The sensible way to store and use food

Acquiring and maintaining adequate food reserves is a prudent concept which country folks have always practiced. Crops harvested in the fall had to last until the next crop came in. Period. A well-stocked pantry and/or fruit cellar shielded them from the frailties of bad times. As a boy growing up, I spent long hours every fall helping to fill hundreds of sterilized Mason jars with the bounty of the garden. The work was hard and not a lot of fun, but it filled our tummies with good food all winter long and into the next summer.

It's only been the last few decades that people, especially in the cities, have developed a "we can always run to the super market" mentality which has relegated the well-stocked larder concept to a place alongside buggies and kerosene lanterns.

In the light of today’s uncertainties, with the potential for natural disaster, extended unemployment, or war—all of which could close the supermarkets we have become so dependent on—a survival-conscious person needs to revive the old concept of the full larder. For most people, the question is not whether this is a sound concept, but rather how to do it within the constraints of today’s budgets.

Of course, for the person with a pocketful of spare cash, the answer is simple: just look up any of the dozens of reputable producers and distributors of storable food supplies and buy yourself a year or two of reserves. The options range from Spartan basics to super-deluxe combinations of freeze-dried goodies, with prices resembling telephone numbers to match.

Thus, for the rest of us, the question is how to get started on an already strained budget. The most reasonable answer is not to wait until you’ve won the lottery, but rather to try to squeeze a few extra bucks each week and to convert them into pantry-stuffers. Or to try to overbuy your actual needs by a few cans or containers of this or that each time you visit the market. (This would be in addition to any home canning and preserving you might be
The Third Year

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not rob your emergency supplies to
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well-stocked pantry for everyday use
cost of your daily needs. Besides, a
supply should never be done at the
little extra money. Then use it to buy
whatever you can do to accumulate a
sources of funds.

is weeks or months behind schedule.
month and before you know it, your plan
might turn into week after next or next
the money for something else, so I'll
"Gee, I really want to do it, but I need
obligation. Don't allow yourself to say
making car payments or any other
accumulate stuff every week. Just like
making car payments or any other
obligation. Don't allow yourself to say
“Gee, I really want to do it, but I need
the money for something else, so I'll
just double up next week.” Next week
might turn into week after next or next
month and before you know it, your plan
is weeks or months behind schedule.

Be inventive in creating new
souces of funds.

Hold a garage sale, collect returnable
bottles, try to get in a little overtime—
whatever you can do to accumulate a
little extra money. Then use it to buy
items for your emergency food supply.

3. Keep your pantry shelves stocked.

Establishing an emergency food
supply should never be done at the
cost of your daily needs. Besides, a
well-stocked pantry for everyday use
can be a valuable addition to your
emergency reserves. Conversely, do
not rob your emergency supplies to
meet your daily needs. The idea is to
build up your reserves to the level you
feel is appropriate for your needs (a
month, six months, a year, or whatev-
er) and then to keep it as fresh as pos-
sible by using the oldest stock for your
daily cooking while replacing it with
new stock. Establish a permanent sys-
tem of rotation and replacement.

4. Buy those items for long term
storage which lend themselves to it,
and which are things your family
can and does eat on a more or less
regular basis.

This is important: Don't fill your
emergency larder with foods you
don't normally eat. For example, rice
is an excellent basic staple which can
be stored for many years, but if your
family doesn’t like rice, it would be
foolhardy to store it. There have been
cases in which children actually
starved to death, refusing to eat food
which was alien to them.

It is absolutely false to assume that
hungry people are willing to eat any-
thing. They might, but then again,
they might not. Dry dog food is edi-
bble, but would you want to make 300
pounds of it your sole reserve food?

