

*fat
years*

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**A FOOD STORAGE
COMPENDIUM
FOR THE 1980's**

FAT YEARS / LEAN YEARS

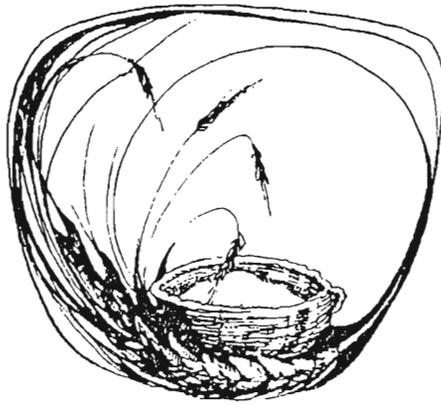
WHY, WHAT, AND HOW TO PREPARE FOR COMING FOOD CRISES

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FOOD CRISES ARE COMING

Sooner or later, and right here in America, we will be face-to-face with a serious food crisis. How we will react in such a situation is being determined now. If unprepared we will feel threatened and vulnerable. We may even feel (if not act out) the helpless frustration that births angry mobs. If, however, we have foreseen and prepared for what comes, then, instead of reacting fearfully, we will feel confident in our ability to survive. If our preparations have been extensive, we may have opportunities for helping others by sharing or bartering a portion of our supplies, thus alleviating the effects of a shortage in the area in which we live. The decision each of us is making now is whether to be part of the main problem of a food crisis or to be part of its solution.

To show the ease and the economy of establishing an emergency reserve of essential-to-life food is the primary purpose of this booklet. Preparedness, however, means more than extra supplies of food. It means having emotional and spiritual reserves upon which to draw in times of stress. It calls for insight into the reasons we give for preparing or not preparing. Moreover, it necessitates looking at the human instincts and attitudes that surface during crises.

Our first step is to examine our emotional reactions to crisis-preparation; next, to consider spiritual attitudes and some biblical guidance about establishing food reserves; finally, to provide the up-to-date, practical information needed in order to wisely determine what foods to store, how much to buy, where to buy them (and least expensively), and how and where to safely store our reserves.

Any [worthwhile] enterprise is built by wise planning, becomes strong through common sense, and profits wonderfully by keeping abreast of the facts. Proverbs¹

EMOTIONAL CONSIDERATIONS

An important aspect of creative living is adaptability—the ability to flow with changing times and circumstances. Some persons don't get around to storing food in times of plenty against times of scarcity because their emotions won't let them. When young they may have been "programmed" that only "hoarders" stockpile food. Others turn the subject into an emotionally-heated *moral* issue. Is it "right" or "wrong" to defend one's food supply? Should it be shared or kept for oneself? In *moralizing* individuals and groups polarize themselves into "hawk" or "dove" food-storage advocates. This devitalizes the very energies needed to get storage programs underway. At Creative Living Center, we discovered a better way of approaching easily-triggered emotions linked to self-preservation instincts. First, assume there are no "right" and no "wrong" positions. Then, *examine your own personal feelings about crisis-preparations.*

In our case, this led to a sharing of our feelings and helped us see how afraid we all were of acknowledging the basic human instincts we all had. Where we had seen the wisdom of laying aside foods, nevertheless, we had put off doing so. Why? One of our group remembered during the rationing years of World War II, when accusing fingers had pointed to "selfish, greedy hoarders." Not wanting to be similarly accused, this person had said to herself (and therefore *programmed* herself), "don't ever do that!"

At this time, shortages of basic food supplies do not exist. In fact, because of the cancellation of plans to sell mountains of grain to Russia, our government is worried about what to do with all our excess grain! Even so, a person programmed "don't be a hoarder," may not see that under present circumstances storing essential-to-life grains is a matter of prudence and foresight.

There are other reasons we may not want to store food. We might not want to be in a position of having food when others don't. On the surface this seems virtuous. But, behind our generous-self exterior, we may have (most of us do) a "greedy" instinctual self that we're embarrassed to acknowledge. When dogs bury bones and squirrels hide nuts, that's acceptable. But, rather than admitting to *human* survival instincts we force them underground. In crisis situations these denied, repressed instincts have a way of surfacing and taking over masses of persons who act out their primal fears through rioting and looting. Never in Modern America have people in general been so fearful of an outbreak of the "savage" in man. Better to acknowledge survival instincts and the creative purposes they are meant to serve before a crisis brings their negative side to light.

Another common conflict crisis-preparation creates is the desire to cooperate versus the tendency to "go it alone." When extreme, dependence or independence often are rooted in childhood resentments of being either over or under controlled, dominated or ignored by parents or siblings. These feelings are frequently expressed by uncooperative attitudes. A *degree* of independence is needed in a crisis in order to think and respond free and separate from the panic and fear of others. However, a degree of dependence has its advantages too in a crisis when being part of group or community lends both emotional and physical safety.

A "loner" who is also rich is called a "miser"—a miserable person who, having inwardly robbed him or herself of meaningful relationships, lives in fear of being outwardly robbed and physically harmed. Dickens in his *A Christmas Carol*, gives an example of how to deal with human isolation and greed tendencies. In a dream, Scrooge sees his future as a lone miser. What he sees shocks him into awareness of the hurt his attitudes are causing him. He determines to change. Insight and an act of his will set him free to imagine an alternate future of generosity and mutual consideration.

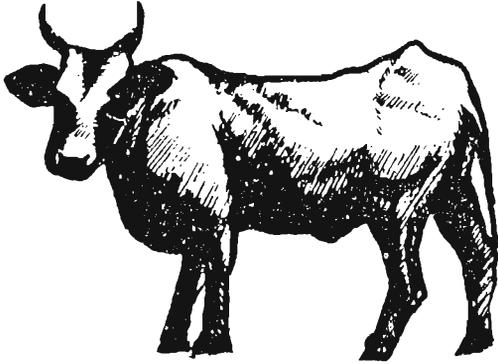
As part of our emotional preparation for crises, we might try looking ahead into our future under differing circumstances. Like Scrooge, we might see the disadvantages of some of our own tendencies. This could lead to an increase of our sensitivity towards others, and in turn, theirs towards us. *Balance* is what we all need, that and what the Bible describes as "serpent-wisdom" and "dove-gentleness."

Moreover, insight into our feelings can help set us free to make responsible *third choices*. It doesn't have to be a matter of either hoarding or giving away what we have. There is the other possibility of bartering or being fair-minded in selling a portion of our reserves. Nor does it have to be a case of either aggressively defending our food supply or defenselessly surrendering it. There are non-violent measures of protecting ourselves and our possessions. To be unprepared is to forfeit having a choice.

The Recommended Reading on the inside back cover suggests several books that are helpful in understanding human tendencies and how to transform or compensate for the ones that could be hindrances in crises. These resources agree about one thing: the less conscious we are of survival instincts the more *unconscious* power they gain, especially under the extraordinary pressures of a crisis.

