

JUST ONE THING

THE EMERGENCY PREPAREDNESS NEWSLETTER FOR THE ORANGE CALIFORNIA STAKE

Before I address this month's topic, I want to remind you that you can always go to <https://www.orangestakelinks.com/> to see back issues of this newsletter. This is especially helpful if you are just starting your preparedness journey. Last year we covered the basics of the Power of 3 Member Preparedness Plan, and this year we are reviewing and refining what we did last year, so if you're not feeling ready for this month's *one thing*, start doing last year's challenges.

Last year we assumed we would be staying home during the first 3 hours of an emergency, but it's quite possible that you might need to evacuate your home. Many people in our stake have had to evacuate their homes on short notice due to wildfires. When you have to leave your home on short notice, it can be a very stressful time and you might not be thinking clearly. Take the time now to make a "grab and go" list of items to take with you if you have to evacuate. Have multiple copies of the list, one for each family member, so everyone can help gather items quickly.

Here's a website with a variety of handy checklists to help you prepare for emergencies:
<https://mwgjlaw.com/wildfires/grab-and-go-checklists/>



IF YOU ONLY HAVE TIME TO DO ONE THING THIS MONTH, DO THIS:

March's ONE Thing

MAKE A GRAB & GO EVACUATION CHECKLIST.

Grab & Go List

The decision of whether or not to evacuate your home and when to evacuate is a very complex decision, and not one that I'm going to tackle in this newsletter. Assuming you have chosen to evacuate, the process will be much easier if you already have a list made of key items to bring. Some people have a list organized based on how much time they have to evacuate, others have it organized by priorities, others have it organized by rooms. Our family has a list organized by room, but the most important items are bolded so we know what's most important to grab. We have a red Avery dot on items in the office that are most important to bring, so we can easily know what to grab off a shelf. We keep the lists in our Go-Binder and there's a copy for each person in our family, so we can each grab things from a room to bring to the staging area and then load into our cars.

Ideally, you should already have a 72-Hour kit for each member of your household and a Go-Binder with important documents. (See the March - August 2021 *Just One Thing* for more details.) If you don't have those items in place, make it a priority to get them ready.



Basics to Grab

- 72-Hour kits
- Go-Binder
- Cash/credit cards/ check book
- Wallet/purse
- Phone & charger
- Medications/Rx
- Baby supplies
- Glasses/hearing aids
- Pets & supplies
- Computers/hard drives
- Additional water & food
- Family photos
- Irreplaceable keepsakes

This is our second year of gradually preparing by going through The Power of 3 Member Preparedness Plan.

You can find The Power of 3 plan at <https://www.orangestakelinks.com/>

See the "Emergency Preparedness" tab for previous issues of this newsletter and additional information.

Time For More?

WHEN YOU FINISH "JUST ONE THING" AND HAVE TIME TO DO MORE

DETAILED GRAB & GO LIST

Here are some more details on items to consider having on your list.

TOP PRIORITY

Documents:

- Birth certificates
- Drivers' licenses/passports
- Marriage license
- House deed/
Mortgage paperwork
- Insurance cards
(health, car, etc.)
- Other insurance or
Legal papers

Electronics:

- Cell phones & charger
- Laptop & charger
- Computer back up disks
- Flashlights & extra batteries

Infant Needs:

- Formula & bottles
- Diapers & wipes

Money:

- Cash
- Check books & ATM card
- Credit cards
- Wallet/purse

Medical:

- First-aid kit
- Medicine-OTC & Rx
- Glasses/contacts
- Hearing Aids
- Walker/cane
- CPAP machine

Pets:

- Pet ID tags
- Pet Leashes
- Pet medications

Other:

- Keys (cars, safe-deposit box,
house, RV, etc.)

