

## Making the Best of Basics

*I did absolutely zero to prepare for Y2K. I mean nothing. No extra gas in the car, no canned food, no extra cash, no extra milk or water. Nada. But now that the apocalyptic hysteria is over, and no one expects Armageddon, I'm convinced this is the time to treat preparedness seriously. This dense workbook has long been considered the bible of the food storage and family preparedness crowd. Preparedness as in: be ready for any long-term disaster or crisis. A newly revised and expanded 10th edition has everything from how to store the basics (and how much), to how to cook 'em, and how to keep water and stay healthy. Up-to-date and exhaustive. Yeah, it's from Utah, so it dispenses well-worn, almost comfortable, anxiety.*

—KK



Water that is bacteria-free when stored in thoroughly clean containers will remain safe for several years. Tests of water quality after long-term storage showed that water stored properly for several years could not be distinguished by appearance, taste, or odor from water recently drawn from the same source. However the principle of rotation is the best guarantee for monitoring stored water's purity and taste.

### Treating Contaminated Water Basic Bleach Method

For emergency treating of water of unknown quality, use any household bleach containing sodium hypochlorite (5.25% solution) without soap additives or phosphates. By using common household bleach as a chemical treatment method, large amounts of safe drinking water can be provided quite inexpensively.

Inventory management for basic in-home food storage is very simple—and hopefully, by now, very familiar:

- 1) Store what you eat.
- 2) Eat what you store.
- 3) Use it or lose it!

### Fumigating Wheat for Storage

Carbon dioxide released from evaporating dry ice will kill all animal life in the container. The freezer will kill all live bugs—but not necessarily the eggs—over an extended period of time. It's always best to refreeze the previously frozen wheat after 30 days to assure that any eggs hatched since the last treatment are killed.

## Making the Best of Basics Family Preparedness Handbook

James Talmage Stevens  
1997, 237 pages  
\$22.95  
Gold Leaf Press  
www.getready.net  
Shelf Life of Stored Water



## Penzeys Spices

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—KK

### Penzeys Spices

Muskego, WI 53150, 800-741-7787  
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#### Saffron

Saffron is the stigma of the fall flowering crocus. Peek inside most any flower and you will see three threadlike filaments. These are stigma—but only in the saffron crocus are these stigma worth thousands of dollars per pound. Saffron is so valuable because it is a very labor intensive crop; only 5–7 pounds of saffron can be produced from each acre of land. This makes saffron the most expensive spice by weight—it has always been—but by use saffron isn't that expensive, because a little goes a long way. A single gram of saffron easily translates into golden color and fragrant flavor.

Saffron contains 450–500 saffron stigmas to the gram. The stigma are also called threads, strings, pieces or strands. 1 gram equals 2 tsp. whole, 1 teaspoon crumbled or 1/2 teaspoon powdered. Don't buy pre-powdered saffron because it loses flavor quickly and is usually cut with turmeric or something else.

#### Mace

Mace, the lace-like, dried covering of the nutmeg, is a sweet and flavorful spice well worth using. Mace has a softer flavor than nutmeg, and for a nice change of pace it can be used in place of nutmeg in any recipe. Blade Mace can also be added to clear soups and sauces where nutmeg powder might spoil the appearance. Mace is a traditional flavoring for doughnuts and hotdogs.

#### Ajwain Seed

Ajwain (or Ajowan) is a traditional addition to many Indian and Pakistani dishes. It's especially useful in vegetarian lentil and bean dishes, as a flavoring, and to temper the effects of a legume-based diet. From Pakistan.

50113 1 lb bag 13.90

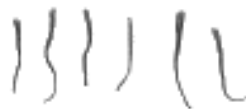
50184 8 oz bag 7.49

50142 4 oz bag 4.29

### Kashmir Mogra Cream Saffron



### Coupé Spanish Saffron



### Superior Spanish Saffron



**Kashmir "Mogra Cream" Indian Saffron** is the world's finest saffron. The dark red color and long perfect strands are as beautiful as they are colorful and flavorful. Kashmir saffron is awfully tough to obtain, which makes it higher in price, but Kashmir Mogra Cream Saffron is truly wonderful.

**Spanish Coupé Saffron** is the top grade of the Spanish Saffron crop. Extra hand labor is used to remove every bit of the yellow saffron style material, leaving 100% beautiful pure red saffron threads—hence the name: coupé means "to cut", as in cutting off all the yellow bits. Spanish Coupé Saffron is a truly excellent crop, especially nice for the traditional Spanish dishes.

**Spanish Superior Saffron** is the most widely available saffron and is a very good crop. Spanish Superior Saffron has a bit of the yellow style material left attached to some of the saffron stigmas (see photo), so it is not quite as strong as Spanish Coupé or Kashmir Indian Saffron.