There was a time in America when self-reliance was a virtue. In recent generations, Americans have more and more tended to rely on government or on organized charities to assume the responsibility for crisis situations. The time to patch the roof is when it's not raining; the time to put by food is during the harvest and not in the middle of winter. The time to deal with food shortages is before they occur.

A SCRIPTURAL PARALLEL



Some persons don't store food because they feel that would be denying faith in God. Here again, it is a matter of flexibility and open-mindedness.

One biblical story in particular points to our cooperating with God in preparing for crises. It remarkably parallels our own transitional age. The story is about Joseph whose spiritual understanding and administrative ability averted mass starvation in Egypt and surrounding lands some 4,000 years ago.

Joseph, you will remember, was sold to traders by his jealous older brothers who then told their father a wild beast had devoured him. To abbreviate the long and very interesting story beginning in Genesis 37, the traders sold Joseph to the Egyptian captain of Pharaoh's guard. When Pharaoh had a dream which his own wise men were unable to interpret, Joseph was asked its meaning:

[In the dream, Pharaoh] was standing upon the bank of the Nile River when suddenly, seven fat, healthy-looking cows came up out of the river and began grazing along the river bank. But then seven other cows came up from the river, very skinny and bony—in fact, [Pharaoh had] never seen such poor-looking specimens in all the land of Egypt. And these skinny cattle ate up the seven fat ones that had come out first, and afterwards they were still as before! A little later [Pharaoh] had another dream. This time there were seven heads of grain on one stalk, and all seven heads were plump and full. Then, out of the same stalk, came seven withered, thin heads. And the thin heads swallowed up the fat ones!²

Joseph interpreted both dreams as prophecies of what was going to happen in Egypt. The seven fat cows as well as the seven fat heads of grain pointed to seven years of prosperity. The seven skinny cows and the seven thin heads of grain indicated seven years of famine following the years of plenty. Joseph advised Pharaoh to find the wisest man in Egypt and put him in charge of a nation-wide storage program. He suggested dividing Egypt into five districts; appointing officials of each district to store a fifth of all crops during the next seven years. As might be expected, Pharaoh appointed Joseph in charge of the project and made him subject only to Pharaoh.

In this way God, through Joseph, averted mass starvation in Egypt around the beginning of the Age of Aries. It was also the means by which Joseph, when the famine was over, initiated sweeping land reforms, and established his entire family—some seventy households—in Egypt. For the same brothers who had sold Joseph into slavery had sought refuge there during the famine.

Joseph's reserve program didn't turn out to be what we would call a "give-away" program. Rather he set up a bartering system in which people traded their wealth or land for grain. All went into the state treasury. In the end, through his judicious management, all the land of Egypt came under Joseph's control.

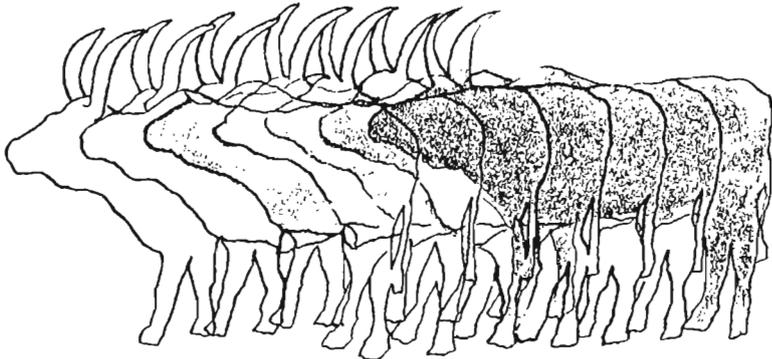
The famine over, Joseph apportioned the land to the people, giving his own people some of the choicest land in Egypt. Besides providing each family with a parcel of land to use, each was given seed. The land-tenants, for their parts, were required to give the state a fifth portion of their harvests.

The theme of the fifth-portion is repeated throughout the story: first, there are the five administrative districts; then the fifth portion of each year's harvest for the use of the land. A Bible teacher helped us decipher the meaning of five as used here. She related it to the five Tabernacle pillars through which The Holy Place is entered. In biblical symbolism, five speaks of *human responsibility* and also of the grace of God: It is man's responsibility to enter into The Holy Place, i.e. God's grace. In interpreting Pharaoh's dream, Joseph understood the need for human initiative in taking a portion of what was given during plentiful years and setting it aside for lean times. Because of the way things worked out, we can assume that Joseph knew what he was doing in choosing one-fifth (20%) as his guide in establishing food reserves.

A literal application of this story might be to set aside a fifth portion of one's normal, weekly or monthly food budget with which to purchase food for storage. Doing so might force a person to economize elsewhere or to put more labor into daily food preparations. The labor and wrappings of prepackaged "convenience" foods account for a big percentage of spiraling grocery costs. Symbolically, the story's message clearly calls for interaction between God and man in preparing for crises.

Another thing that can be concluded is the justification for bartering rather than giving away reserves in excess of our own needs. However, in fairness to Joseph, his basic generosity and trust in God needs acknowledgment. Not only did he freely give to his own family, he also forgave the brothers who had sold him into slavery. He told them that what they had meant for evil God had used for good. The New Testament reiterates this same kind of ultimate trust: All things work together for good for those who love God (make Him the center of their lives) and are called according to His purposes (give spiritual values and precepts top priority in their lives).³

As with Joseph, creating a reserve of food against a time of scarcity doesn't have to be because of a lack of faith. Trust only enters into the picture in our attitudes towards our stored reserves. *To what degree can we feel non-possessive towards them? trust them to God's safe-keeping? be willing to share or barter them if guided to do so?*



CRISES POSSIBILITIES

At this point in history, what are the possible causes that could trigger a crisis of basic food supplies?

- There could be a transportation strike structured to impress us with our dependency on transportation for food supplies. This could be staged in order to win public acceptance for ever-rising transportation costs.
- Another event that would precipitate a food shortage could be an oil embargo and a resulting cutoff of the supplies of oil so vital to food transportation.
- More devastating and of even more dire consequences would be a cutoff stemming from a declaration of war in Mid East oil ports.

- In these beginning years of the Eighties, many Americans still seem to be prospering in spite of an inflationary economy that continues to spiral. A serious reversal in the economy could come suddenly. The absence of the funds with which to buy even the necessities of life could lead to rioting and mass hysteria.
- Other food crises might result from crop failures due to unfavorable weather conditions or to pestilences that are resistant to existing pesticides.
- Torrential floods or destructive hailstorms might also wipe out crops or block the movements of food supplies.
- Terrifying earthquakes have hit other parts of the world in recent decades. It could happen here. Geologists say it will.

All of the above possibilities—disruptions, war, nature cataclysms—are vividly and prophetically described in the Bible as end-of-the-age events. More and more frequently, geologists, climatologists, political and economic forecasters (some using computerized systems of analysis) are concurring with biblical scholars and also with modern-day prophets: With each passing day, the likelihood of upheavals—social, political, economic or geophysical—increases.

