese (or feta), oranges, red onions, and candied pecans. Pour desired amount of dressing over the salad and toss.