

# 20/20 A Year of Preparation

Volume 10

October 2020

## Monthly Tip #1

### \*PREVENT MOLDY BERRIES

**Wash them in vinegar (sort of) -**

Raspberries in particular seem like they can mold before you even get them home from the market.

There's nothing more tragic than paying \$4 for a pint of local raspberries, only to look in the fridge the next day and find that fuzzy mold growing on their insides.

When you get your berries home, prepare a mixture of one part vinegar (white or apple cider probably work best) and ten parts water.

Dump the berries into the mixture and swirl around.

Drain, rinse if you want (though the mixture is so diluted you can't taste the vinegar,) and pop in the fridge.

The vinegar kills any mold spores and other bacteria that might be on the surface of the fruit, and voila!

Raspberries will last a week or more, and strawberries go almost two weeks without getting moldy and soft.

## Home 72 Hour Kits / Home Storage.

Elder Dallin H. Oaks taught,

“In contrast to the institutions of the world, which teach us to *know* something, the gospel of Jesus Christ challenges us to *become* something” (“The Challenge to Become,” *Ensign*, Nov. 2000, 32).

He further cautioned,

“Whatever causes us to be dependent on someone else for decisions or resources we could provide for ourselves weakens us spiritually and retards our growth toward what the gospel plan intends us to be” (“Repentance and Change,” *Ensign* or *Liahona*, Nov. 2003, 40).

### VEHICLE EMERGENCY KITS

Next on our Vehicle Emergency Kits is Blankets & Clothing. These are VERY important as we come into our late Fall/Winter/early Spring months - which covers about 8 months of the year!!!

### Blankets & Clothing

\*Have a warm blanket(s). You can also put a sleeping bag liner OR a sleeping bag in your vehicle.

\*Complete change of clothing - pants, shirt, sweater, socks. Wet clothes are DEADLY in cold weather.

\*Extra pair of shoes/boots.

\*Winter clothing - snowboots, toque, gloves, warm jacket, snowpants.

\*Rain jacket/poncho.

\*Have something that can be worn that is reflective. We'll soon be in the darkest time of the year!

- Reflective vest/jacket/arm bands.

### HOME STORAGE

#### Pet Food.

Don't forget to have food storage for your pets.

Check for expiration dates, rotate items, and replenish as required.

## Cool Items - Cutting Wood

Here is an option to owning a chainsaw. For those rare times you need to cut through a tree or branch:

[https://www.amazon.ca/dp/B06X6FVKDX/?coliid=I16TTV7P6GZ0D0&colid=25QZ4CZTF8EPL&psc=1&ref\\_=lv\\_ov\\_lig\\_dp\\_it](https://www.amazon.ca/dp/B06X6FVKDX/?coliid=I16TTV7P6GZ0D0&colid=25QZ4CZTF8EPL&psc=1&ref_=lv_ov_lig_dp_it)



This next one has paracord handles:

[https://www.amazon.ca/dp/B075JFVL7L/?coliid=I1LIDFID0STOYM&colid=25QZ4CZTF8EPL&psc=1&ref\\_=lv\\_ov\\_lig\\_dp\\_it](https://www.amazon.ca/dp/B075JFVL7L/?coliid=I1LIDFID0STOYM&colid=25QZ4CZTF8EPL&psc=1&ref_=lv_ov_lig_dp_it)

It takes a bit of strength and effort, but can get the job done.

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## Monthly Tip #2

### **\*MORE INFO ABOUT STORING POTATOES**

Potatoes keep best at temperatures less than 50 degrees Fahrenheit (10 degrees Celsius).

For maximum storage length, potatoes should remain between 35-40 degrees Fahrenheit (about 2-4 degrees Celsius).

<https://www.wikihow.com/Store-Potatoes>

## COOL ITEM

### **\*FOLDING SAW**

Another man/woman-power way to cut through trees/branches is a folding saw.

<https://www.ifomei.com/products/stainless-steel-folding-saw?variant=36580865802408>



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## Root Vegetables - Additional Storage Tips

Canning, drying and freezing works for many vegetables, but root crops are best preserved 'as-is' in a cool, humid place. Now that root cellars are largely a thing of the past, a bit of improvisation may be in order.

### **The Ideal Climate for Roots**

Root vegetables keep for months if the conditions are right. Between 32 and 40 degrees Fahrenheit with 95-percent humidity keeps them crisp and fresh – exactly why the refrigerator was invented.

Root vegetables aren't very tasty once frozen and they start to sprout (and rot) when temperatures rise above 40 de-

grees or so.

Low humidity causes them to dry out and shrivel up.

### **Shelf Life of Root Vegetables**

These are dependent on ideal storage conditions of 32 to 40 degrees Fahrenheit and 95-percent humidity.

**Beets** 1-3 months

**Carrots** 4-6 months

**Celeriac** 3-4 months

**Horseradish** 10-12 months

**Jerusalem Artichokes** 2-5 months

**Kohlrabi** 2-4 weeks

**Parsnips** 2-6 months

**Potatoes** 5-8 months

**Rutabagas** 2-4 months

**Turnips** 4-5 months

For more information, visit:

<https://modernfarmer.com/2015/08/how-to-store-root-crops-for-winter/>

### **How to Keep Garden Veggies Fresh All Winter: The Pedersen Method (using peat moss)**

<https://jeromestueart.com/2009/09/13/how-to-keep-garden-veggies-fresh-all-winter-the-pedersen-method/>

## Cool Items - Be Seen!!!

Here is a sample of some simple reflective arm/leg bands. These are elastic and can be used by anyone:

[https://www.amazon.ca/dp/B07769CK24/?coliid=IOUWQ3LIS0PAR&colid=25QZ4CZTF8EPL&psc=1&ref\\_=lv\\_ov\\_lig\\_dp\\_it](https://www.amazon.ca/dp/B07769CK24/?coliid=IOUWQ3LIS0PAR&colid=25QZ4CZTF8EPL&psc=1&ref_=lv_ov_lig_dp_it)