LOOKING BACK FROM THE 1980's

The last fifty years have been ones of transition, shifting from rural families and traditional values to the disintegration of many families and traditions, and to a mobile society. In America we have enjoyed being the "affluent society," without realizing our dependence on abundant, cheap resources.

The Seventies were a decade of "dry runs" for times ahead. Temporary, spot shortages led to rising prices of bread, meat, sugar, coffee, and with nearly everything else following. Immense sales to Russia of reserve-grain supplies (now referred to as "the great grain robberies") were blamed for setting the spiral in motion. Non-food shortages such as canning lids and jars, toilet paper, and certain building supplies also led to large price jumps. On the energy front, there were the "warning" blackouts and the fuel shortages, the latter causing long lines and provoking short fuses.

As the decade ended, the price of gold zoomed, closing at nearly twenty times its beginning-of-the-decade price. Should this happen to food in the Eighties imagine what it would mean!

LOOKING AHEAD

Were past, temporary shortages warnings of longer-lasting ones? Will our most basic and essential-to-life food supplies be hit next? In the past, shortages have led to spiraling costs. Serious shortages could easily lead to government controls, and this to black-market prices. Then, stored-food could save one from having to choose between food on the table or paying the rent. The third of the four apocalyptic horses (see Revelations, Chapter 6, New English Bible) would seem to be describing either a runaway-inflation or a famine economy: "A whole day's wage for a quart of flour." We will leave you to figure out what this would mean at minimum wages. If basic foodstuffs do follow the escalating course of gold, this symbolic-sounding verse could become a literal reality.

What are the other-than-economic consequences of not being prepared? Since food is more basic to survival than fuel, shortages in this area are more likely to trigger negative reactions. The frustrations of helplessness along with the instinct to survive provoke angry rioting and looting. Yet this kind of scenario can be averted if enough persons prepare in advance of crises situations. And, without a Joseph to do it for us, it would seem to be up to us as individuals to discern the times and prepare for what is coming.

GRAIN AS CURRENCY

Wanting to know what we could expect in the future concerning the price and availability of grain we researched its history. Several studies of grain have been published recently. From these we learned that in 1972 knowledge of the extreme vulnerability of the world food supply first came to light. That was the year of the gigantic grain sales to Russia which resulted in drastic world-food reductions and unprecedented food-inflation in America. World-wide droughts that same year would have caused natural rises in prices, but the size of the Russian purchases created *soaring* prices and an atmosphere of panic that led to fear-induced hoarding, not by Americans but by grain-importing countries. For us, it was the end of the twenty-five-cent-a-loaf bread.

The very next year, CARE reported that their food-to-avert-starvation programs were endangered because world food-reserves had dipped so low and prices risen so high. However, mountain-high harvests of wheat continued in countries with favorable climates, particularly here because of scientific methods for increasing yields—methods of farming, we might note, very dependent on the petroleum industry.

Again in 1975, gigantic amounts of American wheat—more than 12 million tons—were contracted for by Russia through international "blind" channels. Russia's climate and farming technology, it would seem, cannot be depended on to meet her rising needs. In 1975 as in 1972, by the time the sales became known they were irreversible facts. Dan Morgan, in his *Merchants of Grain* (Viking, 1979) explains why: The world supply of grain is controlled by five multinational companies whose first code is secrecy. Morgan's chapters are headed with quotes that underline the importance of grain in the history of man:

No man qualifies as a statesman who is entirely ignorant of the problems of wheat. Socrates.

Dig tunnels deep, store grain everywhere. Mao Tse Tung.

Grain is the currency of currencies. Lenin.

Some years back, one of our group purchased a grain mill from Utah. It came with a quotation credited to Brigham Young: "There will come a time when a bushel of grain will be worth its weight in gold." A similar prophecy was given more recently by David Wilkerson, in reference to Zephaniah 1:18: "A man will one day give away all his caches of gold and silver for bread and water."⁴

It becomes clear why storing grain is not only prudent for survival reasons but for economic ones as well. Wheat in a closet or under the bed might turn out to be a lot more useful than money in the bank. In a monetary crisis, or in a famine, wheat could become as in Joseph's day, "the currency of currencies."

NUTRITIONAL ADVANTAGES OF WHEAT

A good deal of our research has been into the nutritional and storage requirements of food that, in a crisis, could sustain not only life but health, and over a reasonably long period of time. Our conclusion is that the most effective reserve food-supply is comprised, first, of wheat (and other grains for variety) and, second, of legumes that complement—*complete*—the missing essential protein elements of grain. Third and fourth on our list are honey and salt. These add taste and calories where needed. Optionally, we suggest storing some dry skim milk.

Wholegrain wheat as the mainstay of a crisis-reserve, will provide not only a healthy but a varied diet. First consideration is the type of wheat to buy. Two varieties, because of their high-protein, low-moisture content, are recommended for long-term storage:

Turkey red, a hard winter wheat; and, Marquis, a hard spring wheat.

Both have a protein content of 11½% or higher and a moisture content of less than 10%. If this information is not on the label it can be supplied by the seller.

Hard, dark wheat makes a mouth-watering, tasty bread. When eaten along with beans, other legumes, or milk, it is a *complete* protein which means that what the wheat lacks in particular amino acids the legumes or milk completes. (More about this below.)

In addition to making bread, wholegrain wheat can be steamed or even cooked over an open hearth until the grains pop open, are soft but chewy, and delicious with a little honey. Or, the wheat can be eaten as you would eat rice.

Wheat grains (which are the seeds of the wheat) can be sprouted and eaten as "salad." Sprouting increases the vitamin content significantly. As if by magic, vitamin C is manufactured in the process, and when placed in light for a few hours after sprouting, chlorophyll is produced. No matter how it is served, whole wheat is high in vitamin E, and the B vitamins and in vitamin A.

PROTEIN COMPLEMENTS

The subject of complementary proteins for dietary health is discussed in *Diet for a Small Planet*, a paperback reference book we recommend you store along with your reserves, not only for its information but for its grain and legume recipes, also. Briefly, and specifically for the purpose of designing a food-storage program, wheat and other grains such as corn, rice, millet and barley, are short on certain amino acids. These can be complemented—completed—by eating legumes (beans of all kinds, split and black-eyed peas, and lentils) along with grains. The way it works is that the particular amino acids that are short in grains are long in legumes. Moreover, by eating grains and legumes in the same meal the *percentage* of the protein which your body can actually utilize is increased. This *protein efficiency*, attained by eating grains and legumes together, means more protein for less money. For those who count calories, it means fewer of them per protein gram. And it means an increase in the nutritional value of what you eat. For these reasons, a food-storage plan needs to consider the right proportion of grains to legumes in order to take advantage of the complementary value of the proteins in grains and legumes. The rule of thumb we follow is:

Three parts grain to one part legumes.

Besides legumes, milk also completes the protein of grains. However, dry skim milk is of questionable nutritional value and difficult to store. Its advantages, on the other hand, are added protein grams and its cooking versatility. For these reasons, we include it (optionally) as a basic food reserve.

