Frequently Asked Questions

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- Great Bean Information!
- Bread Making Tips
- About FEMA Family Units
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About Grains and Beans

Q. How can your grain products be used as food?

A.

· WHEAT can be ground into flour for baking breads, biscuits, pancakes, cakes, cookies, crackers and rolls or made into cereal, thickens stews, makes gravies and coats chicken, meats or vegetables for frying.

· CORN can be cooked or ground into meal for making breads, tamales, enchiladas, tortillas, fritters, stuffing's, dressings, fry coatings for fish, made into baby food (corn meal mush), cereals and hushpuppies.

· OATS are already steamed and rolled ready for cooking into oatmeal, baked into breads, cookies, used as a meat extender or ground into flour. They are a high source of protein among the grains. Oat groats may also be stored.

· RICE For long term storage white is recommended (brown rice does not store well due to high oil content) and vitamin enriched, ready to be boiled, fried, or ground into rice powder cereal, baby food, rice milk (see recipe section) and flour. Brown rice is great for short term storage within 3 years, very high in nutrients and delicious.

· BEANS are a great protein and complex carbohydrate source. They are ready for soaking and then cooking into bean dishes, refried beans, added to soups and stews. Most beans can be soaked and sprouted for vitamin and mineral enriched greens added to salads or sandwiches, see, Sprouting Seeds. A hi-protein bean milk can be made for babies, use the recipe for soy milk in Recipes and Trial Foods I, substituting pinto beans or other beans.

Q. Why should I store food?

A. Today's average supermarket turns over its inventory every 72 hours. The supermarket's many supply chains are dependent on accurate communication, reliable transportation and split second timing. This supply system can be overwhelmed by surges in demand; any emergency can quickly empty supermarket shelves. Good planning and preparation alleviates worry. It protects from fluctuations in food prices due to shortages, earthquakes, famine, world economy, political manipulation, or natural disasters. Stock your homes, weekend retreats, fishing and hunting camps, RV's, and summer homes while prices are low and supplies are readily available.

Q. Why store grain?

A. Whole grain is food in its least expensive form. The consumer provides the processing. It is very healthy and can be used to create countless tasty meals. It stores well and is economical.

Q. How do I turn these basic staples into food my family will eat?

A. We offer several cookbooks and preparation guides on the Books and Misc. page. We have also included three free recipe books under

Recipes and Trail Foods I,

Recipes and Trail Foods II, and

Recipes and Trail Foods III.

You are welcome to save as or print these recipes. In addition you will need a cooking or heat source to cook foods and a grain mill to grind grains into flour and corn meal. You will need a supply of pure water for cooking. See our Water Filters, under Water Filter Information. You will need additional sweeteners, spices, salt and oils.

Q. What is your Ezekiel Bread Mix product?

A. Ezekiel Bread Mix is a blend of four grains and four beans based on the biblical recipe of Ezekiel 4:9. It is composed of nutritious Whole Grains and Beans. Ezekiel Bread Mix must be ground into flour before being made into bread. It can be baked into Ezekiel bread, or used in soups or stews. Additional recipes can be found at Recipes and Trail Foods, Book III. This product sustained the prophet Ezekiel for 390 days. A less expensive formula using Rye instead of Organic Spelt has been developed. This mixture was tested by food scientists and has been found to provide all the nutrition necessary for man's survival except the vitamin provided by sunlight! (Cholesterol in the blood is converted into Vitamin D by sunlight on the skin.)

