

FORT COLLINS STAKE HOME PRODUCTION / EMERGENCY PREPAREDNESS NEWSLETTER

SEPTEMBER 2023



HOME PRODUCTION TIP FOR THE MONTH

It's that time of the year to get our homes ready for the winter months. This month, learn a new skill that will keep your home ready and efficient. E.g. do you know what a toilet fill valve is? They are super easy to change (hint, hint, we recently had to do one). The valve cost ~\$16 at Home Depot and took about 45 minutes to replace. It would have cost ~\$100+ to have a plumber replace it. Check items like downspouts, clean out gutters, change air filters, caulk windows and doorframes, repair/replace window and door stripping to prevent air leaks. You can find easy home repair tips at YouTube or [100 Home Repairs You Can Do Yourself — The Family Handyman](#).



FOOD STORAGE TIP OF THE MONTH - ABUNDANCE

Share your extra harvest abundance! We have had a bumper crop year for apples, tomatoes, lettuce, onions, green beans, and beets! Take a basket to the local food bank, church, neighbors, and friends. Can and dry fruits and vegetables. E.g. make and can a tomato base for soups, stews, and sauces (see recipe at end of newsletter). Make jellies/jams with the extra fruit. This month our neighbor gave us 3 crates of crabapples. We learned how to make crabapple jelly. Then we got creative and made crabapple-jalapeno-pepper jelly (our new favorite)! Now with Matt's delicious homemade wheat bread, we have jellies to give away for Christmas to our neighbors and friends! Also, many neighborhoods have apple and crabapple trees that people don't harvest. Be bold and ask if you can harvest those trees. Then bake a pie or share what you have stored with the owner. They'll be impressed and grateful for your kindness!



LONG TERM STORAGE TIP FOR THE MONTH – RICE & SEEDS

Earlier this year we learned that there may be a wheat shortage. The [World Economic Forum](#) recently put out an article about a global rice shortage (which feeds about ½ the world). This month, add rice to your long-term food storage. Different types of rice have different shelf lives. According to the [Church's website](#), white rice can be stored for up to 30 years. However, brown rice has a shelf life of about 2 years. To learn about the different nutritional values of rice visit [What Is the Healthiest Type of Rice? \(healthline.com\)](#).

*A tip from my Hawaiian mother about storing rice (don't ask how it works, I just know it does) – when we store uncooked rice (to be used on a daily basis), we use galvanized nails to keep weevils and bugs out of the rice. *They must be galvanized nails*. Put about 5 galvanized nails into an airtight container for every 10 lb. bag of rice.

SEEDS! Don't forget to harvest and save seeds from your garden! [The University of Minnesota Extension](#) published an excellent article about how to harvest and save seeds. We have grown many of

our plants from seeds harvested over the years. Beans, peas, tomatoes, and melon plants are some of the easiest seeds to harvest and save to grow crops next year. E.g. let beans and peas dry on the counter. Once dried, open the pods and harvest the seed. Make sure to store them in a cool dry area (we store ours in the basement).



MEDICAL TIP FOR THE MONTH

With the recent disasters in Maui and Florida, now is a good time to inventory your medical first aid kit. Update and remove expired meds and creams. Check to make sure your kit has adequate bandages, gloves, etc. Don't forget to update your car's first aid kit as well.

Don't have a first aid kit? Now is a great time to create one!

Stores are discounting kid's backpacks which make a great pack to put together a first aid kit. Visit this Red Cross website <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/anatomy-of-a-first-aid-kit.html> which has a list of first aid kit items. Don't forget, the Dollar Store has many of the items you'll need to put together a kit.

Tomatillo Sauce Recipe:

We use this sauce to make green sauce for enchiladas, tacos, pulled pork (please note – we don't cook with exact measurements, but the recipe below should get you pretty close to what we do):

1. A large plastic gallon ice cream bucket worth of tomatillos (told you we don't measure well)
2. 1 large white or yellow onion
3. 1 head (the whole bulb thing) of garlic
4. 1 large jalapeno (add more if you like it spicy)

Peel and wash the tomatillos.

Peel the onion and dice it into large chunks.

Remove garlic skin.

Clean jalapeno, remove stem, cut it in ½.

Add all ingredients into a large cooking pot and simmer with about ¾ cup of water. As tomatillos cook, they will turn color. Smash them down with a potato smasher which will create more liquid. Cook until the tomatillos smash easily and are bubbling. Remove from heat. Blend the ingredients (while hot) on high. Pour into cleaned canning jars. Add ½ - 1 tsp salt into each jar. Stir the salt into the jar contents with a chopstick and remove any air bubbles. Seal with canning lids and water bath the jars for twenty minutes.

The salt added during the canning process will kill the bacteria. However, when we use this salsa, you can add more salt to taste.

This makes a great green salsa to put onto just about any type of Mexican food. We love it!

If anyone wants tart yellow delicious apples (at least that's what we think they are), feel free to call us at 970-218-8172 and arrange a time to pick apples. They are excellent for snacking, pies, applesauce, and apple chips.