IF YOU HAVE TIME

Food & Water: (Ideally for 3-7 days)

- Manual can opener
- Non-perishable, ready-to-eat
food
- Water (1 gallon per person per day)

Toiletries:

- Feminine sanitary products
- Soap & towels
- Toothbrushes & toothpaste

Pets:

- Pet water & food bowls
- Pet food
- Pet sanitary items (litter box, etc.)
- Water (1 gallon per pet per day)

Clothing: (Seasonally appropriate)

- Several changes of clothes
- Several changes of
underwear
- Jacket
- Hat/cap
- Extra shoes
- Sleepwear

Additional Items:

- Cameras, chargers, extra
batteries
- Portable radio & batteries
- Reading material
- Recreational items
- Comfort items

IF YOU STILL HAVE TIME & SPACE

- Tax papers
- Computer towers & plugs
- Blankets/quilts/sleeping bags
- Camp stove & fuel
- Tent
- Porta-potty
- Cooler with snacks/food
- Additional toiletry items

- Family heirlooms
- Gold, silver, jewelry
- Photo albums, home
videos
- Irreplaceable keepsakes
- Original artwork
- Journals
- Firesafe

RECIPE CORNER

DEHYDRATED CARROTS

Many years ago, our stake had a series of classes on how to use food storage items and they passed out recipes for how to use them. I was really looking forward to learning what to do with the dehydrated carrots I had in my supplies, but never used. Ironically, I got asked to teach that class, so I did a bunch of experiments to figure out how to use those carrots. All these years later, I have to admit that I mostly just use my carrots by tossing them into soups, and not in the other recipes I tried out, but at least I know how to use them in a pinch.

Unfortunately, the original computer files with the recipes aren't accessible, but I have scanned the recipes from the "Back To Basics" cookbook the stake put together. The first four pages are the recipes I tried and liked.

The recipe below is the one I mostly use my carrots in, but I will also throw a handful into other soups, too.

LENTIL SOUP WITH CARROTS

- 3 Tb. Chicken bouillon
- 1 Tb. Parsley flakes
- ½ tsp. Black pepper
- ½ cup brown or green lentils
- ½ cup red lentils
- ½ cup green split peas
- ½ cup yellow split peas
- 1/4 cup minced dehydrated onions
- 1/2 cup dehydrated carrots
- 9 cups water



Note: You can use all brown lentils if you can't find red, or all green peas if you can't find yellow peas.

Combine and stir all ingredients in a slow cooker. Cover and cook on low for 7-8 hours, or until peas and lentils are soft.

You can also cook this in an Instant Pot for 12 minutes on high pressure.

(You can also make a lovely "soup in a jar" gift by layering all the items except the onions, carrots, and water in a pint mason jar. Put onions and carrots in a Ziplock bag, put on top of lid, & cover with fabric. Be sure to include directions on how to prepare the soup.)

Editor's Note: The "I" in this newsletter is Laurel Evans, the Stake Emergency Preparedness Specialist. This humble newsletter is my attempt to help myself and others get better prepared for life's emergencies, both big and small. Please join me on the journey and feel free to share this info with anyone and everyone.

If you have any questions, comments, suggestions, or corrections, please email me at OrangeStakePreparedness@gmail.com. Happy Preparing! *You can do this!*

CURRIED CARROT SOUP

Ingredients

1 ½ cups dehydrated carrots, reconstituted in 3 cups water

1/2 pound fresh mushrooms, sliced

1/2 cup chopped onion or dried minced onions

2 tablespoons butter

2 tablespoons all-purpose flour

1/2 to 1 teaspoon curry powder

3 cups vegetable broth

1 can (12 ounces) evaporated milk

1 tablespoon honey

1/2 teaspoon salt

1/4 teaspoon pepper

1/4 teaspoon ground nutmeg

Minced chives

Directions

Add 3 cups water to 1 ½ cups dehydrated carrots and allow to sit for 20 minutes. Pour water and carrots into a blender and puree mixture until it is the consistency of canned pumpkin. Add additional water if necessary.

In a large saucepan, saute the mushrooms and onion in butter

Until tender. Stir in the flour and curry powder until blended.

Gradually add the broth. Bring to a boil; cook and stir for 2 minutes or until thickened. Add the pureed carrots, milk, honey, salt, pepper and nutmeg; heat through. Garnish with chives if desired.

