

Dehydrate2Store Newsletter



Inside this issue:

Website News: Shop Page	1
Dehydrate-2Store Welcomes Three Great New Resources	2
New Trends Starting	2
The Best Way to Dry Herbs	3
Some Sugar for Thought	3, 4
Tea of the Month	4

*"Let your food be medicine and your medicine be food."
-Hippocrates*

Website News



THE SHOP PAGE IS OPEN!

Since the beginning of Dehydrate2store people have been asking me where I get my products from. So, we at Dehydrate2store.com have been working diligently for the past few months to bring to you the best answer: From Us! That's right! Dehydrate2store.com has launched our very own "Shop" page, where you can find all of the great items used in our videos, and purchase them directly from us!

The Shop page contains only products that I (Tammy) have personally tried and recommend, so you never have to worry about buying low quality items. Also we try our best to give competitive prices on each of the items you need! We believe that building a pantry and securing an inventory of stored foods is important, so it is our job to make this goal as accessible and affordable as possible!

To make this goal even more accessible, every item on our page has FREE SHIPPING!

We also believe in the security of our trusting customers and

fans, so every transaction will be performed using PayPal, the world's most trusted and secure e-commerce and online money transfer system. PayPal is free for you, and allows you to set up a PayPal account, use a bank account, or simply use any major credit card.

The Shop page contains, due to popular demand by our viewers, the following items seen in our videos:

- Weston Vacuum Sealer
- Mylar Bags
- Slicers and Peelers
- Dehydrate2store Aprons
- And more!

Products such as Excalibur Dehydrators, dried foods from Honeyville, vacuum bags from DC Sales Enterprises, and more are still accessible directly through links on the shop page.

We will also be adding new products often, so if you want to see something added or have any questions just e-mail Steve@dehydrate2store.com



Above items are available at the Dehydrate2Store Shop page



Dehydrate2Store Welcomes Three Great New Resources



Dehydrate2Store is proud to welcome three new websites to our Resources page. These are websites or products I have found that I think will be a great help in your food storage and pantry building! I encourage you to check them out! Just go to www.dehydrate2store.com/resources and click on the picture! You can also go to www.dehydrate2store.com/shop and click on the link of the product you are looking for under "More Great Products." Enjoy!



The Ready Store:

When thinking about long-term food storage and preparation one must also consider first-aid and other emergency items! TheReadyStore is a great place to find a large variety of the emergency kits, evacuation kits, and rescue kits needed to build a strong pantry! TheReadyStory makes preparation easy with free shipping on orders over \$100 and a huge selection of important items!



Anjali's Herbals:

Anjali's Herbals is a great place to find delicious herbal remedy teas to sooth what ails you! The natural compounds present in many herbs are great healthy supplements to traditional western medicine, and they really work!

Did you know, for example, that aspirin (acetylsalicylic acid) is made from salicylic acid, a compound found in willow tree bark! Thousands of years ago the bark of a willow would be chewed for a throbbing headache!

At Anjali's Herbals you will find teas to help lower cholesterol, heal a gaseous stomach, combat colds, relieve stress, and more!



Making the Best of Basics- Family Preparedness Handbook:

"Making the Best of Basics" is a must read for anyone interested in prepping! This #1 best selling Family Preparedness Handbook by author James T. Stevens contains a ton of necessary information when building your pantry, and securing your families for disaster or emergency. Also, for a limited time, you will receive a free DVD on Self-Reliance with purchase! Don't miss out!

Can This Be?

The Fuji Apple Salad at Panera Bread Restaurants is topped with dehydrated apple slices to add a sweet apple crunch, and is a hit on the menu.

Hey! I've been doing that for years!

New Trends Starting

Walking through the mall with my sons Steven and Scott we took notice of a herbal tea store that was crowded with people. Wanting to know what all the commotion was about we decided to stroll through and check it out. The wall was lined with large buckets filled with many different blends of herbal teas selling at the hefty price of \$64-\$200.00 per pound. This is great! Are people starting to take a new interest in herbs and the wonderful

health benefits they offer? Will we finally wave goodbye to the caffeine buzz from the coffee shops? Although I was thrilled to see the store doing a great business, I was astounded by the price per pound! It is far cheaper to take these herbs from your garden or local farmer's markets and dehydrate them! Some herbs that are difficult to obtain locally can even be purchased online at wholesale dried herb

sites. You can also purchase pre-blended herbal teas at these sites at a fraction of the shocking \$200.00 price tag. Anjali's Herbals, for example, is a great site for pre-blended herbal healing teas at a much cheaper price!

Check out Anjali's Herbals at www.dehydrate2store.com/resources



The Best Way to Dry Herbs

Now is the time to start drying and storing all the herbs you can get your hands on. Herbs play an important part in health and food storage, I can't imagine life without them!

Herbs for cooking

Herbs for teas

Herbs for healing

Herbs for oils

Herbs for lotions and soaps

Herbs for potpourri

Herbs can do SO much!

Drying and collecting a variety of herbs can be a fun hobby with many benefits. First, start off with a handful of your favorite herbs whether it be mint,

parsley, rosemary, chamomile or dandelion. Next, learn all their benefits and uses, Then slowly add more and more herbs to your storage. In a very short time you will accumulate a great collection of herbs for your pantry, and a great collection of knowledge!

The most important tips I can offer in drying herbs are:
1. Never chop or cut the leaves, petals or any part of the plant that you will be using prior to dehydrating. Cutting the plant releases the oils and reduces the flavor. It is best to dry the plant as a whole and then break up or crush after

dehydrated. If the plant is extremely large cut the stem far from the leaf or flower.