A reasonable approach would be to
gradually and systematically introduce
your family to some of the easily
stored items on the list contained later
in this article. In that way, they will be
getting used to a variety of wholesome
foods which can enrich their daily
lives and minimize any “shock” to
their systems when switching over to
emergency supplies. For example,
lentils are loaded with nutrition and
are relatively easy to prepare, but the
common variety is ugly. They’re mot-
tled brown and cook up looking like a
bowl of mud. But, properly prepared,
they taste delicious. Don’t forget that
old Bible story about Esau selling his
inheritance to Jacob for a bowl of pot-
tage—that’s Bible-talk for lentil stew.
Taste them once and you’ll know why
Jacob knew what he was doing.

Another popular fallacy, even
among those who should know better,
is that your system can instantly and
easily convert over from what you
normally eat to whatever is available.
This myth belongs in the same category
as the one about goats eating tin cans.
They don’t and you can’t.

For example, much “to do” is made
about reliance on a basic supply of
whole wheat berries to be consumed
pretty much in a cooked but otherwise
unaltered state. Make no mistake
about it: If you are on the typical soft
white bread and low fiber don’t-give-
me-anything-I-have-to-chew-on-all-
American-McDiet, converting imme-
 diately to a high fiber whole wheat
diet will rip your intestines out and
hand them to you on toilet paper.
After a couple of days, you’ll begin to
think someone skated through your
boudoirs with razor blades.

Don't fill your emergency
larder with foods you don’t
normally eat.

Don’t get me wrong. Wheat gruel,
whole wheat breads, etc., are very
nutritious. Our ancestors probably ate
them as a basic diet. The Roman army
consumed them daily and marched
over half the known world, but their
digestive systems were used to it.
Yours is not, but it could be by gradu-
ally introducing such foods into your
diet and consuming them on an ongo-
bing basis. Do it gradually, okay? To
make an immediate total conversion is
an open invitation to flatulence,
“runny-gits”, and perhaps even intesti-
nal bleeding.

On the other hand, if your family is
used to eating whole grain breads,
cooked whole cereals, etc., then the
changeover is a piece of cake—actu-
ally a piece of bread. By extension of
this principle, trying “survival”
recipes on your family during normal
times helps to determine likes and dis-
likes, and it practices sound nutrition
in your daily life.

Do not be bashful about trying some
of the more “exotic” foods which lend
themselves to home manufacture.
Many oriental products such as tofu, a
type of soy bean curd which is easily
produced, is an excellent source of
high quality protein. Others include
miso and tempeh. Reference books on
their manufacture and use are found at the end of this article.

5. Always practice good economics by comparison shopping, buying in the most economical quantities, and using cooperative purchasing and other plans to save money.

Use your calculator to determine the best buy. Prices for identical items can vary tremendously. I save 50% on some staples such as dried beans, rice, and pasta by stocking up at a warehouse type of grocery outlet. Bigger is not necessarily cheaper. I have found that the per pound price for many items such as rice and navy beans may be actually cheaper in one or two-pound bags than in 25-pound sacks. The only way you'll know for sure is to run it through your pocket calculator. Sometimes you might also be able to buy in bulk directly from local farmers or grain mills.

6. Inform yourself, Establish a library of books on the subject.

Several good ones are listed at the end of this article. Read them and use them. You need to have an intimate knowledge of nutrition and how to make the most of what you have. Being caught in a roaring blaze is a poor time to read the instructions on how to operate your fire extinguisher!

What you need

Having elected to prepare your own survival larder, you now need to know what should go into your emergency food reserve supply. The master list (Table 1) contains two columns. In the left one, you will find the absolute basic essentials in each category. In the right are supplemental items which will add to the variety, effectiveness, and palatability of the basic supplies. In essence, take all of column one and as much of column two as you have time, money, and interest.