Q. Describe your grain mills.

A. Some of our manual grain mills are steel burred with a large hopper and good output. Their adjustable burrs are designed to accommodate both coarse and fine grains. See, The #2 Hand Grist Mill, The Little Ark and Little Ark Clamp, The Back to Basic, and the Little Nugget with stones and chips of imbedded metal to first crack the grains then mill into a fine flour. The Country Living is a classic from Germany and has a large flywheel for ease in manual milling. We also now carry the Family Grain Mill Modular System, which allows 6 total functions including Grain, Bean and Coffee Milling, Flaking or rolling of grains into cereals like oatmeal, Vegetable Processing, Meat Grinder Attachment, Sausage Stuffer and Pasta Maker, and Wheat Grass / Berry Press Juicer. It is either motorized or hand powered. The motorized unit with attachments come with a free hand unit for use when the power is out. The attachments can be used with the Bosch Universal Mixer as well. (You may need to purchase an adapter for some of the attachments.) The Schnitzer Stone Mill can be used with the Family Grain Mill motorized unit as well.

If your Kitchen Aid Mixer is 325 watts or more then, we also offer attachments that will work better than the Kitchen Aid attachments for meat grinding, milling, vegetable processing and flaking.

Our electric mills include the K-Tec Kitchen Mill, the Whisper Mill, The Deluxe Golden Grain Mill (also with a hand unit for use when the power is out); this mill is a favorite for small bakeries! For Commercial Grinding we offer Industrial Grain Grinders, The Power 60 with or without manual unit, The Milpa and various Hammer Mills.

Q. How do I purify water for cooking and drinking?

A. We offer affordable, portable water filters. See, Water Filters.

Q. Why are grains so inexpensive at this time?

A. Basic Staples are the least expensive, most nutritious type of food, because the consumer provides the processing. Crops have been good and the weather has been conducive to high yields. It is a good idea to purchase Basic Staples packed for long term storage, while prices are low. Shelf life on Whole Grains and Beans average 20 years or longer if packed properly, without oxygen and stored in a cool dry place out of direct sunlight. Viable grain has been found stored in thick, sealed jars in the pyramids of Egypt over 1,000 years old.

Q. What else will we need to 'Get Prepared'?

A. You'll need a heat source such as a Volcano Stove and cooking utensils. You'll want to make sure you have such things as cooking oil, sugar, salt and spices; and you may want powdered drinks, canned meats, fruits or vegetables for variety. Dehydrated canned goods have a much longer shelf life than water packed canned goods. We recommend supplementing basic staples with good dehydrated foods. You will want some Non-hybrid vegetable seeds for planting a garden.

About FEMA Family Units

Q. Why should I store food?

A. Today's average supermarket turns over its inventory every 72 hours. The supermarket's many supply chains are dependent on accurate communication, reliable transportation and split-second timing. This supply system can be overwhelmed by surges in demand; any natural or manmade emergency can quickly empty supermarket shelves. To protect yourself against any disruption in the food supply chain (or any interruption in your own income), it is wise to keep a reserve pantry.

Q. Why store grains and beans?

A. Whole grain is food in its least expensive form. The consumer provides the processing. It is very healthy and can be used to create countless tasty meals.

Q. Wouldn't I be better off just stockpiling canned and dried foods?

A. It's a good idea to include some familiar canned or dry foods in your pantry for short term use. These foods are expensive, however, and their nutritional value declines rather quickly. Storage life on water packed or oil packed foods is 1-2 years. For the best value and the longest shelf life, you should build your reserve around properly packaged whole grains, beans and dehydrated foods, packed in an oxygen free environment. The Dehydrated foods have a storage life of 7-10 years. Some mixes such as egg mixes, baking mixes, powdered milk, and granola may only last 3-5 years if not kept cool. Every family should store 4 to 5 gallons of cooking oil per year and rotate stock. When one gallon is used up, replace with a fresh one and go on to the next oldest gallon for current use. If you are planning on living off of storage food for a sustained length of time this is especially important.

Q. How do I turn these basic staples into food my family will eat?

A. Cooking the way our great-grandparents did is not as difficult as you might think. Your FEMA Family Unit should be supplimented with such books as '*Cookin' With Home Storage*' by Peggy Layton and Vicki Tate and '*Natural Meals in Minutes*' by Rita Bingham. These books will help you prepared delicious and nutritious meals. You will need a manual Grain Mill and a cooking source such as the Volcano Stove for use during power outages or living off the grid (electrical grid).