In order to meet the average food requirements of a family with differing calorie requirements, the following guideline is given:

¼ pound grain to ¼ pound legumes (or 1 pint reconstituted skim milk) per person per day.

HONEY, SALT, AND MILK

Honey rounds out the emergency store of food. And, as a touch of sweetness, its purpose may be more to meet emotional than nutritional needs. For those who need them, honey provides extra calories. For those who don't, it is much sweeter than refined sugar making its calories go further. For three reasons honey is recommended over processed sugars: it contains enzymes; traces of minerals; and is easily assimilated. Purchase a natural, unfiltered honey. Avoid the "pasteurized," filtered kind which is more likely to have been diluted and therefore less apt to store indefinitely than the unadulterated product. In time honey will crystallize. When it does, place it in a pan of hot water (150°) and heat it until the crystals dissolve. As a daily average the following would be an adequate honey allowance:

1½ ounces of honey per day per person.

Salt—Much has been said about eliminating salt from diets, largely because so many prepared foods are heavily salted. However, in an emergency, when cooking would be from scratch, a reasonable amount of salt is advisable and even necessary for health in most persons. As with sweetening, a natural over a refined salt can be stored. Dried kelp or solar dried sea salt have the advantages of adding healthful nutrients to limited diets. When it rains sea salt *doesn't* pour. Rather it draws moisture. Therefore, be sure to store this salt in airtight containers. For salt the following is a generous ration:

¼ ounce of salt per day per person.

Milk—Unless powdered skim milk is purchased in airtight and waterproof packages, transfer the powder to jars with tight-fitting lids and store it in as cool and as dark a place as possible. Even then, if possible rotate your supply every year. Or, purchase dried milk in vacuum cans (See "Resources".) One pound of the instant type purchased in supermarkets makes approximately 5 quarts when reconstituted. The following is our maximum recommendation:

1 pint (reconstituted) powdered skim milk per day per person. In dry weight that would be 1/10th pound.

FORMULATING A PLAN

How much of each of the above basics should be stored? Altogether, the specific per day per person rations are:

- 3/4 pound grain (wheat, corn, rice*, barley, rye, and millet).**
- 1/4 pound legumes (beans—kidney, white, pinto, lima, garbanzos—soybeans, split and black-eyed peas, and lentils).**
- 1 1/2 ounces honey.**
- 1/4 ounce salt.**
- (optionally) 1 pint (reconstituted) or 1/10th pound dry-weight skim milk.**

*In storing rice it needs to be noted that brown rice easily becomes rancid. Even in vacuum-packed cans the storage life is limited. Therefore, we recommend (reluctantly) white rice.

A TWO-WEEK SUPPLY FOR ONE PERSON—If you are just one individual and not buying as part of a cooperative group, you could begin with the following that would see you through a short-term food crisis:

- | | |
|---|------------------------------|
| 12 pounds of grain | 4 pounds of legumes |
| 1 and 1/3 pounds honey | 3 and 1/2 ounces salt |
| 1 and 1/2 pounds instant powdered skim milk (optional) | |

A TWO-WEEK SUPPLY FOR A FAMILY OF FOUR can be similarly determined and the amounts rounded off:

- | | |
|---|--------------------------|
| 50 pounds grain | 16 pounds legumes |
| 5 pounds honey | 1 pound salt |
| 6 pounds powdered skim milk (optional) | |

From these minimal reserves you can multiply for larger families or for reserves for longer periods of time. For instance,

A ONE-YEAR SUPPLY FOR ONE PERSON:

- | | |
|--|---------------------------|
| 300 pounds grain | 100 pounds legumes |
| 35 pounds honey | 6 pounds salt |
| 36 pounds powdered skim milk (optional) | |

For families, you would multiply the above for each person for a one-year supply. But even if you are just one individual it would be better to think of yourself as part of an extended family of friends—persons with whom you wouldn't hesitate to share what you have. And, even if you are a family of four, you might look at a one-year supply in different ways: A one-year supply for a family of four would also be a two-week supply for 26 similarly-sized families. Carrying this way of thinking further—to the extreme of following Joseph's seven-year example—a seven-year supply for a family of four might also be seen as a one-year supply for seven four-member families, or a two-week supply for 182 families of four. In the latter case it could mean life-saving sustenance for an entire neighborhood or small community. Since we can only do what we realistically can afford, the less we have to pay for our reserves the more ambitious our storage plans can be. A look at where to purchase supplies and how much we can expect to pay for them is our next step.

BUYING GRAINS AND LEGUMES

Some grains and legumes such as rice, barley, beans, dried peas, and lentils can be purchased at the supermarket. In a recent (1981) pricing in our area, rice was 54¢ a pound and barley 41¢. Beans ranged in price from 69¢ a pound to 79¢. Dried peas were 45¢ and lentils 77¢. Wheat, rye and corn can be obtained at speciality food stores. Some of the latter sell whole grains by the pound in bulk—the more you buy the less per pound you pay. At the time of this writing you will pay anywhere from 29¢ to 50¢ and up a pound for small amounts of Grade #1 hard winter or spring wheat. If you live in or near a large city, your lowest-priced purchases will most likely be through "co-ops" or stores advertising "bulk grains" for sale. Frequently these are listed in phone directories under "Health Food Products." For addresses to purchase food by mail, see "organic foods" in the next *Whole Earth Catalog*. Compare prices.

If interested in buying over 500 pounds, inquire about ordering directly from a mill. See "Resources".

COOPERATIVE PURCHASES—Creative Living Center families recently participated in a cooperative purchase of grains and legumes directly from a mill. For the lowest-possible prices, the group was required to order a full truckload of 40,000 pounds. This also kept shipping charges to a minimum. Our food-storage dollars went twice as far as had we made individual bulk purchases, and more than four times as far as had we bought grains in small or pre-packaged quantities.

HOW TO ORGANIZE A BULK-GRAIN COOPERATIVE PURCHASE—(1) Contact the mills listed under "Cooperative Purchases" on inside back cover, or inquire at local bakeries, about ordering through them, or if they know where you might make quantity purchases. In contacting mills, ask for their bulk-food price and order sheets. (2) Write Creative Living Center for 10 or more copies of this booklet at our quantity price. (3) Distribute the booklet to friends and acquaintances expressing interest. Include the mill's order sheet with a deadline noted for orders and checks to be returned to you. (4) Arrange for space (yours or someone else's garage?) where the truck can be unloaded and cooperative buyers pick up their orders.

Food prices will continue to rise, but so will the savings made through cooperative purchases. What is not known is how many months remain of our "plentiful years."

AN EVEN BETTER WAY—Purchasing grain and legumes directly from local growers can mean even greater savings and conveniences. This means concentration on storing what is locally grown: In the midwest, this could mean corn; in northwest interior states, hard wheat; in the southeast, rice; and, in our area of the west, beans can be purchased at great savings from bean-grower co-ops. Check local phone directories under "Rice," "Beans," etc. Whether buying from a farmer or a mill, inquire about how the crop was grown, whether pesticides or harmful fumigants were used.