All amounts are for one average person for one year. Those doing heavy labor will require somewhat more, those doing less hard work, somewhat less. Split the proportions up according to your individual tastes. One

<table>
<thead>
<tr>
<th>Table 1. Master List</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Grains—total 350 lbs:</strong></td>
</tr>
<tr>
<td>wheat</td>
</tr>
<tr>
<td>corn</td>
</tr>
<tr>
<td>rice</td>
</tr>
<tr>
<td><strong>Beans/legumes—total 100 lbs:</strong></td>
</tr>
<tr>
<td>soy beans</td>
</tr>
<tr>
<td>navy beans</td>
</tr>
<tr>
<td>split peas</td>
</tr>
<tr>
<td>lentils</td>
</tr>
<tr>
<td>mung beans</td>
</tr>
<tr>
<td>canned peanuts</td>
</tr>
<tr>
<td>Epsom salts or calcium sulfate (to convert soybeans into tofu)</td>
</tr>
<tr>
<td><strong>Miscellaneous:</strong></td>
</tr>
<tr>
<td>assorted pastas (spaghetti, etc.)</td>
</tr>
<tr>
<td>honey</td>
</tr>
<tr>
<td>non-instant dried milk</td>
</tr>
<tr>
<td>peanut butter</td>
</tr>
<tr>
<td>apple cider vinegar</td>
</tr>
<tr>
<td>oil (peanut, corn, etc.)</td>
</tr>
<tr>
<td>onion and tomato flakes</td>
</tr>
<tr>
<td>salt - non-iodized</td>
</tr>
<tr>
<td>black pepper</td>
</tr>
<tr>
<td>dried garlic powder</td>
</tr>
<tr>
<td>liquid bleach (Chlorox)</td>
</tr>
<tr>
<td>all purpose soap</td>
</tr>
<tr>
<td>dried yeast</td>
</tr>
<tr>
<td>assorted dried fruits</td>
</tr>
<tr>
<td>baking powder</td>
</tr>
<tr>
<td>assorted bouillon cubes</td>
</tr>
<tr>
<td>vitamins and supplements</td>
</tr>
<tr>
<td>an “emergency garden” kit consisting of a variety of garden seeds—do not buy hybrids or you will not be able to collect seeds from your first crop. Seal this packet tightly and renew each year. (Use last year’s to plant this year’s home garden.)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Must have</th>
<th>Nice to have</th>
</tr>
</thead>
<tbody>
<tr>
<td>millet</td>
<td>buckwheat groats (kasha)</td>
</tr>
<tr>
<td>barley, popcorn, rolled oats</td>
<td>kidney beans</td>
</tr>
<tr>
<td>pinto beans</td>
<td>lima beans</td>
</tr>
<tr>
<td>alfalfa seeds—20 (to sprout)</td>
<td>whole dried peas—yellow or green</td>
</tr>
<tr>
<td>assorted pasta dinners (Kraft dinners, etc.)</td>
<td>assorted instant “noodles (Ramen)</td>
</tr>
<tr>
<td>white and/or brown sugar molasses</td>
<td>an assortment of spices</td>
</tr>
<tr>
<td>canned tuna and/or sardines</td>
<td>powdered eggs</td>
</tr>
<tr>
<td>soda crackers (saltines)</td>
<td>instant coffee/tea (a coffee sub. can be made from roast grains such as wheat)</td>
</tr>
<tr>
<td>other dried veg. flakes such as parsley, cabbage, carrot, celery, etc.</td>
<td>salt petre for preserving meat</td>
</tr>
<tr>
<td>red pepper</td>
<td>baking soda</td>
</tr>
<tr>
<td>protein powder</td>
<td>spirulina powder (high protein)</td>
</tr>
<tr>
<td>fruit cakes</td>
<td>baby formula mix (good for adults, too!)</td>
</tr>
<tr>
<td>dried soup mixes/bases</td>
<td>Texture Vegetable Protein in assorted meat flavors</td>
</tr>
<tr>
<td>freeze-dried starter for yogurt, and tempeh</td>
<td>soy sauce, miso</td>
</tr>
<tr>
<td>as “last splurge” items, all the dehydrated and freeze-dried commercially packed foods your budget will allow. Concentrate on meats, fruits, cheese mixes, desserts, etc. only after your column one has been filled.</td>
<td></td>
</tr>
</tbody>
</table>
well-known authority, Ann Elliott, has made the recommendations in Table 2, below, as bare-bone minimums.

