

Dehydrate2Store

NEWSLETTER



End of the World Giveaway

There has been a lot of talk of the “end of the world” lately. If you follow these things, you know that the “big date” is this December 21st, 2012. This idea was brought about by the Mayan (Mesoamerican) long-count calendar, which some experts say ends its cycle on December 21st 2012. The Mayan’s had a striking ability to predict numerous lunar eclipses thousands of years before they occurred, without the use of modern telescopes or high-tech equipment. Some experts predict that on this date our planet will line up with the center of the milky way, an occurrence that takes place only once every 26 thousand years. The question on everyone’s mind is; could this create a change in the poles big enough to cause catastrophe? Could this be the same pole shift theory Albert Einstein predicted would occur around 2012 to 2015?

Or... will you simply wake up on December 22nd 2012 only to find out that you are the winner of the Dehydrate2Store End of the World Giveaway!?

Now, the end of the world has been predicted countless times, and everyone interprets these things differently. In addition, there is a long-standing debate over this date and the interpretation of this calendar. You could argue limitless end-of-the-world-theories until... well, until the end of the world!

We at Dehydrate2Store don’t have a stance on this specific date or subject. However, one thing we do believe in is the importance of preparation: not for the end of the world per se, but for everyday living! Building a pantry and securing your family is important. After all, this is why Dehydrate2Store exists! We are here to teach you the “how” of dehydrating, and it is then up to you to choose the “why”. And believe me, there are a lot of benefits in dehydrating foods that you can choose from to answer your “why”!

A flood, a power outage, or even inflated food prices are not easily predicted, and by establishing a strong pantry of long-lasting foods and emergency equipment you can better secure your family for the unpredictable. This is just *one* of the many “whys” of dehydrating!

To celebrate this BIG date, Dehydrate2Store will be holding a BIG giveaway! We are confident that you will be here on the 22nd to enjoy these prizes, and want to help you in securing your family if any disasters are to occur in the future!

We will have numerous great prizes including: Honeyville dried foods, Excalibur Dehydrators, survival gear, Dehydrate2Store products, and more!

Continue to page 4 for how to enter!

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Welcome to The Health Corner

All Information Found Here is Backed by Published Scientific Articles and Data!

"Feel Safe About What You Eat!"

Note: In The Health Corner we will never recommend medications, though we may speak of the health benefits of various foods or supplements. These benefits are to be enjoyed in moderation, and are not meant to treat serious illnesses. If you feel you have a serious illness, please consult a physician!

SOURCES:

1. Bloedon L.T., Szarpary, P.O., 2008. "Flaxseed and Cardiovascular Risk," *Nutrition Reviews*, **62**(1): pp. 18–27.
2. Prasad, K., 1997. "Dietary flax seed in prevention of hypercholesterolemic atherosclerosis," *Atherosclerosis* **132**(1): 69-76.
3. Prasad, K., 1997. "Hydroxyl radical-scavenging property of secoisolariciresinol diglucoside (SDG) isolated from flax-seed," *Molecular and Cellular Biochemistry* **168**(1-2): 117-123.
4. Vijaimohan, K., et al., 2006. "Beneficial effects of alpha linolenic acid rich flaxseed oil on growth performance and hepatic cholesterol metabolism in high fat diet fed rats," *Life Sciences*, **79**(5): pp. 448–454.
5. Zhang, W., et al., 2008. "Dietary Flaxseed Lignin Extract Lowers Plasma Cholesterol and Glucose Concentration in Hypercholesterolaemic Patients," *British Journal of Nutrition*, **99**: pp. 1301-1309.

The Health Corner: The Facts about Flax

-Steve of Dehydrate2Store, First Year Medical Student

The Facts

Flax is one of the oldest cultivated crops (since 7000 BC), and the various parts of the plant have numerous uses ranging from fabric production to dietary supplements and food sources! The seed is commonly eaten as a ground powder, whole seed, or processed into its oil (linseed oil).

