

# Use It or Lose It

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"We encourage you to grow all the food that you feasibly can on your own property. Berry bushes, grapevines, fruit trees—plant them if your climate is right for their growth. Grow vegetables and eat them from your own yard".

(Spencer W. Kimball, Ensign, May 1976, 124)



"Those families will be fortunate who, in the last days, have an adequate supply of food because of their foresight and ability to produce their own" (Ezra Taft Benson, Ensign, Nov. 1980, 33)

## The Ant and the Grasshopper

In a field one summer's day a Grasshopper was hopping about, chirping and singing to its heart's content. An Ant passed by, bearing along with great toil an ear of corn he was taking to the nest.

"Why not come and chat with me," said the Grasshopper, "instead of toiling and moiling in that way?"

"I am helping to lay up food for the winter," said the Ant, "and recommend you to do the same."

"Why bother about winter?" said the Grass hopper "We have got plenty of food at present." But the Ant went on its way and continued its toil. When the winter came the Grasshopper had no food, and found itself dying of hunger, while it saw the ants distributing every day corn and grain from the stores they had collected in the summer. Then the grasshopper knew: "I t is best to prepare for the days of necessity."

**OK, we have obeyed, we have planted our gardens, oh, no! What do we do with all this fresh fruit and vegetables?**

\* \* CANNING \* \* FREEZING \* \* DRYING \* \* PICKLING \* \* CURING \* \*

### Freezing:

This is so simple! When processing your vegetables, blanch them first for about 5 minutes, cool them off in cold water, drain off water completely and place in freezer containers. Make sure you label with contents and date.



When processing fruit, wash, and place on a cookie sheet side-by-side. Then place in freezer until frozen. Remove from cookie sheet, place in freezer containers and make sure you label! Don't wash berries or they will become mushy!

### Drying:

Vegetables will need to be blanched just as you would for freezing. Place on trays for drying and follow your dehydrator's instructions. You can also air dry by covering your fruit and vegetables with a fine mesh (to keep out those pesky bugs!) To preserve the color of fruit they must first be put in a lemon or citric acid solution\*.

\*Citric acid can be bought in tablet or powder form from local or specialty stores.

### Canning:

There are many ways to bottle your fruit and vegetables; hot water bath, pressure canner or sometimes by just adding hot cooked food into hot sterilized bottles. Follow the instructions that come with the bottling jars.

## RESOURCES

The following websites are filled with suggestions and recipes.

[www.extension.usu.edu](http://www.extension.usu.edu)

[www.providentliving.org](http://www.providentliving.org)

Tomatoes, tomatoes, tomatoes, what do I do?

## RECEIPES

### Tomato Catsup

- ½ bushel tomatoes (25-30 lbs)
- 1 head of celery
- 3-4 green peppers
- 3 good sized onions
- 1 package pickling spice tied in cloth bag

Wash and chunk vegetables. Simmer vegetables about an hour. Run through a food strainer. Add bag of spices and let sit overnight. Drain off liquid.

Add:

1 ½ cups apple cider vinegar

1 tsp pepper

Salt to taste

1 tbsp sugar

Simmer another 3 to 4 hours until it has cooked down and thickened a little.

Process in bottles for 25 minutes.

Note: This is not like thick store ketchup. It is more like a sauce for has browns and scrambled eggs and casseroles.



### Salsa

7 quarts peeled, chopped tomatoes

1-½ cups green chilies

2-½ cups green pepper

5 cups chopped onion

½ cup chopped jalapeños

6 cloves garlic chopped (minced okay)

1-½ cups red wine vinegar (or lemon juice)

1-½ tbsp salt

2-tsp. garlic salt

1 cup ultra gel\*

2 tsp pepper

½ -1 tsp cumin

\*Ultra gel can be bought at specialty stores, it's a thickening agent.

Mix everything together, except for spices. Bring to a boil. Cook for 20 min. on medium heat. Add all spices. Stir in ultra gel slowly. Simmer 10-20 min. more until sauce thickens. Pour into hot jars up to rim. Put lids on. Tighten bands snug. Place in pressure cooker. Keep pressure at 10 pounds for 35 min. Cool down on its own accord, remove jars and let sit on counter to seal.