THE FEED STORE—We have purchased both re-cleaned wheat and corn from our local feed store. The wheat had only a little chaff in it, easily picked out before grinding, and the corn a few alfalfa pellets, also easily removed by hand. These made just as tasty bread and cereals as mill-sacked grains marked "for human consumption." Once we did buy corn (not marked re-cleaned) that was so dusty we washed and drained it, and then dried it in a very slow oven (150°). When this lightly-toasted corn was ground, it made the best cornbread we'd ever tasted. Here again the local telephone directory will list feed stores. And don't forget to ask if it has been chemically treated in any harmful-to-humans way.

GRINDING GRAINS

In "The Little House" book about *The Long Winter*, the family spent a good portion of their snowed-in days using an old coffee mill to grind their wheat for bread. Although they could have cooked their wheat whole, one of today's hand flour and cereal mills would have eased their task considerably. 1981 prices on hand mills are \$20 and up for metal-to-metal mills, around \$55 for stone hand-mills. Also available are electric stone or low-heat mills, that convert to hand mills in the event of electric outages. Currently, these range in price from just

under \$200 to around \$250. See *The Whole Earth Catalog* under "Grinders and Juicers" for best grain mill buys. Expensive as this sounds, a mill can pay for itself if you begin using it now to grind grains purchased at quantity prices. Homemade breads and cereals made from freshly ground grains are incomparable in nutritional value and flavor. At Creative Living Center, we frequently serve hot cakes to crowds for pennies per serving. Invariably, we receive rave compliments. Our only "secret" ingredient is a combination of just-ground wheat and corn. For information on buying grain-grinding mills, see the inside back cover.

GLEANNING STORAGE CONTAINERS

For small-scale storage projects you most likely can acquire containers, filling them as they accumulate. Coffee, shortening, honey and similar cans with reusable plastic lids are suitable. Canning and other glass jars with screw-on lids also might be used for storing grains and legumes. Glass and plastic gallon jars are particularly good, and, in a crisis, can be used as they are emptied for sprouting "gardens." Ask restaurants, ice cream stores, and institutions such as schools and hospitals to save containers for you. Factories or large companies with cafeterias are further possibilities. Number 10 cans (gallon-size, used by restaurants, etc.) hold 5 and 7 pounds of grains or legumes. If you can obtain a supply of these even without reusable lids you can improvise tops and seal them with tape. See "How to Put Up Reserves" for directions. Similarly, all your large-size tin cans are useful. *Caution: Don't use any container that has held petroleum, chemicals, or building materials of any kind. These containers may be made of vinyl chloride or other harmful materials which can be absorbed by grains. For safety, glean only containers used for food products.*

For Medium-Sized Reserves, when storage-plans are more ambitious, 4-gallon or larger containers are advisable. A 4-gallon container will hold a little more than 25 pounds of wheat. A 5-gallon container will accommodate approximately 33 pounds of wheat. For a one-year food reserve in the amounts described on page 11, you would need 12 of the 5-gallon containers. Even containers of this size can be gleaned from restaurants, delicatessens and bakeries. In our area, bakeries buy their frostings and fillings in 4 and 5 gallon buckets and sell their empties for \$1.00 to \$2.00 each. These containers are of heavy plastic with reusable lids. The only long-term storage problem we can foresee is an invasion of *very* hungry rodents. Gleaning large reusable metal containers is increasingly difficult. See above *Caution*.

Extra-Large Reserves can be stored in containers gleaned from food manufacturers and processors such as canneries, meat-packers, even vitamin supplement makers who all buy raw materials in 50 gallon

barrels. It is worth inquiring of any processors in your area about their discarded containers. A type which we have found suitable (if you are not likely to move your supply) is made of very heavy grey plastic with a two-piece lid that screws on securely. It will hold between 350 and 375 pounds of wheat. Its added advantage is that it would be about as easy to steal as a piano! Here again, *don't store food in any container not expressly manufactured for food products.*

PURCHASING CONTAINERS

½ Gallon Canning Jars accommodate approximately 3 pounds of wheat per jar and might be considered for their future canning or bartering value, especially if extra seals are purchased and stored with grain-filled jars.

New Metal Trash or Garbage Cans of all sizes make good food-storage containers. However, give particular attention to sealing their lids and seams as described under the next heading.

Cooperative Container Purchases, as with grains, are the most economical way of obtaining new containers. At the same time our buying group ordered a truckload of grains and legumes, we made a quantity purchase of containers direct from a manufacturer. In this way we got the lowest possible price for containers sanitarily packaged, ready for filling. See "Resources" in back of book and "Container," "Barrels," or "Cans" listings in telephone directories for large cities in your geographic area. Considering today's prices, containers most suitable are 4 and 5 gallon plastic buckets. For significantly large savings be prepared for minimum order requirements of 300 and more containers.

HOW TO PUT UP RESERVES

How you decide to put up your food depends on the small or large-scale of your purchases.

Freezer Treatment—If you have less than 100 pounds to put up and are doing so as you glean containers, then the simplest way (if you have a freezer) is to fill your containers, seal them (see below), and place them in your freezer for 1 month. According to the Department of Agriculture, common insects are killed in from 2 to 30 days in a freezer that registers from 0 to -20 degrees fahrenheit. This means you should place your filled containers in your freezer for a longer or shorter period, depending on the temperature of your freezer, and the size of the container.

Heat Treatment—A second way of treating small quantities for long-term storage is in a low oven or a food dryer. Set the temperature of the dryer or oven at 140°. Spread the grain over pans or dryer shelves to a depth of not more than $\frac{3}{4}$ inch, and heat for 30 minutes. If using an oven, it may be necessary to prop the door ajar to prevent scorching around the edges. Wheat treated in this way will not germinate. To preserve the wheat's full "essence", it would be better to use a food dryer at a lower temperature for a longer period of time. According to the Department of Agriculture, insects are destroyed in 2 hours at 120°. We take this to mean, 2 hours after all the wheat itself reaches this temperature. Place heated grains in clean containers and tightly close or seal them as described later.

Dry Ice Treatment—If you have hundreds of pounds of grains to put up, the dry-ice treatment is the easiest, quickest and most efficient method of insuring against loss due to insects. See "Resources" for where to purchase dry ice. Our rule of thumb calculation for how much to use is:

8 ounces dry ice per hundred pounds of grain

In practical terms, this means $\frac{1}{2}$ ounce per gallon; 2 to 2½ ounces (a golf-ball size piece) for 4 to 5 gallons; and 1¾ pounds for a 50 gallon barrel. A diet scale is a convenient, accurate way of proportioning dry ice for containers. An ice pick or a hammer and chisel is a good way to break it into pieces.

Please note the following precautions: Do not handle dry ice with bare hands as it burns. Watch children closely to see they don't pick it up or try to eat it. Wear gloves, heavy leather are best, when handling dry ice. Use extreme care in dry-icing glass containers, because if you should absentmindedly seal a glass container or miscalculate when it has finished volatilizing, its pressure could explode and shatter the glass.