Health

Flax is a powerful health food, and for many reasons! Some of its biggest affects come from its ability to neutralize antioxidants, and reduce inflammation in the body.³

Many foods in your storage have antioxidant properties, but it is the anti-inflammatory property of flax seed that makes it especially unique. Inflammation in the body is strongly related to numerous diseases including heart disease, hypercholesterolemia, and atherosclerosis. Flax seed can reduce inflammation because of its omega-3 fatty acids, of which flax seed has more than any other plant in its class.¹

Fatty acids? Do we *need* fats? Yes! Certain fats are actually *required* in our diets. This is because our body cannot synthesize these fats on its own. These special fats are referred to as "essential" fatty acids. These are known as "omega-3" and "omega-6" fatty acids. Although both of these are essential to our diet, a large problem in many countries (the U.S. especially) is that the balance between these is massively skewed. The American diet is largely composed of omega-6 fatty acids. Omega-6 fatty acids are metabolized in our bodies into many inflammatory compounds, whereas omega-3 fatty acids are largely anti-inflammatory.^{1,2} For this reason, a commonly prescribed and advertised product you have likely heard of is the fish oil pill (which is high in omega-3). The basis for this supplement is the idea that establishing a healthier omega-3:omega-6 ratio will reduce the occurrence of certain chronic diseases.

In addition, a prime component of flax seed is

the lignin "SDG", which is a type of plant phytoestrogen. Unlike omega-3s (which are important for anti-inflammatory effects), this compound has been shown to lower blood cholesterol and sugar levels.^{1,2,4,5}

Therefore, the numerous components within the flax seed make a great cocktail of nutritious compounds that could be beneficial for the prevention, and potentially management, of various chronic diseases (especially heart disease and diabetes).

In both animal and human studies the addition of flax seed to diets reduced hypercholesterolemia-related heart attack, stroke, and atherosclerosis, and blood glucose and cholesterol.^{2,4,5} In one study, for example, it was shown that serum cholesterol and glucose levels decreased between 25-96% compared to placebo after an 8-week regimen of 300-600mg of flax seed extract daily.⁵ Weight loss and a reduced incidence of chronic disease was also exhibited in this and other studies.^{1,2}

Remember, it is important to use these



benefits in moderation. Incorporate flax seed into a healthy and diverse diet from time to time. Using too much of anything can have potential side effects, so if you are considering purchasing and consuming concentrated flax seed extracts on a regular basis, please consult a physician first. However, I recommend simply adding ground flax to healthy meals on occasion!

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D2S Kid's Drawing Contest Winner: Tessa, Age 11, from Collinsville, IL

Congratulations to Tessa of Collinsville Illinois for winning the Dehydrate2Store drawing contest! This beautiful drawing looks to be a portrait of me getting ready to dehydrate, as seen on our website! I like this drawing because it shows that Tessa has really seen our website, is enthusiastic about dehydrating... and thinks I look thin!

This budding artist will receive a \$30 gift card to Toys R' Us,

in addition to being immortalized in our Dehydrate2Store Newsletter, which sends to thousands and thousands of Dehydrate2Store fans worldwide!

Congratulations Tessa, and thank you for your help in making our site great with your wonderful contribution!

~ Tammy and your friends at Dehydrate2Store

Poker Night

Poker "Chips"

I have recently rediscovered the fun of Poker Night. You invite over some friends and get out the cards and next thing you know you have a whole stack of poker chips in front of you and all of those potato chips that were there have made their way into your tummy. So along with rediscovering the fun of playing cards with friends, I also rediscovered the stomach-ache that results from eating unhealthy, processed Poker Night snacks.



Next time you have a get together, impress your friends by treating them to this tasty recipe!

Sweet Potato Fries

- 3 large sweet potatoes
- ½ cup Nama Shoyu (or Soy Sauce)
- ½ cup Olive Oil

Slice your sweet potatoes into fry shapes. Steam or blanch your potatoes until they turn bright and are fork tender, but still on the firm side. In a large zip lock bag or any container with a lid, mix together your nama shoyu and olive oil. Add your sweet potatoes, making sure that the potato pieces are covered and marinate for 2-4 hours. Carefully drain your fries and place them on your dehydrator screens, sprinkle with sea salt and dehydrate at 125°F for 6-8 hours or until they have reached the dryness that you desire.