Laurel's notes: I'm the only one in my family that likes mushrooms so I skip the mushrooms and add chopped up potatoes instead. You can peel and chop up 2-3 potatoes then microwave them until tender, or you can use canned potatoes. You can even use dried, minced onions if you're in a real hurry and don't have time to chop an onion. I usually double this recipe. I love strong flavors so I usually add a *heaping* teaspoon of curry and the other seasonings. Then I just keep adding and tasting until I like the flavor.

14 KARAT CARROT CAKE



2 cups sugar
1 1/2 cups oil
3 eggs
1 1/2 tsp. vanilla
2 cups flour
1 tsp. baking powder
1 1/2 tsp. soda
1 tsp. salt
2 tsp. cinnamon
2 cups grated carrots **or** 1 1/2 cups **dehydrated** carrots
1, 13 oz can crushed pineapple
1 cup chopped walnuts (optional)

Put **dry** dehydrated carrots in a blender and pulse 4-5 times to break up the carrot pieces. Add 3 cups of water to the carrots and allow to sit for 20 minutes. Drain excess water.

Cream sugar, oil, eggs, and vanilla. In one bowl. combine all dry ingredients. Combine carrots and pineapple in another bowl. Slowly add to sugar mixture, alternating dry ingredients and wet ingredients. Add nuts last. Pour into a greased 9x13 pan. Bake at 350 degrees for 35 - 40 minutes.

CREAM CHEESE FROSTING

8 oz. cream cheese, softened
1 tsp. vanilla
1 lb. powdered sugar
2-4 Tbsp. milk

Cream together cream cheese, vanilla, and 1-2 Tbsp. milk until smooth. Slowly add sugar and **beat well**. Add more milk until desired consistency is reached. Be careful not to add too much milk too quickly. It's easy to make the frosting runny and very hard to get it stiff again.

CARROT RANCH DRESSING



1 tsp. dried parsley
¾ tsp. ground black pepper
1 tsp. seasoned salt
½ tsp. garlic powder
¼ tsp. onion powder
1/8 tsp. dried thyme
1 Tbsp. dried carrots (finely ground)

Directions:

In a small bowl, stir together the parsley, pepper, seasoned salt, garlic powder, onion powder, thyme and ground carrots.

Use as a substitute to ranch dressing mix.

Mix the recipe with 1 cup mayonnaise and 1 cup buttermilk.

For dip: Mix this recipe with 1 ¾ cups sour cream and ¼ cup of buttermilk.

Buttermilk can be substituted with 1 Tbsp. Apple Cider Vinegar and enough milk to make 1 cup when combined. Stir and let sit for 5 minutes and add to recipe in place of buttermilk.

C A R R O T S O U P

Carrot Soup Ingredients:

- 2 tablespoons of olive oil
- 1-3/4 to 2 cups of dehydrated carrots
- 1/4 cup dehydrated onion
- 2 slices dehydrated elephant garlic, crumbled (used 1/4 tsp refrigerated minced garlic)
- 1 teaspoon dried oregano
- 3-1/2 cups of vegetable stock. (...used chicken broth)
- salt and pepper to taste
- around 1/2 cup of fresh or from-concentrate orange juice, to taste. You should be able to 'detect' the orange juice, but not be overwhelmed by it.

Here's What You Do for the best Dehydrated Carrot Soup around!

1. Re-hydrate the dehydrated carrots, dehydrated onion, and the dehydrated garlic with clean cold or freshly boiled water.
2. To a good heavy pan, add the olive oil, medium heat.
3. Add the onions and carrots and cook until softened, around 8 minutes or so, then add the garlic and the oregano, and cook some more for a few minutes.
4. Add the vegetable stock and bring to a boil.
5. Simmer for 10 minutes or until the carrots and onion are cooked through.
6. Add the orange juice, stir.
7. Blend in a blender in small batches...allow air to escape from the little hole in the lid so that the heat doesn't cause any explosive problems!
8. Blend until smooth, about 45-60 seconds.
9. (It was too thick so I used some cream to thin it a little.)