Our master list uses a somewhat different breakdown and provides for a more variety and a higher caloric intake.

If you do not make regular use of a hand-operated grain mill, you may wish to buy one for emergency use. Steel-burred models are the cheapest, but stone-burred pries are the nicest.

Table 2. Minimums

<table>
<thead>
<tr>
<th>Item</th>
<th>per person per day</th>
<th>per person per year</th>
</tr>
</thead>
<tbody>
<tr>
<td>grains</td>
<td>12 oz.</td>
<td>300 lbs.</td>
</tr>
<tr>
<td>beans/legumes</td>
<td>4 oz.</td>
<td>100 lbs.</td>
</tr>
<tr>
<td>honey</td>
<td>1.5 oz.</td>
<td>35 lbs.</td>
</tr>
<tr>
<td>salt</td>
<td>¼ oz.</td>
<td>6 lbs.</td>
</tr>
<tr>
<td>dry milk</td>
<td>1.6 oz.</td>
<td>36 lbs.</td>
</tr>
</tbody>
</table>

Some interpretations

First, bear in mind that the recommended amounts of each item are based on average tastes and consumption. If you have a good reason to vary yours, do it. For my personal tastes, I would reduce the amount of wheat by 100 pounds and bump the rice up an additional 180 pounds, plus 20 pounds of millet. I would also just about double the pasta and beans. Why? Because my family eats more rice, beans, and pasta, and a lot less wheat.

Grains

A reasonable guideline is to figure approximately one pound of grain per person per day. This, when supplemented with beans, legumes, and a few other items, constitutes a reasonable daily ration.

Wheat

Wheat is the standard for most Americans. Fine milled, it can be used to make breads and pastas. Cracked (meaning run through a very coarse setting on your grinder), it can be turned into a cooked breakfast cereal. When cooked for a short period of time in enough water to cover it, then dried in a very slow oven, it becomes bulgur, an Eastern European delight which can be used to extend meats and stews. Bulgur keeps for a very long time; a healthy supply is part of my personal larder.

Rice

I can scarcely say too much good about rice. It is the basic food for most of the world’s population. It cooks up rather easily, provides a lot of nutrition (especially in combination with beans), and can be prepared about three zillion different ways. It also keeps well.

Recently, I found a couple of five-pound plastic sacks in one of our storage tubes (one of those snap lid five-gallon plastic buckets that once held salad dressing for a restaurant) which had been placed there eleven years earlier. We opened them, inspected them, and then ate the rice. It tasted every bit as good as the “fresh” rice in our regular bin.

Barley is great for soups. Buckwheat groats is another one of those Eastern European foods which is both easy to use and high in nutrient value. Millet is an easy to cook, easy to digest grain which is used all too seldom by Americans except for bird seed. It is, however, a main crop in many African countries. Grain sorghum is not mentioned above. It, too, is an extremely nutritious grain. It was originally grown to feed slaves, but has never found much acceptance. Too bad.

Regular corn yields cracked corn, corn meal, and corn flour, depending on how finely it’s milled. With it you can make a wide variety of tasty items including corn bread, mush, polenta, even tortillas.

Popcorn has been added to the list. In addition to its popular form with salt and perhaps some butter or other fat, you may be surprised to know that popped dry and without salt, all you need is a little milk and sugar to turn it into a tasty breakfast cereal! Honest. Ask anyone who grew up in the depression when it was called “depression delight.”

Rolled oats are super. They kept the Scots bounding around the highlands, no doubt because they are full of energy—and cheap.

