

Dehydrate2Store Newsletter



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Why Rosemary?

Rosemary is said to

Ease:
Anxiety
Tension Headaches
Depression
Infections

Waste Accumulation such as cellulite deposits

Prevent:
Cell Damage

Restore:
Immunity

Enhance:
Digestive juices
The Digestion of Fats
and

Improve:
Absorption of nutrients.

Delicious and healthy, that is why "Rosemary, Sage, and a Cinnamon Stick" is my Tea of the Month!

Ball Blue Jars

Traveling back and forth to Pennsylvania my husband and I frequent many estate sale auctions. One thing I always have my eye out for are Ball Blue jars. Unlike antique collectors who look for old and rare items to take up space, I have a need and use for them.



First, let me give you a little history behind the blue jars. In Buffalo, New York around 1885 the Ball brothers started a mason jar business. In 1890, Ball Jar Company purchased sand from Lake Michigan for their glass, but due to the minerals in the sand and the amount of oxygen in the furnace the jars turned blue. So what does any of this have to do with dehydrated foods? Over time light breaks down the nutrients in our food limiting the shelf life. Be-

ing conscientious about keeping light, heat, moisture and oxygen away can extend the quality and shelf life of the food in our pantries.

I keep the dehydrated foods that I use everyday in specialized jar shelves that I built (refer to my video "Storage Shelves") for fast easy access. When the jars become empty I simply go to my food-storage pantry and retrieve the item to refill the jar. The Ball Blue jars do not keep all of the light out,

but because of the darker glass it helps to deter the light from my food. This is the reason I am so quick to purchase any blue jars I find at auctions and/or garage sales.

Flipped Your Lid?

Most of the Ball Blue jars will fit the new Ball jar lids found in your local stores. So, be sure to purchase new lids to insure a good airtight seal. The new lids, however, will not properly fit jars made from 1890-1910, but if you do come across those they are worth some money, so don't toss them out! Ball Brothers only made these blue jars from 1890-1937, and in 1975-77 they made a limited bicentennial

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Herbal Tea of the Month Rosemary, Sage and a Cinnamon Stick

There is no comparison to fresh dehydrated rosemary and sage leafs. The dry rosemary and sage found in your grocery store can not stand up to the natural flavor and aroma from the fresh dehydrated herb, and you will only be disappointed.

Ingredients:

- 1 teaspoon rosemary
- 1 whole sage leaf
- 1 small press and seal bag
- 1 cinnamon stick

Preparation:

Steep in 2 cups of boiling water for 20 min, add 1 whole cinnamon stick, and enjoy!

Did You Know?

It is said that parsley can help fight aging, as well as aid many medical problems?

See page 3 for more Details...

Instant Thanksgiving

Years ago, Thanksgiving meant running back and forth to the grocery store several times just to get the items I forgot the first time! Then there's all that peeling, chopping and shredding fruits and vegetables when time is fleeting. Today, because of my food storage, I have my own grocery store at arms length, and everything is already washed, peeled, shredded and chopped.

Want to make Thanksgiving a snap? Check out some of my delicious, and easy, recipes!

STUFFING

The leftover bread that I have dehydrated and accumulated through the year is ready to go into my bread stuffing by Thanksgiving, and it only takes minutes to prepare!

Ingredients:
4 cups water

- 1/2 cup dehydrated onions
- 1/2 cup dehydrated celery
- 1/2 stick of butter
- 1 large chicken bullion cube salt, pepper, poultry season

Preparation:
sauté vegetables in a skillet until they are fully hydrated. Then mix in your cubed dehydrated bread.

SPINACH DIP

I pre-package the following ingredients in a vacuum bag to store long-term in my pantry:

- 1 cup dehydrated spinach
- 1 tbsp dehydrated chopped green onion
- 1 tbsp finely chopped dehydrated carrots
- 1 tbsp finely chopped dehydrated tomatoes
- 1 tsp dehydrated chopped celery

Preparation:
Open the packaged mix and add:
16 oz sour cream
1 cup mayo
8oz can chopped water chestnuts
Then place in the refrigerator for 2 hours or more before serving.

SOUPS

I simply dump three different dehydrated soups from my pantry that I pre-packaged each into a crock pot, add water, turn on, and walk away. (See 'Recipes' at Dehydrate2store.com for soup ideas)

QUICK BREAD

Making bread is a snap with dehydrated foods! (See 'Recipes' to learn how)

FIVE MINUTE APPLE PIE

(See video on the website)

FIFTEEN MINUTE PUMPKIN PIE

(Video coming soon at Dehydrate2store.com)

It is my hope that you give yourself a break and use your dehydrated food this Thanksgiving, because dehydrated foods are something I am thankful for everyday!