Filling and Sealing Containers: Onto the bottom of the container, pour one or two inches of grain. Place the appropriately-sized piece of dry ice on the layer of grain and fill the container as full as possible. Place the lid *loosely* onto the container. If it is a screw-on lid *do not even begin to tighten it*. After the entire piece of dry ice has vaporized, and only then, is it safe to tighten and/or seal the containers.

How do you know when the dry ice has spent itself? As it disperses carbon dioxide gas forms which, being heavier than air, forces all the air from the container, leaving an oxygen-free atmosphere in which insects can not live and in which their eggs can not hatch. This also creates an atmosphere which will remain for some time, even with the lid placed loosely. Therefore, it is not a matter of having to seal

the container immediately. Better to be slow than too soon in sealing your containers. Another thing that makes exact evaporation time difficult to calculate is its dependence on the size or compactness of the pieces. Crushed, they will disperse in a relatively short time—as little as thirty minutes. On the other hand, a 1 $\frac{3}{4}$ pound piece in a 50 gallon barrel could take all night.

If you have been fairly consistent in the sizes of your pieces and your containers are uniform, then you can use one container for testing purposes. With an ice pick, make a hole in the lid of the container and go ahead and tighten this one container (as long as it is not glass and you have already waited 30 minutes). Then, place a drop of water over the hole. If it makes a bubble, carbon dioxide is still being expelled. If not, then seal the holes with a piece of tape and close the remaining containers. Wait several hours before closing glass containers. Then, if in doubt, place the jar in a burlap bag which you can tie shut as soon as you screw on the lid. Wait a few minutes before sealing remaining glass jars.

SEALING CONTAINERS—A tight-fitting screw-on lid makes a sufficient seal for storing grains or legumes that have been treated as described on p. 17. In the case of plastic-bucket with snap-on lids, chances are also very good that they are adequately sealed. However, if you want to take extra care in sealing your containers, "rope caulk" (See "Resources") is an easy way to seal plastic buckets or non-screw-on jar lids. You simply peel off a length of "rope caulk" to fit the circumference of your container and press it between the lid and container.

This can also be used to seal lids and seams of metal garbage cans. With these be sure to check both bottom and side seams and seal where needed.

IMPROVISING LIDS—You can improvise lids for ordinary tin cans lacking reuseable plastic tops, thus recycling large-size juice and similar cans. You might also ask restaurants and cafeterias and friends to save any large empty cans for you. To make a lid: (1) Outline the bottom of the can onto a piece of cardboard, and cut out. (2) Cut 2 circles 1" larger than the cardboard out of heavy-duty aluminum foil. (3) Sandwich the cardboard circle between the foil ones and press the foil down over the can, making a lid. (4) After filling the can, seal with wide masking-tape or silver duct-tape, overlapping by several inches to allow for tape shrinkage.

WHERE TO STORE RESERVES

Besides air and moisture, two other conditions can destroy or rob stored-food of valuable nutrients: light and heat. The ideal reserve food-storage place would be 40°, dark and dry. Under these conditions, it would not be necessary to freeze, heat or treat storage grains with dry ice. Since this ideal is not attainable for most of us, we treat our food supplies and then find the best possible place to store them.

If you are an apartment dweller this might be under your bed or on the floor of your closet. If you live in a one-story "ranch" house in the suburbs with no basement but have a crawl space, this might be your only available space. More than likely, it would meet the requirements for dryness and darkness, and also be reasonably cool. Some persons store cans and buckets placed on scrap pieces of aluminum roofing laid on the dry bare dirt of crawl spaces. Another possible storage place would be in a garage, especially along a north wall. If the floor is cement, lay boards on the floor as a barrier between the containers and the moisture-drawing cement. If you are going to store your crisis rations wherever you can inside your house, then the closer to the floor and the furthest away from heat sources the better they will keep.

WATER

A person can survive without food for a lot longer than without water. For cooking and drinking, ½ gallon per person per day should be allowed and at least a two-week supply stashed somewhere. The easiest way to put up drinking water for storage is in empty 1 gallon household bleach bottles. Rinse the bottles with clear water. Then fill with tap water and for each gallon, add ¼ teaspoon fresh household bleach such as Purex or Clorox. Shake contents and store in a cool dark place. Apple juice jugs can also be used if thoroughly washed, scalded and filled with water and ¼ teaspoon bleach per gallon. If impossible to store water, then at least have a supply of water-purifying tablets that, in an emergency, could be used to treat any available water—for instance from your hot water heater, or even the toilet tank.

FOOTNOTES—1. Proverbs 24:3&4, *The Living Bible*, Holman, 1973. 2. Genesis 41, *The Living Bible*. 3. Romans 8:28, paraphrased. 4. David Wilkerson's *Racing Toward Judgment*, p. 125, Revell, 1976.

EMERGENCY COOKING METHODS

This question was asked us: "In case of an emergency and the electricity is out how would you cook your stored wheat?" Here at Creative Living Center we'd cook it on our woodstoves. "Just supposing," our questioner continued, "a person lived in San Francisco, had no woodstove, and the only available food was the wheat stashed under the bed. What then?"

One answer would be: Find a place outside to dig a hole. Build a fire. Place grill over the fire. Then, in a pan bring 3 cups salted water to boil. Into the boiling water pour 1 cup whole wheat berries. Cook for one or more hours, depending on how hot the fire is and for how long it lasts.

A better suggestion is to purchase a small portable charcoal brazier and a sack of briquets. With these store a packet of matches and a cast iron dutch oven of a size proportionate to the brazier. Cook the wheat berries as above.

Another suggestion: Visit a sporting goods store and consider purchasing a camping stove and fuel. Or, inquire about the small collapsible stoves that use canned heat. This fuel will store for a number of years in its tightly-closed can. Be cautious in storing any inflammable fuel.

THERMOS-COOKED WHEAT: For this method you still need a way to boil water, but the fire need not be sustained. Soak 1 cup wheat berries in water to cover for 8 or more hours. Drain, saving the water and adding to it enough to make 2 cups. Place soaked wheat, water and 1 teaspoon salt (or less) in a pan. Bring to a boil. Pour all into a 1 quart wide-mouthed thermos, pre-heated with hot water. Tighten the lid; wrap the thermos in a blanket; let stand for 8 to 10 hours. A chewy-good meal--in an emergency.

NO-COOK GRAIN AND LEGUME SPROUTS

As mentioned earlier, sprouting actually increases the nutritional value of grains and legumes. You can sprout barley, rye, corn, beans, lentils, rice, wheat, in fact any seed-food with its natural vitality intact.

All you need have on hand for the sprouting process are: quart or half-gallon canning jars; their screw rings (or rubber bands); small pieces of cheese cloth, or nylon netting, or old nylon hosiery; and a shallow, oblong baking dish of a size in which to rest the jar during the sprouting process.

