

Dehydrate2Store Newsletter



THE PERFECT HOLIDAY TREAT/GIFT

INSIDE THIS ISSUE:

<i>The perfect Holiday Treat/Gift</i>	1,3
<i>The Holidays are about Giving</i>	1
<i>Amazing Turmeric</i>	2
<i>Glenn Beck Talks about Food Storage</i>	3,4
<i>Special Thanks</i>	4
<i>What's New?</i>	4



“ANGELS
DESCENDING,
BRING FROM
ABOVE,
ECHOES OF
MERCY,
WHISPERS OF
LOVE.”

FANNY J.
CROSBY

Here's a perfect Holiday treat or gift that is soooooo yummy and looks enticing in a festive gift box.

Chocolates with assorted dehydrated fruits

Simply set out little dishes and fill them with dehydrated fruits, nuts, coconut, Rice krispies, mint, rosemary, Caramels, marshmallows, semi-sweet cocoa powder and sea salt. Next, prepare a small cupcake tray filled with small cupcake papers. You'll also need a small mixing bowl and rubber spatula. Don't forget a small decorative box to display your candies!



Before starting, think of great combinations you would like to include in your assorted chocolate candies such as:

- Dehydrated bananas, cherries and walnuts
- Dehydrated pineapple, bananas and cherries
- Dehydrated bananas, mango and coconut
- Dehydrated Gobi berries (blended fine) and sea salt (a must try). If Gobi berries are not available substitute chopped cranberries, yum!
- Dehydrated cranberries, oranges and maybe a little rosemary
- Dehydrated mint and Rice Krispies
- Dehydrated chopped ap-
ples and Carmel
- Dehydrated raisins, almonds and marshmallows
- Dehydrated apples and cranberries
- Dehydrated pineapple and bacon bits (yes, bacon bits)
- Dehydrated Maraschino Cherries and almonds
- Dehydrated ginger and oranges
- Dehydrated pineapple, sea salt and white chocolate
- Dehydrated strawberries and white chocolate



Continued on Page 3

THE HOLIDAYS ARE ABOUT GIVING

Giving away an Excalibur 9-tray dehydrator is just our little way of saying happy holidays and thank you for being such a big part of Dehydrate2store with your love and support!

Register your name, register a friend, register members of your family, just get busy and register.

To register simply send an email to: HolidayGiveaway@dehydrate2store.com with your First and Last Name, Shipping Address and valid Phone Number. If you register someone other than yourself put down “registered by *your name*” so if that person wins we can let them know who did the good deed.

But wait!

Not only are we giving away a dehydrator, we are also giving away many other

surprise items. We would love to tell you except, It's a *surprise!*

So, When is the drawing? Christmas day! That's right we will release the winners on Christmas day so make sure you check the site and watch our video to see if you or someone you registered is one of the winners.

Good Luck!



“Number one on the list of the healthful benefits of turmeric is its incredible anti-cancer properties!”

AMAZING TURMERIC By Lisa of Anjali's Herbals

The properties and health benefits of turmeric are, in my opinion, one of the best kept secrets in the herbal world. Unfortunately, it *shouldn't* be a secret at all. Everyone should be made aware of just how much can be done with this simple Asian spice, best known for adding the deep yellow color to curries, rice, and other dishes in Indian cuisine. Turmeric belongs to the ginger family and can be found quite easily in most areas of the US in either its powdered form or fresh. Indian and Asian markets usually sell the fresh bulbs, as well as powdered turmeric in bulk amounts.

Number one on the list of the healthful benefits of turmeric is its incredible anti-cancer properties! Curcumin is mainly responsible for this. In laboratory studies, curcumin has been found to inhibit the growth of many cancers, such as breast, ovarian, colon, liver, stomach, and brain. It also causes cancer cells to die, as well as preventing the growth of tumors caused by cancer-inducing agents. This benefit of turmeric can best

be seen in the people of India, who have one eighth the amount of lung cancers, one ninth the amount of colon cancers, and one fifth the amount of breast cancers as do people living in the West.

It is also important to note that, as it is with so many things we see in the natural world, turmeric does not do this work completely alone and isolated. In this particular case, turmeric's strong anti-cancer ally is black pepper, which multiplies the body's absorption of turmeric by two thousand. It would be beneficial to try and add this spice to meals along with pepper, instead of only taking turmeric supplements. Or, you may choose to add more pepper to your food while taking turmeric as a supplement. Either way, remember that they work hand in hand together!

In addition to turmeric's anti-cancer properties, there are also its anti-inflammatory properties, which are the most powerful of all food ingredients. An obvious benefit of using turmeric would be the need to take less over-the-counter anti-inflammatory like naproxen sodium and ibuprofen, both of which have side effects. Turmeric can also help reduce inflammation in patients with rheumatoid arthritis, inflammatory skin



conditions like acne and psoriasis, and autoimmune disorders. Laboratory studies have shown that curcumin, the 'active ingredient' in turmeric, may block the progression of multiple sclerosis. If you suffer from gout, you may find your attack shortened quite a bit by its usage. Finally, because of its anti-septic and antibacterial properties, turmeric is useful in disinfecting cuts and burns.

So what on earth are you waiting for? The many wonderful benefits of turmeric are available to you right now, and if that isn't enough for you, it also makes a fantastic curry. Enjoy!