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Poker Night continued

Sweet potatoes aren't just tasty; they are very healthy as well. Sweet potatoes contain Vitamins A, C, B3, B5, and B6. Besides being packed with vitamins, sweet potatoes are also low in calories and a great source of fiber! And if that isn't enough they are also filled with key antioxidants (beta-carotene in particular), anti-inflammatory nutrients, and surprisingly blood sugar-regulating nutrients. This recipe for sweet potato fries is a particularly healthy way to snack because you get to skip the deep-frying (which destroys many of the nutritional benefits of sweet potatoes and adds unwanted grease and salt).



Also try this vegetarian "mayo" with your fries to add a little kick of flavor:

Chipotle "Mayo"

- 1 cup Pine nuts (soaked)
- 2 Tbsp. Olive Oil
- Juice from 1 Lemon
- ½ clove garlic
- ¼ cup Filtered Water
- ½ cup young coconut flesh
- 3 tsp. Chipotle Seasoning

Place all ingredients in blender and blend until very smooth then enjoy!

**Learn to Dehydrate, for Goodness Cake!**

I have been dehydrating for many years, and have had the fortunate opportunity to spread the knowledge I have accumulated, and the tricks and tips I have developed, with the world through Dehydrate2Store and our YouTube channel.

All this time, however, I never shared with my viewers how I first got into dehydrating!

In addition to being an avid dehydrator, I am also an avid cake-baker! I used to make free full-scale wedding cakes for friends and family, or people from my church that could not afford to purchase a cake. For my cakes I made thousands of fondant decorations, such as flowers, hearts, ribbons, and anything you can think of! Air-drying fondant takes from 5-7 days. With all the cakes I made, that time was simply not efficient. When I heard about a "dehydrator" I thought that maybe I could use this unique contraption to dry my fondant designs more quickly. I discovered that with a dehydrator I was able to reduce that drying time to just 8 hours, and I was instantly hooked! I then began to explore dehydrating further, and

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End of the World Giveaway *Continued*

To enter in the Dehydrate2Store "End of the World Giveaway" simply follow these instructions!

Send an email with your:

Name
Address
Phone Number

And a short couple sentences about why you love dehydrating, what you use your dehydrator for, or why you wish to start dehydrating,

To end@dehydrate2store.com

BEFORE 12-20-12

Then, on 12-21-12 we will post a video at www.dehydrate2store.com/videos where we will draw several names at random live! We will announce your first and last name, the state in which you live, and what you won! We will then contact you via telephone and send you your prizes! How easy is that!?

Featuring Great Products From:

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DC Sales Enterprises, Inc.

...And more

Brought to you by **Dehydrate2Store**

Breakfast of Champions

by Nancy of Dehydrate2Store

Breakfast of Champions

Ready-to-eat meals have become quintessential to many families that live the dehydration lifestyle. Simply put, they are convenient and quick! When you lose power, experience a flood, or even if you are just short on cooking time it is always nice to have meals ready to go. Here is an easy, tasty breakfast that you can make using wet ingredients or prepackage ahead of time using your dehydrated food supply.

Sweet Potato Pancakes

- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 4 tsp. baking powder
- 2 tbsp. brown sugar
- 1 tsp. cinnamon
- Pinch of nutmeg
- 2 cup milk
- 4 tsp. melted butter

2 whole eggs

1 sweet potato cooked until tender, then peeled and pureed (roughly ½ to ¾ cup dehydrated mashed sweet potato)

Combine all of your ingredients in a large bowl, and mix them together using a whisk until a smooth consistency is reached. Cook your pancakes in a buttered skillet or griddle on medium high temperature until bubbles form on the surface. Turn them over and cook until dark golden brown, then serve. I like to serve mine with pecan syrup!

This recipe is the breakfast of champions because sweet potato pancakes are much more filling than regular pancakes for a nice satisfying breakfast. They also have the added benefit of the nutrients from the sweet potato allowing you to feel less guilty while enjoying your delicious pancake breakfast.

In order to add convenience, I use almost completely dry ingredients (everything except the butter). I use equivalent amounts of dried milk and eggs instead of wet ingredients, as well as an equivalent amount of dehydrated powdered sweet potato. Place all of your premeasured dry ingredients for your pancakes into a vacuum bag except starches, flour, or powdered milk and eggs. Your starches, flour, powdered milk and

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Dehydrate2Store FAQ

“What do you do when sharp dehydrated items poke holes in your vacuum bags?”

