

J U N E 2 0 1 2

Dehydrate2Store

NEWSLETTER



Dedicated in Loving Memory of James C. Gangloff



Husband to Tammy, Father to Steven Gangloff, Scott Gangloff, and September Ferguson, and Official Taste Tester of Dehydrate2Store

To others, James Gangloff was a strong and caring man. To our family, he was this and much more. He was the staple that kept us together, he was our motivation, our spirit, and our rock. He was never a man to back away from a problem, and stood up for his family no matter the situation. He is greatly missed, and we struggle every day, but his memories keep us going.

~ We Love and Miss You ~

Where Have You Been?

If you have been following Dehydrate2Store you may have realized a lack of updates the past few months. Due to the tragic and unexpected passing of husband and father James C. Gangloff, Dehydrate2Store has been quite stagnant. However, we are now back in the swing of things with enthusiasm! This means lots of goodies for you! New site updates, giveaways, videos, and newsletters are on the way! We appreciate your patience during these hard times, and hope you continue to enjoy Dehydrate2Store and all of our new goodies to help with your dehydration and storage! Happy Dehydrating!

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Ghee

High in Vitamins A and D, supports healthy eyes and bones, and helps with vitamin and mineral absorption.

Butter is an item that most of us would like to maintain in our pantry. However, how do you increase the shelf life?

You cannot simply dehydrate butter without special equipment. However, you can purchase powdered butter, or make “ghee,” to increase the shelf life of your butter for storage.

Powdered butter purchased from Honeyville Grains, for example, has a shelf life of 20 years! This item works when cooking to obtain that great butter flavor.

Find Honeyville products at www.dehydrate2store.com/shop under “More Great Products”

Ghee is unsalted butter that is cooked down until the milk solids turn brown and fall to the bottom of the pan and the excess water is evaporated. Milk solids will sour and go rancid over time, and excess water can breed bacteria. Thus, by removing these agents through the making of ghee you may increase the shelf life of your butter. Ghee cannot be dehydrated, but can be stored safely in a glass mason jar with a lid for 2-6 years or longer, and does not need refrigeration!

The longer shelf life is not the only benefit ghee offers. Ghee is very high in Vitamins A and D and can support healthy eye and bone growth and development. Additionally, ghee helps the absorption of vitamins, minerals, and phytonutrients. Ghee has also been shown to slightly reduce serum cholesterol in a study performed in mice. In addition, ghee is a rich source of conjugated linoleic acid (CLA), which has evidence of increasing metabolism to reduce stubborn body fat, especially belly fat.

Ghee is an excellent addition to your long-term storage, and I recommend it to anyone. It’s easy to make and I love the taste! *A video about making ghee is coming to Dehydrate2Store.com soon, so be on the lookout!*

The Shelf Life of Dehydrated Foods

Below is a chart of the average shelf life for various dehydrated foods stored in airtight containers slightly below room temperature (21°C/70°F). All of the following items will store proportionally longer at cooler temperatures. Predicting the actual shelf life of dehydrated foods is not an exact science, however there have been many studies done. It is sometimes possible to double, triple, or even quadruple the shelf life of your foods by lowering the temperature. If kept at a lower temperature a 30-year shelf life on most of these products is very feasible.

Continued on Page 3

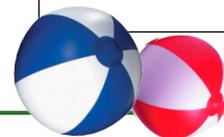
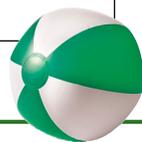


Dehydrated Food Shelf Life Chart

Food Item	Years
Apples	30
Adzuki Beans	8-10
Alfalfa Seeds	8
All-purpose Flour	15
Baker's Flour	15
Barley	10
Black Turtle Beans	15-20
Blackeye Beans	15-20
Broccoli	8-10
Brown Rice	6
Buckwheat	15
Butter Powder	15-20
Cabbage	8-10
Carrots	8-10
Celery	8-10
Cheese Powder	15
Cocoa Powder	15
Corn	8-12
Cornmeal	5
Cracked Wheat	25
Durham Wheat	8-12
Flax	8-12
Fruit	5
Garbanzo Beans	15-20

