

Dehydrate2Store Newsletter

Salt

Essential for life

Essential for cooking

Essential for food Storage

Typically, salt is not the first item we think about when making our food storage lists. However, it is an essential mineral that belongs in your pantry!

Now, the question is what kind of salt? Salt is just salt right?

Wrong. Unfortunately, most salts have been over processed just like refined sugar to give it that bright white color and free flowing texture. As we all know, over processing means the removal of vital nutrients that

our bodies need! Especially to digest and properly utilize the salt.

In unprocessed sea salt the correct balance of sodium and chloride are present as well as calcium, magnesium, potassium and 90 other trace and micro-nutrients. Natural organic sea salt has been known to lower blood

pressure and decrease water retention. It enables the liver, kidneys and adrenals to work much more efficiently. It can even boost the immune system.

In my pantry I have many different kinds of natural unrefined sugars, honey and salts. My favorite natural salt is a Pink Himalayan salt

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Holiday Giveaway

Congratulations to our 10 Holiday winners!

(1) 9-Tray Excalibur Dehydrator:

Linda Goodwin
Colorado Springs,
Colorado



(2) Honeyville #10 can of Strawberries

Kathi Rodgers
Wewoka, Oklahoma

(3) Honeyville Gift Basket

Gloria Lynch
Greensboro, North
Carolina

(4) Honeyville #10 can of Bananas

Richard Lawson
Ojai, California

(5) 25 Mylar Bags, Norpro Mushroom slicer and Flexible cutting boards

Lanette Lepper
Gurnee, Illinois



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Dead Sea Salt

“In a bath or scrub this salt offers relief from arthritis, acne, psoriasis and aging wrinkles”

Did You Know?

- The Dead Sea is 3 Million years old
- The Dead Sea is actually a salt lake
- It's called the Dead Sea because the mineral content is so high that no plant or animal can live there
- Dead Sea salt can help treat psoriasis, cellulite, dandruff, joint pain, dry skin, acne, hives and helps to reduce wrinkles

Salt

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that I purchase online in five-pound bags. It has a beautiful crystal pink color and yes, it tastes like salt. Dr. Janet Star, alternative health and nutrition expert, states that biophysical research on this pink salt has identified crystals containing the 84 essential minerals required to sustain human life! In addition, it is known to help with teeth and gum infections by killing bacteria and germs!

A study conducted at the University of Graz in Austria found that people who drank water containing Himalayan crystal salt daily experienced improvement in respiratory conditions, organ functions and connective tissues. Participants also reported sleeping better and having more energy. The study noted a boost in the ability to achieve higher concentration levels. Some of the study participants stated they lost unwanted weight while others involved in the study showed enhanced hair and nail growth.

Another natural salt that I have is Dead Sea salt. The water in the Dead Sea has ten times the salt content than that of other sea water, offering a higher concentration of potassium and magnesium. It's not used as a table salt

due to the unusually bitter, rather than salty, taste. If it has a salty taste then it is most likely not pure Dead Sea salt. Despite the fact that I don't use Dead Sea salt on my food, I still store an excess of 80 pounds of it in my pantry.

Then why need 80 pounds?

In a bath or scrub this salt offers relief from arthritis, acne, psoriasis and aging wrinkles. Does it work? I am a believer, and I love my Dead Sea salt! It has consistently helped to alleviate my arthritis pain as well as my very dry and itchy skin. I make a scrub using 1 cup of Dead Sea salt mixed with 2 tablespoons of honey and a few drops of an herbal oil of choice. Then, I rub it all over my skin and soak in a hot tub containing 2 more cups of the salt. The first time I tried a Dead Sea salt scrub and soak I noticed the difference right away. My skin looked and felt younger and my dry skin and arthritis pain magically disappeared. Believe me this truly works!



What about baking bread without salt?

Salt in bread controls the fermentation rate of yeast and strengthens the gluten protein in the dough. Yes, you can make bread without salt. However, it will have a tougher crust and bland taste. Also, without salt the bread will rise faster and have larger holes.

Salt is needed for cooking, preserving foods and enhancing flavors. Figure out how much salt you use in a month and multiply that by 12. This is the amount of salt you need to have in your food storage. As long as the salt stays dry it will last indefinitely. If you have never tried Himalayan or sea salt I encourage you to give it a try!

So, when building your pantry don't forget the Salt!



Simple White Bean and Pasta Soup

This recipe is for our new friend Lauren, who Lisa and I had the pleasure of meeting at the Cannery in Rochester, New York.

Ingredients

½ cup sliced dehydrated onions

1 tablespoon chopped dehydrated celery

½ cup sliced dehydrated carrots

½ cup sliced dehydrated tomatoes

4 vegetable stock large bullion cubes

1 cup white beans that have been soaking overnight

1 dehydrated garlic clove (crushed or chopped)

Add a little dried rosemary or tarragon

2 cups pasta bows (add ½ hour prior to serving)

Place all the above ingredients, except bow tie pasta, in a slow cooker on high with 12 cups of water for 5-6 hours. One half hour before serving add the bow tie pasta. Salt and pepper to taste. When vacuum packing this soup for storage make sure to pack the bow ties and vegetable stock bullion cubes in separate vacuum bags. Enjoy!



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www.Dehydrate2Store.com/recipes

Holiday Giveaway

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(6) Weston Roma Pasta maker
Stacy McQuade
Alabaster, Alabama

(7) Norpro Vegetable
Chopper
Dale and Jennifer Kiser
Ocean Springs, Mississippi



(8) Honeyville Gift Basket
Karen Judy
Iona, Idaho

(9) Honeyville #10 can of Bananas
Deanna Kuhn
Richmond, Indiana

(10) Basket of Anjali Herbal Teas,
Norpro Herbal Tea Pot and Tea
Infuser:
Mary Lebrun
(Registered by Nicole Corey)
Queen Creek, Arizona



Again, congratulations to all the winners and Thank you to everyone who registered, viewed our video and wrote us such wonderful comments. Your comments help to motivate us in our quest to educate and encourage others to build their pantries.

More giveaways to come! Giveaway dates will be posted on facebook, in future newsletters, and in the Contact Us section of Dehydrate2Store.com