The likely reason for puncturing of your bags is due to the quality of the bag itself. I always say: If you are to spend a little extra money anywhere when dehydrating, buying vacuum bags is the place to do it! You can have the best vacuum sealer on the market, but if your bags are low quality they will puncture and your food and hard work will be wasted! Most often when I receive this question, the inquirer is using FoodSaver brand vacuum bags. I would consider FoodSaver bags low quality. FoodSaver products are nice because they provide a low-cost option for those just starting to dehydrate and store. However, I would avoid using their bags if possible, especially if you are storing a large quantity of goods.

Try to purchase vacuum bags and Mylar bags of 3Mil thickness or greater, and from a company you trust! You may need to shop around to find what you like best. The items I use are shown to the right!

Tip: If you must use lower quality bags, try wrapping them in bubble wrap. This will reduce impact when heavy items are placed on top, and will reduce puncturing.

What does Tammy of Dehydrate2Store Use?

Mylar Bags from Dehydrate2Store.com



Vacuum Bags from:

DC Sales Enterprises, Inc.



What I love about this picture is it shows the beauty AND the diversity in the dehydration of foods! The brightness and quality of these items also shows that Laurel is quite the skilled dehydrator! Congrats on a job well done! -Tammy

D2S Photography Contest Winner: Laurel from Rowlett, TX

Breakfast of Champions

Continued

powdered eggs should be placed in a zip lock bag and THEN placed into your vacuum bag (because it is important to keep these items separate from your other items). When you are ready to cook, simply combine all of the dry ingredients, add your butter, then add warm water while stirring until your mix has reached a nice consistency. When your mix has reached the right consistency, cook your pancakes as suggested and enjoy!

For Goodness Cake

Continued

fell in love with the art of dehydrating, and with the numerous benefits I was enjoying. I was saving money, making quick meals, wasting less, and having fun! I expanded my knowledge, developed my technique, and the rest is Dehydrate2Store history!

So, Here is How to Dehydrate Cake Fondant!

Simply place your fondant designs onto a tray and dehydrate at 130-135°F for 8 hours or until hard like candy!



The Health Corner *Continued*

Dehydration and Storage

Some studies suggest that linseed oil does not contain the antioxidant benefits that the whole flax seed contains. In addition, the oil form goes rancid much more quickly than the seed or powdered form. The whole seed form of flax seed, however, is very stable, and has the longest shelf life. For these reasons, we store flax in the whole seed form. We package flax seed into large vacuum-sealed vacuum bags with oxygen packs, and place those into food grade 5-gallon buckets. It is best to store these sealed buckets in a cooler area to maximize shelf life. It is not necessary to refrigerate, but a cool basement would suffice. These whole seeds will last many years if stored properly. You can then remove small quantities as needed, grind with a stone grinder, and store in mason jars for short term. The ground form can last up to a year or longer if stored properly, while the whole seed will last tens of years.

Usage

Flax makes a wonderful and healthy additive to foods when you want a nutrient boost! We store flax as whole seeds in bulk, and also keep a small jar of ground flax seed in the pantry. The fine powder is easily incorporated into many dishes.

Flax has a very mild and somewhat nutty flavor. Because it is so mild, it is easy to incorporate into meals! A secret dose of flax in most dessert dishes and yogurts is a great health trick that even the pickiest eaters won't notice!

I love to sprinkle a tablespoon of flax atop my yogurt or granola!

You can also follow this link to a great dehydrator flax seed cracker recipe!

<http://www.therawtarian.com/basic-raw-cracker-recipe>

Enjoy!

Photography Contest Honorable Mentions



ABOVE: Laurel from Rowlett, TX. I love this picture because of the colors, and the usage of the "crazy fruit" technique to make a strawberry-kiwi combo fruit! Someone has been watching Dehydrate2Store!



ABOVE: Haley from Centreville, MD. I love this picture because of the piggy bank smiling in the background. He knows that you are saving money!



ABOVE: Haley from Centreville, MD. Fully dehydrated, small portion sizes, completely sealed, marked with the date, a perfect execution of dehydration and storage!



LEFT: Sue from Rhodes Corner, Nova Scotia, Canada



ABOVE: Aaron from Puyallup, WA.



LEFT: Wendy from Oklahoma City, OK



LEFT: Tracy from Asheville, NC.



RIGHT: Aaron from Puyallup, WA.