Q. How are your food products packaged?

A. Grains and Beans are packed in either Regular Buckets (RB) or Super Pails (SP). Occasionally, you will see the abbreviation (NP) this stands for 'Nitro pails'. They have been replaced with Regular Buckets (RB). A regular bucket is a food grade white plastic 6 gallon bucket, with the foods packed inside. Oxygen Absorbers have been added to the bucket prior and after adding the foods. The bucket is sealed with a gasket lid which forms an airtight seal. Super Pails (SP) have the grains, beans or food products heat sealed in a thick plastic liner and two 500cc oxygen absorbers added in each gasket lid sealed pail. An airtight seal is formed by hammering the lid in place. If you live in a humid climate, we recommend Super Pails. The Plastic or Mylar liner forms an extra moisture barrier. Our grains and beans have a minimum shelf life of 7 years and should last 20 or more years. Gamma Seal lids are also available, which have an airtight seal and may be screwed on and off for reuse after the gasket lid has been opened. You would need to purchase these separately or add them to your order. For instance if you were to purchase 7 RB of Wheat, 7 RB of Oats, 7 RB of Barley and 7 RB of Rye, we would recommend that you also purchase 4 Gamma Seal Lids (one for each type of grain or food you purchase) for use on the open bucket. All 6 gallon buckets are stackable and have handles for ease in transporting them and storage.

Number 10 cans hold about 13 cups of product and have two 300cc oxygen absorbers included. Number 2.5 cans contain about 3 cups of food dehydrated and have 1 300cc O2 absorber included. All foods packed in cans come with snap on lids for use after opening.

Q. Are your grains and beans organic?

A. Yes. We carry a wide variety of Organic Grains and Beans as well as wholesome natural Whole Grains and Beans. You may mix and match grains and beans of your preference, the price will change, but you have complete choice in designing the Family FEMA unit you desire. If you follow the FEMA guidelines for quantities of grains, wheat, legumes, salt, sweeteners and optional milk and eggs, then your FEMA unit will meet their recommendations. See, FEMA units page.

Q. What is your Ezekiel Bread Mix?

A. Ezekiel Bread Mix is a blend of four grains and four beans based on the Biblical command, where the Lord told the prophet Ezekiel to make a fasting bread using 4 Beans and 4 Grains, 'to grind it into flour and make it into bread' Ezekiel 4:9. Ezekiel Bread Mix must be ground into flour before it can be made into bread. Please, see the recipe on the Ezekiel Bread Mix page. It can be baked into Ezekiel bread, or used in soups or stews. Additional free recipes can be found at Recipes and Trail Foods III. According to food scientists, this blend provides all the nutrition necessary for human survival except the vitamin provided by sunlight! (Cholesterol in the presence of sunlight in your skin converts to Vitamin D.) An Organic Ezekiel Mix has now been made, but it doesn't follow the Biblical pattern, because we were unable to acquire all items in the Organic Line, therefore resulting in substitutions. You can sprout the whole grains and beans to make a sprouted bread, but we do not have a recipe for this.

Q. Are your grains and beans sproutable?

A. Yes, all of our unprocessed grains and beans will sprout. Hulled grains will not sprout such as hulled Rice, Buckwheat, Oat Groats and Barley. These grains have an inedible hull which has

been removed to make them food grade. We do offer most of these as Sprout Seeds as well that are not hulled. If you are purchasing SP or RB then you should know that prolonged storage in a nitrogen environment may inhibit the ability of grains and beans to germinate. Don't wait 20 years and expect as high of a viability as if you opened the buckets in the first 5-7 years. Our Bulk Grains and Beans would be better, if you are purchasing in order to sprout the seed immediately or to plant the seed. Bulk Grains and Beans have an approximate 1 year shelf life. You will need to protect the seed from insects, moths and small hungry creatures.