Visit Lisa's site at
www.anjaliyogawellness.com/shop



HOLIDAY TREATS CONTINUED

Next, purchase some quality chocolate wafers, bars or chips to melt down. You will need a double boiler or a glass bowl that fits over the top of a sauce pan.



Filled the pan with water and glass bowl with wafers. Make sure not to get water or steam in the chocolate. Slowly melt the chocolates until smooth and leave on the stove with the temperature on low.

In a separate small glass bowl place the combination of dehydrated ingredients you wish to add to your chocolate. Keep in mind that this amount is relative to the number of candies you want to make. Only use enough ingredi-

ents so that a pinch ends up in each candy. Then bring that bowl over to the melted chocolate. Add one tablespoon of melted chocolate to your ingredients for every candy you wish you make (5 tablespoons makes 5 candies). Add one spoonful to each paper cup. Let the chocolate set and harden.

A Few Tips:

-Using scissors to cut up the dehydrated fruits into small pieces is much eas-

ier and safer than using a knife. A blender can be used to chop the items to an even finer cut.

-When using peppermint or other herbs only use a pinch per 2 finished chocolate candies.

-If using dehydrated hot peppers in your chocolate make sure to mark that candy so little children don't eat them! Although hot peppers and chocolate sound crazy, it creates an unusual but exciting and delicious flavor!

You're the chef, so go wild and design your own signature candies that people cannot wait to unwrap each year!

HAPPY HOLIDAYS!



HANDMADE
CHOCOLATES,
YUM!



PREPARING
FOR LIFE'S
UNEXPECTED
EVENTS AND
YOUR
FAMILY'S
WELLBEING IS
A WONDERFUL
WAY TO SAY,
"I LOVE
YOU."



GLENN BECK TALKS ABOUT FOOD STORAGE

On November 18th, 2010 one of my favorite shows, Glenn Beck, talked about the importance of food storage. Glenn, along with his guest Eric Bolling from the show "Follow the Money" and who is frequently seen at the New York stock exchange, stressed the importance of food storage due to the concerns over rising prices and the strong possibility of hyperinflation. You can watch the rerun on YouTube entitled "Glenn Beck: Prepare For What Is Coming- Food Prices on the Rise."

Here is some food for thought: if the price of your grocery bill suddenly doubled, could your family easily make it without any repercussions? How long would you be able to comfortably afford these higher prices before it started to effect your family? How often do you hear someone, somewhere discussing the importance of food storage? What is the worst thing that could happen if you did have food storage? How do I start building my pantry when groceries have reached an all time high already?

Yes, the prices at grocery stores have soared, but there are still other options to get your pantry going.

I've mentioned the Cannery many times and its locations are even on my resource page. Just click on the state you live in and you will find the LDS Cannery closest to you along with the phone number for store hours. Even if it's a few hour drive, team up with another friend and make plans to get there! By going to www.providentliving.org

Continued on Page 4

SPECIAL THANKS TO PHYLLIS

When using your juicer steamer it is very important to keep an eye on the water level in the bottom of the steamer. If the water runs out it could potentially cause damage to your steamer. However, if there was a way to somehow be alerted when the level was getting low, what a help that would be!

Unfortunately, I could not think of a way to make this happen, so I would just kept a very close watch on the level: always nervous I would run out of water and ruin my beloved juicer/steamer.

Then one day while checking my blog I came across Phyllis' posting of her incredibly brilliant idea.

Phyllis says to put marbles in the bottom of the steamer, that way when the water is low the marbles will rattle and alert you to add water! Well, I had to give it a go and put this tip to the test, and it worked like a charm.

How many marbles? I used 7 medium sized marbles and it worked just fine. However, I'm sure 3 or 4 would also do the trick. Right away I had to call Shannon and tell her

about Phyllis' post on the blog. Who would have thought that a handful of marbles could make juicing so much easier? Phyllis, that's who!

This was such a great idea that I decided to include a handful of marbles with all of the juicer/steamers I sell on the site. Because, you will be lost without your marbles!

Phyllis, Thank you for all of your help and for keeping our juicer/steamers safe.

Hugs!



WHAT'S NEW ON THE SHOP PAGE?

Weston Roma Pasta Machine

Weston Meat Slicer

Weston Wheat Juicer

Weston Manual Grain Grinder

Norpro Mushroom slicer- this item is durable and works great!

Norpro Silicon Gloves- I Love Love Love these



gloves, and would be lost without them! The nice feature about these

gloves is they are high heat resistant and waterproof. You can actually submerge your hands in boiling water!

30 oz Norpro Tea Press for that person who wants to

make more then one cup at a time!



I encourage you to check out our shop page. these items make great affordable and useful gifts to help with your food storage!

GLENN BECK CONTINUED

under "family home storage" you can print out the "Home storage center order form" which contains a price list. The people at the cannery are informative regarding food storage and are very kind, loving and interested in helping.

Go online and Google farmer's markets and farmer's auctions (see my video "Roots Produce Auction"). This is a great way to

buy top quality fresh produce in bulk for far less then you would ever pay at the a supermarket. Again, team up with a family member or friend and make it your goal to get the job done.

Don't have a Dehydrator? then pitch in with a couple of people and take turns using it. Don't worry about burning it out, the Excalibur is a work horse and will run day and night. Canning is an alter-

ative to dehydrating. I would choose canning over freezing because your food will survive a power outage. If you don't have the time to can then stock up on store-canned items. However you choose to get the job done, do it!

Remember, the only thing holding you back is thinking that you can't!