C A R R O T L E N T I L S O U P

3 Tbsp. chicken bouillon
1 Tbsp. parsley flakes
1/2 tsp. black pepper
1/2 cup lentils
1/2 cup red lentils
1/2 cup green split peas
1/2 cup yellow split peas
1/4 cup dehydrated minced onions
1/2 cup dehydrated carrots
9 cups water

Combine dry ingredients into a crock pot and then add water. Cover and cook on low for 7-8 hours, or until peas and lentils are soft.

Note: You can substitute regular lentils if you can't find red lentils, and green split peas if you can't find yellow split peas.

W H O L E W H E A T C A R R O T C A K E M U F F I N S

Ingredients:

2 c. brown sugar, packed

1 c. oil

3 eggs (3 T. Dehydrated Eggs + 1/3 c. water...if you want a really fun trick use your left over carrot or raisin water to add to the egg powder.)

2 c. carrots, finely grated (1c. dehydrated carrots. Pulse in blender before re-hydrating to make them smaller pieces. They take 20 minutes in cold water to rehydrate so if you need them sooner, simply put them in warmer water.)

1 c. crushed pineapple, drained (If you have orange juice you'll be serving, drain the pineapple juice into your orange juice for a fun topical blend orange juice.)

3 c. whole wheat flour

1 t. salt

1 T. soda

1 t. cinnamon

2 t. vanilla

1 c. raisins

1 c. walnuts, broken

Method:

Preheat oven to 350. Grease and flour 2 bread pans, 1 Bundt pan, or 2 muffin pans (12 each) with vegetable cooking spray. Beat together brown sugar, oil and eggs (no need to reconstitute eggs before adding to this mix). Stir in carrots and pineapple. Blend together dry ingredients; stir into batter thoroughly. Add vanilla, raisins, and nuts. Pour into prepared pan. Bake bread pans for 40-45 minutes, muffins for 20 minutes, and Bundt pan 1 hour or until done.

Makes 1 Bundt pan, 2 bread pans, or 24 muffins.

Adding the nuts on top of the muffins not only gives it a great look and flavor (it lightly toasts the nuts) but it is also a great way to serve nut lovers and non-nut lovers alike since it becomes obvious which have nuts and which don't.



CARROT CAKE



2 Cup White Flour
1 1/2 Teaspoon Baking Soda
2 Teaspoon Cinnamon
1/2 Cup Walnuts, Crushed
2 Cup Sugar
1 Pinch Salt
1 1/2 Cup Oil
4 Eggs
1 1/2 Cup Freeze Dried Pineapple Chunks*
2 Cup Dehydrated Carrot*, Shred

1. Still all dry ingredients together.
 2. Add sugar and oil to flour mixture.
 3. Add eggs, pineapple, nuts, and carrots; Mix well.
 4. Bake in Bundt pan at 350°F for 35-40 minutes
- *Reconstitute before using. Following directions on #10 can to reconstitute.

CARROT COOKIES

1 cup shortening
3/4 cup sugar
1 egg
1/2 cup dehydrated carrots (ground) plus 1/2 cup warm water to rehydrate. (This will make 1 cup mashed carrots)
1 tsp. vanilla extract
2 cups all-purpose flour
2 tsp. baking powder
1/2 tsp. salt
Orange Icing, below

Directions: Beat shortening; gradually add sugar, beating until light and fluffy. Add egg, carrots and vanilla, beating well after each addition. Sift dry ingredients; stir into carrot mixture and mix well. Stir in chopped nuts, if desired. Drop by tablespoons onto greased baking sheets. Bake at 350 degrees for about 20 minutes. Transfer cookies to racks to cool. Ice cookies with Orange Icing while still warm.

Orange Icing:
Juice of 1/2 orange (3-4 Tbsp.)
Grated rind of 1 orange
1 Tbsp. butter
1 1/4 cups sifted confectioners' sugar

Directions:
Combine juice and orange rind with butter; stir in confectioners' sugar until desired spreading consistency is reached. Add more juice or confectioners' sugar as needed.