The basic procedure is this: Soak $\frac{1}{2}$ cup* grains or legumes in 2 cups water overnight. Next morning, place netting or other above suggested material over the jar mouth. Hold it in place with a screw ring or rubber band. Drain the soaking water. (Save to drink, or use for cooking, or at least to water a plant.) Rinse and again drain the seeds. Now place the jar on its side in the shallow dish or pan with the jar's bottom resting up on one edge of the dish and the opening resting in the dish bottom. This allows the excess water to drain. Repeat the rinse-and-drain process several times a day. In-between, place the jar-in-dish inside a dark cupboard or under a cloth, imitating nature's seed-sprouting process. After several days, place the jar in a window or outside for a greening--as photosynthesis works its chlorophyll-instilling vitamin-enriching magic.

*For our chart of specific seed amounts, sprouting time, and yields, send us a SASE.



BULK FOOD RESOURCE SUPPLEMENT

(1982 UPDATE)

BASIC WHOLE GRAIN STORES: A phenomenon of the Eighties is the "back-to-basics" store specializing in bulk grains and legumes. Inquire about one in your area. Check the phone directory under "Natural Foods." Look for stores advertising "bulk sales" of "whole grains." The policy of most is to price according to the amount purchased: the more you buy the less per pound you pay. A few bulk outlets will fill mail orders, but individual order freight is high and you'll do better if you can find a local store or co-op that passes truckload savings on to you. Firms who, according to our information, will handle mail orders are marked "M O." Some offer catalogs. When writing for information you are more likely to receive a prompt answer if you enclose a self-addressed stamped envelope.

A 1982 price check in our California mother lode area found prices only a few cents a pound higher than a year ago on the following: Hard wheat--34¢ per pound; \$6.80 for 25 pounds; \$11.90 for 50 pounds; and \$21.42 for 100 pounds. Barley--38¢ per pound; \$8.13 for 25 pounds; \$13.65 for 50 pounds. Kidney beans--70¢ per pound; \$16.58 for 25 pounds. Dried peas--39¢ per pound; \$8.13 for 25 pounds. Lentils--69¢ per pound; \$15.93 per 25 pounds.

THE FOOD CO-OP: In some areas connecting with a food co-op or a food buying club will be the most economical way to make bulk purchases. A typical example is the Organ Mountain Food Co-op in Las Cruces, New Mexico. It began as a small buying club in the Seventies and at present is an 800 member co-op. Prices there vary according to whether a person is a working member, member, or non member. For instance, in October 1981 a 50 pound sack of winter wheat cost \$10.32 to a non member; \$9.08 to a member; \$8.67 to a working member.

CALIFORNIA RESIDENTS NOTE: *The California Food Co-op Directory* is available for the asking from: Department of Consumer Affairs, 1020 N St., Rm 501, Sacramento, CA 95814. It lists nearly 300 groups.

The *Food Co-op Directory*, available for \$3.00 from The Food Co-op Directory, 106 Girard, SE, Albuquerque, NM 87106, covers the entire United States and Canada.

A book titled *Co-op Stores & Buying Clubs: Operations Manual* is free from Community Services Administration/Consumer Action and Co-op Programs, 1200 19th Street, NW, Washington, DC 20506.

REGIONAL RESOURCE DIRECTORY

WESTERN

GRAIN & LEGUME SOURCES

Garden & Farm Supplies, 308 W. Fireweed Lane, Anchorage, AK 99509
C C Grains, 6749 E. Marginal Way S., Seattle, WA 98108. Free Catalog.
Starflower, 885 McKinley St., Eugene, OR 97402. Catalog--75¢.
Moore's Mill, 1605 Shasta St., Redding, CA 96001. M.O.
The Food Mill, 3033 MacArthur Blvd, Oakland, CA 94602
Back to Basics, 45 E. Highway 4, Murphy's, CA 95247
El Molino Mills, P.O. Box 2025, Alhambra, CA 91803
Erewhom Los Angeles, P.O. Box 58064, Vernon, CA 90058
The Grover Co., 2111 S. Industrial Park Ave., Tempe, AZ 85282. M.O.
Nelson Sterling & Sons, 525 S. 500 W., Salt Lake City, UT 84101.
Son-Shine Whole Grains, S.R. #2, 6547 County Road H, Wiggins, CO
80654. Denver area and northeastern Colorado delivery.

CO-CPS & CO-OP INFORMATION

Nutritional Information Center, 239 S. E. 13th Ave., Portland, OR
97214.

Community Co-op Services, 870 Sage St., Reno, NV 89512
Organ Mountain Food Co-op, 1405 W. Picacho, Las Cruces, NM 88001
S.W. Fed Communication Exchange, Box 890, Tempe, AZ 85281
Boise Consumer Co-op, 1515 N. 13th, Boise, ID 83702

VACUUM-PACKED DRIED MILK--Sam's Enterprises, Box 201, San Andreas,
CA 95249. 1982 non-fat dried milk prices are: #10 can--\$15.00 each;
case of 6 #10 cans \$81.20. Add 6% for shipping on orders less than
\$100; 3% over \$100; no shipping charges on orders over \$450.

VACUUM-PACKED BROWN RICE (shelf life one year)--Crown Valley,
Star Route 1, 3001 S. Highway #3, Etna, CA 96027. Send SASE for info.

HONEY--Available in bulk through basic food and co-op outlets. Or
contact Timber Crest Farms, 4791 Dry Creek Rd., Healdsburg, CA 95448
(catalog). Also, Penner Apiaries, Rt. 3, Box 3886, Red Bluff, CA 96080.

GRAIN MILLS--The Corona Hand Mill is available from Nichols Garden
Nursery, 1190 N. Pacific Hwy, Albany, OR 97321. Cost is \$37.95,
including postage. Extra grinding plates are \$6.95 per set, postpaid.

The electric Golden Grain Mill comes in 3 models from \$189 to \$299.
For information write Kuest Enterprises, Box 110, Filer, ID 83328.

For a complete discussion of grain mills, hand and electric, and an
evaluation of individual mills see *Home Food Systems*, Rodale Press,
1981, available in book stores and libraries.

CENTRAL

GRAIN & LEGUME SOURCES

Arrowhead Mills, P.O. Box 866, Hereford, TX 79045. Free Catalog.
Shiloh Farms, P.O. Box 97, Sulphur Springs, AR 72768. Catalog 50¢
Letoba Farms, Route 3, Box 180, Lyons, KS 67554. Free Catalog.
Wilson Milling, P.O. Box 481, LaCrosse, KS 67548
The Nauvoo Milling Co., Nauvoo, IL 62354
Rainbow Grocery, 946 W. Wellington, Chicago, IL 60657
Natural Grain Farmstead, 2910 E. Broadway, Bismark, ND 58501
Black Hills Staple, 601 Mt Rushmore Rd. Rapid City, SD 57701
Millstead Farm, RFD #2, Rushford, MN 55971 M.O.
Horsted Whole Grain Foods, Rt. 2, Waunakee, WI 53597
Greens & Grains, 206 Forest Ave., Des Moines, IA 50311 M.O.
Brown County's Old Country Store, Nashville House, Nashville IN
47448
Sunflower Natural Foods, 2591 N. High St., Columbus, OH 43202 M.O.