Beans and legumes

Beans and legumes are the heavy artillery of nutrition. They are loaded with energy and are an excellent source of protein. Beans and other legumes of all descriptions should be in abundance in your reserve larder. They store very well, though older beans do take longer to cook tender.

Most Americans, if they know what tofu is, think of it as something they buy in the fresh vegetable section at the supermarket and use as an ingredient in oriental cooking. It can be made easily and fairly quickly from soy beans. Protein-starved orientals call it the meat without a bone. It is, truly, one of the wonder foods. It is very bland in flavor and takes on the taste of whatever it’s cooked with. It is easily digested and a powerhouse of protein. The book on tofu listed in this article is a “must” reading. Soybeans also provide bean sprouts as do mung beans, which are a tad easier to sprout. Sprouting is simple, virtually idiotproof, and each pound of dry beans yields as much as six pounds of vitamin and energy packed sprouts in only four or five days. Alfalfa seeds also spring into a mountain of green munchies with no more encouragement than a little water, darkness, and time. If you have some starter, you can also convert cooked soybeans into tempeh, a solid white mass which has the texture and, according to many, also the mild taste of chicken. It can be sliced and fried.

Lentils are, as was previously mentioned, plain looking. Kind of ugly dull brown disks. Oriental shops also carry some of the Mideast and Indian varieties—bright oranges and yellows. Same great taste and super nutrition in fancy colors. Lentils require less preparation and cooking time than beans.

Honey

Honey is the recommended sweetener because it is chemically different from regular white sugar and will
keep for a long, long time. In fact, honey was used as a preservative back in ancient Egypt. According to some scholars, merchants during the middle ages were known to have created a shortage of mummies by buying up those preserved in honey, throwing out the body, and selling the honey to unsuspecting buyers. It’s okay to keep some of your sweetener supply in sugar, but try to keep as much of it in honey as you can.

**Powdered milk**

Buy the non-instant variety of powdered milk. Dairies and bakeries are often good sources of this in bulk. It can be easily reconstituted by adding water and beating with a wire whip. Back in my Boy Scout days we used an over-sized cocktail shaker with a loose piece of fine chain in it. When shook, the chain flayed the water and the milk powder into a frothy liquid in about a half a minute. With a little effort, you can also turn reconstituted milk into yogurt or cheese—real taste treats and nutritional bonuses. Dairies and bakeries are also good sources to check about powdered whole eggs. Some of those fellers who were G.I.’s back in W.W. II would still shudder at the mention of powdered eggs, but they’re a lot better these days.

**Vinegar** is something which is generally ignored by others when making suggestions about what to include in your reserve food supply. That’s an oversight which should be corrected. It is just the thing to preserve and pickle, or to liven up the taste of stuff like bean soup. Pure apple cider is medicinal in a number of ways. Vinegar can also be used to make tofu and to make more vinegar, sort of like using a little of the old sour dough or yogurt as a starter for a fresh batch.

**Textured vegetable protein** (TVP) is listed in the right column. I’d give it very serious thought. TVP or TSP is a soybean product and comes unflavored as well as in beef, ham, or chicken. It might be a little harder to find this than most of the other items on the list. In this country it is found most commonly in granule form. In Europe, it’s available in chunks which, when soaked briefly in water, swell up to look like cubes of veal.

Oil is important in cooking and fats are very important in your diet. Buy it by the gallon in plastic jugs. Dried vegetable flakes are available in little bitty containers in the spice rack and in big cans from supply houses. Buy the sizes you want, but buy plenty. They add taste and variety to your meals. The same is true of bouillon cubes or powder. I recommend buying the big jars of beef, ham, and chicken-flavored soup base.

The amount of salt may seem high, but remember it can also be used as an antiseptic for wounds and sore throats, as a preservative in canning, and a lot of other things. Make sure you get the non-iodized kind if you intend to use it for canning.

Watch the expiration dates on items which have them. This is especially true of stuff like baking powder and dry yeast. Speaking of yeast, you can preserve its baking qualities virtually forever if you convert it into sour dough starter and use it on a regular basis.