Ball Blue Jars *Continued from Page 1*

"Many historians believe the survival of the pioneers in the U.S. was made possible due to the invention of canning jars"

blue jar that has an eagle on it. I always seem to find plenty of blue jars at auctions in farm country. Just a couple of weeks ago, for instance, I purchased 15 quart-size blue jars for \$6.00. Be careful not to overpay on the internet

because some of the prices are far to high. Of course, you do not have to use blue jars but if you do come across them I wouldn't hesitate to pick some up if the price is right!

Friendly Fact:

Many historians believe the survival of the pioneers in the U.S. was made possible due to the invention of canning jars. Perhaps one day we will give that same credit to the dehydrator!

November: Time to Make Your Date Sugar!

The peak month for dates is November. Date sugar is absolutely wonderful and no matter how much you make, you will never have enough! So, always make more then you think you will use.

Cereals, yogurts, breads, cakes, candy, teas, ice cream, and granola are all ideal places to use your

date sugar. Date sugar is sweet, delicious,



and a great healthy choice to substitute cane sugar!

Preparation:
The first thing you want to do is remove the pit. Next

slice your dates in half and then into thin strips. If you prefer to only cut into halves, make sure the skin side is down on the tray. Place dates in the dehydrator at 120° and dehydrate for 20 hours, or until thoroughly dry. After cooling grind or blend your dates until they resemble brown sugar.



Dehydrate2Store Definitions

USRDA-
United States
Recommended Daily
Allowance

Note to All My Viewers

I am so thankful this site has reached so many people. We receive over 400 new viewers each day and I am averaging near 100 e-mails per day (that is incredible). With recently losing my Mother In-Law, the Holidays quickly approaching, and the volunteer work that I am committed to, I have spread myself thin and am unable to keep up with the e-mail.

Steven and I have addressed these concerns and decided to dedicate his winter recess to getting the site up to date with more information and videos as well as making the e-mail current.

I do not want you and others to lose interest in dehydrating and building your pantries. I believe our countries economic situation is still in a decline and will continue to do so. I am not buying the picture of a recovery that Wall Street is trying to paint.

The only insurance policy I can feed my family is what I can pull from my pantry.

Thank you for all your support, please tell a friend and keep checking in for new videos and updates.
-Tammy

How Well Do You Know?
PARSLEY

Parsley has been used for thousands (yes, thousands) of years for its many medicinal and health benefits such as aid with:

- Gout
- Irritable Bowel Syndrome (IBS)
- Bladder disease
- Indigestion
- Lupus
- Aging, due to large amounts of anti-oxidants.
- Inhibition of colon and cervical cancers due to folic acid found in parsley tea.
- A healthy heart, also due to folic acid content.
- Tumor Inhibition, particularly in the

lungs, due to natural volatile oils.

- Rheumatoid arthritis: Symptoms have been shown to improve due to vitamin C content.
- Boosting your immune system for those long winter months!
- treatment of kidney stones
- menstrual irregularities
- Weight loss: Parsley also has stimulant properties and can be used as a diuretic!

Not Convinced Yet?

Check out some of the nutritional values of parsley...

Nutritional values of parsley

Two tablespoons of parsley has fewer than three calories yet still contains:

- 154 % of the US-RDA for vitamin K
- 16 % of the USRDA for vitamin C
- 13 % of the USRDA for vitamin A
- 3 % of the USRDA for both foliate and iron



Cucumber and Parsley Soup:

Ingredients:

- 1 cup Dehydrated sliced cucumbers
- 1/2 cup Finely cubed dehydrated potatoes
- 1/4 cup Dehydrated scallions/green onions
- 1/4 cup Dehydrated parsley
- 1 Pinch Rosemary
- 1/2 tsp Mustard seed
- Ground Black pepper
- 1 Large Chicken bullion cube
- 6 1/2 cups Water

Preparation:

- Dehydration of Cucumbers:*
- Place cucumbers whole into boiling water for a few minutes to soften.
 - Cut with a stainless steel knife or blade and place on dehydrator.
- Dehydrate about 10 hours.
- Preparing Soup:*
- Add all ingredients into a pot with 6 1/2 cups boiling water and place the lid on.
 - Bring soup to a rolling boil, then reduce the heat to medium and cook for 30 minutes.