

# ORGANIC LIVING

By

Robert Rodale

## STORED FOOD IS "POOR MAN'S GOLD"

Disaster gamesmanship is the order of the day. Millions of people are trying to hedge against runaway inflation or economic collapse by hoarding gold coins, investing in gold mining stocks, or buying currencies of countries with low inflation rates.

The smartest money of all, though, may go into plain old food. In fact, ordinary people with stockpiles of grain, beans and other staples may yet emerge as the real winners in the race to find security against an uncertain future.

There are two important reasons why a home stockpile of food makes more sense with each passing week:

First, shortages of food are a growing problem. National food stores are at dangerous lows, especially for grain, beans and canned vegetables. Never before in recent history has the U.S. faced the possibility that there may not be enough food to go around, but that possibility is in our future now.

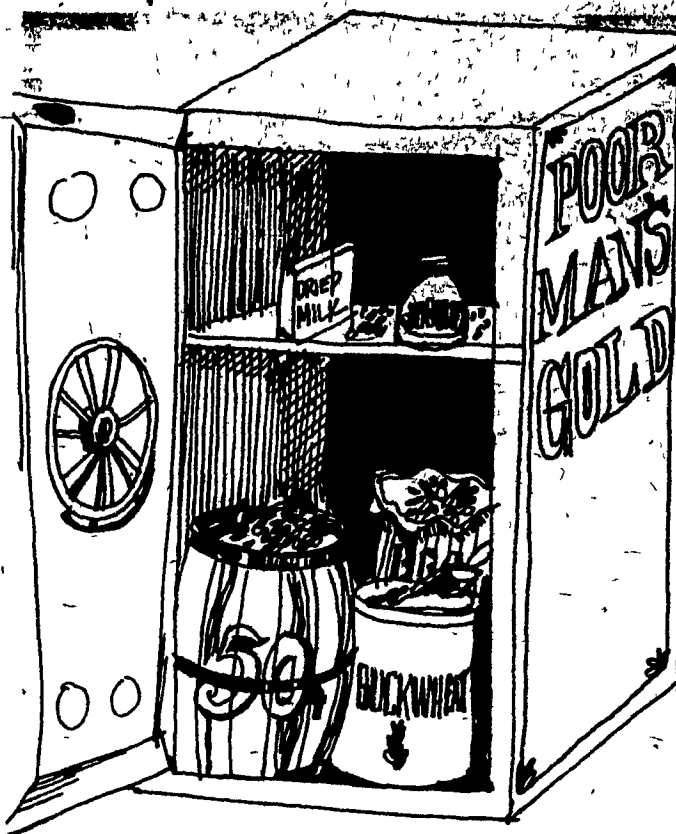
Crop failures in other countries — caused by fertilizer shortages could make the food supply outlook even more bleak. Fertilizer, we now realize, is made largely from oil, gas and other energy sources. Without more fossil fuel, farmers are hard pressed to increase yields to meet the needs of growing populations.

The second reason for storing food is purely economical. As high as food prices are now, they are likely to go higher. Since everyone must eat to survive, the consumer has no way to hedge against rising food costs other than by stockpiling.

Food for storage costs less, too, because it's bought in bulk. When you buy bread, for example, you're paying as much as 50 cents a pound for the processed grain. But if you buy wheat in bulk, you can get it for 21 cents a pound. True, your time spent baking is valuable, but if you learn to enjoy baking you can also enjoy big savings.

There's also a third benefit to the kind of food storage that's now being practiced widely — better nutrition. Modern-day food accumulators are not just stocking up on canned soup or other processed foods. The big trend is toward storing natural, unprocessed foods that are rich in vitamins and minerals and are free of additives.

A list of foods best for storage reads like an inventory of a



natural foods store. Wheat and rye grains are good. So is millet, buckwheat, and brown rice. Fifty pounds each of grain staples can be bought for as little as \$10.50. Find a farmer who will sell them to you directly and you'll have to pay even less.

Seeds for sprouting are also popular with food accumulators. Soybeans, mung beans, sunflower and alfalfa seeds lead the list. Other seeds, just for eating, include sesame, chickpeas, split peas, lentils and white beans. Some of these are now high in price, but they will likely go higher.

Dried fruits can also be saved for long periods. So can nuts, which are very rich in food energy. Honey, which lasts indefinitely, is also popular. Dried milk is also a good source of protein for storage.

Essential to any natural food storing program is learning how to use the food you put away. A few hundred pounds of grain and beans won't do much good in an emergency situation if you don't know how to prepare them attractively. For that reason, buy smaller quantities at first and learn the best way to use them.

My personal favorite food for storage is corn meal, which I use to make little corn cakes that I eat instead of bread. Twenty-five pounds of the meal cost only about \$5.50, so the corn cakes or ponies cost only 5 cents per person per day. That's considerably less than the cost of bread.

Another trick of successful food storer is to find a food that you enjoy eating, and that's nutritious, then eat it regularly. Most people do that anyway, zeroing in on French fries, hamburgers, and snack foods. Both your health and bank

accounts will improve if you form the same habit with a natural food that you can buy in bulk and store easily at home.

How do you store food? Many items can be kept in an ordinary closet, using only the bags and boxes in which they come from the store. For dried fruits and some other foods like rice, refrigerated storage is best. Buying a secondhand refrigerator that still has some life left in it is the best way to get low-cost cool storage space.

Back during World War II, food hoarding got a bad name. But that shouldn't happen now, because food storage the way it's currently practiced can be a positive benefit to society.

Fewer trips to the supermarket mean gasoline saved for other purposes. And more eating of grains, beans and other vegetable foods uses our agricultural products more efficiently. Less energy is needed for processing, packaging, marketing and for chemical additives which are absent.

The biggest benefit of all, though, is the increased sense of confidence and security that home food storage can create. Years ago, almost everyone filled a larder in late summer and fall to insure a good supply of food through the winter. Why shouldn't city dwellers and suburbanites do the same today — all year long? Having one can create a very comfortable feeling.

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Stocking up on basic foods — from grains to fruit juices. You'll want to read the 48-page booklet, "Make It With Natural Foods". It's available for fifty cents from Robert Rodale, Organic Living, in care of this newspaper. Please ask for the booklet by name, and allow three weeks for delivery.

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## Craft Show Planned

Entries from Pennsylvania and neighboring states are being sought for the first Lancaster Craft Show to be held July 21-August 3 at Lancaster, Pa.

Prizes totaling \$500 will be offered, including \$100 total for best of show, made up of \$25 for category prize and \$75 extra. Second prize will be a total of \$50. Other prizes will be \$25 for categories and judges' choice.

The show will be held as part of the annual Lancaster Summer Arts Festival, which presents art, music, plays, opera and other cultural events.

Entries will be received Thursday, July 11, 6 p.m. - 8 p.m., and Sunday, July 14, 1

p.m. - 4:30 p.m., at 16 W. King St., Lancaster, site of the show.

Show times will be: Tuesday, Wednesday, Thursday, Saturday, 11 a.m. - 5 p.m.; Monday and Friday, 11 a.m. - 9 p.m.; Sunday, 2 p.m. - 4 p.m.

Further information can be obtained from Lancaster Summer Arts Festival, Box 1253, Lancaster, Pa. 17604

### Tornado Damage

Buildings hit by a tornado often appear to explode. The phenomenon is caused by the sudden drop in air pressure when the storm's center passes by, which in effect gives normal air inside the building the force of compressed air, and blows the structure apart.



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