Food Item	Years
Garden Seeds	4
Germade	5
Gluten	5
Granola	5
Groats	8
Hard Red Wheat	25-30
Hard White Wheat	25-30
Honey, Salt, and Sugar	Indefinitely
Hulled Oats	30
Kamut	8-12
Kidney Beans	20
Lentils	20
Lima Beans	20
Macaroni	15-20
Millet	8-12
Mixes	3-10
Morning Moo	10
Mung Beans	8-10
Noodles	8-10
Onions	8-12
Peanut Butter Powder	4-5
Pearled Oats	10
Peppers	8-12
Pink Beans	20-30

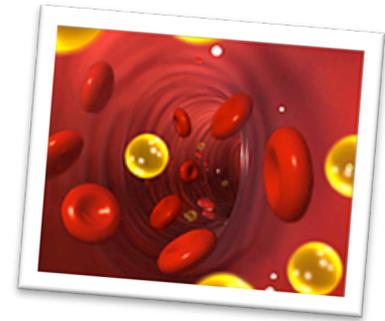
Food Item	Years
Pinto Beans	20-30
Potatoes (flakes, slices, or dices)	20-30
Powder Eggs	15
Powder Milk	20
Quinoa	8
Refried Beans	5
Rolled Oats	30
Rye	8
Small Red Beans	8-10
Soft Wheat	25
Soy Beans	8-10
Spaghetti	15-20
Special Bakery Wheat	25
Spelt	12
Sprouting Seeds	4-5
Triticale	8-12
TVP	15-20
Unbleached Flour	5
Wheat Flakes	15
Whey Powder	15
White Flour	5
White Rice	8-10
Whole Wheat Flour	5
Yeast	2



Introducing The Health Corner: Dehydrated Apples

The Health Corner

If you are like myself, you know how important a healthy diet is to your overall well-being. I always want to be at the top of my game, so I put a lot of focus on the things my family and I eat! Since dehydrated foods are never highly processed and often contain no salts or additives, they are usually very healthy for you! Each month I will be contributing "The Health Corner," an area where you can find health-related articles regarding dehydrated foods and storage so that you can keep yourself and your family in tip-top shape!



–Steve of Dehydrate2Store, First Year Medical Student

Did You Know?

Heart Disease is the Number One Cause of Death in the United States.

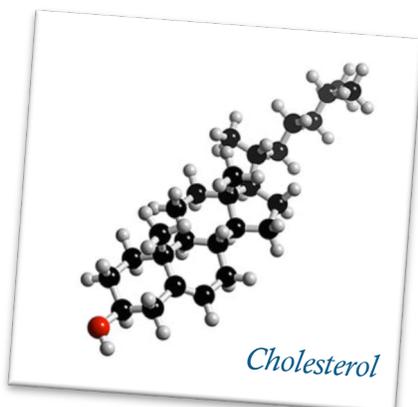
–Center for Disease Control and Prevention, 2012

Cholesterol: the Good, the Bad, and the Ugly

Cholesterol is mainly synthesized in the liver, but must also come from your diet. Because the body synthesizes the majority of cholesterol, the recommended daily consumption of cholesterol is low (less than 300 mg, *Mayo Clinic*). Not all cholesterol is "bad," however. Low-density lipoprotein (LDL) is commonly referred to as "bad" cholesterol. LDL mobilizes cholesterol into the bloodstream and promotes uptake into arterial walls, which is often correlated with heart disease. High-density lipoprotein (HDL), or "good cholesterol," removes cholesterol from arteries and brings it to the liver for disposal or recycling.

Thus, it is especially important to avoid excessive LDL intake. Although saturated fats and trans fats contribute more to heart disease and obesity, excessive cholesterol consumption is also important to avoid. For some people, reducing cholesterol from their diet can be difficult. In addition, some people are genetically predisposed to having high levels of cholesterol despite a healthy diet. In these cases one thing you can do, in addition to avoiding high-cholesterol foods, is to eat foods that naturally help reduce LDL. Dehydrated apples, for example, are an easy-to-carry and convenient snack that does this! Check out the great article below for more information on the subject!

