

Dehydrate2Store Newsletter

Inside this issue:

Holiday Gift Ideas 1,3

Win an Excalibur 9-Tray Dehydrator 1

Food Storage 2

Herbal Tea of the Month 2

Essential Vitamins 3

Website News 3

*Stay Healthy This
Holiday Season
With Some
Essential Vitamins!
See page 3 for
more details!*

Holiday Gift Ideas

Filling a basket with home-made dehydrated soups, breads, muffins, casserole mixes and special herbal teas makes a great gift and may encourage the recipient to start dehydrating as well. When I give these gifts out to others they are amazed to see these dried up little tidbits transforming into beautiful foods. The real selling point, however, is when they taste it! It is such a good feeling when you can open up a whole new idea to someone to make their life easier, save them money and contribute to their growing pantry. A secure pantry is a wonderful Christmas gift that will last a lifetime, and they will always think of who got them started... you!

Apple Wreath Tie

Another wonderful gift is a dehydrated apple wreath tie with a



Edible Tree Ornaments: Angel, stars, stocking

bow and embellished with mistletoe and cinnamon sticks. First, take some nice red apples and place them on your meat slicer. Thinly slice (1/8 inch) the entire apple skin and core. Thin slices will cause the apples to become wavy when dehydrated giving fullness and dimension to the wreath. After the apple slices have dried you will need to spray them with a can of fast drying polyurethane, this will seal the dehydrated apples so

they cannot absorb moisture from the air, become limp or develop mold. Next, take floral wire and string the apple through the center of the core. String enough apple slices together to create the size wreath you want. Make sure to leave enough wire that the ends can be tied together. After the wreath has been securely tied, take ribbon and tie a beautiful bow at the top of the wreath. Lastly, embellish the bow with the mistletoe and cinnamon sticks using a hot glue gun.

Edible Christmas ornaments

Something I love to do for others in my spare time is make cool cakes. If you have ever watched *Cake Boss* or *Ace of Cakes* you know the kinds of cakes I'm talking about.

Continued on Page 3

Win an Excalibur 9-Tray Dehydrator

This is our way of saying Happy Holidays and thank you for all the kind and uplifting words. On December 22, 2009 Dehydrate2store.com will be giving away yet another 9-tray Excalibur dehydrator.

ENTRY:

Simply send an e-mail to giveaway@dehydrate2store.com. In the e-mail you must include

your first and last name, mailing address, phone number and email address. All entries must be in by December 21st. We will be videotaping the random drawing and the winner will be announced first on the *Proof Negative* web-radio station, and then it will be posted on Dehydrate2store.com. When we announce the name of the winner we will only give first and last name, city and state.

If you aren't chosen don't worry! You can purchase an Excalibur directly from the site by visiting

www.dehydrate2store.com/videos

and clicking on the link at the bottom of the page! It will direct you straight to the site where you will get free shipping and warranty benefits. Also remember, there will be more drawings to come!

Tell your friends and family to register for the drawing and have a happy holiday!

Dehydrate2Store Definitions

Golden Rice: Average rice contains no Vitamin A, an important vitamin in the development of vision. In poor nations whose main source of food is rice, early onset blindness is common.

Through molecular modification golden rice (rice with vitamin A) was developed, to potentially aid health problems in third world countries!

For more about vitamins see page 3.

Food Storage

Learning to use the food from your food storage everyday will bring many benefits such as the confidence to prepare the food you have stored, saving you time and money and supplying security in a financial down fall or emergency.

One item that is a must in your pantry is wheat. Wheat is the largest and most important crop in the world and has been since 7,000 BC. If wheat is stored properly in its berry form it will last up to 30 years. Wheat is not only used in breads, the whole berry can be used in soups and stews adding a nutty taste and texture to the dish. The berries can be sprouted into wheat grass then juiced. It is frequently used this way in cancer prevention diets.

I purchase 50 pound bags, divide them up into 5 gallon buckets each lined with a Mylar bag and containing a 2000cc oxygen pack, and then I seal it. I keep a bucket near my manual wheat grinder so I can grind fresh wheat for bread. You can mill your wheat berries into flour and store, but remember for long term storage it has to be left in its berry form.

The wheat grinder I use is a *Country Living* manual mill. I always use and keep on-hand manual appliances such as a wheat mill, can opener, chopper, grader and Dutch oven in case of a power outage. In the last five years we have had many power outages in my area and these items were worth their weight in gold. A great place to purchase your wheat is from an LDS cannery if you have one near you. We started a resource page on the Dehydrate2store.com site that should be completed sometime before Christmas and will list all the locations of these canneries.

Why is the cannery the smartest place to shop?

If you purchase a 50 pound bag of any item you can have it divided up then sealed in a number 10 can with an oxygen pack and labeled. Because the organization is non-profit the products there are at cost, meaning there is no mark up. Everyone who works at the cannery is a volunteer. Recently I had one of my viewers like it so much that he decided to volunteer as well. You do not always have to be an LDS member to use the facility, but

some canneries will ask you to be accompanied by a member. If this is the case, call the cannery and ask if a member will go with you. They do this so people are not purchasing the products for resale because the prices are so low. I have many viewers from coast to coast that have e-mailed me about their visits to the cannery and every one of them was positive. Unfortunately, if you don't have a cannery near you will need to find other recourses. When completed, the recourse page will list many other places to purchase wheat and other products.