CO-OP & CO-OP INFORMATION (CENTRAL STATES)

KC Food Co-op Network, 1620 S. 37th St. Kansas City, KS 66106
Chicago Area Co-op Information, Box 2559 Chicago, IL 60690
Grand Forks Food Co-op, 1602 9th Ave N., Grand Forks, ND 58201
Cooperative Buying Club, 1024 Quincy St., Rapid City SD 57701
D.A.C.E. 1401 S. Fifth, Minneapolis, MN 55454
Fed of Ohio River Co-ops, 320 Outerbilt St., #D, Columbus, OH 43213

VACUUM-PACKED DRIED MILK & BROWN RICE--Simplier Life, P.O. 866
Hereford, TX 79045

GRAIN MILLS--See listing on page 23 and below.

EASTERN

GRAIN & LEGUME SOURCES

Mother Nature's Natural Food, 1311 S.E. 17th St. Ft. Lauderdale,
FL 33316
Coudray's Grocery and Feed, Maybank Hwy, Charleston, SC 29412
The Mill, 1000 S. Kings Dr., Charlotte, NC 28207
Positive People's Worldwide Graineries, 1001 Cleveland Ave., Kings
Mountain, NC 28086
Omega Foods, Route 4, Box 18, Farmville, VA 23901. M.O.
Laurelbrook Foods, P.O. Box 47, Bel Air, MD 21014. Free price list.
Great Valley Mills, Quakertown, Bucks County, PA 18951
Walnut Acres, Penns Creek, PA 17862. Free Catalog.
Deer Valley Farm, R.D. #1, Guilford, NY 13780
Vermont Country Store, Weston, VT 05161 Free Catalog.
Erewhon, 3 East Street, Cambridge, MA 02141

CO-OP & CO-OP INFORMATION

Southeastern Confederation for Cooperation, P.O. Box 20293,
Tallahassee, FL 32304
Fed of Southern Co-ops, 40 Mapretta S.W., Atlanta, GA 30303
Delaware Valley Coalition of Co-ops, 201 N. 36th St., Philadelphia,
PA 19104
Buffalo Co-op Community Council, 169 Leroy Ave., Buffalo, NY 14214
Connecticut Co-ops, P.O. Box 322, Danielson, CT 06239
Maine Fed of Co-ops, Bos 107, Hallowell, ME 04347

VACUUM-PACKED DRIED MILK--Write Milford Ventures, P.O. Box 512,
Black Mountain, NC 28711 for information and prices on non-fat and
whole dry milk.

HONEY--Jack's Honey Farm, R.R. #1, Box 290, Ashbury, NY 08802.
Also: R.B. Swan & Sons, Inc., 25 Prospect St., Brewer, ME 04412.

GRAIN MILLS--See page 23. *The Next Whole Earth Catalog*, published
by CoEvolution Quarterly, contains additional information on grain mills.

*Creative Living Center would appreciate further information on bulk
food sources you might have to offer that we could pass along in the
next update of this Supplement.*

FAT YEARS/LEAN YEARS--Additional copies are available at \$2.00 each,
including postage; 3 copies for \$5.00. Write for larger quantity
discounts. CLC, Box 478, San Andreas, CA 95249.

EIGHT GRAINS/EIGHT LEGUMES is a 25 page 1982 booklet. "A Food
Preparations Guide to Creative Frugality" it gives basic, simple
ways for preparing and seasoning grains and legumes in their natural,
intact, whole state. Single copies are \$2.00 each, including postage;
3 copies for \$5.00. Quantity prices on request.

RECOMMENDED READINGS

For those desiring supplementary reading on the subject of emotional crisis preparation, a good place to start is with John Powell's *Why Am I Afraid To Tell You Who I Am?*, Argus Communications, 1969 (paperback). Another helpful book is Elizabeth O'Connor's *Our Many Selves*, Harper & Row, 1971 (paperback). A third title which you may have to have your public library get for you is Marguerite and Willard Beecher's *The Mark of Cain—"An Anatomy of Jealousy,"* Harper & Row, 1971.

For present and future reference we urge you to obtain a copy of Frances Moore Lappe's *Diet For A Small Planet—"High Protein Meatless Cooking,"* Ballantine Books, 1971 (paperback).

RESOURCES

Direct-from-the-Mill Bulk Grain Purchasing—Request "Bulk grain price and shipping information" from Arrowhead Mills, P.O. Box 866, Hereford, Texas 97045; (806) 364-0730.

Cooperative Purchases—In addition to the above mill, contact Honeyville Grains, Inc., Honeyville, Utah 84314; (801) 279-8197. Ask for "Bulk price and order sheets."

Grain Grinding Mills are available from stores carrying bulk grains (listed in phone books as "Health" or "Natural" Food Stores), also from "Home and Farm" Supply Stores.

Cooperative Container Purchasing—In Northern California we found the best containers for the price at Western Can Co., 1849 17th St. Oakland, Ca. 94103 (415) 431-0784. Check local phone directories under "Containers," "Barrels," and/or "Cans." Compare prices. Only buy containers made expressly for food products.

Purchasing Dry Ice—Ice Companies sell blocks of dry ice. We recently paid \$5.35 for a 25 pound block which was enough to dry ice 5,000 pounds. It doesn't keep, so arrange to pick it up the same day you will be using it and follow the precautions on page 15. Sometimes dry ice can be picked up at Ice Cream Stores or Fire Extinguisher Shops.

Rope Caulk and "Caulking Cord" are brand names for a pliable, reuseable caulking that comes coiled in a box and is available at hardware stores. If you cannot locate this product, write Creative Living Center for the manufacturers' addresses. (Please include a SASE.)

VACUUM-PACKED POWDERED MILK--see pages 23 & 24.

FAT YEARS/LEAN YEARS quantity prices--see facing page.

FAT YEARS / LEAN YEARS

HOW TO PREPARE NOW
TO MEET
COMING FOOD CRISES

HOW TO FORMULATE A FOOD-STORAGE PLAN,
WHAT GRAINS AND LEGUMES MEET LONG-TERM
NUTRITIONAL NEEDS.

HOW MUCH OF EACH TO PURCHASE.

WHERE TO OBTAIN THEM MOST ECONOMICALLY.

WHAT TYPES OF CONTAINERS TO USE.

WHERE TO GLEAN THEM.

NO AND LOW-COST PRESERVATION METHODS.

WHERE TO STORE RESERVES.

THE EMOTIONAL CRITERIA OF MEETING CRISES.

THE BALANCE BETWEEN SELF-SUFFICIENT AND
COOPERATIVE ATTITUDES.

THE GUIDANCE IN SCRIPTURE FOR CRISES

PREPARATIONS.

THE NEED FOR BOTH SERPENT-WISDOM AND

DOVE-GENTLENESS.

A CREATIVE LIVING CENTER PUBLICATION

P.O. BOX 478, SAN ANDREAS, CA. 95249