Consuming Dried Apples Found to Lower Levels of LDL (Bad Cholesterol) in Women, Excerpts from an article by Health News, 4-27-2011



Daily consumption of apples may have a beneficial effect on the health of your cardiovascular system, a new study suggests.

Researchers found that women who consumed dried apples every day for a period of one year brought their total cholesterol levels down by 14 percent and their "bad" LDL cholesterol levels by 23 percent.

Consuming Dried Apples... *continued from page 4*

In a statement, Bahram Arjmandi, chairman of the department of nutrition, food and exercise sciences at Florida State University in Tallahassee, said that he never expected intake of apples to lower levels of bad cholesterol to this degree while increasing levels of good cholesterol (known as HDL) by about 4 percent.

Women who consumed dried apples **brought their total cholesterol levels down by 14 percent**, the researchers found. There was a 23 percent reduction in the levels of LDL cholesterol. Moreover, daily intake of apples led to a significant reduction in the levels of C-reactive protein and lipid hydroperoxide, two substances that may serve as markers of a heightened risk of heart disease.

The researchers hypothesized that the nutrient content of apples may [also] be capable of reducing inflammation in the body.

The researchers also found that women who consumed apples did not gain weight over the duration of the study in spite of the addition of several hundred calories a day to their diet. As a matter of fact, they **shed an average of 3.3 pounds**.

According to Jessica Shapiro, a registered dietician, she did not find it surprising that the apple-eating women did not gain weight. She explained that the addition of apples to the diet most likely kept the

women feeling fuller due to the fiber present in the apples.

According to the U.S. Department of Agriculture, the fiber content of an apple is about 5 grams.

"Apples really are an amazing fruit for many reasons," said Shapiro, a clinical nutritionist who gives counseling to cardiac patients at Montefiore Medical Center in New York City.

Fiber is largely [the reason] why apples are so beneficial, she said, adding that apples contain both soluble and insoluble fiber.

"Insoluble is found more in the skin, and the pulp is more soluble fiber," she said.

According to Shapiro's explanation, the pulpy part of an apple "[becomes] a very viscous gel-like substance that grabs cholesterol and pulls it out of the body. It's kind of like nature's toothbrush, and it is brushing the bad stuff out."

Another good substance that apples contain is pectin, Shapiro added. Pectin contributes to the viscosity of what's going through the body, and bulks it up to help remove it.

In addition, apples contain great amounts of antioxidants as well as other natural components, she said.

According to her, 25 to 30 grams of fiber a day is the recommended intake, and her suggestion was to increase your current intake by about 5 grams every day each week to allow your body a chance to adapt to the higher fiber.



Coming Soon to Dehydrate2Store...



FAQ Page

Late June-July

You have questions; we have answers! A collection of the most frequent questions we have gotten over the years!

New Shop Items

Mid-June

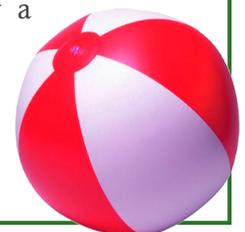
Great tools for dehydrating and storage!

Dehydrate2store.com/shop

New Videos

Late Summer

Your favorite and ours; instructional videos on dehydration, rehydration, storage, and more!



Recipe of the Month: Steamer Juicer Cherry Juice

How wonderful, delicious, healthy, inexpensive, and easy!



Steamer Juicers are Available at Dehydrate2store.com/shop

1. Wash your cherries
2. Add to your Steamer Juicer. There is no need to pit them or remove the stems. Do not add water in with your cherries.
3. Follow the same steps as outlined in our video "Grape Juice with Shannon" at www.dehydrate2store.com/videos.

It's that easy!

Enjoy!

Cherry Season



It's cherry season! To find the best deals make sure to check out the prices at local cherry orchards, research places on the Internet, and talk to local farmers to see if you can get a better deal if you gather your friends and buy in bulk. Careful, some of the "You Pick" places are more expensive than simply buying cherries in stores, so research first! Remember: your goal is to build your pantry with great and nutritional foods at the most affordable price!

Peach season starts next month, so get ready for peach juice next! I can't wait!

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