

# 12 Food Storage Treasures:

## Transforming Your Food Storage into a Nutritional Powerhouse

By Claudia Orgill

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*“Let food be thy medicine and medicine be thy food.”*

— Hippocrates

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### #1. Variety of Grains

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- Amaranth
- Barley
- Brown Rice / Wild Rice
- Buckwheat
- Einkorn
- Kamut
- Millet
- Oats
- Quinoa
- Rye
- Sorghum
- Spelt

Cook any of these in soups or for grains such as rye, wheat, spelt or kamut: Soak overnight and top with milk - eating as a soft cereal or soak and sprout grains to eat as a snack or cereal or grind grains into flours for baked / pan fried breads / bread-like foods.

Grains can be purchased from Azure Standard, Alpine Food Storage, Emergency Essentials or other reputable places. Affordable Kamut and a few other grains can be purchased from Greg Hall (801 369-4868).

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### #2. Mixing Grains

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In Ezekiel 4:9 it says, “take thou also unto thee wheat, and barley, and beans, and lentils, and millet, and fitches (spelt) and put them in one vessel, and make thee bread thereof...” This scripture is a passage in the Bible that describes how to prepare bread with wheat, barley, beans, lentils, millet and fitches (spelt) to help survive famine during an upcoming siege. It was only to be eaten during a time of scarcity.

Here are the grains I include in my mixed grains .- the point is not so much in having an *exact* list of grains in *exact* ratios – the point is simply in mixing grains, that’s it!

- Wheat
- Barley
- Rye
- Millet
- Brown Rice
- Mung Beans – or any other beans
- Adzuki Beans – or any other beans
- Green Peas (dried)

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### #3. Sprouting

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**Sprouted Foods are an indoor garden and powerhouse of nutrition waiting to be unlocked.**

A Yale University study of grains, seeds and beans showed that sprouting substantially increases all B-vitamins from 20 percent to 600 percent – even up to 2000%! Vitamin E content increases 300 percent in sprouted wheat after four days of sprouting.

Sprouts are a complete food - they contain “complete proteins” and all other essential dietary nutrients, along with enzymes to help assimilate them.

{{What to do with all that wheat?! **Sprout it!**}}

*(See handout for instructions on which grains can be sprouted and how to sprout them.)*

#### Ways to Eat Sprouts:

*a snack  
in stir fry  
on salads  
inside tortillas  
on pizzas*

*juicing with veggie juices  
on top of soups  
on sandwiches*

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### #4. Nutritionally Bio-Available Breads

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- Naturally leavened breads
- “Soaked” dough method

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### #5. Upgrade Basic Foods

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- White Rice >>> Brown Rice / Wild Rice
- White Sugar >>> Raw Sugar / Sucanat / Rapadura
- Salt >>> Sea Salt / Celtic Salt
- Oils >>> Extra Virgin Olive Oil, Coconut Oil, Grapeseed Oil
- Wheat >>> Kamut / Spelt / (Unlocking Nutrition through soaking / sprouting methods)
- Canned Fruits & Veggies >>> Add Dried Fruits and Veggies (*dehydrate2store.com*) & Seeds for planting
- Honey >>> Raw Honey

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## #6. Nutritionally Dense Foods

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- Bee pollen : Good Earth / Other health foods stores
- Goji berries : Good Earth / Other health foods stores
- Maca Powder : Good Earth – bulk herbs section / other health food stores
- Moringa : Health Food Store / Online or purchase other green powder drink
- Tea Mix: (Purchase loose herbs from Good Earth / Mountain Rose Herbs / other reputable herb company)
  - Oatstraw
  - Red Raspberry Leaf
  - Alfalfa
  - Nettle
  - Rosehips (1-2 cups)
  - Chamomile

Combine equal parts of each and keep in a glass jar. Use 1 tsp for one cup of tea. Use 1 (+) cup of this mixture for a gallon.

Make by boiling water. Turn off burner after water has come to a boil. Add herbs. Cover with a lid. Allow to sit at least 15 minutes. I let my tea sit either all day or all night to make it more potent.

### Runner's Up:

- Aloe Vera
- Hemp Seed
- Raw Cacao
- Spirulina
- Chia Seeds

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## #7. Nutritional Drinks

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- Apple Cider Vinegar
  - Aloe Vera Juice
  - Barley Water
  - Beet Kvass
- Cinnamon-Honey Drink
- Electrolyte Drink
- Green Drinks
- Herbal Teas
- Oatmeal Drink
- Rejuvelac

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## #8. Heirloom Seeds and Garden Boosters

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Choose heirloom seeds and select variety's that offer the most nutrition.

Garden Boosters: Mittleider, Miracle Minerals, Microbe-Molasses Mixture, Azomite Powder

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### #9. Lacto-Fermented Produce

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Foods that undergo the purposeful fermentation method contain readily bio-available nutrients including enzymes, vitamins, and beneficial bacteria.

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### #10. Healthy Fats

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- Extra Virgin Olive oil
- Virgin Coconut Oil
- Canola Oil
- Plants containing healthy fats – especially omega 3's

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### #11. Cooking Tools

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- Indoor Butane Cooker (saratogajacks.com)
- Saratoga Jack Thermal Cooker (saratogajacks.com)
- Cinderblock Rocket Stove for \$7: (get blocks from building supply store like Home Depot or Lowes) Visit:



<https://www.youtube.com/watch?v=kmDYUrVHPWc> for instructions on how to make one.

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### #12. What to do with all that Wheat?

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- Soak the wheat
- Soak and sprout
- Grind wheat and add water
- Make simple biscuits
- Make simple flatbread

My food storage book titled, ***Food Storage Powerhouse: 12 Food Storage Treasures***, can be purchased from [www.healthypreparedness.blogspot.com](http://www.healthypreparedness.blogspot.com). Watch my Food Storage Treasures video on Healthy Preparedness YouTube channel.