

# Dehydrate2Store

## Newsletter



### Mung Beans *Is this high-protein, low-fat item in your pantry?*

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#### Did You Know?

- One cup of mung beans has over 14 grams of protein?
- Mung beans contain: Vitamins B,C, and E, as well as folic acid, copper, magnesium, and zinc!



The minute some people even think about beans they start to feel bloated. This is not the case with this mega-nutritional bean; in fact, this is one of the reasons why it's a popular staple in most vegetarian diets. Mung beans are easily digestible and known for aiding with bloating and digestion problems.

This little round green bean is loaded in vitamins and minerals such as vitamins B,C and E, Folic Acid, Potassium, Magnesium, Copper, Zinc and Protein. Did you know that one cup of mung beans has 14.18 grams of protein? Yep!

Mung beans are one of the easiest and most popular beans for sprouting into bean sprouts. Once they are sprouted these beans magically produce vitamin C! Here is how to sprout your mung beans:

#### You Need:

- 1 Mason Jar
- 1 sprouting lid, or just use the Mason ring and a piece of plastic mesh screen material cut into the size of the jar ring. This is used for straining the water away from beans and allowing the air to circulate while sprouting.
- 1/2 cup Mung Beans
- Water

#### Instructions:

Place 1/2 cup of Mung Beans into the Mason jar then fill to the top with water and let stand for 12 hours (out of the sun). After 12 hours, drain the water from the beans through the mesh screen. Next, set the Mason jar on it's side (out of the sun). Every 12 hours rinse and drain the beans with fresh

water and put the jar back on its side. Finally, repeat this process for 3-4 days or until



you achieve the sprout size desired. It's that easy!

After your beans have finished sprouting you can refrigerate them for up to 2 weeks.

#### What do you do with bean sprouts?

Stuff them into a pita sandwich, throw a handful into a stir-fry or top off your salad with these yummy greens. Here's another idea: try pouring your favorite pickling brine over your sprout-filled Mason

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### Where Have You Been?

Those of you who are avid Dehydrate2Store fans have probably noticed that the newsletter has not been sent the last few months! We at Dehydrate2Store wanted to apologize for the inconvenience, and follow that apology with a promise to try our best to never let this happen again. There was an issue, as many

our aware, transferring our email servers, which required everyone to re-subscribe to the mailing list. This process took quite some time to get everyone back. Luckily, our home page has a neat new feature where you can sign up for the newsletter hassle-free in seconds! This summer we are working diligently to be more

prepared with our newsletters, so you will not have to miss these fun, interesting, and information-packed free monthly treats again!

We have also added new shop items, are working on some interesting new videos, and have a new addition to our team! You will learn more as you read on!

## New Season, New Shop Goodies!



If you haven't already, check out some of the new and interesting items on our shop page! Some of these tools are necessary additions that will help with dehydrating, storage, and preparedness, and others are simply unique and fun tools that will make your lives easier!



One interesting, and very useful, addition is the Global Sun Oven (pictured top left). This oven is simple to use, impressively durable, and folds into a great easy-to-carry emergency tool! This item only requires the heat of the sun. Simply place your items into the Sun Oven and watch the rays of the sun reflect off the unique collapsible reflection boards and cook your food! You can use this oven to boil, bake or steam! You can also use it to



pasteurize water with the help of a Water Pasteurization Indicator (WAPI) that can also be found in the shop! This oven is perfect for any disaster where you may lose power, or if you are trying to lessen your dependence on electricity and fuels.

We are currently selling the oven at the lowest price allowed by the company, so check it out soon!

Another great new item is the jelly strainer (pictured top right). This item is great for making jellies, soup stocks, juices, and more! We will be making a video soon on how to make Ghee, a long-lasting butter alternative for your storage!

There are plenty more great items, so take a look at:

[www.dehydrate2store.com/shop](http://www.dehydrate2store.com/shop)



## Kefir: What is it? What are its benefits?

Kefir is a fermented milk drink that is made by mixing cow, goat, or sheep's milk with kefir grains. There are also dairy free alternatives such as coconut kefir and soy kefir. The health benefits are different depending on how long they have fermented. Kefir with a long fermentation, also known as "over-ripened" kefir, is rich in folic acid. The Hertzler Ohio Study has found that it can aid in the digestion of lactose and may even be able to benefit health further by protecting the intestines against disease-causing bacteria! Also, kefir has been shown to suppress increased blood pressure and reduce cholesterol in rats and has antimutagenic and

antioxidant properties. However, the studies have not been clear on whether these things are beneficial to humans when consumed.

### Coconut Kefir

Many claims have been made about the benefits of Coconut Kefir as well. Coconut Kefir is made from the water of young green coconuts mixed with kefir grains. Many claim that it cleanses and tones the liver and intestines, eases pain in the joints, improves complexion, fades and eliminates liver spots, dries up warts, moles and skin tags, improves vision, betters digestion, eliminates sugar cravings, increases

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## Meet Our New Friends!



Ifood.tv is a great site to find all sorts of videos on food preparation, cooking, and storing. Check out the Dehydrate2Store page to see our videos!



### SURVIVAL Gear Bags

At SurvivalGearBags.com you will find fantastic backpacks and bags of all sizes and functions. Use these high-grade professional quality bags to custom create emergency kits, bug-out bags, or packs for all occasions and uses. You will also find excellent survival gear including knives, tents, cookware, firestarters, and binoculars! If you need to build up your emergency storage, love camping, or are just looking for an exciting gift, check out SurvivalGearBags.com!



A Global Sun Oven is an excellent tool to have! We are happy to welcome them to our team! Read more under “New Season, New Shop Goodies”.

**We also have a new addition to the Dehydrate2Store team!** September is our new Director of Marketing and Public Relations. We would like to welcome her aboard with open arms and thank her for helping Dehydrate2Store to grow and reach more people to work toward our ultimate goal: educating the world of the importance of dehydration, long-term storage, building a pantry, and family preparedness. If you know of a resource that would make a great addition to Dehydrate2Store.com, email:

[September@dehydrate2store.com](mailto:September@dehydrate2store.com)

## Mung Beans Continued

jar and then refrigerating. This will add a delicious and interesting touch to your relish tray! You can also **pressure cook your mung beans!** Here's how:

- Pre-soak beans for 4-12 hours
- Add 1 cup Mung Beans to 3 cups water
- Remember: do not use salt

when cooking, it interferes with the hydration process and makes the bean tough.

- Once the beans reach 8 psi when on the stove set a timer for 12-15 minutes and let them cook. Next, turn the stove off and let the beans set until the lid unlocks without removing the weight. This will allow the steam to release. Older

beans require a few extra minutes of cooking time.

- If you are using a pot vs. pressure cooker adjust the cooking time to 1 hour, and add 15 minutes if the beans are older.

Serve these cooked mung beans with steamed vegetables and your favorite spices. Or, serve in soups and stews or in dishes in place of pasta and rice.



## Kefir Continued

energy, and promotes an overall feeling of good health! Although these claims cannot be proven to be absolute by these studies, the benefits of kefir are high while the risk is... well, non-existent! I have yet to find any side effects or symptoms of consuming kefir!



### Consumption

Since Kefir is said to have a somewhat bitter or sour taste it is best to use it in a shake or fruit smoothie. It can also be used to make sourdough bread, as it already contains yeast!