2. Try to keep your dehydrator temp. around 90-100 degrees.
3. If you wash the plant before drying make sure to shake off excess water, then fold between paper towels or hang upside down and air dry.
4. Use blue jars or Mylar bags to keep light out.
5. Toss an oxygen absorber in the jar or Mylar bag.

You will find that many of the herbs you collect serve as natural healers, and are a great supplement to pills and medications!



Above items are available at the Dehydrate2Store Shop page

Some Sugar for Thought

There are LOTS of different sugars out there, some better for you than others. Below is some great information on a few of the types!

White Sugar is found in all forms: granular, powdered, cubed and liquid. Table sugar is often made of refined sugar cane and sugar beets.

Brown Sugar is simple white sugar with molasses added to it. I use 1/3 cup molasses to 2 cups white sugar then blend on low/medium for 5 minutes and cover in an air tight container. If the sugar should become hard over time just place a slice of bread in with it!

Raw Sugar is deep brown in color due to the natural molasses in it. Raw sugar tends to absorb moisture quickly causing it to stick together in a big clump. Because of this, it is important to keep it in an air

tight container that is kept in a cool dark place.

It is my opinion that raw sugar that has been kept in storage for a long time takes on a rum-like taste. This may be caused from the moisture in the raw sugar fermenting with the molasses, but am not certain. However, what I do know is that molasses is the main ingredient in rum! Molasses comes from Raw Sugar. I love blackstrap molasses on pancakes. It is a great way of getting that extra boost of iron. One tablespoon of molasses provides 20% of your daily allowance of calcium, magnesium, potassium and iron.

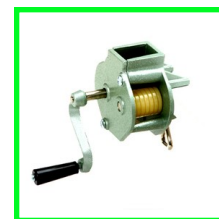
Date Sugar is high in fiber. It is important to know that if you purchase your date sugar online it may also contain white sugar. Dehydrated dates can easily be ground into date sugar if you leave the date in your dehydrator until they are

very hard. This could take a few days but is well worth the wait.

Maple Sugar is great for your immune system and heart. It is expensive to purchase but is so sweet you only need a small amount. You'll always find maple sugar in my pantry because oatmeal just isn't oatmeal without it!

Stevia is a zero calorie sugar that comes from the stevia herb. This plant can be grown in the South as a perennial and the North as an annual. It is easy to obtain in health food stores or online in dried leaf form, tablets, powder or liquid drops. I find stevia to be incredibly sweet and you only need a very small amount.

Continued on Page 4



Above items are available at the Dehydrate2Store Shop page

Tea of the Month– Rosemary

Sitting here and typing while drinking my Rosemary tea with a half slice of dehydrated lemon is a simple heaven. It takes little effort to prepare and is loaded with wonderful health benefits such as...

- Increasing the blood flow through the heart
- Increasing the flow of oxygen and nutrients to the brain
- Fat digestion and intestinal wall cleansing
- Helps with infections,

depression, anxiety, cell damage, headaches and memory.

If you are someone who is just starting out drinking herbal teas such as rosemary, parsley, alfalfa, sage etc., it will sometimes take a couple of cups before getting use to and truly appreciating the flavor. These are teas that are an acquired taste and are loaded with benefits!

Rosemary Tea

2 teaspoons dehydrated rosemary
1/2 slice dehydrated lemon

2 cups boiling water

Steep 5 minutes or more.
Reheat after steeping if needed.

Serve piping hot.

Please try this tea, it is so good for you!



Some Sugar for Thought *continued*

Turbinado Sugar is made from raw cane sugar with minimal processing giving it less calories. It has a golden yellow appearance, unlike the darker brown color of raw sugar that still carries all its molasses.

Demerara Sugar is made from raw cane sugar with minimal processing but has a larger yellow crystal appearance.

Honey Sugar is dehydrated honey that is ground. I find it unnecessary to dehydrate honey because it lasts indefinitely on its own. However, there are some desert recipes that call for powdered honey sugar. Make sure the desert is eaten right away for that honey crunch. Otherwise, if the desert sits out for a period of time, the honey crunch that you worked so hard for will turn into a honey goo. This is because honey quickly absorbs moisture from the air.

Fruit Sugar, or sucrose, is sugar derived from fruit.

Sucant is made by dehydrating

the juice from sugar cane.

I have many of these sugars in my food storage because I like the variety. As to which sugar is the best healthwise, they all offer different things. Refined sugars offer less calories than raw sugar, honey, molasses, date, fruit and beet sugar. The reason for this is simple: When cane sugar is refined into white sugar all of the vitamins and minerals have been removed thus having less calories.

Example: 1 Tablespoon of honey has 200 calories whereas 1 tablespoon of refined white sugar has 45 calories.

Then why is everyone upset with refined white sugar if it has less calories?

Raw sugar has molasses in it that is loaded with the iron, calcium, magnesium and potassium that is needed to digest the sugar. If these nutrients are removed then our body has to draw the nutrients from itself to digest the sugar. By eating a lot of white sugar you deplete

nutrients from your body. Maybe this is why people who eat a lot of sugar feel hungry and eat more often. Could this also contribute to the rising problem of constipation in small children in Western cultures? My rule of thumb is everything in moderation!

I didn't mention aspartame or other imitation sweeteners because they are chemicals and not food. Although my husband Jim drinks diet soda containing aspartame, it is against my better judgment and I would much rather see him drink regular soda with refined sugar.

Well there you go! Isn't knowledge "sweet?"



Watch for our Dehydrated Sweet Potato and Vegetable Ravioli video!

Also, my friend Shannon will be doing a video with me on how to make healthy canned grape juice in minutes for just pennies!