**Spirulina** may require an explanation. It is a type of green fresh water algae which can be had in powdered or tablet form. It is a highly concentrated protein which can be taken by itself or added to just about anything else. Buy it in bulk to save money.

The listing of fruit cakes may have caused your eyebrows to raise, but high quality fruit cakes last about forever, if stored properly and rubbed down once in a while with an ample amount of rum. They taste great and they are highly concentrated “food bombs” loaded with both calories and nutrients. The best time to shop for them (unles you want to make your own, which is a lot of fun and not very difficult) is right after Christmas when merchants close them out for 50% or more off regular price.

Don’t forget to include a supply of vitamins and supplements. The “one-per-day” multi-vitamins with minerals are okay for starters. Supplement them with extra B-complex in the 50 mg. dosage. Include extra C in the 500 or 1000 mg strength.

**Vegetable seeds**

Another must is to invest 10 or 15 dollars in vegetable seeds. Kept tightly sealed and fairly cool, most garden vegetable seeds have at least a year or two germination life. Many are viable for much longer periods of time. Make sure that you buy the non-hybrid varieties. They may not bear so prolific as the fancy hybrids, but their seeds are true, so that you can collect them to act as a starter for the next year’s garden.

Include tomatoes, turnips, lettuces, radishes, onions, carrots, cukes, melons, collard, corn, beans of all sorts, peas, cabbage, and anything which turns you on. Seed stores have fantastic varieties to choose from, but most are of the hybrid kind. Luckily, most discount stores run a garden shop in the spring and usually have big display bins of vegetable seeds. At very low prices—often for 12 or 15 cents per package. It has been my practice to buy five or six dollars worth of these and to pop them into a seal-a-meal bag. These go into storage for next year. Meanwhile, I take out last year’s bag and plant those seeds this year. Thus, I always have next year’s seeds on hand.

The last items, in terms of priorities, are those you buy with the money you have left over after you have filled your reserve food list. Any surplus dollars can and should be splurged on the kinds of things which the professional suppliers sell: dried cheddar cheese powder, dehydrated butter, dessert mixes, freeze-dried meats, etc. Anything which strikes your fancy. The variety is infinite.

Even overruns of government field rations—called M.R.E.’s by Uncle Sam and “Lurps” by the grunts—are readily available, though at about 3-4 dollars per meal packet, pretty expensive.

Another item which fits into this category is a supply of salami or summer sausage which has a long expiration date. At least two national chains sell such sausages. Aldi food stores (among others) carry a brand of Danish salami or summer sausage weighing a couple of pounds. It’s on
the salty side but unopened, it probably has a shelf life of a couple of years at average room temperatures, and no doubt even longer at lower temps. Lasting just as long and tasting much, much better are the Hungarian salamis sold by K-Mart. They come in two varieties and two sizes: six ounces and a larger one about one pound. All of the items in this category share two characteristics in common: good taste and high costs, so despite their “tooth-someness,” take care of your other needs first.

Storage considerations

Except as noted, nothing on the master list has a nutrient shelf life of less than three to five years when stored properly. Watch the temperature in storage areas very carefully. Anything above 50 degrees F. will start to significantly shorten shelf life of foods like peanut butter and dried milk, among others. Grains and beans should be good for 10 years or even longer. As mentioned above, honey lasts for decades, though it has a tendency to crystallize. That’s not a problem and if you prefer it in its more common liquid form, all you have to do is to heat it gently by setting the jar (with the top off) in some boiling water and stirring occasionally until it turns back into the familiar golden ooze.

