

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Healthy Food Storage

October 14, 2009

by Yvonne L. Salcido MH

Today there is a myriad of ideas on food storage and many are lacking in sufficient nutrition. Who wants to just survive and be sick? The best plan for storage includes a high density of vitamins, mineral, proteins, and essential fats in the foods you store for optimum health. The following is a list of things I store.

Basic Storage for one person for one year:

- 300 lbs. Organic wheat (kamut, spelt)

- 155 lbs. A combination of organic grains (brown rice, buckwheat, oat groats, millet, quinoa, barley, corn, triticale, spelt, kamut etc.)

- 50 lbs. Raw nuts (25 lbs almonds, 5 lbs of additional favorites such as walnuts, cashews, pecans, pine nuts, etc.) Can use almonds to make nut milk.

- 20 lbs. Raw seeds (flax seeds, sunflower, pumpkin, sesame, chia, etc.)

- 75 lbs. Organic beans (pinto, black, red, white, garbanzo, lentils, mung beans, peas, soybeans, etc.)

- 60 lbs. Raw honey (also store some black strap molasses and agave – I use agave for special treats)

- 20 lbs. Oils (Olive oil, coconut and wheat germ oil)

- 10 lbs. Salt (vegetable, potassium based or sea salt)

- 60 lbs. Sprout mix (2 parts wheat, 1 part of the following: triticale, lentils, adzuki beans, mung beans, peas, then add 2 c. of fenugreek to the 60 lb. bucket)

- 5 lbs. Seed Sprout mix (alfalfa, radish and red clover)

- Garden seeds (A good variety!)
- Spices (You will want some different flavors)
- Recipes for sprouting, live bread cracker, raw meals etc.

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Expanded Storage

Fruit and vegetables (dried from your garden) – for an example see http://www.herballegacy.com/Zucchini_Chips.html

Squash, potatoes, onions, apples can easily be stored through the winter in a basement. The great advantage is these will be fresh yummy all winter long and through part of spring.

I also have some frozen fruit and vegetables in my freezer. I also have bottled fruit and vegetables without any sugar, but since I have gone to a more raw food diet, I now dry foods at 105 degrees to maintain the live enzymes, vitamins, and minerals.

You can purchase good quality freeze dried foods to expand your storage even more. Make sure to check the ingredients for just whole foods without any additives. **Purchase your basic storage FIRST!!** Don't worry about getting a certain amount for each person on the fruit and vegetables – just get started after getting your basic storage and soon you will have a nice supply. Fall is a great time of year to find many good deals, so have fun.