Q. Describe your grain mills.

A. We recommend The Little Ark Grain Mill for grinding Ezekiel Bread Mix into flour. It is reasonably priced at $101.50 + S&H. It is a manual grain mill, but can easily be motorized by adding the additional motor and adapter kit. This grain mill is able to grind both grains, beans and large seeds such as corn, coffee, or Kidney beans. We also carry an inexpensive Back to Basics Grain Mill for $52.00 + S&H. It is a good mill for grinding Wheat and small seeds in small quantities. Our popular premier grinder is The Country Living Grain Mill. If you are serious about grinding your whole grains into flour over an extended period of time for the nutritional benefits or as a life style; The Country Living Grain Mill is the right one for you. It requires much less energy and strength and will last several lifetimes. It is fast and easy, will handle grains, large seeds, beans and corn. Accessories, Motor and Motorization Kit are also available.

Q. How do I purify water for cooking and drinking?

A. Please, see our complete Water pages. We have a complete array of Packaged Emergency Water, Water Filtering Bottles, British Berkefeld Water Filters, Mission Filters, Water Purifiers, Countertop Filters, Whole House Filters and Under the Counter Filtering Systems. We also carry Water Distillers and Desalinating Equipment. In an emergency, you should have water stored for use. We offer Water Barrels, Water Drums from 55 gallon down to 15 gallon storage containers and water packaging bags, see Water Storage. The most inexpensive way to store water is to add 16 eye dropper drops of chlorine bleach to a gallon of water. Store in a shaded or cool, dry, dark place. If you are using 2 liter soft drink bottles to store the water then, the amount is 3-4 eye dropper drops of chlorine bleach to 2 liters of water. This water will store indefinitely. If you do not want to drink the chlorinated water, then filter it for drinking through a charcoal filtering system such as the 'Mission Filter'. The average person needs 2 quarts of water per day and up to 4 quarts of water if the temperature is hot or strenuous work is necessary. You should keep a 3 day supply of clean drinking water for every person in your household and some for cooking at all times. It would be wise to read this emergency preparedness information prepared by FEMA http://www.fema.gov/pte/diskit.htm.

Q. What is not included in my FEMA Family Unit?

A. There are a few things you will want on hand in addition to the basic Family Unit if you are in a sustained disaster. You will need a supply of clean drinking water. You'll need a heat source (charcoal, pellets or wood) and cooking utensils, such as one of the Complete Volcano Stove packages. You'll want to make sure you have such things as cooking oil, baking supplies, and spices, and you may want powdered drinks, canned meats, TVP (textured vegetable protein flavored like ham, sausage, bacon, taco, sloppy joe, barbeque, beef or chicken) fruits & vegetables for variety. Dehydrated fruits and vegetables have a shelf life of 7-15 years compared to water or oil packed foods lasting only 1-2 years. Dehydrated Mixes such as Corn Bread, Pancake mix, powdered eggs, honey bread and roll mix and powdered milk should be rotated after 3 years. Although, FEMA says that powdered milk can be stored indefinitely in a Nitrogen environment if kept in a cool place. You may want a Non-Hybrid Seed Garden Kit to plant a vegetable garden, save some of that seed and plant the succeeding year's crop from your saved seed. FEMA recommends several items besides food in a disaster preparedness checklist. See, http://www.fema.gov/pte/diskit.htm. We do have Emergency Preparedness items.

- Camping and Emergency Foods Mylar Bagged Foods, Alpine Aire Foods
- Camping Supplies
- Camping Tools
- 72 Hour Kits / Disaster Kits / Preparedness Kits
- Disaster / Emergency Kits / Emergency Supplies
- Emergency Auto, Truck, Boat, Vehicle or Roadway Kits, Supplies and Tools
- Emergency Communications
- Emergency Light
- Emergency Heat and Cool
- Emergency Reusable Heater Packs and Cool Packs
- Emergency Tools
- First Aid
- NBC - Nuclear, Biological and Chemical Preparedness
- Safety Fire Extinguishers, Ladders
- Water Filters