Honeyvillegrains.com offers a large range of products that include 50 pound bags of wheat. I have made many purchases from this company and find them to be honest, fast and very helpful. The shipping cost at Honeyville Grains is \$4.49 no matter how big the order, and the prices are compatible to other companies. In upcoming videos I would like to do, Storing, milling, cooking and baking with wheat.

HERBAL TEA OF THE MONTH

Alfalfa is sometimes called "The father of all foods" because it contains so many essential vitamins including A, E, D, B and is also a great source of vitamin K. It has been used to aid in weight loss and keeping the intestinal track clean: a great thing to have after all that holiday feasting!

Anise, in ancient times, was used to ward off evil. I don't know if that works today, but I love this herb for its sweet flavor, and its Christmas cookie flavor and aroma.

How to Make it?

1 tsp Alfalfa
½ tsp Peppermint
½ tsp Anise
-Place herbs in a press-and-seal tea bag and steep for 15 to 20 minutes. This will make 2 cups.

These three ingredients make a wonderfully light and refreshing December Holiday herbal tea with great benefits.

Please note: Alfalfa is a natural diuretic and laxative, it is not recommended for people with autoimmune disorders.

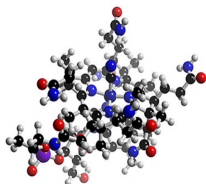
Peppermint has been used for a variety of elements from congestion, indigestion, toothaches, stomachaches and headaches, to cramps and fresh breath. Can there be Christmas without peppermint candy canes?

Essential Vitamins!

Stay healthy this holiday season with essential vitamins. We all know vitamins are good for you, but many do not know just what they each do. Dehydrate2store.com is here to help.

Vitamin A: Important for vision, reproduction and bone growth. Vitamin A also aids in fighting bacteria by strengthening the immune system and lymphocyte (white blood cell) production.

Vitamin B: 12 vs. 6– B₁₂ is important in red blood cell formation, and nervous system support. B₆ maintains hemoglobin and glucose blood levels.



Vitamin C: Helps form connective tissue, heal wounds, absorb iron, maintain healthy skin and teeth and also acts as an antioxidant and boosts the immune system! As you can see Vitamin C is important!

That is why we spray many foods with lemon juice before dehydrating in order to maintain vitamin C levels.

Vitamin D: Strengthens bones, helps with calcium absorption, and reduces inflammation. It can be found in some foods, or made in the skin by UV exposure.

Vitamin E: Powerful antioxidant! This means that Vitamin E deactivates harmful 'free radicals', which help to prevent some chronic diseases and cancer! Several surveys indicate Americans have low levels of this vitamin, so try to diversify your diet

and your pantry with foods containing vitamin E! Be careful not to take too many supplements—studies suggest that extreme amounts of Vitamin E taken daily may cause hemorrhaging and other adverse health affects.

Vitamin K: Important in making blood clotting proteins.

It is important to incorporate all the essential vitamins into your diet. The best way to do this is to diversify what you eat, and what you store in your pantry!

Holiday Gift Ideas *Continued from Page 1*

When making these cakes I use a lot of Fondant. Fondant is like edible clay-dough that can be colored with food coloring or flavored with extracts such as cherry, lemon, almond, strawberry or peppermint. Fondant can be purchased by the box at any cake or craft store. First, Roll out the fondant using powdered sugar on a table (not flour). Next, use cookie cutters or trace and cut your own designs with scissors to create the Christmas ornament of your choice. If you



want to paint the food coloring on the fondant instead of adding it to the mix you can. The ornaments can be embellished with

edible candy, sparkles, sprinkles or whatever you want. Be creative! Add candies with a clean paint brush dipped in extract and light brushing to the fondant surface. Make sure to take a toothpick and make a hole in the top of your ornament to allow floral wire or a hook to pass through. When your ornaments are finished, place them in a dehydrator at 120° for 8-10 hours. You can also air-dry, but it would take about a week, so I recommend dehydrating. These are all gifts to be proud of. I hope you give them a try!

“Kids will love making and eating these beautiful ornaments, so make it a family event!”

Website News



What's to come? This newsletter has become more popular than we expected! There are over 1000 people who receive this letter each month! As a result, we get tons of e-mail asking for copies that people have missed, and now we are



behind on sending them. So, due to popular demand, we will be working on adding an archive section this month to the site's resource page in which you can view or download the newsletter! January is the month I will

be building my dehydrated sliced white potato stock. I prefer white but if the yellow are on sale I will purchase them as well.

I will also be doing a video on dehydrating and storing a 50 pound bag of potatoes. I will show you a fast and easy way to get the job done and stock up.

Once again, don't forget to register for our 9-tray Excalibur drawing.

The winner will be announced on the Proof Negative web radio show, December 22 at 10:15 PM eastern time, and also on Dehydrate2store.com via video.

Have a Wonderful Holiday.