If you are following the basic principles put forth in this article, long term storage is not a problem, because you will be practicing “R and R”—rotation and replacement. Since your reserve food supply will contain many of the kinds of foods you normally use, all you have to do is to take the oldest item from the reserve stocks (rotation) and replace it with a new one. For example, your regular food supply of cooking oil runs out. You simply take the oldest gallon of oil from your reserve supplies and replace it with a gallon of fresh oil. In this manner, you are using up the oldest while it is still relatively fresh and tasty, and replacing it with fresh stock. The only discipline required is to always take the oldest and never, never take anything from the reserve supplies without replacing it immediately.

The type of storage you choose depends on your requirements and lifestyle. If you are fairly mobile, your reserve food supply is best kept in smaller, easily moved containers. Unless you have the strength of an Irish longshoreman, avoid large barrels and big boxes. (They’re fine for more permanent locations.)

Most people do not realize that there are plenty of free and low cost containers to be had which are perfect for this kind of storage. Restaurants normally obtain salad dressings and such things in screw top glass or plastic jars and big five-gallon plastic buckets with snap-on lids. Bakeries are another source of these. Sometimes you can get them for the asking, other times you might have to pay a little. In those areas of the country where I’ve lived, the most I ever had to pay for even one of the five-gallon buckets was 75 cents, though a buck or two is not an uncommon asking price. Another neat container can be obtained from those bakeries which get their bread mixes in 40 or 50 gallon fiber barrels. These have metal tops and bottoms. The tops are removable and are held in place with a shaped metal snap-on rim. These beauties will hold perhaps a couple of hundred pounds of wheat berries. I’ve also got somewhat smaller fiber barrels from a sausage maker who bought his spices in them.

Bug free containers

To make your sealed containers bug free, place a 2”x2”x1” piece of dry ice in the bottom under a disposable aluminum pie tin in which you’ve poked several holes. Then fill, leaving the lid somewhat ajar. The dry ice will evaporate, giving off carbon dioxide which will push all the oxygen out of the container. Once this has subsided, you can then seal it tightly, leaving a hostile oxygen-free atmosphere behind for any bugs which might hatch. To seal before the carbon dioxide has done its thing is an invitation to a bulged or burst container. If your storage area is subject to any moisture problems, you may want to take a little extra time and give the outside of your fiber barrels a waterproofing. Shellac is okay for this job. So are some paints. When in doubt, check the labels or ask the sales clerk.

Helpful books

There are all kinds of books on the subject. Some are a lot better than others. The following are included in my library and are recommended for your consideration. If you are limited in funds, the four best ones for the beginner are probably Dickey, Ewald, Lappe, and Longacre. Each of the books on this list is special in some way. Quite naturally, each author has a somewhat different idea on what should go into a reserve food supply, how to store and prepare it, etc. For example, the Natural Foods Storage Bible by Dienstbier and Hendricks is written with the vegetarian in mind and outlines a reserve food supply selected especially for the lacto-vegetarian. The recipe section is a treasure trove.

Esther Dickey’s original book, Passport to Survival, is a tribute to Mormon ingenuity. She has taken four basic foods wheat, honey, salt, and dried milk and created a rainbow of recipes, the variety of which is nothing short of amazing. If there is anything I’ve learned about Mormons, other than that they are hard-working, honest, and decent folks, it’s that they take survival very seriously.

The majority of books that I am familiar with on establishing and using reserve supply systems are printed by Utah-based publishers like Bookcraft Publishers in Salt Lake City and Horizon Publishers in Bountiful who cater to Mormon (and non-Mormon) needs. You might want to write for their catalogs to see what other neat books they have in print. Other good sources are the shelves of your local library, natural food coops, and the catalogs of those companies specializing in so-called survival supplies.


Larimore, Bertha B. *Sprouting For All Occasions* (Bountiful, UT: Horizon Publishers, 1975).


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*It is thrifty to prepare today for the wants of tomorrow.*

*Aesop, The Ant and Grasshopper*

*Go to the ant, thou sluggard; consider her ways, and be wise: Which having no guide, overseer, or ruler, Provideth her meat in the summer, and gathereth her food in the harvest.*

*Psalms 6:6-8*